



# AHCAHK SPIRIT BEAR MUSKWA

KAPAWE'NO FIRST NATION LIFE LONG LEARNING

MARCH 1, 2023 ISSUE

LEARN MORE ABOUT US ONLINE!



www.kfnschool.ca



Kapaweno First Nation School

Phone: 780.751.0008 | E-mail: admin@kfnschool.ca



**KAPAWE'NO CREE NATION** - How do you bolster student competence, character, connections, confidence, and caring (the 5 C's)? The answer is play sports and play lots of sports. Sports are wellness. Sports build team. Sports build the five C's. The Kapawe'no First Nation School Hockey Academy prepares the students of today to meet the challenges of their tomorrow.

## SPORTS ACADEMY HOCKEY LEADS TO ACADEMIC ADVANTAGE AND ADVANCED WISDOM - THE NĒHIYAWAK WAY!

In its second year, the Hockey Program has gained a stellar reputation in the best that is academia. From the moment the students get on the bus for the 1/2 hour trip to the arena, to the time spent on and off the ice, and including the 1/2 hour trip back to the school, students learn. They learn Cree, they learn Math, they learn Science, English and Social Studies and most importantly they learn what it is to be a team player and always strive to do your best.

Amazingly, the resources to develop, build, and deploy certificated teaching staff, with the proper coach credentials and love and passion for the game have come together at KFN School, providing the best in Sports Academy programming.

*more on page 2*



### Building Friendship thru Basketball

Kapawe'no Nēhiyawak School senior men's basketball team played at Whitefish Lake First Nation School in Atikameg, AB. On a cold windy Thursday night our boys traveled up to Whitefish and had a spirited game against a well-organized and full squad.

*more on page 2*

### SÂKI HITOWIN



*more on page 7*

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## *Sports Academy Hockey ... from page 1*

Principal Cory Cardinal Sr comments, "We pulled together the highest level of talent in First Nation Education across Turtle Island and brought the team together in a way that worked so well. Our Nation's Chief and Council, the team of coaches, our support staff, our teachers, our parents in our community, and our Elders have incredible support for the program and how it is developing." Hereditary Chief Sydney Lee Halcrow echoed Principal Cardinal's comments. "We believe that at the end of the day, sports; in particular Hockey, provided all the knowledge, skills, and attributes necessary for our children to grow and become successful in life. We believe that education is "ever increasing knowledge!" Our schools' educate student's minds no matter what age. We develop physical character in our students, enhance emotional well being, and most importantly, we provide that spiritual connection that ties all students Indigenous or Non-Indigenous to our Cree Language, our Cree Traditions, Practices, Ceremony, Culture, Values and Morals.

in order to drive home the success that Chief Halcrow speaks about above, players, their teachers and coaches ensure that player development focuses on having fun and enjoying the game, with an equal amount of commitment to continual improvement and buy in to the academically robust and rigorous curriculum of the Sports Academy Hockey Program. Evidence



is seen at every on ice session where players who were once using an ice aide in the "Learn to Skate" program advance to stickhandling, game dynamics, and knowledge and skill development in the "Hockey Development Program".

The team of professionals that developed and run the Hockey Academy have used best practices and researched based best teaching and learning experiences as a combination when setting up the Hockey Development Program plan. A strong foundational skating program develops the players core strengths and then is added to by advanced hockey knowledge and skills training. Student buy in is seen in the absolutely incredible

work ethic shown by the players. "Watching the students, seeing their love for Hockey, and their growth mindsets, makes me so proud of what we are doing," says Boh Kubrakovich-Kiniw, Director of the Sports Academy and Superintendent of the schools. He adds, "Everyone is committed to this, from Chief and Council all the way to our staff to students and parents, we are all working towards one goal ...betterment of our students!"

Challenging "Core" course loads in the morning, KFN Students understand the importance of having high academics to be successful. Good standing in all their courses, coupled with working hard on the Nêhiyawêwin language, gives appropriate balance between the academics of the mind and the academics of the physical body. Students excel! Students achieve! Students believe!

