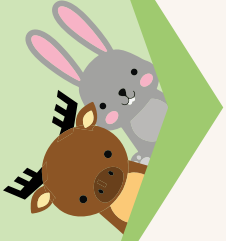




Theresa C. Wildcat Early Learning Centre



# April Newsletter



Tansi famlies!

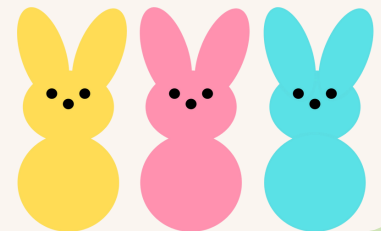
Welcome to Spring and the warmer days ahead! I hope everyone had a relaxing break and enjoyed quality time with family and friends.

In March, we had a wonderful Miyoskamiw Ohnikikmawak Engagemnet Night, and it was fantastic to see so many join us at the school! A huge thank you to our families and the dedicated staff for making it such a success.

On April 3rd, we celebrated National Support Staff Appreciation Day, and I'm not alone in saying that we have an incredible team here at TWEL! Your hard work is truly appreciated—thank you for all that you do!

We have some exciting events lined up this month, so be sure to check our school Facebook page and calendar for updates.

Ay hay,  
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)

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# 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

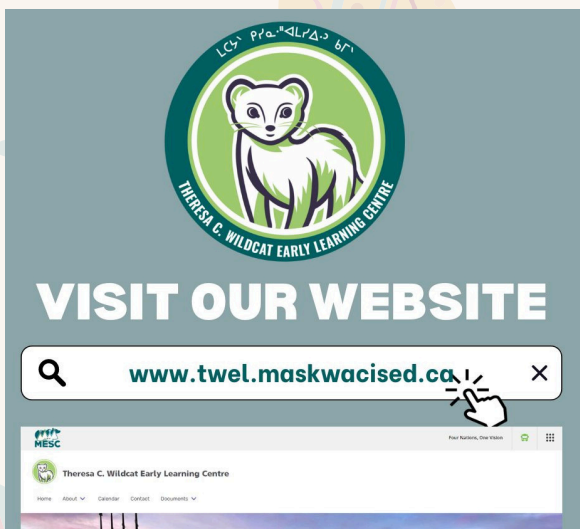
One of the things we focus on teaching our awasisak is kindness and the importance of treating all people with respect. We expect this from them, and we expect this from each other. This extends to our families - we treat each other with kindness and respect in the spirit of wâhkôhtowin. Please make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

## Our Website

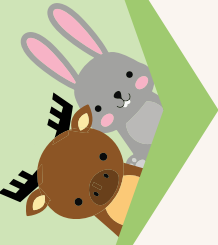
Our website is a great resource for information about anything at TWEL.

## Support is Always Available

We know that crises can happen at any time. Support is always available.



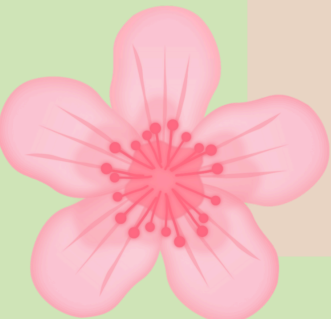
The following are available 24/7  
**Mental Health & Suicide Prevention Line:** Call or text 9-8-8  
**Hope for Wellness:** Call 1-855-242-3310  
**Maskwacis Mobile Mental Health:** Call or text 780-362-2150



# April Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>APRIL FOOLS DAY</b>	2	3	4 <b>Rainbow Day</b>	5
6	7	8	9 Dress Your Best Day School Assembly	10 NO SCHOOL	11 PD Day NO SCHOOL	12
13 	14	15	16	17	18 NO SCHOOL Good niyānanokisikāw	19
20	21 NO SCHOOL Easter pēyakokisikāw Kiyāskiw Kisikāw 	22 	23 <b>Ribbon Skirt Day</b> 	24	25 Dental Health & Nutrition Celebration 1:00 - 3:00 	26
27	28	29	30			



