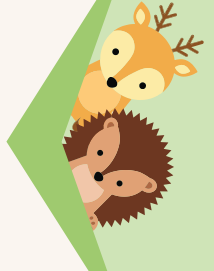
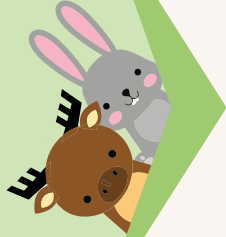




Theresa C. Wildcat Early Learning Centre



# November Newsletter



Tansi,

November is a month of transition and change. The clocks will move back and the leaves have nearly all fallen to the ground. It is time to prepare for the colder months so please ensure your child is dressed appropriately for the colder weather.

The students have settled into the routines of school and this month report cards will be sent home. Our dedicated staff is planning for our Tawakin Ohnikiomawak Engagement Night. This is a time for staff and parents/guardians to find ways of supporting awasisaks' learning at school and at home. We are looking forward to meeting with you and your involvement and support is invaluable as we continue to make our school a nurturing and thriving environment for our awasisak.

Safety is always of the utmost importance. A friendly reminder that the bus zone must be kept clear of parked vehicles during drop off and pick up times.

Please review the list of important dates and events coming up this month:

Nehiyawatsowin every Friday so please ensure your awasisak is dress weather appropriate.

**November 5** - Picture Retake Day

**November 6** - PAC Meeting @ 1PM

**November 7** -School Assembly

**November 8 -12** - Takwakin Break (No School)

**November 13** - Students return

**November 27** - Report Cards

**November 28** - Takwakin ohnikikomawak Engagement (4:00 - 7:00 pm)

Ay hay to everyone for your cooperation and efforts to maintaining a safe and welcoming school community. As always, if you have any questions please reach out to the school.

Ekosi,  
Charlene Ketchemonia  
Principal

## Contact us

Phone Number: 780-585-3788

Principal: Charlene Ketchemonia

Email: [charleneketchemonia@maskwacised.ca](mailto:charleneketchemonia@maskwacised.ca)

Administrative Assistant: Summer Crate

Email: [summercrate@maskwacised.ca](mailto:summercrate@maskwacised.ca)

## Table of Contents

- Important Notices.....Pg.2
- November Calendar.....Pg.3
- Counselling Support.....Pg.4-5
- Classroom Updates .....Pgs 6 - 13
- kâkwa QUILLS ..... Pg. 14
- October Lunch Menu.....Pg 15
- Tipi Set Up.....Pg.16
- Halloween 2024.....Pg.17-18



# Important Notices

## End of Day/Pickup Changes

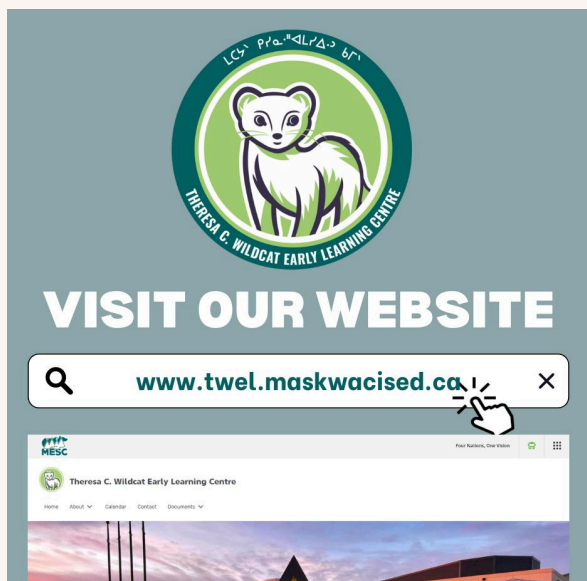
In order to ensure the safety of our awasisak, **all changes to pickups** (ie, to be put on the bus, or held off the bus, or different people picking up) must be made **NO LATER THAN 3:00 PM**. After 3:00 PM our admin assistant is unable to take these calls as she is assisting with end of day. Thank you so much for your cooperation.

