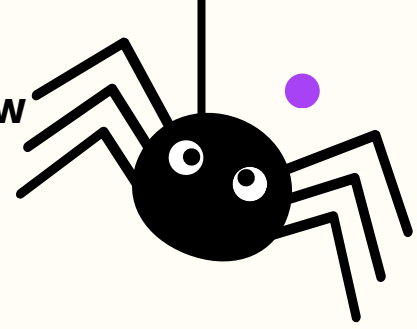


MIMIW SAKAHIKAN SCHOOL NEWSLETTER

KASKATINOW
PÍSÍM 2025



Principal's Message

Tansi Parents / Guardians,

It has been a fantastic start to the new school year, and we are so happy to have all of our awasisiak back in school and a slight increase in student enrollment. We had a busy month of September, which included Meet the Teacher Night, Orange Shirt Day, a fire drill, and cultural activities such as the Misatim program, Treaty Week, students picking Sage, and tipi teachings. It was great to see a large turnout for Meet the Teacher Night. I had some great conversations with parents, and we had numerous parents sign up for our Parent Advisory Committee.

Parent Advisory Committee

We have our first Parent Advisory Committee meeting on Thursday, October 16, from 4:00 to 5:00 p.m. All parents who attend the meeting will be served a meal and receive a \$25 gift card. We hope to see an excellent turnout for our first meeting. We need to pick a new PAC chair this year as our former chair is no longer with us.

Each morning, we gather as a school family and say our morning prayer in Cree. We also introduce a new Cree word of the day, which all students and staff repeat and try to use throughout the school day. We encourage parents to ask their children what the Cree word of the day is and have them say the word back to their parents.

This is one way that we are trying to learn the Cree language and use it in conversation throughout the school day. Our school staff are taking Cree language lessons every Wednesday after school from Mr. Bill.

With October here, we can expect a change in the weather, with some cold days ahead. We kindly request that parents send their children to school wearing appropriate clothing for the upcoming change in weather. We have three recess breaks in our day, and the fresh air and daily exercise are essential for students' health and wellness. If parents are struggling to get winter clothing as November approaches, please reach out to the school, and we will support you.

Calendar Events

Please review all the calendar events for October. It is a busy month. We have our PAC meeting, assembly, volleyball tournament, Misatim program, Student Leadership Day, field trips, and Halloween activities.

Healthy Eating / Nutritious Food

We encourage our students to eat a healthy breakfast and lunch each morning and afternoon at school.

Wholesome, nutritious food supports students' brain activity and provides sustained energy throughout the day. We are very blessed to have our own school cook on staff who prepares healthy and delicious meals for all of our awasisiak each day. If your child is going to bring their own lunch, we encourage parents to pack a healthy, nutritious lunch. We do not allow energy drinks that may affect students' ability to focus and learn.

A reminder that we are a nut-free school due to some of our students who have severe allergies to nuts. If you are sending your child with a snack or a lunch, please make sure that it is nut-free.



Kindergarten

Tansi

All is going very well in the Kindergarten Classroom. The children have become familiar with the school rules and our daily classroom routines. We have been reading books every day, and the children are starting to learn how to print. Please feel free to write a note or phone the school anytime, and I will try my best to respond right away.

We will be going on our first Field Trip on Friday, October 3rd, to the amazing corn maze in Lacombe. We will be spending the whole day outside, so please ensure your child is properly dressed in warm clothes in case it is cold that day. Lunch will be provided.

October is a wonderful time in our classroom. We will be learning spooky poems and creating some cool art projects. At the end of the month, we will have a Halloween Party! I have bought bags for Trick or Treating for all the students so we are all set.

Ekosi

Lucie Sather

Grade 1 and 2

Tansi

Thanksgiving is approaching, and I am very thankful for the opportunity to work with our awasisak! We have just had our first field trip to the Corn Maze, which is one that we all love! Our home reading program will start soon. Please allow your child to read to you daily. Write the name of the book and the date on the provided paper. This little time will help your child tremendously!

We were very fortunate to have a guest speaker come in our room and help us write our very own first story. Everyone was very excited about that, and stories will be coming home soon as we put the finishing touches on them!

We are working with numbers and learning how to determine 10 more, 10 less, 1 more and 1 less. We are excited to introduce a new math computer program that will challenge students to complete puzzles and help our penguin, Jiji, navigate through several lands.

As always, if you have any questions or concerns, please feel free to contact me at the school.

