



# AHCAHK SPIRIT BEAR MUSKWA

KAPAWE'NO FIRST NATION LIFE LONG LEARNING

MAY 15, 2023 ISSUE

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Kapaweno First Nation School

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## Kapawe'no Nêhiyawak School

# First Nation Distance Learning Centre and College open for 2023/24 school year registrations

Kapawe'no First Nation - We are very pleased to be launching the Kapawe'no Nêhiyawak School K-12, First Nation Distance Learning Centre and College with registrations open.

Our Nation's accredited course offerings will provide Alberta High School Courses for students requiring same (ages 14 and up including). First Nation Students ages 21+ and be made available through our Summer School Programming from July 2nd, 2023 on.

*more on page 2*

**Our academic stride to greatness continues with our Nêhiyawak law on life long learning and learning Nêhiyawêwin**



Kapawe'no Nehiyawak Kiskinahamâtowikamik Sakipahkaw Pisim (Leaf budding Moon) Niyanosap isko Kikamitatahtosap May 15-19, 2023

*more on page 11*



## Grade five student shines in academics and athletics

Kapawe'no First Nation - At Kapawe'no Nêhiyawak School we really pride ourselves with the balance each student has with academics and athletics. Young Ms Anna Lay, Sucker Creek is a grade 5 student...

*more on page 5*



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DISTANCE LEARNING  
CENTRE**

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## LAW teachings, online learning and strong academics at grade 2&3

Kapawe'no First Nation - Tansi; we will be writing bi-weekly two paragraph article for the newsletter. In it we will be talking about some of the activities we are doing as a class and some ways you can support your child from home.

As you know last week started with us being online for the first two days of the week. We would like to thank you all for your time and patience with us during that time. It was nice to see the students' faces and know that they are managing alright with everything happening with these wildfires that are still impacting us. On Wednesday the class got to go on a training to learn about what to take with you to be prepared in case they needed to be evacuated. That was part of our LAW teachings with Tala Williams. Another activity the children enjoy is learning about composting. We have a compost bin in class with worms and the students will bring food to put in it and they want to look at the worms. The worms seem to be thriving.



We are thinking of ways that parents can help their children from home. When chatting with one parent a couple of weeks ago she's starting to do a journal or diary with her child at home. This would be awesome if all the students tried something like this at home to improve their skills. It will also help the child express themselves better. If they don't want to write

maybe they can draw in their journal.

On Monday, 16th of May we will be online again. We will be getting hard copies to come home and we will be contacting parents about picking up Chromebooks. Miss. Flo and I hope everyone and their families stay safe.

*By Mrs Amy Mills and Miss Flo*

## First Nation Distance Learning Centre and College open for 2023/24 school year registrations *from page 1*

Please note that we have over 150 courses to choose from at all Levels of instruction.

As well, at the Post Secondary Level we are proud to offer over 80 courses in five program areas starting this upcoming September, 2023. Virtual or in person learning will be available depending on number of course participants and enrollment.

We will be offering the following faculties for Certificate, Diploma, or Degree recognition: (all courses accredited by the Elder's Knowledge Council of Kapawe'no First Nation as per our Inherent Rights as Nations, NIAB and WINHEC accreditation is in progress.

### COURSES OFFERED

- Indigenous Office Administration - Year 1 of a 2 Year Program
- Indigenous Educational Assistant - Year 1 - Level 1 and Year 2 - Level 2
- Indigenous Business Administration - Year 1 of a 3 Year Program
- Indigenous Library Technician - Year 1 - Level 1 of a 2 Year Program
- Indigenous Education Degree - Year 1 of a 4 year program

**CALL TO REGISTER TODAY! (780) 751-0009**

# Kihew Feather Teaching

## Sacred Part of Nēhiyawak Life

Kapawe'no First Nation - The Kihew (Eagle) holds a very special place for Nēhiyawak. Kihew soared so high in the heavens that our people held it in high esteem since it was so much closer to the Creator. Kihew became a power of vision, strength, and courage. There are many special meanings and special uses for Kihew.