This is evidenced by a story relayed by one of the coaches in their weekly Coaches meeting. "I was having the students work really hard, pushing their limits, trying to get them to do even better than they did in the last practice, and they appeared to be struggling. So I pulled them together for a motivational speech about giving your all - all the time. After my "pep talk" one of the young U9 players looks up to me and says, "but coach it's just a game", to which I retorted, "No son, its not just a game. It's the Nêhiyawêwin way - where we give our all - all the time! We endure the pain. We survive and we grow in wisdom - the Nêhiyawêwin way - Remember this!

## *Building Friendship thru Basketball ... from page 1*

Our boys were under man, but put in a valiant effort. We lost but as a team we were not deterred. After the game we met in the parking lot and decided that we would put an amazing effort with proper support to get a victory on our home court.

Thursday February 23rd, would be the home match. The home team in Whitefish treated us with courtesy and respect. It was a positive environment for team and friendship building. We expect to do the same when they come to our building. Coach Cory Cardinal Jr. and Brian D. Thomas look forward to helping our boys realize their goal. Victory at Kapawe`no.



# Nĕhiyawak View from Principal Cardinal

We, here at KFN School, are very excited about the remainder of this school year. We are enthusiastic about what the rest of the year may hold for us and for our students. So far we have encountered challenges since I started in the new year however, we welcome your feedback about how to improve the life long learning for our students. We welcome all parents and guardians to come to the school and see the learning and success of our students. KFN School began April of 2021 and offers a full academic based program from grades Kindergarten (4 and 5 Year old Programming) through to grade twelve. All programs follow the approved Alberta Education Curriculum, LAW (Land, Air, and Water teachings) along with our Nĕhiyawĕwin Language instruction.

Our school colors are Gold (main) and black as



you will see in our KFN School highlighted in our newsletters. KFN is building and developing traditions that will help us develop the identity of

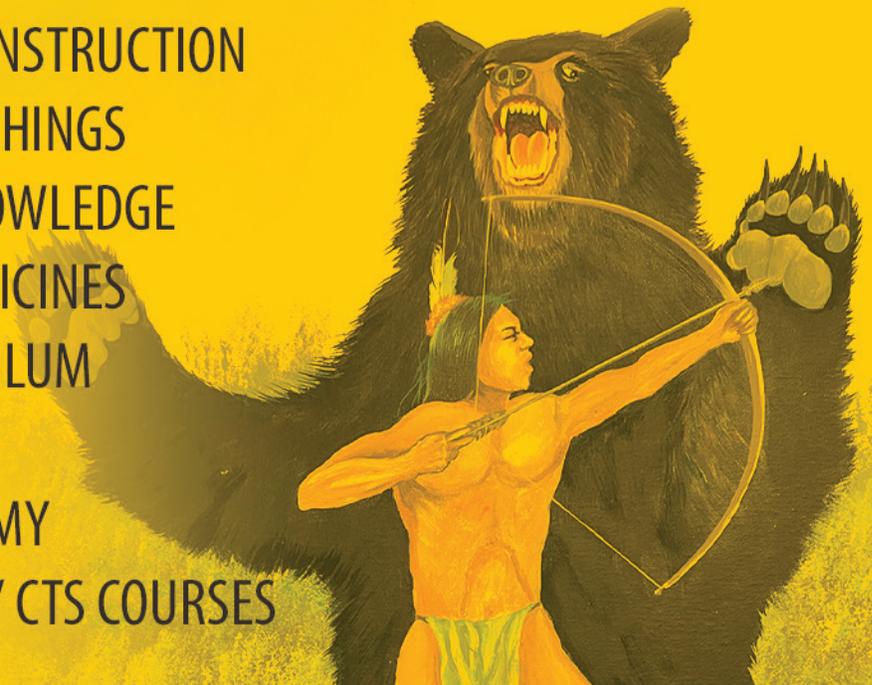
our students reflecting our first strategic area in our life long learning strategic plan. As Principal, I look forward to working with you to create Nĕhiyawak students with a strong identity and the goal of graduation along with preparing our students for a bright and prosperous future in life long learning. KFN School promotes a safe and caring school preparing students to take flight as responsible and active members of their nation. We provide Breakfast and Hot Lunch to ensure our students are well taken care of. We also offer Sports Academy that is becoming second to none. There is hockey, lacrosse, boxing and newly added baseball and golf.

We look forward to the remainder of this school year and encourage all students to apply themselves academically, physically, emotionally and spiritually to be balanced.



