

Onôcihtow Pîsim Newsletter

Principal's Message

Tansi Parents / Guardians,

My name is Greg Koett and this is my sixth year as principal at Mimiw Sakahikan School. I previously worked at Samson Elementary School for the previous 20 years as a teacher and administrator. I live in Red Deer, Alberta with my wife, Shana and two boys, ages 19 and 15. My oldest son just returned to Vancouver last week for his second year at UBC. I also have two friendly golden doodles, ages 3 and 4. I love working in a smaller school and community, it feels like one big family where everyone knows and cares about each other. I am very excited to welcome all of our awasisak back for another wonderful school year.

School Hours / Attendance - Our school hours are 8:30 - 3:20 for kindergarten to grade 6 students, Monday to Friday. Our Headstart hours are Tuesday - Friday from 9:00 - 12:00. Our Headstart students are now located right next to the school in their newly renovated classroom. We ask that students be on time for school and attend school each day if they are feeling well. Each morning, we have our 100 minutes of uninterrupted literacy for all students. At this time, students are learning essential literacy concepts to read and write at grade level. If a student is consistently late for school or has poor attendance, they are at risk of falling behind.

Student Safety - Our number one priority as a school is the safety and well-being of each and every one of our awasisak. Therefore, we conduct four fire drills throughout the year as well as three lockdown drills. Parents will receive a letter informing you when we practice our fire drills and lockdown drills. Our first fire drill will be on September 16. This is always a fun day for students because the fire department brings out the fire truck, and students get to learn about the fire truck and the equipment they use. The highlight of the day is when students get to take turns using the fire hose.

Student Wellness - Alongside student safety is student wellness. One of the advantages of being in a small school and community is that every staff member develops close relationships with all of our awasisak. We want our students to feel safe, loved and excited to come to school. Our staff is trauma-informed and we ensure every interaction is from a trauma-informed lens. We also have a full-time counsellor on staff for group work and individual 1 on 1 counselling.

Inside Shoes / Warm Clothing - If possible we ask that each student has a pair of inside shoes at school for activities inside the school, gym class and any emergency drills that take place throughout the year. Warm clothing and proper footwear are also essential for when the season starts to turn to winter. Students have 3 recess breaks each day as well as weekly land-based learning activities.

Cree Language / Land-Based Learning - All of our kindergarten to grade 6 students receive Cree language classes daily from our Cree instructor Bill Lightning. Our staff try to speak as much Cree as we can throughout the school day. We continue to learn daily from Bill Lightning and our fluent Cree speakers on staff.

School Lunch / Breakfast - All students who attend MESC schools receive a breakfast, hot lunch and snacks each day at school. A monthly menu will be included in each newsletter.

Please refer to the attached calendars for important dates and activities. As always, if you have any questions or concerns do not hesitate to contact me at the school.

Ekosi, Greg Koett

Kindergarten- Ms. Sather

Welcome to the new school year!

My name is Ms. Sather and I will be teaching a combined K4 and K5 class. We will be working with a new Math, Health/PE Program and adjusting the Language Learning Program to suit the needs of the students better. Miss Bear Roan will be assisting the children full time in the classroom to help with creating the best inclusive learning environment possible.

I have worked in this community for many years and I am always impressed how we all come together to care for our children. We have a beautiful school that has a strong Cree Culture focus and staff who are very loving and kind. I am very proud to be a part of Mimiw Sakahikan School.

Ekosi

Lucie Sather



Grade 1 and 2 - Mrs. HB

Tansi! I hope this newsletter finds you and your family well! My name is Mrs. Harasymchuk-Bantick (H.B.) and I will be teaching a Gr ½ split class, with Ms. Dawn Rowan as my Educational Assistant. This year we are teaching a new Language Arts and Wellness/Phys.ED curriculum. Every Friday students will bring home the work they have completed for the week, as well as any work they have missed. I look forward to forming a partnership with you to help your child succeed. If you have any questions or concerns, please feel free to contact me!