APRIL SHOWERS  
Bring  
MAYFLOWERS

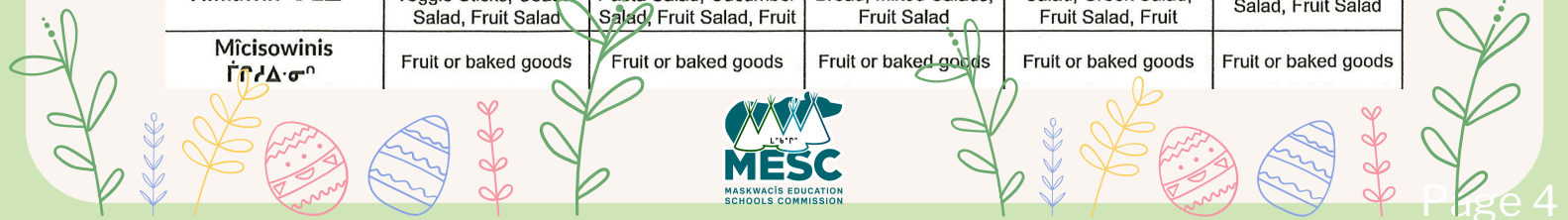


Theresa C. Wildcat Early Learning Centre



# School Lunch Menu

**Menu Subject to Change due to product availability	ᐱᕐᐸ ᐱᕐᑦ Ayiki Pisim Frog Moon (April)					
31st- April 4th	Monday	Tuesday	Wednesday	Thursday	Friday	
Kikisepā mīcowin ᐱᕐᐸᐱᕐᑦ ᐱᕐᑦᐱᕐᑦ	Oatmeal, Cereal, Fruit	Assorted Muffins, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Yogurt Parfait, Fruit	Bannock and Jam, Fruit	
Nimāwin ᓄᐱᕐᑦ	Pasta w/ Roasted Tomatoes, Spinach, Fresh Basil, Marinara and Parmesean, Caesar Salad, Fruit Salad	Bannock Tacos, Tossed Salad, Fruit Salad, Fruit	Tomato Basil Soup, Cheese Bread, Caesar, Mixed Salads, Fruit Salad	Roast Beef au jus with Potatoes and Hot Veg, Tossed Salad, Pasta Salad, Fruit Salad Fruit	Pizza Day! Caesar Salad, Fruit Salad	
Mīcisowinis ᐱᕐᑦᐱᕐᑦ ᓄᐱᕐᑦ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
7th - 11th	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Sweet Scones, Yogurt, Fruit	Frittata with Ham & Cheese, Hashbrowns, Fruit		
<b>Lunch</b>	Pasta Carbonara (Cream, Bacon, Parmesan and Peas) Tossed Salad, Tomato Salad, Fruit Salad)	Baked Ham with Rice Pilaf and Hot Mixed Vegetables, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Beef Vegetable Soup with Cheese Bannock, Caesar Salad, Spinach & Strawberry Salad, Veggie Salad, Fresh Fruits, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad		<b>PD DAY</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods		
14th - 18th	Monday	Tuesday	Wednesday	Thursday	Friday	
Kikisepā mīcowin ᐱᕐᐸᐱᕐᑦ ᐱᕐᑦᐱᕐᑦ	Yogurt, Cereal, Fruit	Eggs, Back Bacon, Hashbrowns, Fruit	Oatmeal with Berries and Fruit	Pancakes, Sausage, Fruit		
Nimāwin ᓄᐱᕐᑦ	Baked Mexican Lasagna (layered with tortillas) ,Spinach Salad with Berries & Feta, Fruit Salad, Fruit	Perogies Baked in Cheese Sauce with Vegetables and Bacon, Mixed Greens , Cucumber & Tomato Salad, Fresh Fruit	Cauliflower Cheddar Soup with Ham, Fresh Bread, Tossed Salad, Fruit Salad, Broccoli Pasta Salad, Greek Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad		<b>GOOD FRIDAY</b>
Mīcisowinis ᐱᕐᑦᐱᕐᑦ ᓄᐱᕐᑦ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods		
21st - 25th	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>		Oatmeal, Cereal, Fruit	Eggs, Back Bacon, Hashbrowns, Fruit	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	
<b>Lunch</b>	<b>EASTER MONDAY</b>	Baked Bacon, Tomato & Veggie Pasta Casserole, Tossed Salad, Fruit Salad, Fruit	Chicken Noodle Soup, Bannock, Caesar Salad, Spinach Salad, Pasta Salad, Fresh Fruit , Fruit Salad	Pulled Pork Sandwiches with Hot Veg, Tossed Salad, Fruit Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad	
<b>Snacks</b>		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
28th - May 2nd	Monday	Tuesday	Wednesday	Thursday	Friday	
Kikisepā mīcowin ᐱᕐᐸᐱᕐᑦ ᐱᕐᑦᐱᕐᑦ	Oatmeal, Cereal, Fruit	Savoury Scones, Fruit	Eggs, Back Bacon, Hashbrowns, Fruit	Yogurt Parfait, Fruit	Pancakes, Sausage, Fruit	
Nimāwin ᓄᐱᕐᑦ	Pasta Alfredo w/ Ham, Veggie Sticks, Ceaser Salad, Fruit Salad	Chicken Ceaser Wraps, Pasta Salad, Cucumber Salad, Fruit Salad, Fruit	Beef Stew, Cheese Bread, Mixed Salads, Fruit Salad	Shepards Pie, Tossed Salad, Greek Salad, Fruit Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad	
Mīcisowinis ᐱᕐᑦᐱᕐᑦ ᓄᐱᕐᑦ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	





Theresa C. Wildcat Early Learning Centre



# Sîtoskâkewin ᑭᓴᑦᐱᑦᐱᓴᑦ

supporting people, giving people psychological support

## Handling Power Struggles with Young Children

Power struggles with little kids can be frustrating for both caregivers and children. At ages 4 and 5, kids are learning to be independent, test boundaries, and express their feelings. While this is a normal part of growing up, power struggles can feel exhausting! Here are some tips to handle them in a way that helps your child feel safe, understood, and connected to you.

