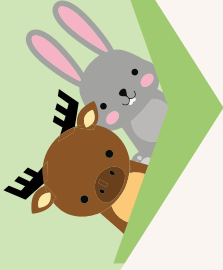




Theresa C. Wildcat Early Learning Centre



December Newsletter



Tansi

Welcome to makosî-kîsikani-pîsim! It's truly amazing how quickly time flies! The progress we've witnessed in the awasisak is remarkable. It's a testament to your dedication and commitment—ensuring they attend school each day and giving them the opportunity to thrive. You should all be incredibly proud of the growth and accomplishments they've achieved so far.

Our dedicated staff are hard at work preparing the awasisak for their performances in the upcoming Christmas Concert on December 18th (K4 at 10:00 and K5 at 1:00). To ensure your child is fully prepared and familiar with their class's performance, please make sure they attend school daily. Their consistent participation will help them feel confident and ready to shine on the big day!

Reflecting on November, it was truly a wonderful month filled with wahkohtowin. We were so delighted to see so many families visiting the teachers/education assistants and exploring the school during Takwākin ohnikomawak Engagement. It was a great opportunity to strengthen our community and share in the growth and progress of our students. Thank you to everyone who took part!

We held our first Parent Advisory Committee meeting, and we're always eager to welcome more parents and guardians to join and participate. Your input truly matters, and we value your ideas and perspectives. Please consider joining us for our next scheduled meeting in January 2025 to share your thoughts and help us continue to grow as a school community. We look forward to seeing you there!

We have many fun-filled festive activities planned for this month, so be sure to check out our school calendar for all the exciting events! With that said, I wish you a very safe and Merry Christmas. Enjoy the holiday season with family, and we look forward to welcoming you back when school resumes on January 6, 2025.

Kinanâskomitin,
Charlene Ketchemonia
Principal

Contact us

Phone Number: 780-585-3788
Principal: Charlene Ketchemonia
Email: charleneketchemonia@maskwacised.ca
Administrative Assistant: Summer Crate
Email: summercrate@maskwacised.ca

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Important Notices

End of Day/Pickup Changes

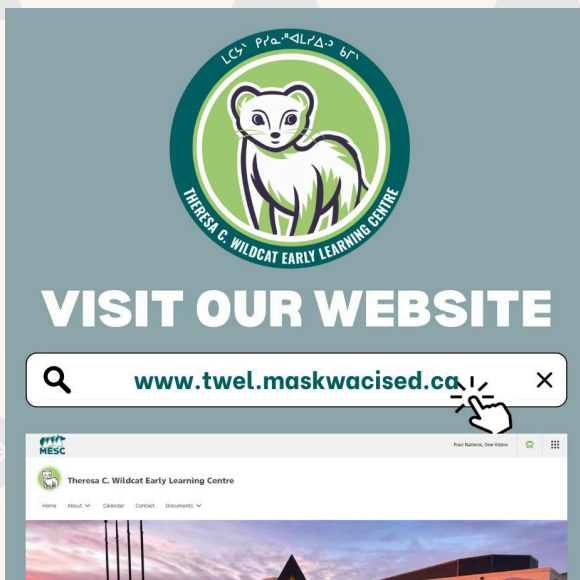
In order to ensure the safety of our awasisak, **all changes to pickups** (ie, to be put on the bus, or held off the bus, or different people picking up) must be made **NO LATER THAN 3:00 PM**. After 3:00 PM our admin assistant is unable to take these calls as she is assisting with end of day. Thank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



Support is Available

We know that crises can happen at any time, and holidays can be particularly difficult. Support is always available.

