



AHCAHK SPIRIT BEAR MUSKWA

KAPAWE'NO FIRST NATION LIFE LONG LEARNING

SPECIAL ISSUE - JUNE 2023

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



Moving mountains through Life Long Learning - Class of 2023

EVENT PHOTOS ON PAGE 12-13

Kapawe'no First Nation - Today like everyday we step into our Kapawe'no Nêhiyawak School with the ideology of moving things that once stood in the way through life long learning. Mountains are always known for this ideology.

We saw our Class of 2023 kindergarten grads walk in through the grand entry with all hopes of achieving greatness for the next years to come. Our grads have their entire future of learning in front of them and thanks to teacher Mrs Jackie Halcrow...

more on page 2



Students take centre stage at annual Awards ceremony

Kapawe'no First Nation - The Kapawe'no Nêhiyawak School held the annual awards on Friday, June 16, 2023. The flags were brought in by students and staff after a ceremonial smudge of our students and school to start the day the beautiful day of awards and graduation.

more on page 5

CONGRATULATIONS TO ALL GRADUATES!



Scan the QR code to watch the video (opens in facebook)



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Moving mountains through Life Long Learning *from page 1*

they are ready to get back to grade one class in the fall.

Our Grade 12 Class of 2023' grads just spent the last number of years achieving something great in their lives. Teachers and parents were an impact in their lives. 'The parents stood by them and allowed them to prosper know the challenges that lead to this great achievement for the grads.'

We sat and watched greatness and excellence for both grads. Congratulations to the students and their achievements.

EVENT PHOTOS ON PAGE 12-13



Nēhiyawêwin a integral part of the curriculum at Kapawé'no



Kapawé'no First Nation - Amazing things at Kapawé'no Nēhiyawak School continue. Learning the ancestral Nēhiyawêwin everyday is turning our kindergarten and grade ones into three classes of immersion.

The goal is to have the entire school immersion and speaking Nēhiyawêwin, and we are certainly on the right path.

The latest addition as been a special room focused on our Nēhiyawak culture and Nēhiyawêwin. Students have seen the strides in the development of bringing back our ancestral ways. The classroom is equipped with a sharing circle for our teachers and instructors to give our students a learning way.

Hats off to our amazing knowledge keepers of our Nēhiyawêwin, Linda Gladue, along Nēhiyawêwin Keepers Angela Courtorielle, Boh Kubrakovich(host), Mark Laboucon, and Priscilla Sutherland.



Our Nehiyawewin is a very special and loving language for our Kapawe'no Nehiyawak

Kapawe'no First Nation - At Kapawe'no Nehiyawak Kiskinahamâtowikamik we continue daily to teach and learn Nehiyawewin.

Nehiyawewin is an oral language, meaning that it is traditionally passed down from generation to generation through speaking, not writing. Therefore, it is only kept alive if spoken and shared and its inherent history enriches the life of anyone who knows it.

It is a work of art, with its words serving to describe action and the natural environment. Most of the words contained within Nehiyawewin represent what we see in nature and we are the closest to mother earth.

Unlike English, it is inflected, meaning that the way words are formulated changes depending on number, gender, tense, etc. Due to its historical significance, learning Nehiyawewin makes us aware of our local and cultural system that may seem novel to you, but that has been around for many, many years.

'Learn a word or phase a day, you will be amazed how it will change your life'.



Launching of the New Plyometric District in KNS

Kapawe'no First Nation - The first of its kind in this region of the province. Along with our Ice district, Fitness center and now the Plyometric lab to help improve our students explosiveness, power, agility and extraordinary leg strength to dominate in Hockey, Running, Baseball, Boxing, Golf, Soccer, Lacrosse and Archery. Nehiyawak all the way to the top of the podium.

Hats off to our Athletic Director Mr. Thomas and our students.



Scan the code to watch the video on facebook



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

Students take centre stage at Annual Awards Ceremony *from page 1*



Scan the code to watch the video on facebook

Our Muskwak Juniors and Mr Cory Cardinal Jr / Sr opened the day with a flag song and honour song.

Today we honoured our students for great achievement in nehiyawewin, academics and athletics.

Great work to all students, their parents and family for support this 2022/23 school year.



New team April Adamson joins Life Long Learning at Kapawe'no

Kapawe'no Cree Nation - At Kapawe'no Nehiyahk Life Long Learning we are always grateful for new additional teachers joining our NĒhiyawak team.

Meet our latest addition; Ms April Adamson who is our new Grade Six / Seven teacher here at Kapawe'no NĒhiyawak School. She recently finished an education degree at the University of Alberta, where she gained experience teaching highschool chemistry, biology and Junior High science.

"I have a strong background in science, before deciding to pursue teaching I also



completed a chemistry degree at the University of Alberta".

Some of her hobbies include playing electric guitar, foraging, and 3d printing. She is very excited for the opportunity to teach at a school that prioritizes NĒhiyawak ways of knowing and relationships to the land, air and water.

Some of her goals are to start a robotics program and to incorporate robotics into math and science lessons. Another goal she has is to have is to start a swim team as she used to be a competitive swimmer.

KAPAWE'NO NEHIYAWAK COLLEGE

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- BUSINESS DEVELOPMENT (DIPLOMA)
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Grade K-3 students take their learning on the land

Kapawe'no First Nation - The learning continues on our Mother Earth where teaching and learning is purely from our ancestors.

Our Grade K-3 welcomed their travels to the land where their ancestors lived many years ago. The modern classroom has been a tough stride for many of our Nēhiyawak these days, however, here at Kapawe'no Nēhiyawak School we are changing the mindset and achieving much by having our local Knowledge Keepers such as Herman Surherland Sr teach our students what he was taught.

