



# AHCAHK SPIRIT BEAR MUSKWA KAPAWE'NO FIRST NATION SCHOOL

FEBRUARY 2023 ISSUE

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Kapaweno First Nation School



More photos on page 4

## MR CORY CARDINAL SENIOR JOINS OUR KAPAWE'NO FIRST NATION SCHOOL

During one of the interviews, the topic of balancing athletics and academic came up. Of course Mr Cardinal beamed when he retold his experience as a teenager after his dad the late Harold Cardinal encouraged life long learning and supported him attending two years which included graduation at Canada's prestigious Athol Murray Collage of Notre Dame (an alumni Class '88).

Why does that play a factor because of the connection he has with Notre Dame and our Superintendent Boh Kubrakovich-Kiniw currently has with the school. Mr K's youngest daughter Mya (Class 2023) is attending while graduating this year playing and excelling at multi sports including hockey, basketball and baseball. "The key driver for me is coming back to where I'm from. Having strong academic and athletic approach while maintaining focus on the key core subjects", said Mr Cardinal who has fit in nicely as the principle complimenting the building of identity through the experience of sacred LAW teachings. The full time sports academy had certainly helped his welcome back.

Amazing practice of Lacrosse at our Sports Academy (top) Cory Cardinal Sr. (L) with Mr. Boh Kubrakovich-Kiniw (R)



### Boxing at Sports Academy

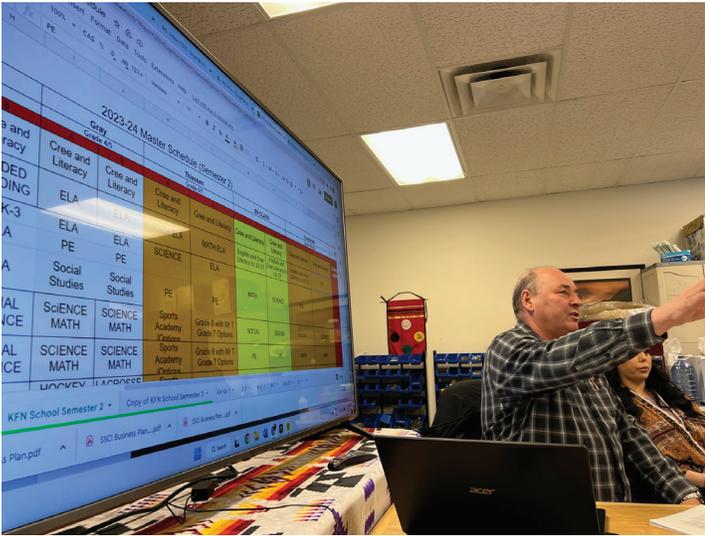
Tansi while at our Kapawe'no Nêhiyawêwin School we managed to check up on our lunch time Boxing which operates through our Sports Academy. Amazing work students and instructors Mr. Sam K and Mr. Brian Thomas along with senior helpers Mr. Bryan Richardson and Mr. Boh Kubrakovich-Kiniw.

**Tansi kiya - How are you?**  
**Namiya nantow - I am fine.**  
**Ekwa kiya - And you?**  
**Nanoyah nantow nista - I am fine too.**

At Kapawe'no Nêhiyawêwin School we continue our Nêhiyawêwin teachings with Language Keeper Mrs Linda Gladu. Our students were shared with a conversation lesson today, thanks Mrs Gladu and Ms Grey. Our Nêhiyawêwin lesson was also practiced on the bus today to Miskwami mitawiwin (hockey) and the Soniskwatahikewikamik (hockey arena).

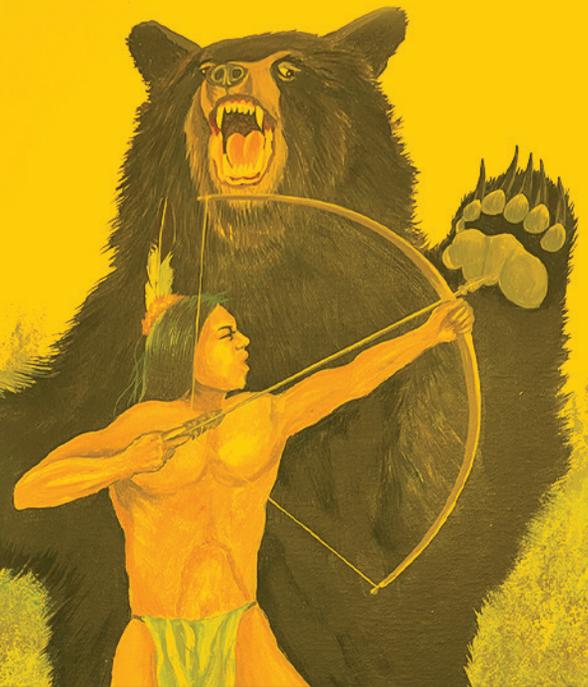


## New staff joining the ever increasing knowledge process Kapawe'no has implemented



**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



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Kapawe'no First Nation



First Nation Distance  
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# FIRST NATION DISTANCE LEARNING CENTRE