The following are available 24/7
Mental Health & Suicide Prevention Line: Call or text 9-8-8

Hope for Wellness: Call 1-855-242-3310

Maskwacis Mobile Mental Health:
Call or text 780-362-2150



December Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Assembly	6 Christmas Sweater Day! 	7
8	9	10	11	12	13 PD DAY	14
15	16 Concert rehearsal	17 Santa Visits! PJ day!  Concert rehearsal	18 Christmas Concert K4's @ 10 AM K5's @ 1 PM Ribbon Skirt Day	19 Wagon Rides!! 	20 Last Day for K4/K5	21 Winter Solstice
22	23 Christmas Holidays	24 Christmas Holidays	25 Kise Manito Kisikâw <i>Christmas</i>	26 Christmas Holidays	27 Christmas Holidays	28
29	30 Christmas Holidays	31 Christmas Holidays NYE	HAPPY HOLIDAYS!			




Theresa C. Wildcat Early Learning Centre



School Lunch Menu



**Menu Subject to Change due to product availability					
ᑭᑭᑭᑭᑭᑭ ᐱᑭᑭ Pawâcakinâsîs Pîsim Drift Clearing Moon (December)					
2nd - 6th	Monday	Tuesday	Wednesday	Thursday	Friday
Kîkîsepâ mîcowin ᑭᑭᑭᑭᑭᑭ	Yogurt Parfait, Cereal, Fruit	Breakfast Scones with Ham and Cheese and Green Onion, Fruit	Mini Fruit Pies, Fruit	Oatmeal, Cereal, Fruit	Bacon, Eggs, Hashbrowns, Fruit
Nimâwin ᑭᑭᑭᑭᑭᑭ	Beef Stroganoff, Ceaser Salad, Fruit Salad, Fruit	Chicken Ceaser Wraps, Garden Salad, Fruit Salad	Pork Stew, With Bannock, Fresh Garden Salad, Fruit Salad, Fruit	Bison Meatloaf, Hot Veggies , Steamed Parsley Potatoes, Tossed Salad, Pasta Salad, Fruit Salad	Pizza Day, Pasta Salad, Fruit Salad
Mîcisowinis ᑭᑭᑭᑭᑭᑭ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
9th - 13th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Assorted Muffins, Yogurt, Fruit	
Lunch	Baked Mac and Cheese w/ Bologna and Cauliflower, Caesar Salad, Spinach Salad, Fruit Salad, Fruit	Baked Ham with Rice Pilaf and Hot Mixed Vegetables, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Hamburger Tomato Soup, Bannock, Mixed Salads, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad	PD Day
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
16th - 20th	Monday	Tuesday	Wednesday	Thursday	Friday
Kîkîsepâ mîcowin ᑭᑭᑭᑭᑭᑭ	Oatmeal, Cereal, Fruit	Cheese and Sausage Frittata, Fruit	Fruit Scones, Fruit	Yogurt Parfait, Fruit	Oatmeal, Cereal, Fruit
Nimâwin ᑭᑭᑭᑭᑭᑭ	Chicken Creole Pasta, Ceaser Salad, Fruit Salad	Swedish Meatballs in Sauce with Rice and Hot Veg, Tossed Salad, Fruit Salad, Fruit	Potato Bacon Soup, Cheese Bread, Mixed Salads, Fruit Salad	Christmas Dinner - Turkey with all the fixings.	Pizza Day! Ceaser Salad, Fruit Salad
Mîcisowinis ᑭᑭᑭᑭᑭᑭ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
25th - 29th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 Winter Break				
Lunch					
Snacks					



Theresa C. Wildcat Early Learning Centre



Sîtoskâkewin ᓱᓴᓄᓴᓴᓴᓴ

supporting people, giving people psychological support



Holiday Season: Joy & Complexity

As the holiday season approaches, it's natural to have mixed feelings. While this time of year often brings opportunities for joy and togetherness, it can also stir up difficult emotions. Holidays may highlight the loss of loved ones, the weight of expectations, or memories of challenging experiences. For some, traditions can bring connection, while for others, they may bring pain or feelings of disconnection. It's important to approach this season with gentleness, honouring both the joy and the complexity it may carry for you and your children.



