

NIJI MAHKWA TIMES

"MY FRIEND THE BEAR"

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October 2022

Administrator's Message

Dear Niji Mahkwa Families,

Niji Mahkwa held our Biindigen Feast at the School on Thursday, September 15th, 2022. Kitchi miigwetch to parents, grandparents and guardians that attended the pipe ceremony/feast. We feasted on delicious bison stew and bannock. The weather cooperated and we prayed for a successful school year for the children and families we work with.

In September staff & students went sage picking at Birds Hill, for sage to be used in all of our Smudge ceremonies throughout the school year.

This month we will be celebrating Thanksgiving but what is the real meaning of Thanksgiving? For many of us, the meaning of Thanksgiving usually includes feasting, football games, family reunions, or a forerunner to Christmas festivities. The "first Thanksgiving," however, was neither a feast nor a holiday, but a simple gathering. Pilgrims suffered the loss of 46 of their original 102 colonists. With the help of 91 Indigenous people, the remaining Pilgrims survived the bitter winter and yielded a bountiful harvest in the year 1621. In celebration, a traditional English harvest festival, lasting three days brought the Pilgrims and Indigenous people to unite in a "thanksgiving" observance.

The meaning of Thanksgiving has undergone numerous transitions - over time, families added their customs to the Thanksgiving celebration, preserving that which they held most precious. Common meanings are to gather in unity; it is refreshing and invigorating when people come together, in celebration of a common purpose. It is a reconciliation of differences as well as a time of healing. It's also a time to prepare the heart in gratitude, we humbly reflect upon all the gifts (family, friends, health) that saturate our lives. By "giving-thanks" we choose to extend ourselves and give to others less fortunate. Out of the abundance of our hearts, we are able to offer our resources to help others. Thanksgiving is a relationship between Mother Earth and people. Thanksgiving begins with acknowledging Mother Earth for all she provides, and earnestly giving Her thanks, in advance, for Her abundant blessings. Thanksgiving is an attitude of the heart that reinforces an intimate relationship with Mother Earth.

Thank you, Miigwech, Ekosani

Ms. Missyabit, Principal

&

Mr. Reuben Boulette, Vice Principal

Theme: Smudge
Teaching: Respect,
Sweat Lodge/Tipi,
Feather & Moon
Moon: Autumn
Medicine: Sage
Song: Helper Song
Animal Spirit: Buffalo
Colour: Red
Doorway: Western Doorway

Niji Mahkwa School



WINNIPEG SCHOOL DIVISION

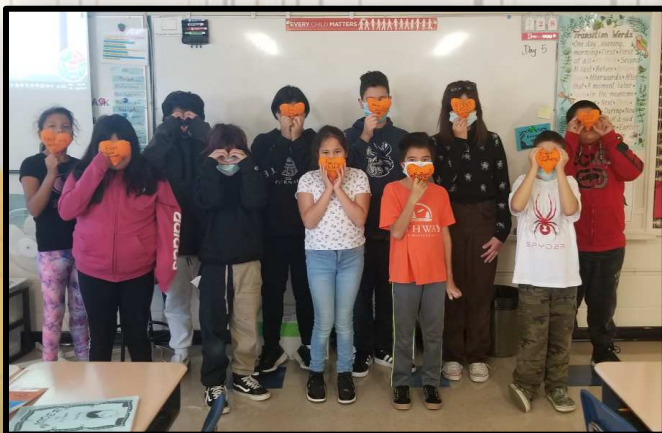
Room 114

At the beginning of the September, students in Room 114 have been learning about the sacred medicines. On September 14, we had the opportunity to go to Birds Hill Park and go medicine picking for sage. In our classroom, we use the sage to smudge twice a day. Smudging allows us to clear our negative thoughts and to think positively.

Before we began to pick our medicine, we were listening to a teaching from our Elders Jennifer Thomas and Phillip Paynter. We learned that the female sage, with the little flowers, are to be left to Mother Earth. Leaving the female sage allows Mother Earth to replenish the sage the next time we go sage picking. We also learned that we need to give tobacco to the land before we start collecting. Using our left hand because it's closest to our heart, we thanked Creator for blessing us with a beautiful day to go sage picking and to be all together as a class and whole school.



Class 114 Sage Picking at Birds Hill



Room 303

Made beautiful medicine heart pillows in recognition of September 30th, The National Day of Truth and Reconciliation.



GENERAL SCHOOL EXPECTATIONS

Please read and review with your child

- * Skateboards, rollerblades, and scooters are NOT allowed on school grounds. Bikes can be locked in the bike cage during school hours
- * No hats or hoodies allowed. Remove them when you enter the school.
- * All students require a Hall Pass when they leave the classroom without a teacher or other staff member.
- * Only 1 student is allowed out of the classroom at a time
- * No Slurpees or Energy/Caffeine Drinks
- * Recommend no cell phone

CELL PHONE POLICY

We want to honour families' wishes that their students be able to carry cell phones for safety reasons, while we maintain the integrity of the school learning environment. Therefore, cell phones:

- * May not be used during school hours unless under the supervision of a teacher for instructional purposes
- * Must be turned off at all times during school hours
- * Must be stored with classroom teacher

If students do not comply with this policy (e.g., their phone rings or is visible during school hours-including lunch time and recess), the consequences are as follows:

- * 1st time = a warning
- * 2nd time = phone will be taken, parent contacted by the classroom teacher and phone returned at end of day
- * 3rd time = phone taken, parent/guardian must come in to pick it up and discuss the policy with their child and staff

LOST, STOLEN OR DAMAGED PROPERTY

Please be aware: The school is **not** responsible and does not pay for cell phones, other electronic devices or student property that is lost, stolen, misused or damaged on school property. All items brought to school are at the owner's risk. Backpacks or desks are never safe places to store valuable items. Leave all non-instructional items at home (this includes sport equipment).

STUDENT ACCIDENT INSURANCE

Information regarding Voluntary Student Accident Insurance from Old Republic Insurance Company of Canada are now available. Those parents/guardians with an active email address will receive the information via School Messenger. Printed copies of the brochure are available through the school office.

GR. 6-8 IMMUNIZATIONS

Routine Immunization forms have been sent out to our grade 6 - 8 students. Manitoba public health offers in school immunizations (or you could visit your family doctor for these mandatory shots) Hep B, meningitis, etc.

A form is required for each Gr. 6-8 student and there is CONSENT or DO NOT Consent. You can get a form from your class teacher or call the public health nurse for Niji Mahkwa, Jamie, to discuss and give connect by the phone at 204-390-0795. Please fill out the form and send back.

Niji Mahkwa

OCTOBER



Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
2	3 DAY 1	4	5	6	7	8
9	10	11 DAY 6	12	13	14	15
	THANKSGIVING DAY SCHOOL CLOSED 					
16	17 DAY 4	18	19	20	21	22
			POPCORN DAY 		NON- INSTRUCTIONAL DAY NO CLASSES	
23	24 DAY 3	25	26	27	28	29
					PICTURE DAY 	
30	31 DAY 2	Nov 1	2	3	4	5
	HAUNTED HALLWAY 					