Nēhiyawak believe that Kihew is the principle messenger of the Creator so it has a connection to the spirit world. Kihew flies the closest to Creator and, therefore, can see the past, present and future at a glance. Kihew sees the flow of change. It alerts us to the changes so that we can respond appropriately. Kihew soars above us all, sometimes out of sight to us, but never out of its own sight. Kihew sees and hears all and sits in the east on the Medicine Wheel with the direction of leadership and courage. Kihew is a powerful symbol of truth and courage; that's why its feathers are such powerful tools for healing, and why there are special ceremonies for Kihew feathers. Kihew teaches us that it is okay to combine wisdom and courage — it is okay to be wise enough to know that a change needs to be made in one's life and then finding the courage to execute the change.

A gift of an Feather is a great honor. It is a mark of distinction, one that could indicate that a rite of passage has been earned. The Feather represents the responsibilities and behaviors that are all a part of the preparation, learning and commitment to a spirit. It is in this way that life is honored and becomes whole. THE QUILL of an Kihew Feather represents stability, strength, and foundation. In the Medicine Wheel, it represents the spirituality of the people, so it sits in the east. This is where the beginning and ending meet. The quill represents the beginning and ending in



the spiritual journey of life. Birth and death are represented here as rites of passage from and to the spiritual world. Conception, the nine-month journey and childbirth are sacred and begin here. Traditionally, there are ceremonies or celebrations for the beginning of life.

THE PLUME of an Kihew Feather or fluff is white, billowy, and soft. It represents the purity, lightness, and gentleness of a child, full of the spirit and new to the cycle of life. The plume is distinctive and is usually a symbol of honor. The plume in the 'Cycle of Life' is the beginning of the formative years, childhood. It is the age of innocence, pride, and dreams – a time for bonding and attachment to relationships, values, attitudes, behaviors, personalities, character and to the environment. It is a time for security and integration.

THE VANE of an Kihew Feather represents

flexibility and adaptability with gentleness and firmness. Each vane has a unique design, as each feather is unique. Each individual is also unique. This part of the feather expands, just as youth expands into the world and they become responsible for themselves.

In the CYCLE OF LIFE, the vane is the continuation of the formative years. The children have achieved their rights of passage as they become adults; a boy becomes a hunter or warrior, and a girl has reached womanhood. During this phase, there is learning and guidance. The mind, the mouth, the heart, and the hand (avenues for the spirit) are being nurtured. Reinforcement is given in the proper direction, in order to strengthen their spiritual well-being and identity. It is a time of enrichment, logic, and proof.

THE ENTIRE KIH EW FEATHER is straight, strong, firm, and gentle. The TOP PORTION represents the peak of life. The behaviors of adulthood are to bring out the best in beauty and goodness. Men have achieved bravery, skill or character and have been renamed accordingly. Women have achieved a level of knowledge basic to the survival of the people. Self-discipline, survival skills, loyalty, solidarity, and respect within family are above all individual interests. The foundation laid for them is intact. Interdependence, empathy, insight, and foresight enables them to be keepers and protectors of the culture. It is at this phase that marriage and childbearing are foremost.

The OPPOSITE VANE continues to represent flexibility and adaptability with gentleness and firmness. In the 'Cycle of Life', a level of seniority is established. Conduct of parenthood

*more on page 5*

## Dryland an important advancement with the health, wellness and balance

Kapawe'no First Nation - Our Kapawe'no Nēhiyawak School Athletics and Sports Academy continues with dry land development using exercises such as calisthenics and plyometrics.

Many athletes are using such techniques to achieve success in their respective sports. Athletes are pushing hard for achievement with specialized programming that makes their stride easier when playing a sport or sports they truly love.

With our Athletics and Sports Academy we train off ice away from the court, field, ring and ice surface so we can enjoy our sport allot easier. Being fit and agile keeps us safe from injury, stress and over exertion that we must all keep aware of.

Our students are enjoying such techniques during gym time, pre practice and game



time and during the stretches prior. Keep up the great work to all our student athletes. Muskwak forever!