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- Students oriented towards alternative life long learning
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# Amazing practice of our Lacrosse during our Sports Academy session



# KFN Students learn through traditional-based teachings on values and morals of connecting to Mother Earth



Tansi all while on the land within the territory of Kapawe'no Nēhinawēwin - our students are back out on the ice as we continue to teach Land, Water and Traditional Based teachings on catching enough fish for supper and learning about connectedness to Mother Earth through the teaching of traditional values and morals teachings.



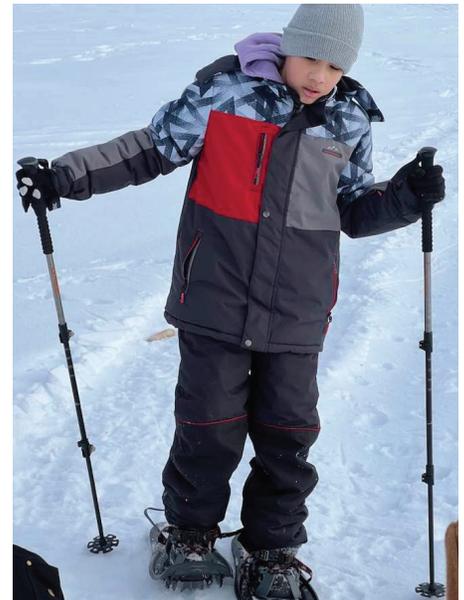
Treaty 8 / Nēhinawēwin territory - Another great skate and Hockey development during the Sports Academy session. Students are on the ice twice a week for beginner to advancement development. The key was learning and developing a solid stride and balance.



# New Snowshoe Club now up for the winter season!



Tansi All; While on the land and water within the Kapawe'no Nehinawewin and Treaty 8 territory our students have formed a new club. The have been making tracks all over the territory. The Snowshoe club is now up for the winter season and driven by our students. Amazing! Nanaskomin!



## Amazing session with lots of fun and improvement at the Hockey Academy



Treaty 8 / Nēhinawēwin Territory - We had an amazing session, less and less skating aids are being used just a few weeks into the new year for our Skating and Hockey Academy. Amazing participation as we grow our academy with our grades 2-7 on ice.

Keeping it fun with a little sweating keeps our players wanting more. It's just a game' coach, said one of our players! Amazing, our students are having a blast!



# Treaty 8 First Nations of Alberta Gov't visits Kapawe'no School



Our Kapawe'no Nēhinawēwin School we had a few visitors from the Treaty 8 First Nations of Alberta Government, Gwen Muskwa and Mark Anielski.

Nanaskomin for joining our Nēhinawēwin session with Language Keeper Mrs. Linda Gladu and Superintendent Boh Kubrakovich-Kiniw. George Halcrow our IT / Support joined us as well along with our hard working Education Director, Bryan Richardson.



## Students enjoy ice fishing at Hilliards Bay

Tansi all while in our territory of Kapawe'no Nēhinawēwin - students went to enjoy activities at Hilliards Bay during the amazing weather we have been having. A few fish were caught and feasted later that night.