## Kindness Policy

One of the things we focus on teaching our awasisak is kindness and the importance of treating all people with respect. We expect this from them, and we expect this from each other. This extends to our families - we treat each other with kindness and respect in the spirit of wâhkôhtowin. Please make sure you are modelling this for the awasisak when dealing with our staff.

## Our Website

Our website is a great resource for information about anything at TWEL.



## Save the Date

Picture **RETAKES** for K4s and K5s will be on Tuesday, November, 5th 2024. Please send students ready first thing in the morning.

**2024**  
**Picture Day!**  
Retake Day! Theresa C. Wildcat Early Learning Centre  
**Tuesday, November 05, 2024**

**WHAT TO EXPECT**

- Students are photographed on Picture Day\*
- Proofs are sent home with your student
- Order packages and more on [mylifetouch.ca](http://mylifetouch.ca)

\*All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a class picture if requested by the school.  
Questions? Contact our Help Center at [lifetouch.com/support-ca](http://lifetouch.com/support-ca). Select K-12 School Photography for assistance.

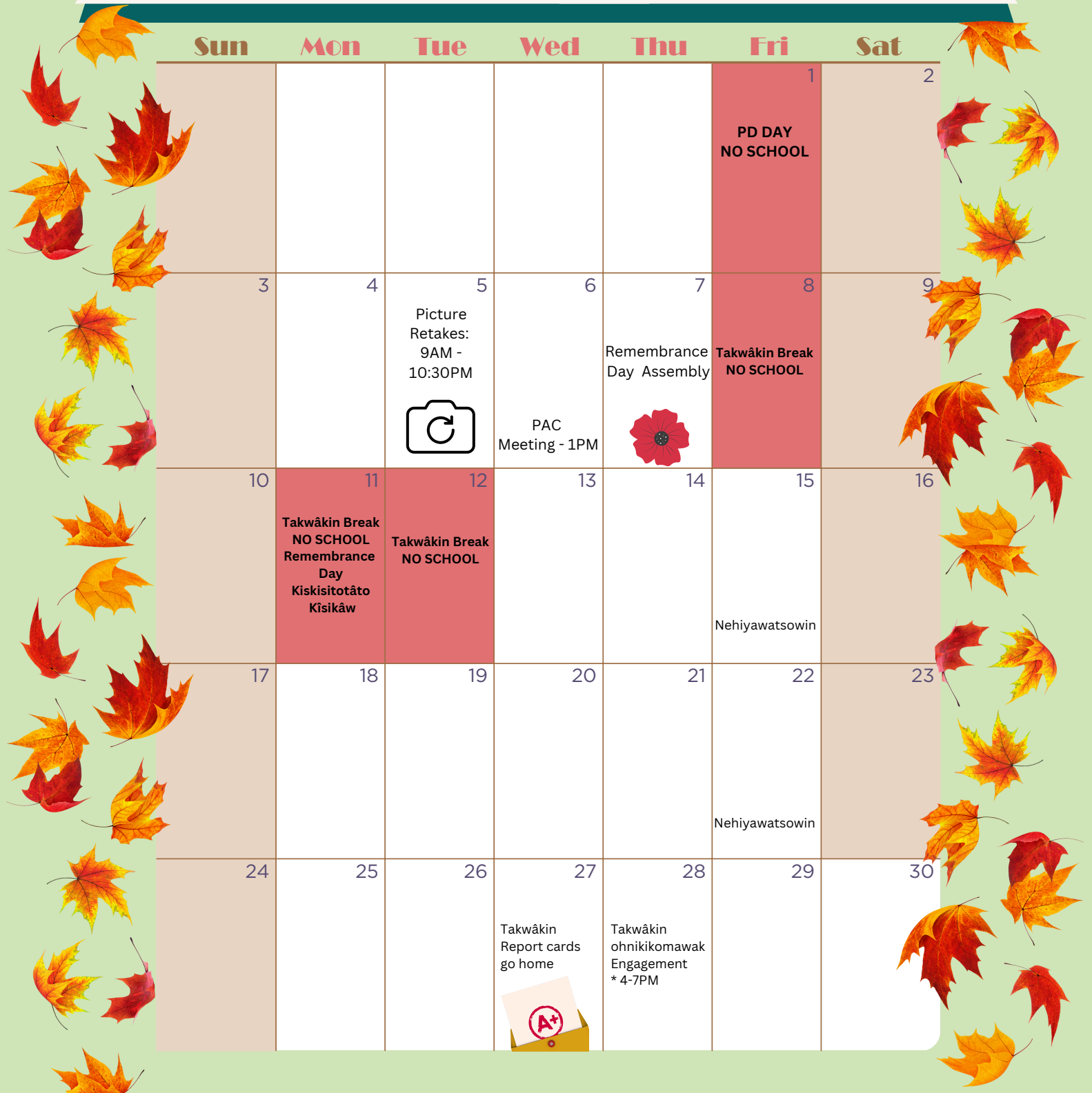
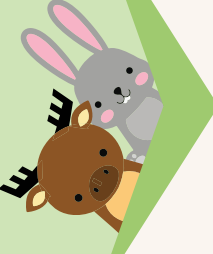
**Lifetouch**