Staff and student sharing circles are conducted during the mornings during the week.

# SHARING CIRCLES

Our Kihiw feather is used for guidance balance, truth and solutions through our

*Nēhiyawak way of life*

For details please discuss with our Nēhiyawak Keepers

Call KFN School at 780.751.0008 or email [admin@kfnschool.ca](mailto:admin@kfnschool.ca)

## Grade five student shines in academics and athletics *from page 1*

who begins her day sometimes in the gym before school talking to Mr Thomas on achieving her goals she has set out with academics and athletics.

After that she heads into studio with Mr Kubrakovich, the Knowledge Keepers and Grade 6/7 students for the Nēhiyawēwin language pre session. Students learn the words of the day, week and go through the tasks set out for each classroom participating in Nehiyawewin.

After that she spends hours with Mrs Chalifoux and Mrs Courtoreille working on academics. She has six other siblings that go to the school with her. On alternating days she's playing hockey, working on and off ice to get better at a sport she has really enjoyed. On other days she's in lacrosse, baseball and archery. During physical education and wellness she leads by example as Mr Thomas would say. Most



recently she was gifted a jacket and soccer jersey from her hard work and dedication with Academics and Athletics.

Ms Anna continues to shine in a school that has appreciated dedication from students, parents and a continued never give up on Muskwak forever attitude.

## Kihew Feather Teaching... *from page 3*

has been proven and movement into grand parenthood is inevitable. Relationships, community, and nationhood are important. Responsibility for the welfare of others, young and old is the purpose of guidance. To encourage and support others is to give back what was given and to give more of oneself.

As in the opposite, the PLUME of the Eagle Feather represents purity, lightness, and gentleness. Purity in mind, body and spirit is achieved in old age. Elders become frail and weak like children. It is a very honorable age that speaks not of arrogance or greed

but of the fulfillment of life to the best of one's ability. They become the keepers of the wisdom with peaceful energy, authority, and purpose. Elders are as highly esteemed as the Eagle.

Once again, the quill represents the beginning and ending in the spiritual journey of life. Death is at the end of the Cycle of Life and is also a rite of passage into the spiritual world. The spirit lives on in the hearts and minds of loved ones into eternity. One has known his natural space, only once does he pass this way, he has made his journey.

*To honour going to the other side of the river is to honour life, as both are important in the spirit world.*

Great original story by Myra Laramie and Rene McGurry

	<p>BAR SUN-THU 6AM-11PM FRI-SAT 6AM-1AM BREAKFAST DAILY</p>	<p>3905 51ST AVENUE PEAVINE INN &amp; SUITES HIGH PRAIRIE ALBERTA CANADA +1 780-523-2398</p>	<p>RESTAURANT SUN-THU 6AM-11PM FRI-SAT 6AM-1AM BREAKFAST DAILY</p>	
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## Sohkitechewin and safety for our firefighters today fighting fires in the territory

Kapawe'no First Nation - Today we would like to salute and say Nanaskomin to the firefighters who are our nation, territory and community members, family, friends, cousins, relatives out there fighting courageously the fires within the territory.

The fires are very close, we have already seen houses burnt, communities evacuated and highways closed. Stay safe and be well aware around you. Nanaskomin, Muskwak forever!



# KAPAWE'NO NEHIYAWAK COLLEGE

## COURSES OFFERED

BUSINESS ADMINISTRATION (DIPLOMA)

BUSINESS DEVELOPMENT (DIPLOMA)

LIFE LONG LEARNING ASSISTANT (LEVEL 1 AND 2)

LIBRARY TECHNICIAN CERTIFICATION (LEVEL 1 AND 2)

OFFICE ADMINISTRATION (LEVEL 1 AND 2)

PROFESSIONAL DEVELOPMENT COURSE AND WORKSHOPS OFFERED  
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# Sweetgrass

## A Kindness Medicine Our Ancestors Harvested and Protected

Kapawe'no First Nation - our Knowledge Keepers tell us that it takes longer for us to heal today and the reason is because the old trails our ancestors used to use to find us have been destroyed, so now our ancestors are having a hard time finding us to help us heal. We are also told that Sweetgrass was the first plant to grow on Mother Earth. When we harvest Sweetgrass, we get three bunches of seven strands. So there will be 21 pieces of grass, we do not pull it, this is the hair of Mother Earth.