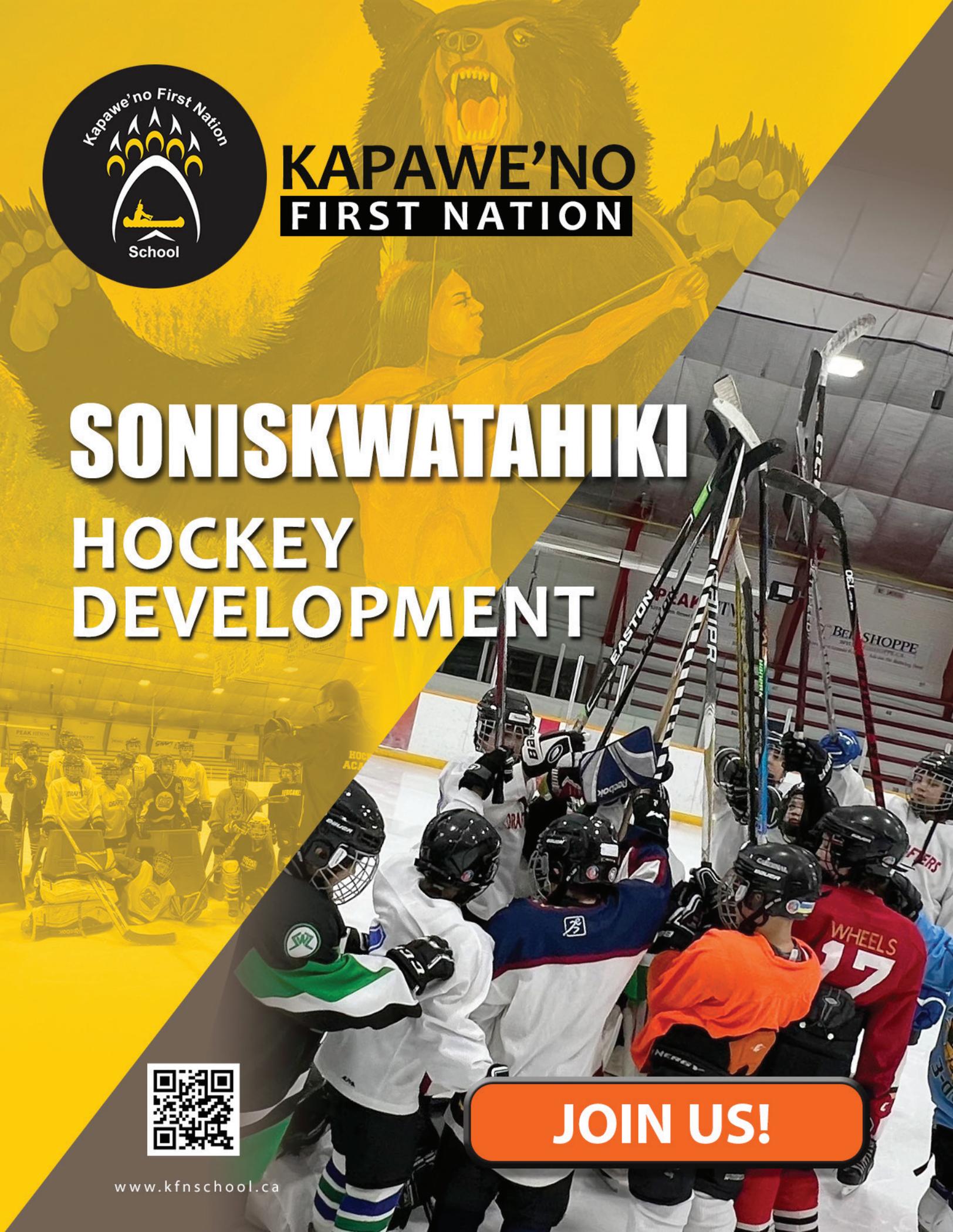
**KAPAWE'NO  
FIRST NATION**

# SONISKWATAHIKI HOCKEY DEVELOPMENT



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**JOIN US!**





# BOXING PROGRAM

Our youth boxing program here at KFN School is a safe, and fun way to keep our students engaged in physical activity. Boxing teaches valuable lessons in dedication and discipline. Boxing is perhaps the best way for our students to exert their energy in a productive way while teaching them focus, coordination and respect.



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# HOCKEY PROGRAM

At KFN School, our student look forward to participating in the National Sport of hockey. Weekly on and off ice sessions are held for players starting out and for our players who advance into playing minor hockey throughout the area. All students receive a full set of hockey equipment donated by Sports Central in Edmonton. Learn from our experienced teacher coaches. As a team sport, hockey makes students more active, healthier and builds confidence and cooperation among players.



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# LACROSSE PROGRAM

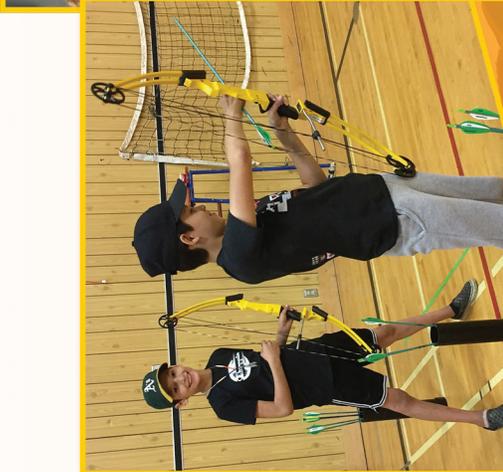
KFN School offers Lacrosse Program. Lacrosse builds character on and off the pitch. It teaches them both the traditional game of lacrosse and the new modern way. The traditional way is a healing and medicine game given to us by the creator, building mental strength challenges students to improve themselves.



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# ARCHERY PROGRAM

At KFN School, archery is a fun, educational and a traditional activity for young people to take part in. It is a sport for all. It helps to build muscle endurance and flexibility, and develop hand-eye coordination and strength. Archery teaches discipline, respect and self-control - something that carries over into pupils' attitudes, work habits and other school activities.

At KFN School, we have:  
- Full participation in National Archery in Schools Program  
- Archery tournament participation in June  
- Staff are NASP certified instructors



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