

#### Tansi,

Happy February to all! I hope all is well. The awasisak have adjusted back into routine and are starting the month with positive energy. I love seeing their smiling faces every morning. The weather certainly has been interesting, please ensure your awasisak are dressed and prepared for anything the weather brings. I also want to say a big thank you to all the families for keeping open communication with us and for always being partners with us in your child's education.

Just a reminder that our <u>drop-off time is at 8:25 a.m.</u> Our doors do not open until that time. Please be aware that this is our time for staff to prepare and get ready for the day. Additionally, please note that 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. In the spirit of wahkohtowin please ensure you are modelling this when speaking with our staff.

This past month we had a presentation for families at our school on how to approach screen time with your children and thank you to those who attended. Safety is a priority and we had our first lockdown practice of the year and the awasisak and staff did an outstanding job!

Our Spirit committee has many great activities planned for this month so be sure to review the school calendar and continue to check our Facebook page for any notices that may arise. Also, if you intend to send treats for your child's class contact their teacher to discuss options as we do have allergies in our school.

Ay hay 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

#### **Table of Contents**

- Important Notices.....Pg.2
- February Calendar.....Pg.3
- School Lunch Menu.....Pg.4
- Counselling Support.....Pg.5
- Classroom Updates .....Pgs 6 13
- January Ribbon Skirt Day!..... Pg. 14 15



# Important Notices



## End of Day/Pickup Changes

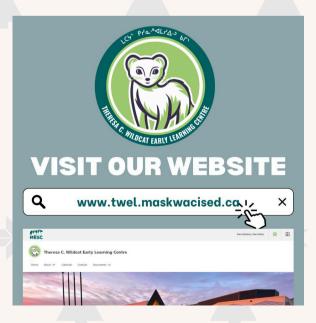
To ensure the safety of our awasisak, **all changes to pickups** (ie, to be put on the bus, or held off the bus, or different people picking up) must be made **NO LATER THAN 3:00 PM**. After 3:00 PM our admin assistant is unable to take these calls as she is assisting with end of day. Thank you so much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





## School Lunch Menu

menu Subject to Change ue to product availability <b>iw Pîsim Eagle Moon (February)</b>					
3rd-7th	Monday	Tuesday	Wednesday	Thursday	Friday
Kîkisepâ mîcowin <b>ሶቦኣሩ 广</b> ዮረፊ ን	Yogurt, Cereal, Fruit	Hard Boiled Eggs, Back Bacon, Hashbrowns, Fruit	Assorted Muffins, Yogurt, Fruit	Pancakes & Sausage, Fruit	
Nimâwin <b>σĹ∆</b> . <sup>,</sup>	Beef Stroganoff with Egg Noodles, Hot Veg, Ceaser Salad, Fruit Salad	Baked Ham, Roasted Potatoes, Hot Veg, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Loaded Potato Soup, Cheese Bread, Mixed Salads, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad	PD DAY
᠓ᢆᡄisowinis ᠋᠋ᡤ᠋ᢉ᠇᠘᠂ᠳ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
10th- 14th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Cheese and Sausage Fritatta, Fruit	
Lunch	Chicken and Vegetables in Parmesan Cream, Caesar Salad, Spinach Salad, Fruit Salad, Fruit	Hamburger and Rice Goulash, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Tomato Vegetable Soup, Bannock, Mixed Salads, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad	SCHOOL HOLIDAYS
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
17th -21st	Monday	Tuesday	Wednesday	Thursday	Friday
Kîkisepâ mîcowin <b>ሶቦኣሩ 广ቦ</b> ረሏ ን		Yogurt, Cereal, Fruit	Pancakes, Back Bacon, Fruit	Oatmeal, Cereal, Fruit	Eggs, Sausage, Hashbrowns, Fruil
Nimâwin <del>σĹΔ</del> .•	SCHOOL HOLIDAY	Ham Alfredo Pasta with Spinach , Tossed Salad, Fruit Salad, Fruit	Chili, Bannock, Mixed Salads, Fruit Salad	Coconut Curry Chicken, Rice, Hot Veg, Spinach and Strawberry Salad,	Pizza Day! Ceaser Salad, Fruit Salad
		Trait Galda, Trait		Fruit Salad	
Ϻîcisowinis 广ቦተሏ·σ^		Fruit or baked goods	Fruit or baked goods	Fruit Salad Fruit or baked goods	Fruit or baked good
	Monday		Fruit or baked goods Wednesday		Fruit or baked good Friday
<sup>•</sup> •ው·Δነባ <mark>ገ</mark>	Monday Yogurt, Cereal, Fruit	Fruit or baked goods		Fruit or baked goods	_
<b>广Ր<b>ተ</b>Δ·σ<b>^</b> 24th- 28th</b>		Fruit or baked goods Tuesday Scrambled eggs w/	Wednesday	Fruit or baked goods Thursday	Friday Pancakes and





K



## Sâkihitowin is Connection

February is often called the month of love, but love is so much more than candy and Valentine's cards. Sâkihitowin isn't just about romance—it's about connection. It's about how we care for ourselves, our awâsisak, and our community.