We braid the three strands of seven pieces right there on Mother Earth, then we gently cut it. If we want to state our intentions, we can bring tobacco as to bring Creator in on our words as to how we will use this. For an offering we can offer something the plant can use, like water. So offer the relations around it, it's brothers and sisters, mother and father. And so on, give them a gift of water.

### When we burn sweetgrass, remember these things:

- It's a kindness medicine...with a sweet gentle aroma when we light it.
- Its symbolic...There are 21 strands used to make a braid...

The first 7 strands represent those 7 generations behind us; Our parents, Our grandparents, Our great grandparents and so on for generations behind us who we are and what we are is because of them. They've



brushed and made the trails we have been walking up til now, however the trails have been destroyed, we have lost our connection, we must find those trails again. The time has come to heal and reconnect with our ancestors on those trails.

The next seven represent the seven sacred teachings...Love, Respect, Honesty, Courage, Wisdom, Truth and Humility.

### Our knowledge keepers tell us how simple, powerful and beautiful the teaching are:

- 1 Love: unconditional affection with no limits or conditions that starts with loving yourself.
- 2 Respect: due regard for the feelings, wishes, rights or traditions of other, with

consideration, thoughtfulness, attentiveness, politeness, courtesy, civility, deference.

3 Honestly: have a character of integrity, and honor be free from fraud or deception, legitimate truthful.

4 Courage: bravery, permitting one to face extreme dangers with boldness withstanding danger, fear or difficulty

5 Wisdom: the quality of having experience, knowledge and good judgment the quality of being wise.

6 Truth: the face of the matter, veracity, sincere, candor and genuineness a determined in principle entirely by how it relates to things

7 Humility: freedom from pride or arrogance, being humble, when we truly understand the teaching of humility, that we are not any better than anyone else and you are not any better than me. that at the end of the day we are simply human beings, this is what makes this teaching powerful and beautiful.

The last 7 strands are those of the 7 generations in front of us~

Our children .....

Our grandchildren .....

Our great grandchildren .....

as well as those children yet to be born.

It is important because everything we do to Mother earth will one day effect them...

We have lost our way, Mother Earth gives us everything we need to heal ourselves and the earth. We must go back to our roots and bloom.

*Original from Marty Stompingelk*

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## Kapawé'no Nehiyawak Kiskinhamâtowikamik Nehiyawak Nanaskomitan

# OUR DAILY PRAYER

Nohtâwînân (know taw we nan) Our Father  
 Kise Manitow (Key see Man knee two) The Creator Wicîhinân mina ( We Chee hin nan) Help us and  
 Kanawêyiminân (Can a way me nan) Protect us  
 Anoch (A Nooch) Today  
 Kâkîsikâk (Ka key see kack) All Day  
 Nîyanân Kitawâsimisak  
 (Knee ya nan Key ta wus si me sack) We are your children  
 Nâpêwak ekwa Nâpêsak (Na pee ewalk e Kwa Na Pee si sack) All men and boys  
 Iskwêwak ekwa Iskwêsisak (E skwew wak e kwa is skwee sih sack)  
 All women and girls  
 Êkwa Kahkiway Kotakak (Eh kwa Ka Key yaw Ko ta kack) And all others of all Nations  
 Ayisiyiniwak Ota (Ah yee See Ni wak O tah) All People here  
 Askîhk (Ah Skee k) all the world  
 Kitatamihin (Key tah tah mi hin) We are thankful Hiy-Hiy Thank you

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# MUSIC AND NATURE CAMP



*Activities include canoeing, shelter making, and many more...*

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**AUGUST 8-11 & 14-18, 2023**

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# Kapawe'no Nehiyawak Kiskinahamâtowikamik *from page 1*