### Why Do Power Struggles Happen?

- Need for control – Young children want to feel like they have some say in their world.
- Big emotions – Kids this age are still learning how to manage feelings like frustration and disappointment.
- Testing boundaries – They want to know where the limits are and if they are safe when they push back.
- Unmet needs – Hunger, tiredness, or overstimulation can make struggles more likely.
- Past experiences – If a child has experienced unpredictability or stress, they may react strongly when they feel out of control.

### How to Avoid Power Struggles

- Offer choices – Instead of saying, “Put on your shoes now,” try “Do you want to wear your red shoes or blue shoes today?”
- Set clear and consistent boundaries – Gentle but firm rules help kids feel safe. Use short, clear language: “We use quiet voices inside.”
- Use connection before correction – If a child is upset, get down to their level, make eye contact, and acknowledge their feelings: “I see you’re really upset. Let’s take a deep breath together.”
- Pick your battles – If the situation isn’t about safety, consider if it’s worth the fight. Sometimes, letting kids make small decisions gives them the control they need.
- Use routines – Predictability helps kids feel secure. Having a regular schedule for meals, bedtime, and playtime can reduce power struggles.
- Stay calm and model regulation – If you stay calm, your child learns from you. Take a deep breath and respond with kindness instead of reacting with frustration.

Every child is different, and no strategy works every time. The goal isn’t to “win” but to guide your child in a way that strengthens your relationship and helps them feel understood.

**Remember:** Power struggles are normal! With patience, connection, and understanding, you can help your child navigate big feelings while keeping the peace at home.

kinanâskomitin,  
Selby Quinn  
TWEL Counsellor

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





## Classroom Happenings:

### Ayiki Pisim - Frog Moon

Tanisi Kakiyaw,

Miyoskamin has arrived.

We've started to see signs of spring around us.

This month we will spend some time learning about our community and we will spend our nehiyawatisiwin classes learning about the moon name and spending time outside listening to the frogs sing.

**Please dress the awasisak according to the weather.**





# K4 MS.BULL

Ext.208

## Classroom Happenings:

Tansi Kakiyaw,

Happy spring everyone! We hope everyone enjoyed their spring break. We sure missed the kids. With the season changing we will explore more outdoors going on nature walks and using our 5 senses. We will talk more about Okawiykaw Askiky (Mother Earth) and how we can care for her. This looks like learning about recycling and how to keep our ground clean. I am so proud of the awasisak for being awesome little helpers and taking on the task on their own by keeping our playground area clean. We will also be talking more about mancosak (bugs), piyesisak (birds), mītosak (trees), wāpikwaniya (flowers), nīpiya (leaves, grass) and nipiya (water). We are so excited to embrace the green and all the joys spring brings us yearly.

## Quick Reminders:

- Please continue sending your child in their winter gear till the snow is completely gone.
- Please label and send your child with extra clothes daily.
- **Peanut Allergy** - Please make sure the snacks you send daily are peanut-free.





## Classroom Happenings:

Whew! These months are flying by, I cannot believe we are into Miyoskamin (Spring)!

This Ayiki Pisim, our **Mihkwap** teaching will continue with Honesty.

In **literacy**, we have been working hard to identify our uppercase and lowercase letters as well as our letter sounds; during Heggerty we have begun to learn how to rhyme and blend our words together!

For **numeracy** we will continue to identify our 2D and 3D shapes as well as reviewing sorting and pattern making.

## Quick Reminders:

- Please send your child with appropriate outdoor clothing with the changing weather, awasisak health is our number one priority. With spring coming and rain and muddy puddles, please send your child to school with an extra pair of clothes.
- Please be mindful of our students with allergies, there has been an increase in school snacks containing: Nuts/coconuts. Please refrain from sending your child to school as we have awasisak with mild to severe allergies.
- Please do not send the following: any kind of tree nuts including: peanuts, hazelnuts, walnuts, pistachios, almonds, hazelnuts, etc....