# WE ARE KAPAWE'NO FIRST NATION

- CREE LANGUAGE INSTRUCTION
- LAND BASED TEACHINGS
- TRADITIONAL KNOWLEDGE
- HARVESTING MEDICINES
- ALBERTA CURRICULUM
- SPORTS ACADEMY
- FINE ARTS ACADEMY
- ALBERTA ED. CTR / CTS COURSES



KINDNESS ■ FAIRNESS ■ NURTURING EXCELLENCE



# ASAMAK SNOWSHOE CLUB

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# Hockey Academy progressing with solid plan in place



Kapawe'no First Nation – The flu season and extreme weather conditions have hit the area as of late. Well at our Kapawe'no Nèhiyawak School the amazing afternoon Sports Academy programming seems to continue through the little obstacles thrown our way.

Both bus drivers Rod and Big Jim have been amazing making sure our students / players make it to the venues safety for our sports academy. Amazing and hats off to them.

The coaches for our Hockey Academy continue to be amazed with the strength and courage the players have to learn and advance. The day is very close that the skating aids wont be used with our learn to skate program. Considering almost every player used one at the beginning not too many are being used.

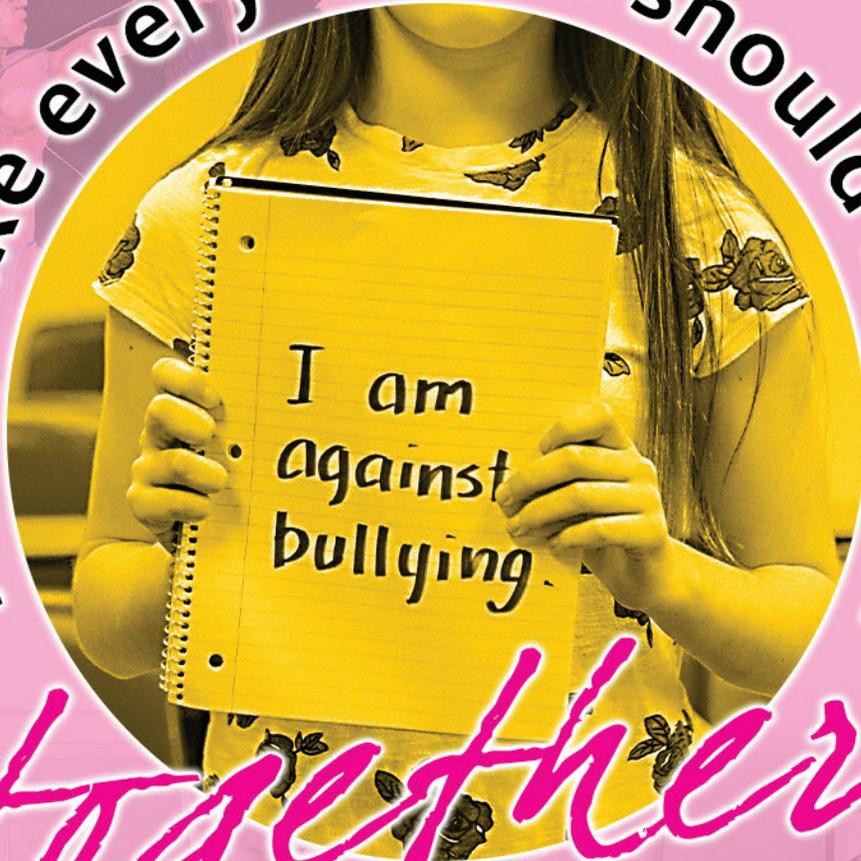
Our U9 team started player development today with puck handling, puck control and power skating with a puck. Our U11 and U13 team combined the practice and moved on with shooting, puck handling and passing drills.

All around we have been pleased with the outcome and are very proud to announce we have added Friday afternoons now to the hockey academy. We have also started seeing progress with the players off-ice. Lacrosse has helped with the hand and eye coordination.

Amazing work students, coaches, teachers/assistants for making this a continued success.



Today like everyday we should live well



Together.