- Tansi - hello
- Namoya nantow (manan tow) - I am fine
- Ekwa Kiya - And you
- Namoyah nantow nista - I am fine too
- Tansi Kitsikason (Kit sik ason)- What is your name
- [Your Name] Nitsikason (Nit sik ason) - [Name] is my name
- Tanti ochi Kiya - Where are you from
- [Place] niya ochi - I am from (place) eg. Kapawe'no ochi niya
- Ninohtetotan wawewkamikoh (Nin ohte to tan waya wew kamik) - I need to go to the washroom
- Ninohte minikweyan (nin ohte minihkwan) - I need a drink



## Nehiyawewin Words of the Week

- Sakipahkaw
- Sakipakaw - leaves budding
- Konatihksow - snow has melted
- Yotin - windy
- Maci kisopwiw - it is getting warmer
- Kinwiys kisikawnakwan - longer daylight
- Askitakwaw - green
- Muskosiyah - grass
- Muskosiyah askitakonakwanah - grass is green
- Nipiya - leaves
- Nipiya askitakonakwanah - leaves are green

## Nehiyawewin sport words of the week

- Pakahatowan - Archery
- Ahcapiy - Bow
- Acosis - arrow
- Pimotam - he/she shoots
- Pimotakan - Bow & Arrow
- Opimotahkwew - archer
- Kotahaskwacikan - Bullies eye
- Pihtatwan - Quiver
- Mispiton okanaweyihcikew - Arm guard
- Sipekipitam - Draw
- Ah capahciy - bow string
- Kistikan / sakaw - Field / forrest
- Misit oyikapawiw - foot market
- Ka nahah capiw - Tuning bow
- Samakisjam - weight

## Nehiyawewin Tipahikan (Time)

- Anohc - Today
- Wapahki - Tomorrow
- Otakosik - Yesterday
- Tipahikan - Time
- Apihtawkisikaw - Noon
- Apitahtipiskaw - Midnight
- Apitawtipahikan - Half hour
- Kikisipah - Morning
- Otakosin - Evening
- Peyak amikisikaw - One Week
- Peyak Pisim - One Month
- Peyak askiy - One Year
- Ekosi maka - until next time
- Miyo kisikansihk kakiyaw - have a nice day everyone



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**NĒHIYAWAK COLLEGE**

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# Sports Academy hands out prestigious monthly awards for improvement, sportsmanlike, dedication and leadership

Kapawe'no First Nation - Another month has passed at Kapawe'no Nēhiyawak School and the Sports Academy. The monthly prestigious awards were handed out to the student athletes who continue to show improvement, sportsmanlike and dedication.

Added to the monthly awards is the Superintendent's Muskwak Leadership Quality Award given to the player(s) who exemplifies the qualities of a leader, coachable and greatness to a sport.

Our prestigious certificates for the month of March are:

**Most Dedicated** - A student athlete who spend their weekends on the land and facilities practicing for excellence. They come to practice early and the last ones to leave. And most importantly, their team always comes first. Muskwak forever!

**Most Sportsmanlike** - A student athlete who leads the way and is always cheering their teammates on and bringing up morale, even in the most challenging and toughest situations. Muskwak forever!

Our academics and athletics is a great combination as students continue to put in the hours needed and the commitment of excellence in the classroom.

**Most Improved** - A student athlete who begins and ends by improving daily. They reach their highs limited that they can achieve. They are very coachable and build on the talks from the coaches. They continue to take flight and achieve greatness from their first moment to their last. Muskwak forever!





**Our recipients are:**

**Pimotatowin (Archery)**

- Most Dedicated - Anna Lay
- Most Sportsmanlike - Benjamin McLeod
- Most Improved - Pewyis Sutherland

**Pakamatohkewin (Boxing)**

- Most Dedicated - Brighton Schur-Auger
- Most Sportsmanlike - Gabriel McLeod
- Most Improved - Jonas Calliou