## Classroom Happenings:

Dear Families,

As we welcome the month of April, we are excited to embrace the beauty of spring and all it brings! The days are getting longer, and the flowers are starting to bloom – a wonderful reminder of new beginnings and fresh starts. This month, we will celebrate Easter, spring, and all the joys of the season.

In Literacy: We will continue working on our alphabet, focusing on letter sounds and printing names independently. Students will also learn the letters in their names and practice recognizing them. Our goal is to foster confidence in reading and writing, one letter at a time.

In Numeracy: In numeracy, we will continue practicing counting in both English and Cree. We will also work on sorting objects by different attributes and continue to build our skills in subitizing (recognizing small quantities without counting). These foundational skills will help strengthen their number sense.

Outdoor Learning: We will take advantage of the fresh spring air by spending time outdoors! Our class will enjoy nature walks to observe the changing season and connect with the natural world around us. Outdoor playtime in the playground will also provide opportunities for physical activity and fun!

We are excited about all the learning and growth this month will bring. As always, thank you for your continued support in helping our students thrive.

Wishing you all a wonderful month of April!

## Quick Reminders:

- Please dress your little ones for the weather. We have had students come without snow pants, there is still snow and ice on the ground and students love to roll around and play on the ground. Please also provide your little ones with gloves/mitts, toque and boots (winter/rubber) as the ones I have purchased for the class seem to have disappeared over the last few months.
- With the wet weather upon us please send an extra set of clothes just in case your child gets wet at recess and needs to change into dry clothes. We are running low on pants (boys and girls).
- A lunch item is greatly appreciated as the little ones can be picky and not want to eat the food school provides. I hate to see a child go all day without eating. Cheese and crackers, fruit (apples, oranges, grapes, watermelon), bannock, bread with jam, etc are all wonderful ideas. I try to hold off on sugar/salty snacks until the afternoon.

Ay Hay!

**ALLERGIES: Dairy**





# INTERACTIONS MS. STRONGMAN

Ext.212

## Classroom Happenings:

We have been loving our new inclusive playground. It is perfect for everyone in our class. so the kids have really been enjoying it. We also have a field trip in April, please make sure to sign the permission forms.



## Quick Reminders:

Please make sure to send your children with extra clothing as we have a lot of accidents in our classroom, ay-hay!

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





# K5 MS.NELSON

Ext.209

## Classroom Happenings:

Dear Parents,

In K5N, we've been busy learning and growing! In Language Arts, we are reviewing alphabet names and sounds, practicing writing sentences independently with the help of teacher-modeled examples, working on our sight words, and strengthening our skills in blending and segmenting sounds to help us read.

In Math, we've been focusing on counting up to 10 and back down, recognizing different ways to represent numbers within 10, and practicing subitizing to 5.

Overall, we're also discussing our school rules and expectations while learning how to treat others with kindness and respect.

Thank you for your continued support!

## Quick Reminders:

- Please continue to dress your child appropriately for the weather.
- Keep talking about kindness, respect, and what those values mean in everyday situations.
- Continue to discuss the importance of listening and learning.
- If you're ever interested in extra school work for home, feel free to reach out to me.

## Shared fun photos:





# K5 MRS. WILDCAT

Ext.210

## Classroom Happenings:

Tansi!

It's been wonderful to see everyone this week. Friday April 4th is my last day then I'm off on maternity leave. I will miss everyone and try to pop in for a few visits before the year comes to an end. If you have any questions in the future or your child wants to say hello, just give me a text!

Ms. Remi from K4 will be taking over the class come Monday!

## Reminders:

- My last day is April 4th. Ms. Remi from K4 will be their new teacher!
- Dress for the weather: rubber boots, splash pants (send spare clothes just in case)
- Try your best to send your child the full week! This is giving them the opportunity to build a school routine that will support them in Grade 1.
- April is a quick month with mostly 4-day weeks.





## Classroom Happenings:

Hello April! Bring on the Spring weather! We are looking forward to being rid of the snow and taking our instruction outside more as the weather warms up.

In math we are starting to learn more about measurement and 2D and 3D shapes.

In literacy, most students know over half the alphabet along with their letter sounds so we will continue to work on blending sounds together while reading and sounding out words. Students are continuing to draw pictures and are encouraged to write about their story. I am happy to send books home for any parents interested in starting my home reading program. It would just be a matter of reading the book to your child before bed. The child then records it on their tracking sheet. I would then display their accomplishments and have a prize for the most books read in June. Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language which will serve them all throughout school. Please contact me if you would like your child to be part of this program.

## Reminders:

- April 3- Fire Drill
- April 4- Rainbow Day
- April 11- PD Day
- April 14- Mrs. Letcher away at PD
- April 18- No School
- April 21- No School
- April 22- Earth Day

Please ensure your child is dressed for the appropriate weather. As the snow melts, rubber boots and splash pants will be encouraged.



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