For young children, love is safety. It's knowing that their caregiver will be there when they need them. It's feeling seen, heard, and valued. Love is built in everyday moments—the way we greet them in the morning, the patience we show when they struggle, the gentle hand on their back when they need comfort. These small acts create strong foundations for mental health.

Research shows that even just one stable, loving caregiver can be a powerful protective factor for a child. A consistent adult who shows up offers love, and provides safety can help a child build resilience, confidence, and lifelong emotional well-being—even in difficult circumstances. Love isn't about being perfect—it's about being present.

#### Love Isn't Always Easy

Our own experiences with love play a role. For some, it can feel overwhelming; it can mean learning or unlearning or even trying something different. The good news? Kids don't need us to get it right all the time. They need us to keep showing up. To repair when we lose our patience. To remind them (and ourselves) that love isn't something that has to be earned—it's something we all deserve just by being here.

So this February, let's reimagine love. Not just as something we give to others, but as something we also offer to ourselves. Can you take a deep breath when things get tough? Can you find one small way to show yourself kindness each day? When caregivers feel supported, children feel safer. Love starts with us, and it ripples out.

kinanâskomitin, Selby Quinn TWEL Counsellor





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





Ext.205

## **Classroom Happenings:**

**Kise** Pisim

Miyo Ocetowi Kisikaw kakiwaw - Happy New Year Everyone! This month, the awasisak will learn about Atayokewina (Legends) and Acimowina (Storytelling).

They will spend time listening and learning about the lessons behind each legend.

The legends will be tied into Cree and Nehiyawatisiwin.

I look forward to teaching the awasisak about our stories from metoni kiyas. ekosi pitama, mwestas.

## **Quick Reminders:**

There are a total of three Nehiyawatisiwin classes this month and depending on the temperatures <u>please ensure your children are</u> <u>dressed for the weather.</u>





**K4 MS.BULL** 

Fxt.208

## **Classroom Happenings:**

Wow! I can't believe January is already over. This past month the children had so much fun exploring their 5 senses and enjoyed the STEM experiments. This helped the children understand how important it is to use our 5 senses daily. For the month of February, we will be talking more about wahkohtowin (kinship) and sakihtowin (love). There is so much excitement for Valentine's Day and all that this special day brings. We have also been working on more of our independence skills with getting ready for home time and putting our own shoes on. We have been building on our writing skills and I have started to see the children begin to write their names. The children have been doing amazing at these tasks and I am so proud of them.

## **Quick Reminders:**

Please continue sending your child with an extra pair of clothes labeled with their name.
 Please check your child's backpack regularly for any updates or artwork.
 February 13, 2025 Valentine's Day Class Party
 Parents are welcome to send a treat this day. (\*optional\*)
 Class list will be going out soon.





# K4 MS.WOLFE

Ext.206

## **Classroom Happenings:**

Tansi Kakiyaw! In K4W, Our tipi teaching this month is love; How can we show love and kindness to our friends and family? For literacy, we are identifying letter sounds, differences between uppercase and lowercase letters, and blending words in Haggarty. We are also learning to identify the first letter of our names! In numeracy, we are completing our positional unit which is learning the definitions of on, off, beside, above, and below and have been reviewing numbers 1-10.

## **Quick Reminders:**

With the fluctuating weather, please ensure your child has everything they need with them or in their backpacks so we can keep them safe and warm.

Please DO NOT send any of the following items as we have students with mild to severe allergies in our classroom:
Nuts including any and all peanuts, hazelnuts, pistachios etc...
Coconuts
Shellfish



K4 MS.REMI



## **Classroom Happenings:**

#### Tansi, parents!

It's hard to believe that February is already here – the months are certainly flying by! As we approach the end of the second term, I'll begin testing students for the March report cards. It's a good time to reflect on the progress we've made so far and continue working on key skills.

#### In the classroom, we'll be focusing on:

**Letters and Letter Sounds**: We will continue to practice both uppercase and lowercase letters, along with their corresponding sounds.

**Name Recognition and Printing:** The students are doing wonderfully with recognizing their names and starting to print them neatly. Keep up the great work at home with practice!

#### In Numeracy, we are continuing to:

Count from 1 to 10 and recognize the corresponding number symbols.