**WE WANT TO STOP BULLYING NOW!**

sâkihitowin

To love one another



[www.kfnschool.ca](http://www.kfnschool.ca)



# Sâkihitowin - To love one another! We want to stop bullying now, let's do this together!

Exciting times and events continue at our Kapawe'no Nêhiyawak School. The last few days has been a little tough with the extreme cold weather and busing limited. However, this hasn't stopped us promoting anti bullying, believing in kindness and caring for one and another.

As our beautiful Knowledge Keeper Diane Halcrow would say... sâkihitowin - To love one another! We want to stop bullying now, let's do this together! Hiy Hiy



Kapawe'no First Nation



First Nation Distance  
Learning Centre

# FIRST NATION DISTANCE LEARNING CENTRE

- Students from 4-12 academically robust Alberta diploma with traditional and contemporary learning
- Students oriented towards alternative life long learning
- For all Nations of Turtle Island desiring and hopeful of creating their own virtual school to service nation members achieving their educational goals in any space, any place and at any pace

**CALL US TODAY**

**(780) 751-0008**



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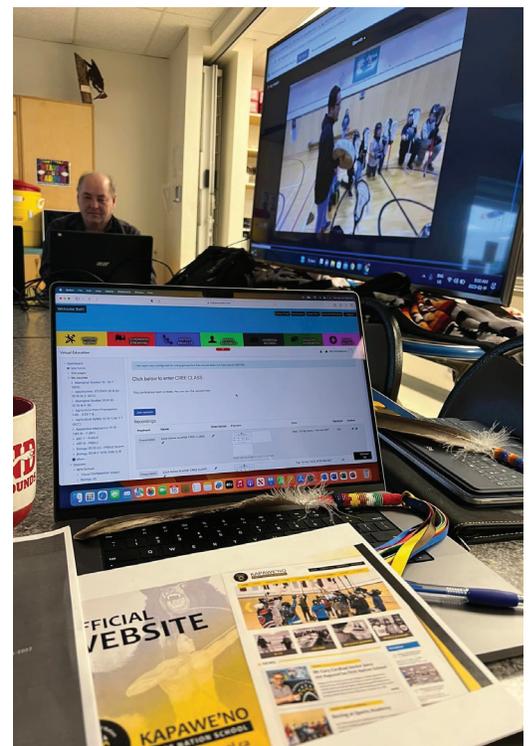
email: [admin@kfnschool.ca](mailto:admin@kfnschool.ca)



