

# NIJI MAHKWA TIMES

"MY FRIEND THE BEAR"

ADDRESS: 450 FLORA AVENUE, WINNIPEG, MANITOBA, R2W 2R8

PHONE: 204-589-6742 FAX: 204-582-7049

EMAIL: NIJIMAHKWA@WSD1.ORG

WEBSITE: [www.winnipegsd.ca/schools/nijimahkwa](http://www.winnipegsd.ca/schools/nijimahkwa)



November

## Administrator's Message

Dear Niji Mahkwa Families,

Parents please let us know if you need any covid rapid tests. We can provide rapid tests to students who experience symptoms of covid while supplies last. Please request from the office.

November is a time for remembering our departed loved ones. When you experience the death of someone you love, whether the loss was caused by war, sickness/disease, addictions or by accident, there begins a journey with no foreseeable end. Grieving is a process, that is different for each person it affects. It is a time when life may seem out of your control. There will be ups, downs, and detours that come upon you without warning. There is no right way to grieve but your family, friends and the staff and students at Niji Mahkwa will always be there to support you. In a way, the Feast of All Souls that we celebrate on November 2<sup>nd</sup> and continue to remember throughout the month echoes the message that no human life is perfect. The message we celebrate this day and should celebrate every day is that the Creator loves us even when we are not perfect, and that the love of the Creator does not abandon the souls of our departed loved ones even if they did not fully measure up to the ideals of perfection. Often the memories of Indigenous tribes are woven into large quilts that are used in religious ceremonies. Indigenous people are believed to be among world's best quilt makers. Indigenous tribes are known for their intricate and multi-coloured quilts. What most people do not know is that they have a tradition of having some flaw in every quilt they make. Even when the quilter could easily produce a flawless quilt, they intentionally introduce a flaw into it. Since for them the quilt is a representation of human life and the human condition: imperfect. November is also a time to recall past events and the people we've shared our lives with. It is a month where people are encouraged to talk and share their loss openly. Bereavement is a major life crisis, not in the sense that the outcome is tragic, but a crisis in the sense that life will never be the same again. Unfortunately, although we have some control over our grief journeys, we cannot avoid or bypass normal grief reactions. This is good to know because this may explain the reason why we react the way we do. Grief is the price we have to pay for having loved and been loved. When loss comes into our lives, it may feel as if a jigsaw has been thrown up into the air, with the pieces falling all over the place and some pieces go missing. It is understandable that we may feel disorganized or lost ourselves. We all shy away from pain and will do what we can to avoid the pain of loss. We do what we can to frantically put the pieces back together, but the puzzle will always feel incomplete because of those missing pieces. We are left trying to live with these holes in our lives, trying to answer questions with no answers, why the death happened and where the pieces, our loved ones, have gone. During those times when we feel alone remember the flawed quilted blankets. They are not only a way to keep warm but to remind us of the warmth we felt by those we loved and were loved by. If your family has experienced a loss and your child(ren) are in need of extra support, we have a social worker, Brittny Liewicki and psychologist, Jacquelyn Klassen on staff or feel free to contact the school at any time to speak with us. Thank you, Miigwech, Ekosani

Ms. Missyabit, Principal  
&

Mr. Boulette, Vice Principal

<b>Theme:</b>	Love
<b>Teaching:</b>	Circle Unit
<b>Moon:</b>	Frost
<b>Medicine:</b>	Sage
<b>Song:</b>	Helper Song
<b>Animal Spirit:</b>	Buffalo
<b>Colour:</b>	Red
<b>Doorway:</b>	Western Doorway



WINNIPEG SCHOOL DIVISION

## PARENT TEACHER CONFERENCES

Report Cards will be sent home electronically on Monday, November 14<sup>th</sup>.  
They are sent to primary caregivers the school has listed for your child.

Hard copies will no longer be printed.

If you require a hard copy please come by the school to sign a print request.

Please make sure the school has your updated email on file.

Parent Teacher conferences will take place the following Thursday, November 17<sup>th</sup>.

Your child's teacher will call to set up a phone/virtual appointment.



## Niji Mahkwa Beading Group

**When: Wednesday**

**Time: 1:15 - 3:25 p.m.**

**Where: Niji Mahkwa Family Room - 108**

Please call Mr. Fred Boulanger  
(Niji Mahkwa Community Support Worker) for info.