Some Tips



1. **Maintain Routines:** We know that this can be tough during the holidays, but as much as possible keeping regular schedules provides children with predictability and a sense of security.
2. **Simplify Expectations:** Children are often oblivious to outside expectations, so give yourself permission to let go of creating the “perfect” holiday. Instead focus on simple, meaningful activities that allow for connection - read together, watch a movie together or play together.
3. **Validate Emotions:** There will likely be a lot of emotions with all the excitement. As always, it is important to acknowledge and name your child's feelings—whether joy, frustration, or sadness—helping children feel understood and teaching them healthy emotional expression.
4. **Look After Yourself:** It's okay to have mixed emotions during the holidays. Be compassionate to yourself, and take time out to recharge your own batteries!
5. **Rely on Support Network:** Lean on friends, family, or community resources for help, whether it's with childcare, errands, or emotional support.

If you are struggling - whether due to the holidays or at any time, there are resources available.

Maskwacis Counselling and Support Services: 780-585-2268

Maskwacis Mobile Mental Health (24/7 support): Call or text 780-362-2150

Mental Health & Suicide Prevention Line: Call or text 9-8-8

Hope for Wellness: Call 1-855-242-3310

As always, I am here to support our awasisak and families. If you would like to discuss any of this further or have any other counselling concerns, please reach out.

Selby Quinn

Call: 780-585-3788 ext. 201 **Text:** 587-746-0955 **email:** selbyquinn@maskwacised.ca





Theresa C. Wildcat Early Learning Centre

CREE CLASS

Ms. Mackinaw



Classroom Happenings:

<<LPeP~ APc

Pawacakinesis Pisim **Drift Clearing Moon**

Pipon (winter) is among us. Kona (snow) has fallen and is here to stay.

As we head into December, most of our class time will be spent learning the Christmas concert song. The awasisak will also be learning new Cree terms related to Winter.

Nehiyawatisiwin will be spent outside in the Tipi, sitting around the Iskotew (fire). We will also take a pipon a walk to observe the changes winter has brought to the land.

As we move into the New Year remember Sakihtok (Love one another).

Kiwapamtinanwaw asay mina, mwestas!

Miyo Manitowi Kisiskansisik!

Merry Christmas!

Ekwa

Miyo Ocehtowi Kisikanisik!

Happy New Year!



Quick Reminders:

Cree Reminders - Watch out for the Lyrics for Jingle bells next week in your child's back pack.

Land base Reminders - Please remember to dress your child appropriately for the weather.



K4 MS.BULL

Classroom Happenings:

Tansi Parents and Guardians. Wow it is already December and we have been learning so much in K4 Bull. We have been learning new words to help the children problem solve taking turns and sharing during play. This allows the children to make good choices with their peers indoors and outside. I am so proud of all the progress the awasisak have made this far. Now that the kona (snow) is on the ground we are discussing appropriate clothing to wear outside. We have also been working on self help skills putting on winter gear at recess and home time. Allowing your child to get themselves ready is crucial for their development at this age. We have been talking about Christmas and the joys of this holiday with our families. The children will begin to learn about Wahkohtowin and the Cree kinship terms. We will be starting our kinder cooking this month and this will build the awasisak's numeracy skills.



Quick Reminders:

- Please send your child dressed for the weather daily.
- Label all belongings so we do not have a mix up with your child's things (ex. boots, jacket, snow pants)





Classroom Happenings:

Tansi kahkiyaw! We have so much fun here in K4W, we have been doing Heggerty phonics, rhyming, singing and dancing while working on our fine and gross motor skills with Sock and Chalk! In numeracy, we have worked hard on sorting and organizing, counting up to 10 and recognizing and identifying numbers! We are learning fun new games in gym and how to be aware of our surroundings. :)



Quick Reminders:

As the weather gets colder, please remind your awasisak to dress for the weather; toque, scarf, gloves, jacket, snow pants, snow boots.

Please send spare clothes in the event of an accident.