# Professional Dev't from Kapawe'no Nêhiyawak School and First Nation Distance Education Centre (FNDLC)

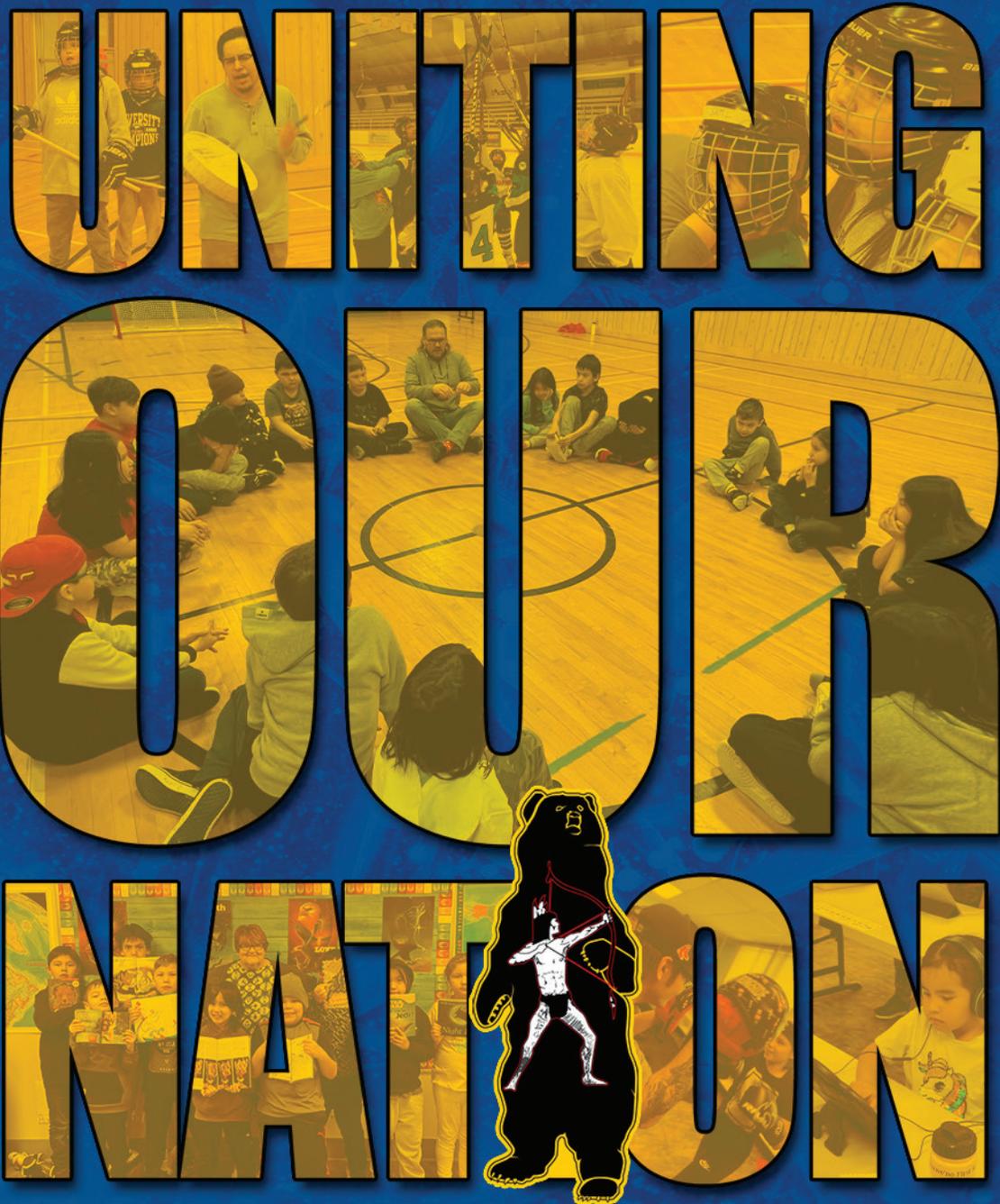


On Thursday & Friday (February 16 & 17, 2023) staff meet for Professional Development from Kapawe'no Nêhiyawak School and First Nation Distance Education Centre (FNDLC). Staff went through a sharing circle to begin the first day, then an afternoon session on lateral kindness and technical support. Friday the staff worked on more tecubal support and discussions on next step with curriculum and planning. Excellent work all staff.



*Kapawe'no Cree Nation Presents*

# UNITING OUR NATION



*Winter Celebration*  
2023

**MAR  
10-11  
2023**

- PIPE CEREMONY TO START
- FLAMING ARROW TOSS OPENING CEREMONY
- SNOWSHOEING OBSTACLE COURSE
- TRADITIONAL GAMES AND EVENTS
- NATION FEAST AND TALENT SHOW

MORE INFORMATION  
CALL KFN SCHOOL AT  
780.751.0008  
OR EMAIL  
[admin@kfnschool.ca](mailto:admin@kfnschool.ca)



# Kapawe'no Nehiyawak Kiskinahamâtowikamik

**February 21-24, 2023**

**Mikisiw Pism**

**Nistanaw Peyakosap isko**

**Nistanaw Newsap**

- Tansi - hello
- Tansi kiya - how are you
- Namoya Nantow - I am fine
- Ekwa Kiya - And you
- Namoyah nantow nista - I am fine too

## Seasons

- Sikwan - it is spring
- Sikwanohk - last spring
- Sikwahki - in the spring
- Miyoskamin - it is spring
- Miyoskaminohk - last spring
- Nipin - it is summer
- Nipinohk - in the summer
- Nipiki - last summer
- Takwakin - its is fall (autumn)
- Takwakohk - last fall (autumn)
- Takwakihki - in the fall (autumn)
- Ihpohk - it is winter
- Ponohk - last winter
- Pohki - in the winter
- Ekosi maka - until next time
- Miyo kisikansihk kakiyaw - have a nice day everyone