Roxanne H.B

Grade 3 and 4



Tansi,

I can hardly believe the first month of school has already flown by! We have a busy October ahead of us. In math, we have begun our unit on place value and are reviewing the skills we learned last year. In science, we are focusing on our Rocks and Minerals unit. In social studies, we are learning about the pre-colonial period up to the Residential Schools era. In English Language Arts (ELA), we have been examining different texts and their genres, as well as the purposes they serve. We have also been exploring text features. Our writing has been centred on crafting complete sentences and paragraphs. Students are expected to read every day.

Our top three readers for September were:

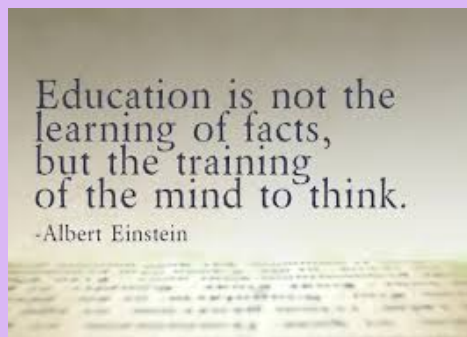
Darren Boysis-Yellowbird — 49 books

Susie Saulteaux — 34 books

Joseph Roasting — 32 books

We have also launched our home-reading program. Students will bring home a book each night, read it, and return it the next day to exchange it for another book. This program helps students develop their literacy skills while fostering a love of reading.

As always, I would like to leave you with one of my favourite quotes:



HAPPY BIRTHDAY

Warren, Lyrik, Brahm,
Ms. Parmar and Mrs. Stephanie

Grade 5 and 6

Tansi,

We are already into October, and I have been hearing about all of the fantastic costume ideas! I am very excited to be back from my time off and see everybody again! In Language Arts we have begun a Novel Study on the Barren Grounds, in Math, we have moved into Multiplication and Division, in Social Studies, we continue to study our provinces, and in Science, we are wrapping up our Weather unit. I was thrilled to see all the parents at Meet the Teacher night, and I look forward to continuing to work together to ensure the success of your children!

If you have any questions or concerns please feel free to reach out.

Ay Hai, Miss M

Cree and Culture

Tansi niwicewakanak ekwa niwakomakanak this month we are transitioning from cultural and Cree identity into cahkihipekinahk (syllabics) to further our knowledge in nehiyawewin (Cree language). As the season changes from summer to fall we notice the larger game are bigger during this time of year, and we keep an eye out for atihkipayiscik (the layover), we are referring to the big camps that geese make before their departure south. We change our diets as the seasons change and as different game become available during various times of the year. As the twilight of autumn happens, we get access to (takwayihiminana) chokecherries, which is hopefully what our land-based activities focus on this month. Hiy hiy ninaskimon ekwa Mwestas kawapimitinaw

Counsellor

As I reflect on returning this September, I feel so proud to see the growth and maturity in our students since I first joined the school last year. It has been heartwarming to watch how welcoming and supportive they have been toward new classmates—showing kindness, respect, and a true sense of community.

This October, I will be working with students on the Zones of Regulation. Together, we will explore how to identify our feelings and give them a name, which is the first step to understanding and managing them.

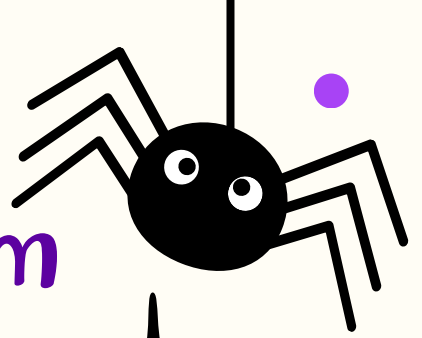
Through songs, games, and interactive activities, we will practice strategies to “catch” our feelings, shift our moods when needed, and build stronger emotional control.

Learning emotional regulation is such an important life skill. As we grow older and face new challenges, being able to identify and name our feelings helps us recognize how those feelings impact our actions, choices, and relationships. When we practice regulation, we are better equipped to prevent small challenges from becoming bigger ones, and we strengthen our ability to communicate with others in healthy, respectful ways. By learning these skills early, students can build a foundation for resilience, stronger relationships, and greater success both inside and outside the classroom.

Thank you, families, for encouraging these conversations at home—it makes such a difference when students can practice and grow in both their school and home environments.