## ROOM 102 NEWS

This month room 102 learned the life cycle of an apple. Students understand the sequence of the apple's life. We investigated what was inside the apple, we counted how many seeds and labelled the different parts of an apple. We also learned the benefits of eating apples as it provides us with the energy we need to stay active every day, are good for vision and are rich in vitamin C. Since the last week of October was our Halloween Celebration students made Rotten Apple pictures. This month students also learned about pumpkin exploration. They explored the parts of a pumpkin, the inside and use their 5 senses. How does it feel?" Or "What does it smell like?" to develop oral language, communication and vocabulary. It was an amazing learning time, having these children.

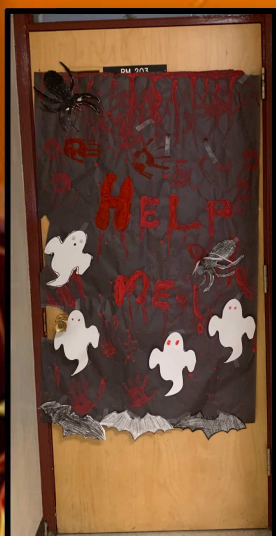
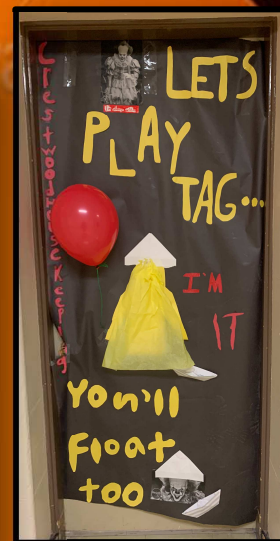
### How Do Apples Grow?





## HALLOWEEN ACTIVITIES

We had a Halloween Spirit week from October 24th to 28th. Students made masks, decorated cookies, played bingo and it will end in a trip through the Spooky Niji Mahkwa Haunted Hallway on October 31st. From Nursery & Kindergarten up to Grade 8, all classes took part in decorating their door for Halloween. 3 classrooms were drawn to receive a pizza party. Does your child know which room is theirs?



# R.E.M.I.N.D.E.R.S

## COLD WEATHER

Cold weather is on its way, remember to dress warm each & every day!  
For November & December winter jacket, scarf, mitts, tuques, boots & warm socks  
Students are outside for recess and lunch (30 mins) unless the temperature falls below -25.

## LUNCH TIME

Just a reminder that students cannot bring lunches that require heating up.  
Microwaves are not available at school.

Remember to pack your child a fork or spoon or utensil they need to eat their lunch.  
No candy bars, pop, slurpee, or energy drinks at school. Items will be confiscated.

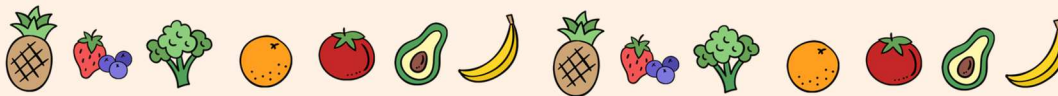
Students who GO HOME FOR LUNCH are dismissed at 11:55 and cannot be let back in till 11:55.  
Students who STAY FOR LUNCH, eat inside for the first half hour and go outside for the second half hour.

## DAYLIGHT SAVINGS

**On November 6<sup>th</sup> at 2:00 am the time FALLS BACK, to 1:00 a.m.  
Remember to change your clocks before bed!**

## CHILD NUTRITION COUNCIL OF MANITOBA

A big **Thank you** goes out to The Child Nutrition Council of Manitoba for supporting healthy food in schools. Classes are provided a snack between 9:30 - 11:30 everyday!



Just a reminder that if a student is ill they cannot attend school. Even if they are not covid positive we ask that all students who are experiencing a fever, vomiting, diarrhea or a cough and cold stay home until their symptoms pass.

At school your child takes part in a bunch of different activities all over the school and it very easy for the common cold and flu as well as covid to spread.

Please enter your child's absence into Safearrival

**Call 1-855-278-4513**

**Visit: <https://go.schoolmessenger.ca>**

(Absences can be put in ahead of time as well)







# NOVEMBER

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
		1	2	3	4	5
						
6	7 DAY 1	8	9	10	11	12
Time Change Tonight		NATIONAL ABORIGINAL VETRANS DAY CEREMONY		REMEMBRANCE DAY CEREMONY	REMEMBRANCE DAY <b>SCHOOL CLOSED</b>	
13	14 DAY 5	15	16	17	18	19
	REPORT CARDS ISSUED ELECTRONICALLY		POPCORN DAY 	STUDET-LED CONFERENCES 4:00 - 6:00	NON- INSTRUCTIONAL DAY <b>NO CLASSES</b>	
20	21 DAY 4	22	23	24	25	26
27	28 DAY 3	29	30			
						