Theresa C. Wildcat Early Learning Centre



# November Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PD DAY NO SCHOOL	2
3	4	5 Picture Retakes: 9AM - 10:30PM 	6 PAC Meeting - 1PM	7 Remembrance Day Assembly 	8 Takwâkin Break NO SCHOOL	9
10	11 Takwâkin Break NO SCHOOL Remembrance Day Kiskisitotâto Kisikâw	12 Takwâkin Break NO SCHOOL	13	14	15 Nehiyawatsowin	16
17	18	19	20	21	22 Nehiyawatsowin	23
24	25	26	27 Takwâkin Report cards go home 	28 Takwâkin ohnikomawak Engagement * 4-7PM	29	30



Theresa C. Wildcat Early Learning Centre

# Sîtoskâkewin ᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱ

supporting people, giving people psychological support

## Counselling Support at TWEL



Kitatamiskâtinâwâw! Selby Quinn, nitisiyihkâson, Wetaskiwin ohci niya ôta kiskinohamatokamikohk ê-atoskeyân ka-keskimawasoyân mîna ka-wîcihâhkêk onîkihiikomâwak.

Hello! My name is Selby Quinn, and I'm from Wetaskiwin. I am the counsellor here at the school. I'm here to support our awâsisak and caregivers as well.

Since school started, I have had the opportunity to meet many caregivers and all of our students, and it has been really great! Now that we've settled into a bit of a routine, I wanted to share with you what the TWEL sîtoskâkewin (counselling) program has to offer!

### One-on-One Play-Based Counselling

Play-based counselling is built on the idea that play is a key part of children's lives, helping them learn how to express themselves and understand their feelings. Through play, children can work through life events and emotions with the support of a counsellor. This type of counselling can be helpful for things like:

- Big Emotions: It helps kids handle feelings like sadness, anger, or fear.
- Behavioural Issues: It teaches better ways to deal with things like aggression or impulsive actions.
- Trauma and Loss: It gives a safe space to process tough experiences like family changes or loss.
- Social Skills: It helps with making friends, sharing, and getting along with others.
- Life Changes: It can support kids through moves, new siblings, or parents' separation.
- Learning and Development: Kids with ADHD, autism, or learning differences can build new skills through play.
- Confidence: It helps kids feel better about themselves and build resilience.

For play-based counselling to work well, the relationship between the child and the counsellor needs to be open and flexible. In my playroom, the child takes the lead in choosing and directing the play. At times, I may guide the play in a certain way if it is helpful.



Theresa C. Wildcat Early Learning Centre

# Sîtoskâkewin

ᓱᐅᓂᓕᓕᓴᓴᓂᓂ



supporting people, giving people psychological support

## Counselling Support at TWEL

### One-on-One Play-Based Counselling Continued

We are so lucky at TWEL because I have space for a wonderful playroom to help support this program right here onsite.

Caregiver consent is an important part of this type of counseling. If you think your child would benefit from sessions, please contact me to discuss this further.