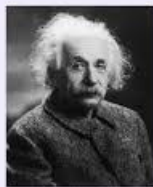
Ay-Hai

Roxanne Harasymchuk-Bantick



Grade 3 and 4 Class- Ms. Parmar

Tansi, Mimiw Sakahikan Peyakoskan (one bond, one family), that is exactly what we are at the school, one great big family working together to educate our children. My name is Jaspal Parmar, and I teach grades 3 and 4 at the school and have for the past 11 years. I also teach adult ESL literacy to non-literate refugees a few evenings a week for the government of Canada. I have helped bring the summer literacy program to the school each summer. I am quadrilingual (I can speak and understand 4 languages). I have a Bachelor of Arts from the University of Lethbridge, a Bachelor of Education from the University of Alberta, and a Master's degree from the City University of Seattle. I am currently pursuing my doctorate in education (EdD) from the City University of Seattle. I have a beautiful daughter, who turns 18 this December. I believe that knowledge is power and that education is very powerful; it can change the world around us. I believe that the students in my classroom are the future. The skills and knowledge they will acquire here will empower their nations and the world around them. I am very proud to be a small part of their long journeys. I'm looking forward to working and learning with the awasisak this year! Together, we can set up the awasisak for a successful year. I know we are going to have a fun year. If you have any questions, please contact me at the school. As always, I will leave you with one of my favourite quotes.



**Play is the highest
form of research.**

- Albert Einstein

www.quotes.pics



Grade 5 and 6 - Miss McElroy

Tansi,

My name is Caitlin McElroy, and this is my third year teaching grades 5/6 at Mimiw Sakahikan School. I live in Red Deer and I have two beautiful children; a daughter who is 10 years old and a son who turns 13 next month. We went on many mountain and hiking adventures over the summer and I also worked at the summer camp here. I am looking forward to teaching all of your incredible children this year, and I am excited to connect with all of the families! If you have any questions or concerns please do not hesitate to contact me.

Hai Hai



Cree and Culture - Mr. Lightning

Tansi tatawaw kikiyaw Hello, my name is Bill. I have been teaching Cree for over twenty years, and throughout that time, I've dedicated myself to sharing our language and culture with others. Teaching is more than just my work—it's part of who I am, and I believe strongly in carrying our knowledge forward so it can continue to guide future generations.

Outside of the classroom, I spend my time out on the land, especially in the fall when I'm hunting. Sports are also a big part of my life, keeping me active and connected to community. Above all, I try to live in a way that is respectable and caring, staying true to the values that were passed down to me.

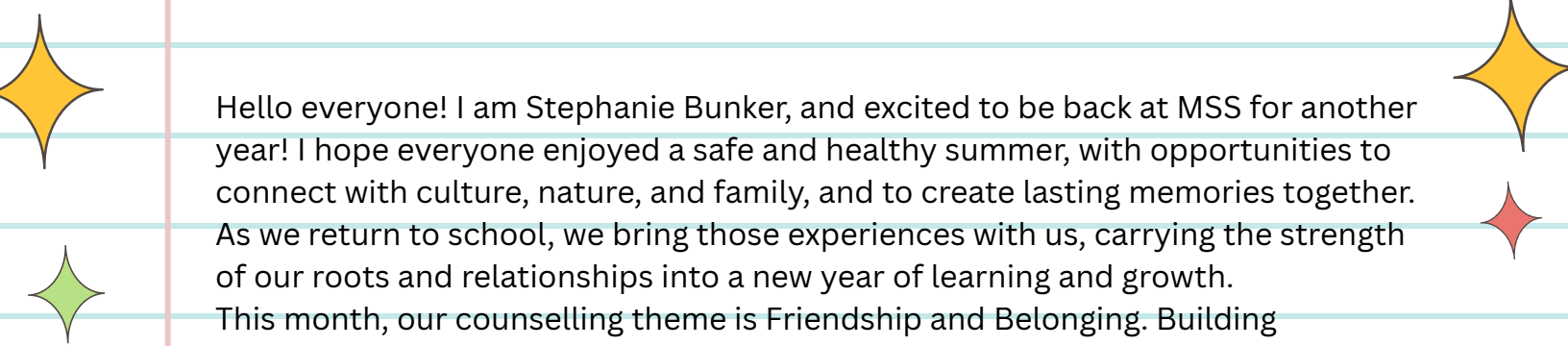
Creator gave us a great gift—our identity and our language.