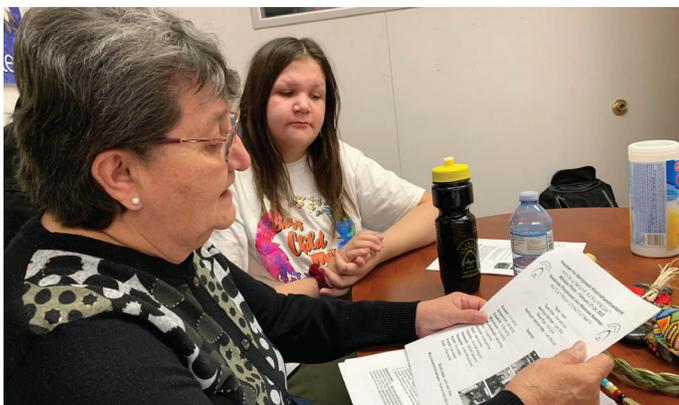


**February 28 - March 3, 2023**

**Mikisiw Pism (Eagle Moon) - Niski Pism (Goose Moon)**

**Nistanaw Ayinanewosap isko Nisto**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Tansi - hello</li> <li>• Tansi kiya - how are you</li> <li>• Namoya Nantow - I am fine</li> <li>• Ekwa Kiya - And you</li> <li>• Namoyah nantow nista - I am fine too</li> <li>• Nikâhkî itohtân cî wayaisiw kamikohk? - Can I go to the bathroom?</li> <li>• Nikâhkî n'taw'minikwân cî nipîy? - Can I go and drink some water?)</li> <li>• Ota Askihk - On the Land</li> <li>• Paskisikan - gun</li> <li>• Mosiniy - bullet</li> </ul> | <ul style="list-style-type: none"> <li>• Cikahikan - axe</li> <li>• Kiskii pocikan - saw</li> <li>• Ayapi - gill net</li> <li>• Pimnakwan - rope</li> <li>• Tapakwan - snare (trap)</li> <li>• Tapakwanyapi - snare wire</li> <li>• Matahikan - hide scraper</li> <li>• Mihkikwan - flesh scraper</li> <li>• Apoy - paddle</li> <li>• Osih - boat</li> <li>• Ekosi maka - until next time</li> <li>• Miyo kisikansihk kakiyaw - have a nice day everyone</li> </ul> |
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www.kfnschool.ca

Kapawe'no First Nation School Authority  
is currently accepting

# APPLICATIONS FOR POST-SECONDARY FUNDING

(MEMBERS FULL OR PART-TIME STUDIES)

## CATEGORIES

COLLEGE PREPARATION  
TWO YEAR CERTIFICATE PROGRAMS

**DIPLOMA AND DEGREE PROGRAMS INCLUDING BUT NOT LIMITED TO:**

EDUCATION

SCIENCES

MEDICINE

LAW

ENGINEERING

NURSING

ARTS

ARCHITECTURE

AND MORE

We are also accepting applications  
for furthering Post Secondary study  
at the Masters and PhD or PDP levels.

**APPLY NOW!**

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# New Sparring gear has officially arrived for our Kapawe'no Nêhiyawak School Boxing Academy

Kapawe'no First Nation - The students have been having a absolute blast with technical light sparring and defensive drills! The children are finally able to put together the hard work they've been learning from our Boxing coach Samuel Kachuk and assistant coach Brian D. Thomas.

The students are getting in better and better shape week by week. The dedication and work by these young students really shows and their smiles have never been bigger with momentum on our side, the kids are ready for any challenge the coaches give to them and are patiently waiting for spring to break so we can get our road work started as a group.

Here are some shots for you to enjoy of our youth doing what they love. "I've always wanted to be part of something like this for our nations and this is my chance to give back to the kids from our nation's. It's really a dream come



true for me not only as a staff of Kapawe'no Nêhiyawak School but as local resident that

grew up around here to make this happen for the next generation", said Samuel Kachuk.

## The Kapawe'no Muskwak are ready to hit the ice and academy

Kapawe'no - Its been development in progress, the Muskwak hockey mascot and jerseys are now ready will arrive in time for the annual Alberta Native Provincials.

A first for Kapawe'no to ice three teams, Muskwak jerseys will cap off the hard work that has happen with the Hockey Academy at the KFN School. The traditional Kapawe'no colors along with some iconic displays have been incorporated along with the fierce new Muskwak logo. Muskwak means bears in our Nêhiyahk language.