### In-Class Programming

Helping young children build emotional intelligence is essential for their future success. At ages 4 and 5, children are just starting to learn how to make friends, become more self-aware, and understand empathy.

Supporting social-emotional learning is a big part of promoting healthy development at this stage. To assist with this, I spend time in each class teaching lessons that help students develop important social and emotional skills.

### Regulation, Consultation, Caregiver Support & Relationship Building

There are a million other little parts to the counselling program at TWEL. Sometimes, I help kids who are having a hard time regulating enough to be in class, sometimes I consult with teachers to support strategies for awâsisak in the classroom, sometimes I help families find resources or learn how to deal with an issue with their awâsis at home, and a lot of the time, I am building relationships with all of the awâsisak and families of TWEL.

### Contact Info

If you have any questions about the counselling program or would like to chat about anything, please reach out! I love connecting with families and supporting our awâsisak in feeling and being the best they can be!

### You can contact me in these ways:

Phoning the school: 780-585-3788 ext. 201

email me: selbyquinn@maskwacised.ca

Text me: 587-746-0955



# CREE CLASS

## Ms. Mackinaw

### Classroom Happenings:

Δ"ɗΛ° Λɾ° Ihkopiw Pisisim Frost Moon

Nehiyawewin - K5 students will learn the syllabic Δ along the four words that begin with this syllabic.

K4 Students will learn the ∇ syllabic along four words that begin with this syllabic.

Nehiyawatisiwin - Students will learn about the meaning of Ihkopiw Pisisim the awasisak will go for walk to observe seasonal changes and behaviors.

Kikwaya niwapahten - What do I see?

Kikwaya nipehten - What do I hear?

Kikwaya nipason - What do I smell?

Students will also learn about Iskohtew (fire) and fire safety. Learning About the relationship we have with iskotew.



### Quick Reminders:

Please continue to dress your awasis properly for the weather as our learning takes place outside every Friday.

### Shared fun photos:





# K4 MS.BULL

## Classroom Happenings:

In our classroom, we have been learning and exploring many fine motor activities that would help build the tiny muscles in our hands. These muscles are important to develop before we begin our pre-writing. We have also been developing our self-help skills. This looks like putting your shoes, jacket, and toque on. These skills are very important for your awasis to learn at this age. We have been going on nature walks around our school and noticed the change in season from Nipin (summer) to Tahkwakin (Fall) and soon-to-be Pipon (winter). There is much excitement for pipon (winter) and kona (snow). This means a temperature change and to dress your awasis for the weather. We have also been talking about School and Bus Safety. We have been practicing fire drills monthly and will continue throughout the year. I am so proud of all the awasisak and the big improvements I have noticed since the beginning of school. Keep up the great work awasisak!



## Quick Reminders:

- Please continue sending your child with labeled extra clothes daily.
- Dress your awasis for the weather as we go outside for recess daily.
- On Friday mornings we are outside for nehiyawastisowin (Cree Land Based) please dress your awasis warm.
- Please keep all toys at home as we do not want any cherished toys lost.

**-Nov, 8th, 9th, & 10th (No School-Fall Break)**

## Shared fun photos:





# K4 MS. WOLFE

## Classroom Happenings:

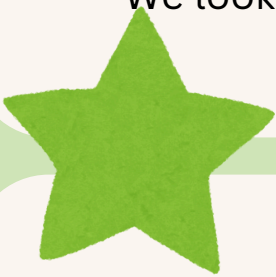
Tansi!

We have done a lot these past two months here in K4W. For literacy, we have been working on our letters S, A, T, I, N, and P, and Haggerty Phonics!

Our friends have been learning to rhyme and blend words. For math, we have worked on counting 1-5 and have started to learn what counting on means and we have also begun sorting objects and learning differences.

We went on a super fun field trip at Kraay Family Farms in Lacombe and have completed our Bus Safety.

We look forward to another exciting month with your awasisak! :)



## Quick Reminders:



Please be mindful of our students with **Allergies: Nuts, Coconuts and Shellfish** please refrain from sending your child to school with these lunch items.