Akosi kitwam





Counsellor - Mrs. Stephanie



Hello everyone! I am Stephanie Bunker, and excited to be back at MSS for another year! I hope everyone enjoyed a safe and healthy summer, with opportunities to connect with culture, nature, and family, and to create lasting memories together. As we return to school, we bring those experiences with us, carrying the strength of our roots and relationships into a new year of learning and growth.

This month, our counselling theme is Friendship and Belonging. Building friendships and feeling a sense of belonging are not only important at school, but also within our broader community. When children grow up with a strong sense of who they are and who they are connected to, they develop the confidence and resilience needed to thrive. Together, we will focus on creating new relationships, strengthening healthy connections, and supporting each other with kindness and respect.

At the heart of this work is the teaching of Wahkohtowin—the understanding that we are all related and responsible for one another. Practicing Wahkohtowin helps us learn from each other, grow from our mistakes, and create a safe place for everyone in our school and community.

Please reach out at anytime if you have any concerns for your child or you want to connect around any parenting strategies that may be helpful for you in your home. I am always happy to connect with families and come up with creative solutions to life's obstacles.

Ah-hay!

Stephanie Bunker



Admin. Assistant - Roxanne Baptiste

Tansi, my name is Roxanne Baptiste. I've been at Mimiw Sakahikan School for 16 years. I look forward to another school year in the office helping staff, parents and all the wonderful students we have enrolled this year.

If you require assistance with your Parent Portal login, password resets, or information on what you can access from your PowerSchool account, feel free to contact me at the school.



Educational Assistant - Bear Roan

Tansi tatawaw kikiyaw Hello, my name is Bear Roan. I've been working at Mimiw Sakahikan School for 24 years as an educational assistant. Over the years, I've had the privilege of working closely with many children, and I truly enjoy supporting them in their learning and growth. Being part of their journey and seeing them succeed is what makes this work so meaningful to me hai hai .



Educational Assistant - Dawn Rowan

Tansi, my name is Dawn. I work in the grade one and two room, this will be my 6th year at the school. I have lived in the community for over 30+ years. I like to travel, road trips and attend concerts. I'm looking forward to working with kids and hope to have a great 2025-2026 school year.

Ekosi



E.A and Speech - Chantelle Redman

tânisi,

My name is Chantelle Redman, and I am excited to start another great school year here at Mimiw Sakahikan School. I have been part of this school community since 2018, both as an Educational Assistant and a Speech-Language Pathology Assistant (SLPA).

Supporting our awasisak in their learning journey, especially in speech and language development, is something I feel deeply passionate about. Each year brings new opportunities to grow together, celebrate our voices, and create a safe and inclusive space for learning.

I look forward to working with students, families, and staff again this year, and I am grateful to continue being part of such a caring community.

hiy hiy,

Chantelle Redman



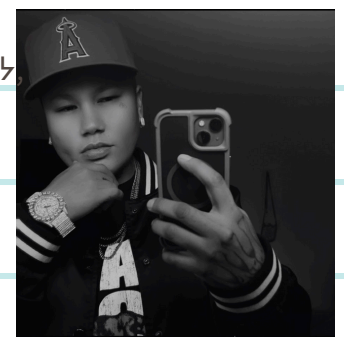
Educational Assistant - Terynn Omeasoo

σΠητ"βρ' U+ε' ΔΓΔρ.

σΔρ"ΔCΔ' Ρ'ΡσΔ"ΔLδρ' physical education Δ~9Δ' β"Ρρ° Δ~βρ' ρβ σΠη"ρ9Δ' σβJCL° ΔCΔ~9Δ' Δ~βρ' L~Ρ'Ρ°.