**Miskwami Mitawiwin (Hockey)**

- U9
- Most Dedicated - Lola Sutherland
- Most Sportsmanlike - Tashlynn Belcourt
- Most Improved - Jaze Courtoreille
- U11
- Most Dedicated - Lennix Sutherland
- Most Sportsmanlike - Bryanna Thunder
- Most Improved - Benny McLeod
- U13
- Most Dedicated - Tanner Pechimow
- Most Sportsmanlike - Mary-Lou Halcrow
- Most Improved - Gabriel McLeod

**Metawewin (Lacrosse)**

- Most Dedicated - Anna Lay
- Most Sportsmanlike 1 Benny McLeod
- Most Improved - Nova McLeod

**Muskwak Leadership**

- Hockey Academy - Tazannah Belcourt
- Hockey Academy - Matthias Willier
- Hockey Academy - Markus Willier

# Synthetic ice an integral part of the Ice District

Kapawe'no First Nation - As a first too many creative steps, the latest is the amazing installation of synthetic ice at the Kapawe'no NĒhiyawak School known as the Ice District.

The Sports Academy continues to evolve with new techniques and technology for our players. The Ice District / synthetic ice will enhance our players stride stance and strengthen their overall skating.

For the beginners this will give them some time on the ice without leaving the school and the ones that have been skating already will help advance their overall skating. We have seen our players who just started only months ago already take steps in skating and playing hockey.

Seen here is Meagan Pfefferle, one of our U11 hockey players in the Sports Academy.



Sports Academy



MISKWAMI MITAWIWIN  
HOCKEY  
ACADEMY

JOIN US!

# Muskwak Juniors learning to sing, drum and understand protocol



Kapawe'no First Nation - It was only months ago when the Nēhiyawak cultural program flourished with now close to 11 drummers / singers advancing the students into a well round group.

They are learning to sing, drum and additionally the protocol that includes the respect of the drum. They have been part of our daily Nēhiyawêwin session being an essential part of our program.

Our Muskwak Juniors are working with their hand drums and the grandfather drum. As of late the grandfather drum has been of choice getting ready for future opening ceremonies and events.



# Student and Athlete from Kapawe'no Nêhiyawak School also an Entrepreneur

Kapawe'no First Nation - This is one of my favorite stories thus far writing and contributing to our school news. I clearly see myself in this young man as he navigates his way through school, hockey and real-life issues.

Jayden Paul is a wonderful, creative, and skilled hockey player at our school which exemplifies what we are about.

Many occasions I am working with Jaydon on different skills that will take his game to another level. He arrives before the start

*more on page 17*



*We have launched a spring sport for everyone to enjoy!*

# BASEBALL

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time which is 8:30am and he is in the gym working on his shooting stick handling and passing skills to perfect it on the ice. He takes full advantage of the dry land training which is available to any academy athlete or student enrolled at our school.

I was excited the hockey coach asked me to give him a hand with some on ice movement. My skates needed sharpening and he directed me to an advertisement posted on our bulletin board in front of the main office. I called the number and made an appointment. As I am a collogue pulled up to the address and knocked on the door. This curly headed kid opens the



door to my bewilderment its one of my students. I was dumbfounded and he grabbed my skates and proceeded to the rear of the house and sharpened my skate which I paid him the eight-dollar fee and small tip for a job well done.

I was so proud of this young man good student, good athlete and good entrepreneur.

That's what we here at Kapawe'no NĒhiyawak School, are striving for us to produce post secondary school graduates and positive contribution to the Kapawe'no First Nation.

*Story / Blog contribution by  
Mr Brian Thomas, Athletic Director*

*Learn the NĒhiyawak Way of*

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# Kachuk sees Nēhiyawak culture and Nēhiyawêwin as a wholistic balanced lifestyle

Kapawe'no First Nation - Our Kapawe'no Nēhiyawak School prides itself as a safe place to learn and enjoy the every day wholistic balance of student learning. Sam Kadchuk a first year Education Assistant and Boxing Academic lead feels that this balance daily is helping all students.

"We are all learning as a young school, our students who are our first priority has given us a need to keep coming back as their grasp on learning is incredible", said Sam K. Mr Kachuk has seen positive strides with the Muskwak Juniors along with the Nēhiyawêwin who has seen first hand in the grade 6&7 students being part of the foundational learning every morning with them.