Learn about shapes and practice identifying and naming them.

Sort objects by different attributes, such as color, size, and shape.

Practice creating and extending patterns, which is a fun way to develop problem-solving skills!

#### Valentine's Day Celebration:

We will be having a class Valentine's party on February 13th as there is no school on the 14th. We're excited to celebrate the season of love with some fun activities and treats! More details will follow soon about how you can contribute to the celebration.

Ay-Hay for making sure your little one is here every day unless they are sick or have an appointment. Thank you also for texting me or phoning the school to let us know if your little one is sick or away. Looking forward to another month of learning and growth!

## **Quick Reminders:**

Please make sure your little one is dressed for the weather.

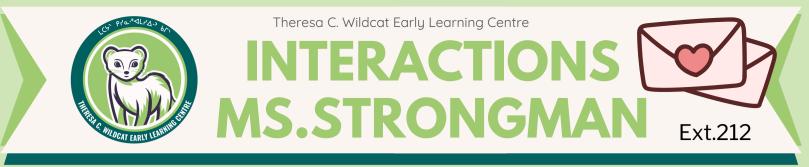
We try to get out as much as possible and the little ones enjoy playing around in the snow and rolling around. I do not have enough snow pants at times so please make sure you send a pair with your little one. Mittens or gloves and a toque help keep their ears and hands warm.

Little ones can be very picky at lunchtime.

If you could pack something simple like cheese and crackers, goldfish, or a sandwich that would be awesome.

Sometimes the little ones go all day without having something to eat.

**ALLERGIES: Dairy** 



## **Classroom Happenings:**

We have been doing a lot of fun Valentine's Day crafts to build fine motor strength. Please assist in independence by allowing your child the extra time to dress/undress themselves with their outdoor clothing. It helps us here at the school as their main goals are built on independence. Overall, it has been a busy yet fun year so far.

## **Quick Reminders:**

Please make sure to send your children with the proper outdoor clothing, we go outside most days and sometimes students do not come with their snow pants. Ay-Hay for your help in this!

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





# **K5 MS.NELSON**



Ext.209

## **Classroom Happenings:**

In K5N, we are getting back into the routine of things! In Language Arts, we are continuing to review and learn our letters of the alphabet (upper-case and lower-case). It is very exciting that we are starting to spell three-letter words, unscramble sentences, and communicate our ideas through pictures.

In math, we practice counting from 1-20, and representing numbers from 1-10.

## **Quick Reminders:**

Please communicate if your child will be missing school! In addition, continue to dress your awasisak up for the weather, as we go outside for recess (if the weather is not too cold!) In addition, continue to remind our awasisak of what kindness looks like.





# K5 MRS.WILDCAT

#### Ext.210

## **Classroom Happenings:**

Tansi, January was a wonderful month! We continue to build on skills we have been working on the past 5 months. There has been so much growth! Attending consistently gives your child so many opportunities to grow within a school setting. Ms. Christine will be transitioning to a new position over the next week. Ms. Angel will be our new educational assistant in our class!

## **Quick Reminders:**

February is a busy month! Post our school calendar somewhere in your house to help you remember all the special days coming up. I will also send a text with important dates.





## **K5 MRS.LETCHER**



## **Classroom Happenings:**

We will be focusing on kindness this month. In literacy students are drawing, labelling their pictures by sounding out words and even starting the write sentences. We want them to build confidence at this point and are praising all attempts to write. They are memorizing sight words such as a, I, the, to, and, like and look. They love finding these words in the environment around them. I encourage parents to spend some time reading at night to your Kinder. Not only is it amazing for their language development, and vocabulary but you can have them search for letters or sight words on the page. It's also great for bonding with your child! If you are interested in starting a home reading program where I send books home and your child can track them for rewards, please let me know!

For our Valentine's party, we have 22 students. Please leave the "to" spot blank and have your child sign their name. This is great practice. Please send them out of their box and ready to be handed out.

The student's progress from September to January is very evident. They should be so proud!

## **Quick Reminders:**

Parents please notify the office if students are sick so it can be excused.

Any changes for bussing/pick up needs to be called into the office by 3:00 rather than texted to me. I don't usually check my phone during the day.

Please send healthy foods for students who will not eat the school lunch provided to help avoid tantrums and hungry bellies.

Please ensure kids are coming dressed for the weather including snowpants, and WATERPROOF mittens. Much appreciated!



# Theresa C. Wildcat Early Learning Centre January Ribbon Skirt Day!



K4 Bull



K4 Remi

K4 Wolfe

# Theresa C. Wildcat Early Learning Centre January Ribbon Skirt Day!



K5 Wildcat



K5 Letcher



Interactions



K5 Nelson