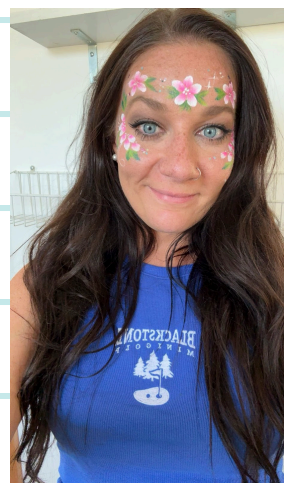
σΔρ"Γ~Δβ' Ρ'ρβ° ΔβΓ"ρ° Ρ'ρβ° Γε σΡ"β~× σ~C' Ρ'ρβ°, ρβ σΔCL' σ~C' ρΓρ ALΠρΔ' ρβ Ρ'ΡσΔ"ΔL9Δ'.

σρ ΡΓρ Δ"AP"ρ° ρβ ΡΓρ σCΔ Δρ"ρ° ΔCΔ~9Δ' Δ~βρ' σβJCL° Γρ ALΠρΔ', Ρ'ΡσΔ"ΔL9Δ' ρβ Δρ"ΔΔ', ρβ σβ Γρ ALΠρΔ' β ΡΡ"β~× Lε.



Educational Assistant - Morgan Isbister

My name is Morgan Isbister, and I'm excited to be starting another year as an Educational Assistant here at Mimiw Sakahikan. I began working in the Grade 3/4 class last December and have loved being a part of this wonderful school ever since. I was born and raised right here at Pigeon Lake, and I'm proud to call it my forever home. I don't have kids of my own yet, so I truly enjoy working with and supporting the students each day. I'm looking forward to another great year of learning and fun with the Grade 3/4 class
Hai hai, Morgan



Educational Assistant - Jonathon Saddleback

Tansi, Jonathon Saddleback nisihkason ekwa Kaskitew Maskosis ni nehiyaw wihowin. Nimiwatan Oma Mimiw Sakahikan kiskinahamatokamik eyato skayihikawiyen kotak askiy ewicihtasoyan mana kiskinahamakewin. Ota mimiw sakahikanihk ekipeyohpikiyan. nitapowakehiten wiyawaw awasisak ewipimipahitacik pokikway, ekosi kweyask piko kakiskinahamawayahkik ewko anima kawcihkwak moya piko wiyawaw ohci maka pikwawiyak
Ekosi, Hai Hai