Allergies: Nuts, Coconuts and Shellfish



Classroom Happenings:

Dear Families,

I'm so happy to be back in the classroom and settling into the rhythm of the school year. It's been a joy getting to know each of your children and learning about their personalities. As we continue to adjust to a new classroom setup, I'm grateful for the positive energy and excitement that our students bring every day.

In Literacy: We are continuing our work with letters and letter sounds, helping our students build a strong foundation for reading and writing. They are making great progress, and it's exciting to see them grow more confident with each lesson.

In Numeracy: In math, we are practicing counting and identifying numbers. We're also learning about patterns, which is an essential skill for understanding numbers and problem-solving. It's wonderful to see the students apply what they've learned in fun, hands-on activities.

Fostering Healthy Relationships: Building positive relationships with classmates is a top priority in our classroom. We're focusing on sharing, helping one another, and fostering kindness and respect. It's heartwarming to see our students work together and support each other.

Christmas Concert: Mark your calendars! Our Christmas concert is coming up on December 18 at 10:00 AM. We've started practicing for the performance, and the students are so excited to show off what they've learned. We hope to see you there to celebrate with us!

Christmas Crafts: In the spirit of the season, we are also getting creative with Christmas crafts. The students are making beautiful decorations and keepsakes that they'll be excited to share with you.

Thank you for your continued support, and I look forward to seeing all the wonderful progress your child will make in the weeks to come!

Warm regards,

Ms. Remi & Miss Colleen



Quick Reminders:

Please make sure your little one is dressed for the weather; water proof and warm mitts, winter coat, snow pants, toque and warm winter boots.

Please make sure you pack a healthy snack with your little one as we make sure to enjoy a healthy snack in the morning. Some little ones are picky eaters so if you could pack a sandwich or cheese and crackers in their bag that would be great.





Theresa C. Wildcat Early Learning Centre

INTERACTIONS MS. STRONGMAN

Classroom Happenings:

We have been working on Christmas crafts to build fine motor skills. We have also been working on students independence in the classroom.

This is something we will continue to work on throughout the year, so please remember to have your child complete tasks on their own to help with this. I.e. Dressing themselves or potty training.

ALLERGIES: Strawberries, Citrus Fruit, Red Dyes

Quick Reminders:

Please remember to dress your child in the proper winter clothing (gloves, snow pants, winter jacket).

We will be going outside until it is -20 with the windchill.





K5 MS.NELSON



Classroom Happenings:

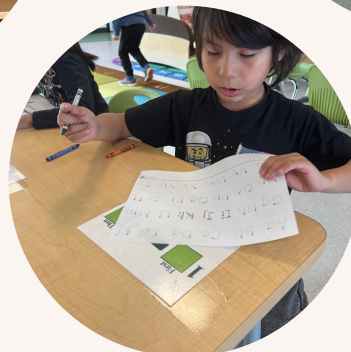
This month, we have been continuing to review the expectations of our classroom. We have been learning and reviewing the letters Aa, Cc, Ii, Jj, Kk, Ll, Mm, Nn, Ss, Tt, and Rr. In math, we have been learning our numbers of 5 and learning about patterns.

Quick Reminders:

Please continue to dress your awasisak appropriately for the weather. We still plan on going outside for recess on days when it isn't too cold! In addition, please continue to speak with your children about playing fairly and sharing!



Shared fun photos:





Classroom Happenings:

Tansi, it's been a busy month with many wonderful things happening. The children have already made awesome progress in many areas! I'm looking forward to December and all the fun activities we will take part in. In literacy we continue to learn about letters and are making meaningful connections.

In math will have been discussing patterns, and shapes, and will begin exploring numbers 6-10.



Quick Reminders:

- 1.** Attendance matters and will allow your child to grow within the school setting!
- 2.** I appreciate a text when your child will be absent from school.
- 3.** As always, dressing for the weather is so important. This allows your child to enjoy the outdoors while keeping warm.
- 4.** If you choose to pack snacks/lunch try your best to pack a variety (yogurt, granola bar, fruit, chips, fruit roll-up, vegetables, meat, cheese, crackers, juice, rice krispies). We discuss how it's important to eat a variety of food.