He is also involved with the landbase and plans to be out more medicine picking with the students in the near future as the sekwin (spring) season is amongst us.



## LEARN

Hand drum and grandfather drum  
Drum making and painting of drums  
Hand rattles with our Female students

**EVERY WEDNESDAY  
AND FRIDAYS  
DURING LUNCH HOUR**

Please stay connected with  
Mr. Cory Cardinal Jr  
for practice times, lessons  
and any other questions.

# Outdoor education a health and wellness advancement for our students

Kapawe'no First Nation - The belief in our stride for the development of our academics and athletics is assuring our students have a well balanced healthy life.

Our outdoor education is doing this well. Our Athletics have structured a well rounded educational foundation that will enhance all our students.

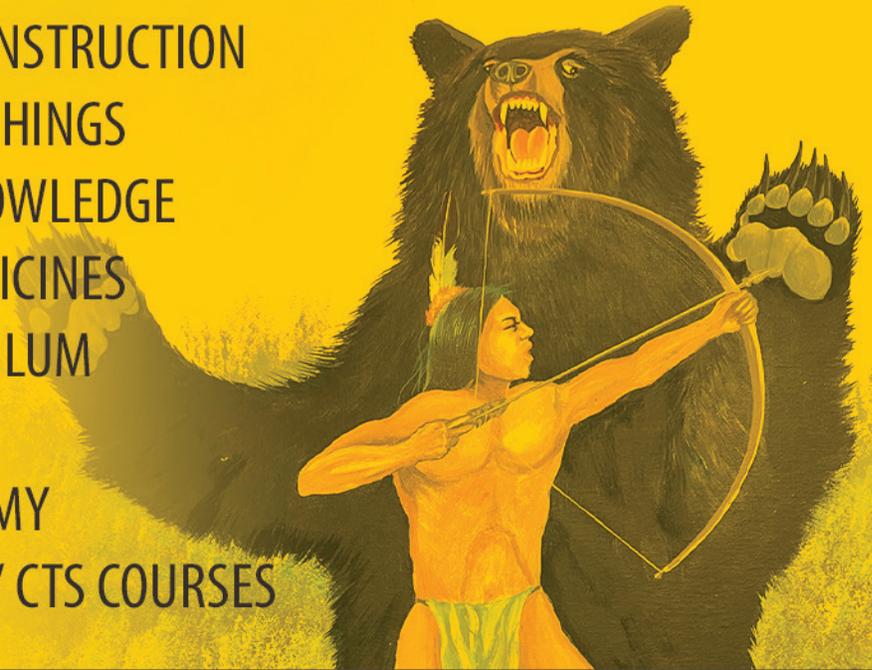
Students are receiving time outdoors that have enhanced their daily natural requirements. Individual and team learning is taking place.





# 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

## JOIN THE DRAMA



# CLUB

Every Tuesday to Thursday after school

Please email [aaron.courtorielle@kfnschool.ca](mailto:aaron.courtorielle@kfnschool.ca)

KFN School 780.751.0008 or email [admin@kfnschool.ca](mailto:admin@kfnschool.ca)

Open to High School Students  
Please sign up with Ms Aaron Courtorielle  
Selection of official school year play