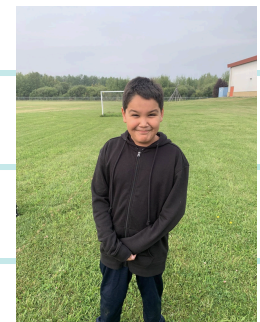
Onôcihtow Pîsim Menu

<div> Menu is subject to change. Due to product availability. </div> <div> ᐃᓄᓐᓴᓂᓄᓐ ᐃᓄᓐᓴᓂᓄᓐ Pîsim Mating Moon (September) </div>					
1st - 5th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Cold Cereal, Fruit	Scrambled Eggs & Back Bacon, Cut Fruit
Lunch	No School Otatokew Kîskâw Labour Day	Pasta Bolognese, Caesar Salad, Tomato Cucumber Salad, Fruit	Three Sisters Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Perogies with Garlic Sausage, Caesar Salad, Marinated Vegetable Salad, Fresh Cut Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks		Fruit	Fruit	Fruit	Fruit
8th- 12th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw
Kîkîsepâ micowîw ᐃᓄᓐᓴᓂᓄᓐ	Cereal, Yogurt, Fruit	Scrambled Eggs & Back Bacon, Cut Fruit, Sausage	Baked Goods, Fruit	Ham and Egg Quiche, Fruit	Baked Goods, Fruit
Nîmâwîw ᐃᓴᓐ	Mac'n Cheese with Ham, Caesar Salad, Greek Salad, Fruit Salad, Fruit	Shepherd Pie, Tossed Salad, Greek Salad, Fruit Salad, Fruit	Chicken Noodle Soup, Cheese Bread, Caesar Salad, Coleslaw, Fruit	Sesame Chicken & Vegetable Stirfry with Rice Noodles, Tossed Salad Fresh Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Mîcisowînis ᐃᓴᓐᓴᓐ	Fruit	Fruit	Fruit	Fruit	Fruit
15th-19th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Pancakes, Sausage, fruit	Scrambled eggs With Ham & Cheese, Fresh Fruit	Cereal, Yogurt & Fruit	
Lunch	Pasta Alfredo with Ham, Tossed Salad, Greek Salad, Fruit Salad	Deli Wrap, Cut Fruit, Vegetable Salad, Caesar Salad	Hamburger Soup, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads	PD DAY (Prep day)
Snacks	Fruit	Fruit	Fruit	Fruit	
22nd- 26th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw
Kîkîsepâ micowîw ᐃᓄᓐᓴᓂᓄᓐ	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Baked Goods, Fruit	Sausage & Cheese Frittata, Fruit	Oatmeal, Fruit
Nîmâwîw ᐃᓴᓐ	Pasta w/ Roasted Tomatoes, Spinach, Fresh Basil, Marinara and Parmesan, Tossed Salad, Tomato Salad, Fruit Salad	Meatloaf with Potato Wedges, Caesar Salad, Marinated Vegetable Salad, Fresh Cut Fruit	Loaded Potato Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Roast Beef au jus with Potatoes and Hot Veg, Tossed Salad Pasta Salad	Pizza, Caesar Salad, Fruit, Mixed Salads
Mîcisowînis ᐃᓴᓐᓴᓐ	Fruit	Fruit	Fruit	Fruit	Fruit
29th- Oct 3rd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit		Baked Goods, Fruit	Scrambled eggs With Ham & Cheese, Fresh Fruit	Pancakes, Sausage, Fruit
Lunch	Pasta with Italian Sausage and Roasted Tomatoes, Tossed Salad, Tomato Salad, Fruit Salad	Truth and Reconciliation	Corn Chowder, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Chicken Enchiladas with Spanish Rice, Tossed Salad Fresh Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit		Fruit	Fruit	Fruit





HAPPY BIRTHDAY

Aniyas 12th
Braiden 24th



Onôcihtow Pîsim Mating Moon September 2025

Ayamihew Kîsikâw	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw	Nikotwâsik Kîsikâw
	1	2 First Day of Classes	3	4	5	6
7	8	9 Headstart and K4 First Day	10	11	12	13
14 Kohkom ekwa kimosôm Kîsikâw Grandparents Day	15	16 In Class Misatim Teachings Gr. 5 Fire Drill	17	18 Meet the Teacher 4-6 p.m.	19 Professional Development No School	20
21	22	23 Grade 5/6 Volleyball Kisipatinahk School	24	25 Sunglasses Day 	26	27
28	29  Orange Shirt Day	30 National Day for Truth and Reconciliation No School				

Pigeon Lake Headstart

Monthly News

Welcome back to a new school year in the Headstart building! I am excited to begin my sixth year in the program. I am fortunate to know the community and have built trusted relationships with families. This helps with your child transitioning into school and routines. I am looking forward to developing new relationships with parents this year. My program is open for registration. Every registration receives a gift card.



About Our Program

In Headstart, my 3 year olds learn through play. It is an opportunity for students to become creative and curious. They become independent learners and develop early literacy and numeracy skills.

Headstart offers transportation to and from school with breakfast and lunch provided daily by nanātohk mīciwin.

Reminder

Please send your child with extra clothing, potty essentials, inside shoes and a back pack.

Upcoming Event

- | | |
|---|---------|
| ☀️ Meet the Teacher night | Sept 18 |
| ☀️ Professional Development | Sept 19 |
| ☀️ NO SCHOOL
National day for Truth and Reconciliation | Sept 30 |



! DONT FORGET

We kindly request that all parents and guardians sign in upon arrival and departure from the school. A binder is available by the front door for this purpose. Thank you for your cooperation.