Classroom Happenings:

Tansi parents,

It is hard to believe December is here already. November flew by!

At this point in the year we are starting to feel settled in. The students who attend regularly know the classroom routines and they know what is expected of them.

With all the new Winter gear, the students are practicing their independence as well as their patience when they are stuck and need help from an adult.

We have 22 students and two adults so these are both very important skills to develop.

Please help them practice at home as well. In literacy, the students are making a lot of progress with their letter sounds and are starting to put letters down in their journals to describe their drawings!

We have started to listen to our upcoming Christmas songs a couple times a day and will soon add in basic actions as well. If you did not get a chance to come in for parent engagement night, I would still love to connect with you over the phone to discuss your child's progress.

I'm really proud of our Awasisak! They have come a long way in a short amount of time. I can't wait to see what the rest of the year has in store for us!!

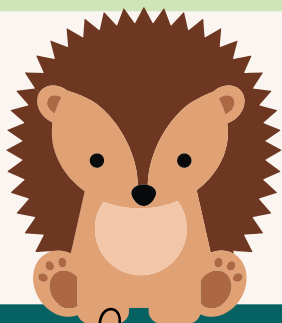


Quick Reminders:

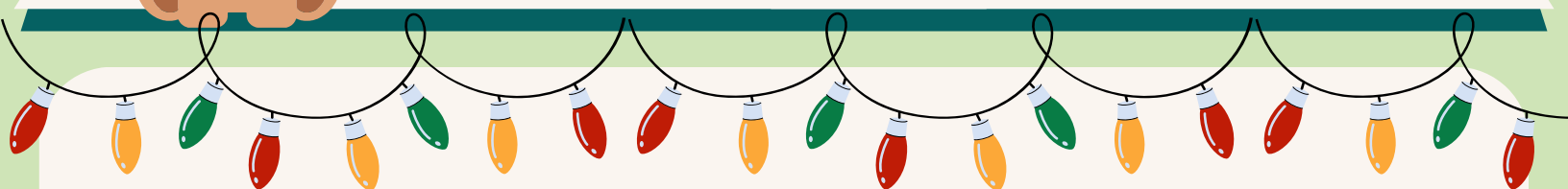
Please ensure you have your kids dressed in waterproof mittens, winter boots and full snow gear.

If your child is sick with a fever or contagious infection please keep them home. Any open sores or blisters on the face or hands should be looked at by a doctor. We've had a lot of sickness sweeping through our room and its best to prevent the spread wherever possible.

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:

ᐃᓯᓂᓄ ᐱᓯᓂᓂᓄ ᐃᓯᓂᓂᓄ (Iyiniw Mamitonehican)

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

ᓂᓄᐃᓂᓂᓄ ᐃᓯᓂᓂᓄ (Nehiyawewin)

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

ᓂᓄᐃᓂᓄ ᐱᓯᓂᓂᓄ ᐃᓯᓂᓂᓄ (Nehiyaw Pimatisiwin)

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

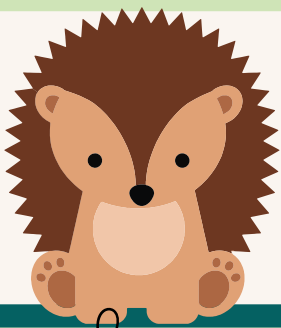
ᐃᓯᓂᓂᓄ ᐃᓯᓂᓂᓄ (Wahkohtowin)

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 kâwiy 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!