# ATHLETICS & SPORTS ACADEMY

**JOIN US!**

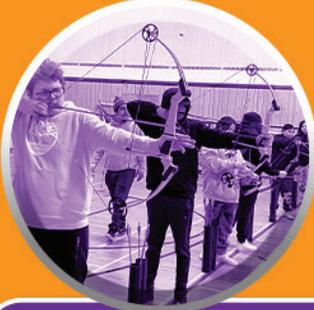


Sports Academy



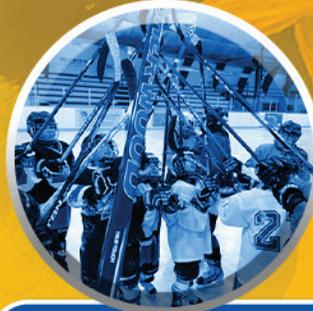
## PAKAMAPISK-WEWIN GOLF

TUE AND THU AFTERNOON PEAVINE G8-12 1:15PM



## PIMOTATOWIN ARCHERY

MONDAY 2:00PM GRADES 6-12



## MISKWAMI MITAWIWIN HOCKEY

TUESDAY, THURSDAY PEAVINE 1:15PM



## PAKAHATOWAN BASEBALL

WEDNESDAY AND FRIDAY 2:15PM - G2-5, G6-12



## METAWEWIN LACROSSE

WEDNESDAY AND FRIDAY - G2-5 1:15PM



## MUSKIMUT PAKAHTOWAN BASKETBALL

WEDNESDAY 4-6PM



## METAWIWIN KISIKAW TRACK & FIELD

MONDAY, WEDNESDAY, FRIDAYS AT 12:15PM



## PAKAMATOH-KEWIN BOXING

TUESDAY TO FRIDAY G6-12 AFTERNOON 1:00PM

Mr. Brian Thomas, Athletic Director



kfnlearning.com



admin@kfnschool.ca



kapawenofirstnationschool



(780) 751-0008



# SPORTS ACADEMY

## THE FOUR CORE SPORTS

### HOCKEY MISKWAMI MITAWIWIN



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.

### BOXING PAKAMATOHKEWIN



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.

### LACROSSE METAWEWIN



KFN School offers Lacrosse Program. Lacrosse builds character on and off the pitch. It teaches them to set personal goals. We teach 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.

### ARCHERY PIMOTATOWIN



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' attitude, work habits and other school activities.



**KAPAWE'NO NĒHIYAWAK SCHOOL**

# GUITAR LESSONS

**INSTRUCTOR MIKE HALCROW**

**JOIN US!**

**EVERY THURSDAY AFTER SCHOOL**

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KAPAWE'NO NEHIYAWAK SCHOOL



HOCKEY



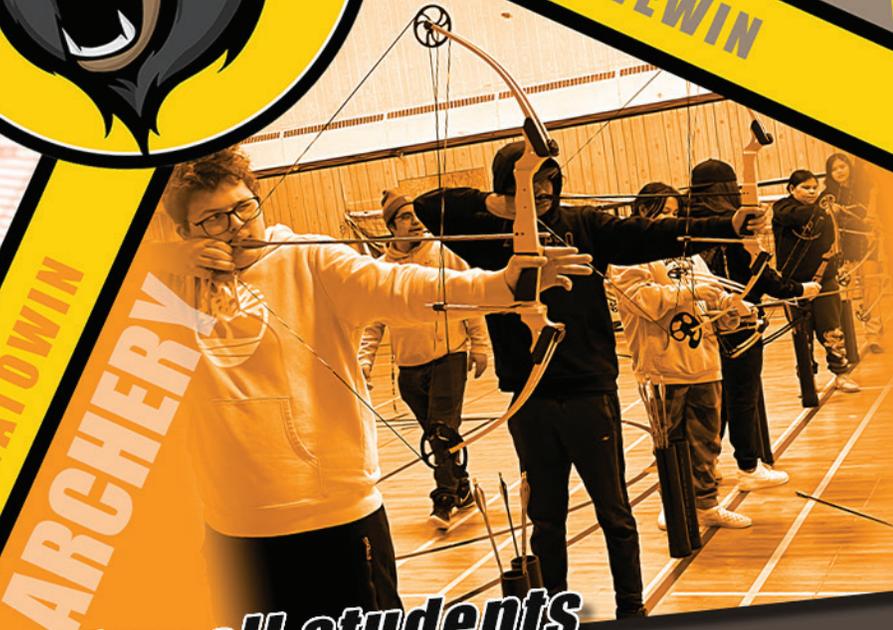
LACROSSE



BOXING



ARCHERY



*We believe in developing all students and preparing them for strong academics and athletics!*



Sports Academy

Mr. Brian Thomas, Athletic Director

JOIN US!

**ATHLETICS & SPORTS ACADEMY**

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