As the weather changes and becomes colder, please send your awasis to school with appropriate outdoor wear. Ay hay! :)

## Shared fun photos:







# K4 MS.REMI

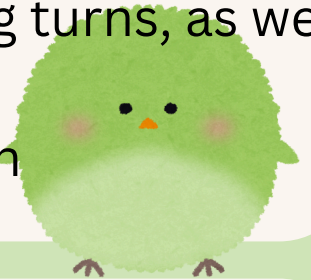
## Classroom Happenings:

Tansi Parents/Guardians!

During this past month, we have continued working on classroom routines and expectations. The Awasisak are adjusting very well to new classroom routines and being in school.

We continue to practice pencil and scissors gripping skills. We have been practicing to be line leaders and taking turns, as well as, letter and number recognition.

Ay hai, K4 - Ms. Gloria nd Ms. Colleen



## Quick Reminders:

Due to the cold weather starting to set in, please ensure your child has proper cold weather outerwear.

Please send extra clothes and mark their name on your child's belongings and on their backpacks.

Check your child's backpack for any newsletters or updated information or forms that require your signature.

**ALLERGIES: Dairy**



# INTERACTIONS MS. STRONGMAN

## Classroom Happenings:

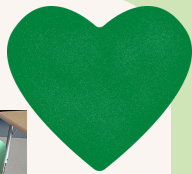
We have been working on many Halloween crafts to build their fine motor skills and independence. Please allow your child to dress themselves or to be more independent in their daily tasks, as it helps us here at school, ay-hay!

## Quick Reminders:

Please dress your child in the appropriate (warm) clothing as we continue to be outside for recess. Please send your child with extra clothes each day because we tend to have accidents in our classroom.

**ALLERGIES: Strawberries, Citrus Fruit, Red Dyes**

## Shared fun photos:





# K5 MS.NESLON

## Classroom Happenings:

In K5N, we are continuing to review the classroom expectations and routines. The awasisak are getting better at knowing what to do at school, and we will continue to go over these rules each day. Right now, we are doing a lot of shared reading in class, and we do so by reading the appropriate poems. We are also doing a lot of practice with sorting and learning our numbers to five. We are working hard on reminding each other how to be kind and treat each other respectfully at school!



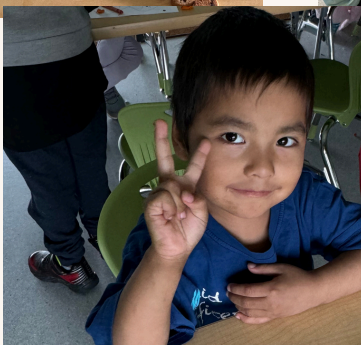
## Quick Reminders:



Tansi all,

Now that the weather is getting colder, please remember to dress your awasisak in the proper attire! In addition, please try to keep toys from home to a minimum. Also, please continue to have conversation with your awasisak as this will help them grow and develop! Lastly, please review what kindness and listening looks like, and how it is an important skill for home and for school.

## Shared fun photos:





# K5 MRS. WILDCAT

## Classroom Happenings:

October has been a wonderful month!

We are settling into our routines.

In literacy we have been learning about the letters Aa, Cc, Mm, Nn, and Ss. In numeracy we have been learning about sorting, shapes, and slowly introducing numbers to 5. During play the kids have opportunities to build stronger connections with each other and explore different spaces within our classroom.

I look forward to seeing everyone for the month of November!



## Quick Reminders:

1. Dress for the weather (Mitts, toque, winter jacket, snow boots, snow pants).
2. Try your best to arrive on time (8:30). This is a great habit to build.
3. If your numbers changes let me know.
4. Please call the school or text me if your child will be absent.

## Shared fun photos:





# K5 MRS. LETCHER

## Classroom Happenings:

Students have been doing an overview of letters, sounds and words that begin with those letters.

Particularly the letters in their names. If you would like to support this at home you can point out letters in their environment, in books and in their name.

We are also learning about rhyming words and syllables. We will continue to work on learning our numbers 1-5 and counting. The students have started to make progress using their words to solve problems, such as: "stop, I don't like that" or "can I have a turn with that when you're done". They have been learning about emotions and what we can do to get back to calm when our bodies need it.