"We have shown the designs to the players and the beaming smiles and wow effect came back. Something our players, school and Nation certainly will be proud of", said Boh Kubrakovich-Kiniw, Sports Academy Director. The Sports Academy has adopted the Muskwak mascot and team name for all sports moving forward.





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Kapawe'no First Nation Education  
now has an Accredited College

# KAPAWE'NO NEHIYAWAK COLLEGE

## COURSES OFFERED

**TEACHER ASSISTANT COURSE - LEVEL 1 AND LEVEL 2 TRAINING**

**TWO YEAR BUSINESS ADMINISTRATION DIPLOMA**

**TWO YEAR BUSINESS DEVELOPMENT DIPLOMA**

**OFFICE ADMINISTRATION COURSE - LEVEL 1 AND LEVEL 2 TRAINING**

**LIBRARY TECHNICIAN COURSE - LEVEL 1 AND LEVEL 2 TRAINING**

(MEMBERS FULL OR PART-TIME)

COURSES WILL BE MADE AVAILABLE IN THE FALL OF 2023

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# Junior Muskwak girls finish strong at basketball tournament



(Front row) Mary-Lou Halcrow, Pewyis Sutherland and Elizabeth Chalifoux; (Back row) George Halcrow (Coach) , Sierra Sutherland, Rheanna Bowridghe, Taliah Belcourt, Tazannah Belcourt and Dustin Chalifoux (Coach) Missing from picture: Cara Walker.

Kapawé'no Nehiyawak School Junior Muskwak girls basketball team attended an annual memorial tournament last weekend, February 24th - 26th in High Prairie, AB. Great passes, efforts and shots were made in all games. They unfortunately lost their first two games however they didn't give up. The first two games allowed them to grow and succeed with a win in the third game.

In the last game they improved from learning in the first two. The Muskwak junior girls won 33-10, every girl had a chance to shoot and make some points. The top scorers of the tourney were Taliah Belcourt and Tazannah Belcourt.

*Written by, Taliah Belcourt, Grade 9*





# KAPAWE'NO FIRST NATION

HOCKEY KAPAWE'NO (MINOR HOCKEY)  
AND KAPAWE'NO NÊHIYAWAK SCHOOL

# SONISKWATAHIKI HOCKEY DEVELOPMENT

EVERY  
WEDNESDAY  
U9, U11, U13  
TEAMS



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**JOIN US!**

# Archery team preparing for another solid NASP provincial run



Kapawe'no First Nation - with only weeks away, coaches within the Sports Academy are busy preparing students for another solid run within the NASP Provincials.

Set for another year in Edmonton March 16-18, 2023 students from all over Edmonton will get together to hit the bullseye target. Players from our school practice regularly and since the beginning of the year to get to the level they are at now. Intense training will continue under the watchful eye from coaches Bryan Richardson, George Halcrow and Cory Cardinal along with the support from the Sports Academy. Good Luck Team Muskwak archers!