Menu is subject to change, Due to product availability.	ᑭᓴᓴᓂᓄᓐ ᐱᓯᓄ Kaskatinow Pisim Freezing Moon (October)				
Sept. 29th- October 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 Day (Holiday)	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
6th-10th	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kikisepâ micowin ᐱᓯᓄᐱᓄᓐ	Cold Cereal, Fruit	Scrambled Eggs & Back Bacon, Hashbrowns, Fruit	Pancakes, Sausage, Fruit	Baked Goods, Fruit	
Nimâwin ᓄᐱᓄᓐ	Baked Mac and Cheeseburger Pasta, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits	Bannock Tacos, Mixed Greens, Veggie Salad, Veggie Sticks, Fruit	Broccoli Cheddar Soup, Fresh Bread Spinach Salad, Coleslaw, Cut Fruit	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed Salad, Beet Salad, Fruit Salad	PD - Prep day
Mîcisowinis ᓄᓯᓄᓐ	Fruit	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
13th-17th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Yogurt Parfait, Fruit	Pancakes, Sausage, Fruit	Bannock and Jam Fresh Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit
Lunch	No School Thanksgiving	Baked Spaghetti Bolognese, Caesar Salad, Fruit Salad, Garden Salad, Marinated Cucumber Salad, Fruit	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Baked Ham, Vegetables with Potato Wedges, Tossed Salad, Greek Salad, Broccoli Salad, Fruit Salad, Fresh Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks		Fruit	Fruit	Fruit	Fruit
20th- 24th	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kikisepâ micowin ᐱᓯᓄᐱᓄᓐ	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Sausage & Cheese Frittata, Fruit	Oatmeal with Berries, Fruit	Bannock and Jam Fresh Fruit
Nimâwin ᓄᐱᓄᓐ	Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen Salad, Cucumber Salad, Fruit	Caesar Chicken Wrap, Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit	Beef Barley Soup, & Bannock, Pasta Salad, Greek Salad, Fruit, Fruit Salad,	Roast Beef, Potato Wedges, Caesar Salad, Fruit, Mixed Salads	Pizza, Caesar Salad, Fruit, Mixed Salads
Mîcisowinis ᓄᓯᓄᓐ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
27th - 31st	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Ham & Cheese Frittata	Pancakes & Sausage	Scones & Fruit	Oatmeal with Berries, Fruit
Lunch	Beef and Vegetable Stroganoff, Caesar Salad, Fruit Salad, Corn Salad, Fruit	Perogies & Garlic Sausage with Sautéed Cabbage, Hot Vegetable, Mixed Greens, Marinated Cucumber Salad, Fruit	Tomato Basil Soup, Cheese Bread, Spinach Salad, Coleslaw, Cut Fruit	BBQ Pork Loin with Potatoes and Hot Vegetables.	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods

Kaskatinow Pîsim Freezing Moon



Ayamihow Kîsikâw	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw	Nikotwâsik Kîsikâw
			1 Gr. 5/6 Sage Picking	2 Cross Country Samson	3 Lacombe Corn Maze Fieldtrip	4
5	6 Ribbon Skirt and Ribbon Shirt Day Assembly	7	8 Fire Drill	9 Misatim Program Gr. 5	10 Professional Development No School	11
12	13 Nanâskomôwin Kîsikâw No School	14	15 Picture Day	16 PAC Meeting	17 Bus Safety Presentation	18
19	20	21 Fire Drill	22	23 Volleyball Tournament Gr. 5/6	24	25
26	27	28 Round Dance	29	30	31 Çîpay Kîsikâw	

OCTOBER NEWSLETTER

Pigeon Lake Headstart

Monthly News

Welcome October!

We've had a fun and exciting start to the school year, September was filled with great moments. In October, we're looking forward to even more special events and celebrations!

Here's what's coming up this month:

PD Day – Friday, October 10

(No school for students)

Thanksgiving – Monday, October 13

Wishing all our families a warm and safe holiday!

Picture Day – Wednesday, October 15

Remember to dress your best and bring your smiles!

Elder Visit – Wednesday, October 22

We're honored to welcome an Elder to our school. Students will enjoy making bannock and jam as we share stories and traditions.

Halloween Party – Friday, October 31

Costumes, games, and treats—get ready for a spooktacular time!

We're looking forward to a wonderful month ahead!



MASKWACI'S EDUCATION
SCHOOLS COMMISSION

Reminders

- Dress your child for the weather
- Send your child with a backpack for daily crafts being sent home.
- For the well-being of all students, please keep your child at home if they are feeling unwell, only return once they are feeling better.
- Follow our Facebook page to see weekly updates



Pigeon Lake Head Start

Headstart Highlights





Orange Shirt Day