## Quick Reminders:

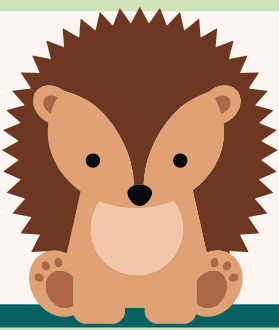


We have the following important dates in November:  
Nov 13-18th- Substitute teacher in for me

Please make sure you are checking the forecast in the mornings and dressing your child in warm coats, mittens, toques and sometimes snow pants as needed. Now that it has cooled off we are finding many Awasisak are getting cold at recess.



**ALLERGIES: Oranges, Cheese, Regular Milk**



# KÂKWA QUILLS

At TWEL we work really hard to live by MESC's 4 Core Values - we use these values to help guide our all of what we do!

MESC's 4 values are:

**Δᐅᓃ° ᐱᐭᐅᓃᐅ"Δᐭᓃᐅ' (Iyiniw Mamitonehikan)**

Be compassionate; recognize one another's diverse experiences, views and voice.

**ᓃ"Δᓃᐅᐅᐅᐅ' (Nehiyawewin)**

Be careful with your words; listen, learn, ask questions, and take time to reflect.

**ᓃ"Δᓃ° ᐱᐱᐭᐅᓃᐅ' (Nehiyaw Pimatisiwin)**

Be actively engaged; open minded, honour spirit and one another.

**ᐅ"ᐅᐅᐅᐅ' (Wahkohtowin)**

Build positive relationships; approach every interaction from a place of love and respect.

We also believe that leading by example is one of the best ways to teach our awasisak, and as part of fostering this, we give out kâkwa quills or kâwiw to awasisak we see living one of the 4 core values. At assemblies, some of the kâkwa quills will be read out and some awasisak recognized with a certificate and small prize!



Theresa C. Wildcat Early Learning Centre

# School Lunch Menu



Menu is subject to change,  
Due to product availability.

## Iyîkopîw Pîsim (Frost Moon) November

November 4th - 8th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cold Cereal, Fruit	Yogurt, Cereal, Fruit	Pancakes & Jam, fruit	Scones, Fresh Fruit	
<b>Lunch</b>	Pasta Carbonara (Cream, Bacon, Parmesan and Peas) Tossed Salad, Tomato Salad, Fruit Salad)	Shepards Pie with Vegetables, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Cauliflower Cheddar Soup with Ham, Bannock, Tossed Salad, Fruit Salad, Broccoli Pasta Salad, Greek Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads, Fruit	<b>NO SCHOOL - Takwâkin Break All Day</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
11th -15th	<b>Peyak Kîsikâw</b>	<b>Nîso Kîsikâw</b>	<b>Nisto Kîsikâw</b>	<b>Newo Kîsikâw</b>	<b>Nîyânan Kîsikâw</b>
<b>Kîkîsepâ mîcowin</b> ᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭ			Scones, Fresh Fruit	Bannock and Jam Fresh Fruit	Yogurt Parfait, Fruit
<b>Nimâwin</b> ᑎᑎᑎᑎᑎᑎᑎᑎᑎᑎᑎᑎ	<b>NO SCHOOL - Takwâkin Break All Day</b>	<b>NO SCHOOL - Takwâkin Break All Day</b>	Baked Pasta Bolognese, Caesar Salad, Spinach Salad, Coleslaw, Fruit Salad, Cut Fruit	Ginger Beef with Stirfried Vegetables served over Rice, Tossed Green Salad, Pasta Salad, Fruit Salad, Greek Salad, Fruit,	Pizza, Caesar Salad, Fruit, Mixed Salads
<b>Mîcisowinis</b> ᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭ			Fruit or baked goods	Fruit or baked goods	Fruit or Baked goods
18th- 22nd	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Yogurt Parfait, Fruit	Pancakes & Jam, fruit	Cereal, Yogurt & Fruit	Scones, Fresh Fruit
<b>Lunch</b>	Italian Sausage with Roasted Tomatoes in Marinara Sauce and Vegetables over Pasta. Caesar Salad, Cucumber Salad, Fruit Salad, Fruit	Perogies with Sautéed Cabbage and Garlic Sausage, Tossed Salad, Fruit Salad, Spinach Salad, Fruit	Chicken Noodle Soup, Bannock, Caesar Salad, Spinach Salad, Pasta Salad, Fresh Fruit , Fruit Salad	Sloppy Joe on Bannock, Tossed Salad, Fruit Salad, Vegetable Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
25th- 29th	<b>Peyak Kîsikâw</b>	<b>Nîso Kîsikâw</b>	<b>Nisto Kîsikâw</b>	<b>Newo Kîsikâw</b>	<b>Nîyânan Kîsikâw</b>
<b>Kîkîsepâ mîcowin</b> ᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭ	Yogurt, Cereal, Fruit	Pancakes, Jam, Fruit	Yogurt Parfait, Fruit	Muffins and Fresh Fruit	Bannock and Jam Fresh Fruit
<b>Nimâwin</b> ᑎᑎᑎᑎᑎᑎᑎᑎᑎᑎᑎᑎ	Baked Mac'n Cheese with Cauliflower & Bacon, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits	Deli Sandwiches on Focaccia - Salads: Tossed, Beet , Fruit , Mexican Rice , Whole Fruit	Beef Vegetable Soup with Cheese Bannock, Caesar Salad, Spinach & Strawberry Salad, Veggie Salad, Fresh Fruits, Fruit Salad	*Hunters Pie" - Made with *Moose Meat, Beef & Pork & Vegetables	Pizza, Caesar Salad, Fruit, Pasta Salad, Veggie Salad
<b>Mîcisowinis</b> ᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods



# AH-HAY!



→ 13

→ 13 A

FILM NEGATIVE



→ 14

→ 14 A

FILM NEGATIVE

FILM NEGATIVE

IT'S WONDERFUL TO HEAR ABOUT THE AMAZING WORK BRANT STRONGMAN, TRENT YOUNG, AND JASON WILDCAT DID IN SETTING UP THE SCHOOL TIPI.

THEIR DEDICATION AND SKILL HAVE CLEARLY CONTRIBUTED TO CREATING A MEANINGFUL AND INSPIRING SPACE FOR LEARNING AND GATHERING.

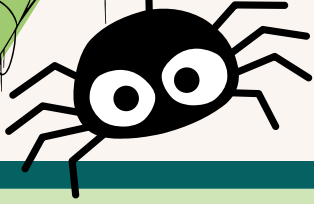
A TIPI IS NOT JUST A STRUCTURE; IT EMBODIES A RICH CULTURAL HERITAGE AND OFFERS A UNIQUE ENVIRONMENT THAT CAN ENHANCE EDUCATIONAL EXPERIENCES IN OUR COMMUNITY.

THEIR EFFORTS HAVE UNDOUBTEDLY LEFT A LASTING IMPACT ON THE SCHOOL, FOSTERING A CONNECTION TO TRADITION AND PROVIDING A SPACE FOR BOTH REFLECTION AND GROWTH.

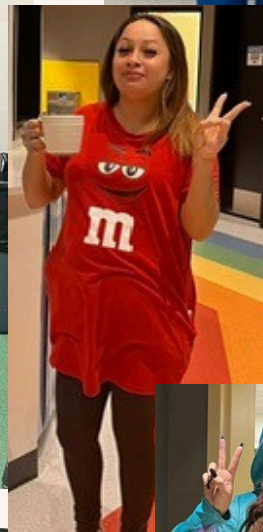
THANK YOU TO THESE INDIVIDUALS FOR THEIR HARD WORK AND COMMITMENT TO MAKING A DIFFERENCE!

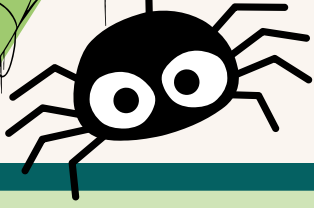






# HALLOWEEN 2024





# HALLOWEEN 2024