KÂKWA QUILLS

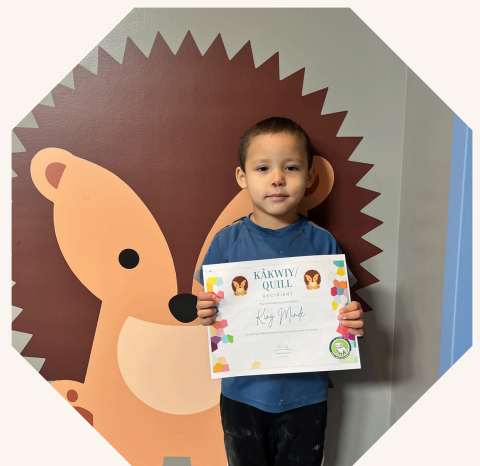


Kaskatino Pîsim Kâkwa Quill Recipients

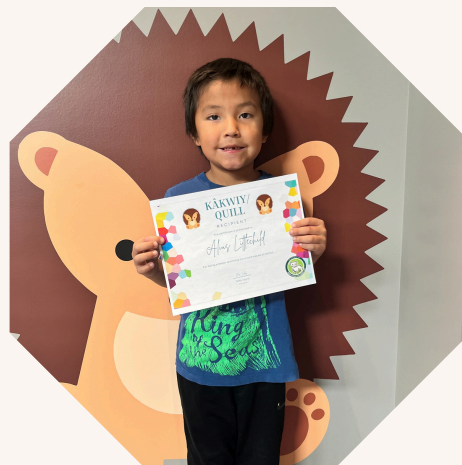
We are so proud of you for being leaders in our school



Alexandra Jacques



King Minde



Alius Littlechild



Meghan Threefingers



Kailyn Chief

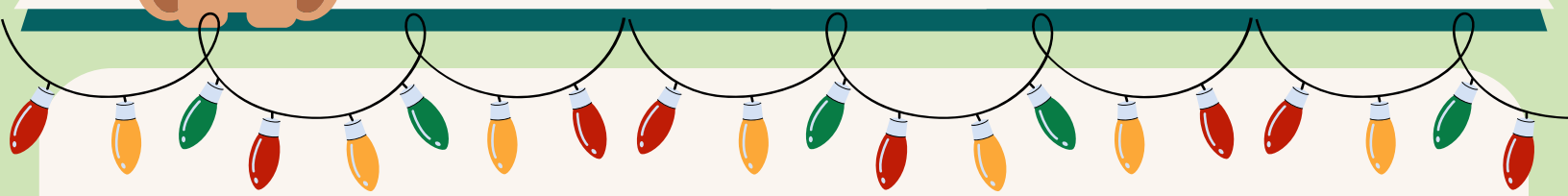


Liam Rain





PERFECT ATTENDANCE



Congratulations to our perfect attenders!!

Jaelyn Eagle-James

Talia Buffalo

King Minde

Karliah Wildcat

Avaeigha Chalifoux

Nathaniel Giroux

Sophia Swampy

Evelynn Deschamps-Montour

Tyler Omeasoo-Buffalo

Talia Rowan

Kenai Headman

Alexandra Jacques

Emry Knowlton-Ermineskin

Mikwanis Wolfe

Tenleigh Littlechild-Rain

Nathan Mykat

Luna Wolfe

Running Bear Wolfe

Roman Redgun-Coyote





Ay-Hay!



We would like to extend our heartfelt thanks to Kathrine Minde for her thoughtful donation of a winter coat.

Your generosity makes a significant difference and contributes to keeping someone warm during the harsh winter months.

Acts of kindness like yours truly brighten our community and inspire others to lend a helping hand.

Ay-hay for your compassion and support!

We would also like to extend our heartfelt gratitude to our incredible cook, Jane, for her remarkable dedication and talent. Her recent creation of 150 delicious Christmas cookies was nothing short of a festive miracle, bringing joy and warmth to everyone who had the pleasure of tasting them.

Jane's culinary skills and commitment to excellence make every special occasion even more memorable. We are truly lucky to have her as part of our team, and we appreciate all she does to make our celebrations delightful and our everyday meals extraordinary.

Thank you, Jane, for your hard work and for always going above and beyond!