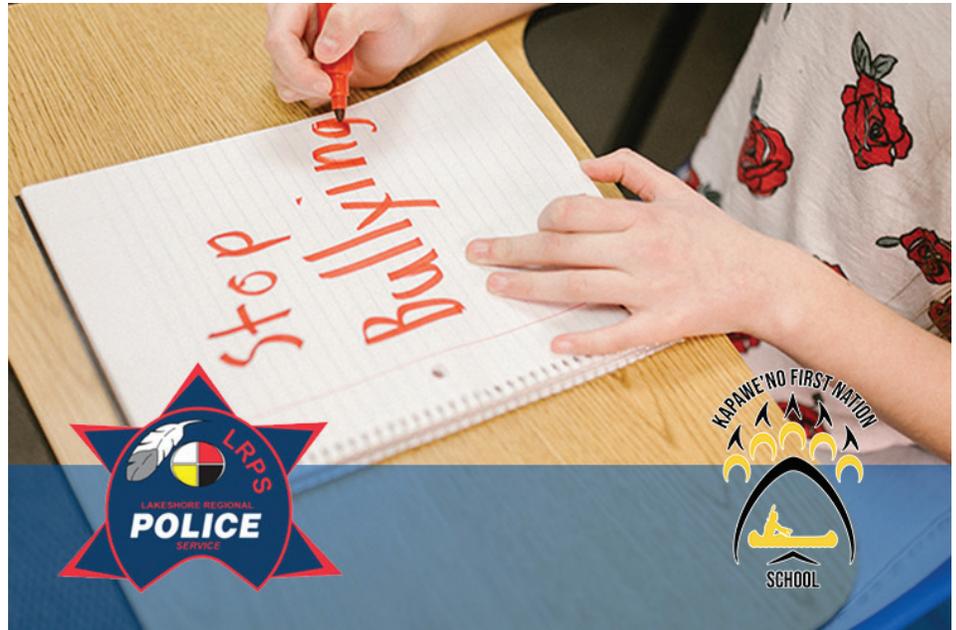




## Lakeshore Regional Police Services partners with KFN School to give awareness on bullying

At Kapawe'no First Nation when you attend a meeting, gathering or event you will often hear Knowledge Keeper Diane Halcrow talk about sâkihitowin - To love one another. Her soft and beautiful voice would be instilled in anyone who listens to her.

On Tuesday 7 March, 2023 at 10am Lakeshore Regional Police will be attending the Kapawe'no Nêhiyawak School to talk about bullying and awareness to stop it today. Bullying comes in all forms and at the school we have a strong stance against it and to teach the steps of lateral kindness...sâkihitowin.



## Guitar lessons kick off new month for students and nation youth

Kapawe'no First Nation - Starting March 2, 2013 and every Thursday the Kapawe'no Nêhiyawak School will re-start Guitar Lessons which will be taught by Kapawe'no Nation member Mike Halcrow.

We are pleased to have Mike offer to teach our students how to play the guitar every Thursday after school till 4:30pm

Hats off to our former Principal Mr Julien Morizio for his wonderful strive for excellence with the students in music, hosting the lessons in the first part of the school year. Students will need to be picked up at the school.

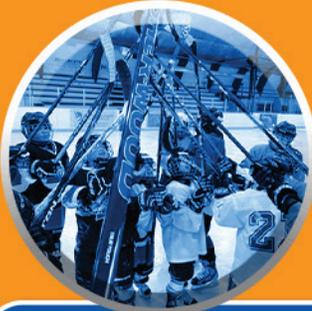




# OUR SPORTS ACADEMY

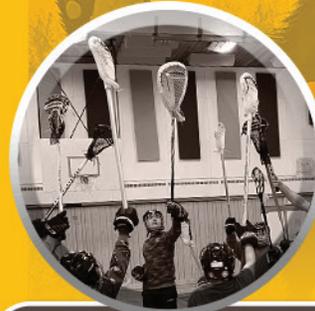


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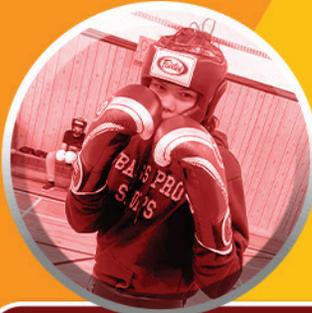
## MISKWAMI MITAWIWIN HOCKEY

TUE, THU (HPA), FRI (PA) (12:15PM)



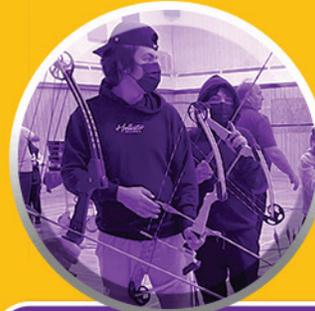
## METAWEWIN LACROSSE

WED GRADES 2-6 (1:15PM)



## PAKAMATOH- KEWIN BOXING

TUE & THU (AFTERNOON), WED & FRI (NOON)



## PIMOTATOWIN ARCHERY

WED & FRI GRADES 6-12, (2:00PM)



## ASAMAK SNOWSHOE CLUB

WED & FRI (12:15PM)



## BASEBALL PITCHING

EVERY WEDNESDAY - INDOORS GYM



## GOLF PRACTICE

EVERY FRIDAY - INDOORS PEAVINE ARENA

### JOIN US!

 admin@kfnschool.ca

 kapawenofirstnationschool

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