In both sessions on the land he strived to show us that the teachings are from his teachers and that he's passing them on to the younger generation. All his teachings are oral and he stressed that if a student remembers anything they received from him that it was meant to be within the student.

Today's generation has adopted a new way of life through technology; however, going back to the land will only balance such a new way of living.

Nanaskomintin to Herman Sutherland Sr, teachers Mrs Jackie Halcrow, Mrs Amy Mills / Ms Flo Murdoch (Grade 2&3) for continuing excellence in academics for our great students at Kapawe'no Nēhiyawak School.



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Kapawe'no Junior Olympics 2023

Kapawe'no First Nation - Starting at 10:00am the junior Olympics began with the noodles javelin throw it was wonderful to see the effort put in by the young athletes. Each one tried their best.

We moved to Mr Thomas's favorite event the standing long jump.

The green team vs the orange team was a fierce battle. Following that event we did the bill ball shot put the men threw the medicine ball and the women threw the large gray ball. Next event was the pickle ball relay race. The finally event was the tug-of-war between the orange team and the green team.

Each team did not give an inch they battled it out till the very end where the green team was victorious. The ribbons was awarded



to the winners and all the participants won in the end because they were all amazing competitors.

Again Nanaskomintin to the staff, teachers and the high school volunteers who made the event a success with their help. See you next year!

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 <p>the VINE BAR End High Profile on Hwy 2</p>	<p>BAR SUN-THU 6AM-11PM FRI-SAT 6AM-1AM BREAKFAST DAILY</p>	<p>3905 51ST AVENUE PEAVINE INN & SUITES HIGH PRAIRIE ALBERTA CANADA +1 780-523-2398</p>	<p>RESTAURANT SUN-THU 6AM-11PM FRI-SAT 6AM-1AM BREAKFAST DAILY</p>	 <p>the VINE RESTAURANT + BAR</p>
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Kapawe'no Nehiyawak Kiskinahamâtowikamik

Sport words of the week

Kwaskwaskinatowew - Lacrosse - he/she plays lacrosse

Miyow - Body

Pakahatowan - Ball

Pakahatowanahtik - Stick

Kispewewin - Defense

Paspiw - Dodges

Ayapi - Net

Namoya matinamakew - Ball hog

Mawneham ayisiyiniw - Attack person

Pihmosiniw - Shoots

Okanaweyihcikew - Goalie

Pahkamskawiw - Body check

Otanahk mawikan - Behind back

Pihmosiniw - Release

Napakiwanis - Face off

Kisiskapayiwiniw - Fast break

Mistikwan - Head

Kipahocokamikos - Penalty box

Opimpahtawahk - Runners

Ekosi maka - until next time

June 5-9, 2023

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

Napisisak wayawiwikamikwa - boys washroom

Iskwisisak wayawiwikamikwa - girls washroom

Ninohte minikweyan (nin ohte minihkwan) - I need a drink

Nehiyawewin Words of the Week

Piskihci Kiskinohamacowikamikos - Classroom

Atoski - work

Atoski ota - work here



Ayamihciki - read

Ayamihcikitan - lets read

Masinahihki - write

Masinaham - He/she wrote it

Masinahikan - Book

Masinatahikan cikastipahicican - Computer

Masinahikanahtihk - pencil

Masinahikanekin - paper

Ka-wapaskak masinakiwinahtik - White board

June 12-16, 2023

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Nehiyawewin Words of the Week

Piskihci Kiskinohamacowikamikos - Classroom

Otinahk (ooh teen ahk) or

Amiskwaciwaskahikan (ah misk wa chi was kay ih kahn) - Edmonton

Ayaciniw Sakahikan (ah yeah chi new sakhiyi kan) - Slave Lake

Ki Spak Maskotiw (ki spak mahs koh tiw) - High Prairie

Waskahikansah (wahs ka hi kan sah) or Kasinskasihk (kah sin ska sihk) - Grouard or Stony Point (original site)

Atikameg Sakahikan (ah tik a meg sak hiyikan) - Whitefish Lake

Kitow Sakahikan (ki tow sak hiyi kan) - Calling Lake

Sakitawahk (saki ta wahk) - Peace River

Mihtatakaw Sipiy (mih tah tah kaw see pee) or Kipoh Ta Kow Si Pi Sihk (key poh ta kow see pee sihk) - Driftpile

Namipi Sipiysihk (nah mee pee see pee sihk) - Sucker Creek

Otoskwanihk (ooh too skwa nihk) - Calgary Kawawikamak (kah wah wee kah mahk) - McLennan

Mistih Paskwaw (mis tih pas kwaw) - Grande Prairie

Mahkesis Sakahikan (mah key sis sak hiyi kan) - Fox Lake

Nehiyawewin sport words of the week

Pakamawtowin - Boxing

Onotinikisk (ooh notin eh kisk) - a boxer/ fighter

Notinike (notin eh key) - fight

Pakamahotoh Astisak (paka mah hoo too ah sti sak) - gloves

Onakateyihcikew (ooh naka tey chi kew) - referee

Okihctitaw (oh kiht chi taw) - warrior

Notinitomakan (notin to ma kan) - spar

Metawewin (me tah we win) - contest

Mitohn kipiskaciw (mi toon ki pisk a ciw) - mouth guard

Pakamahotoh Maskisina (paka mah hoo too mah ski sina) - shoes

Pakamahotoh Kiskitash (paka mah hoo too keys ki tahs) - shorts

Mawinehotowin (mah win hoo to win) - bout

Sakohtwawin (sak ooh twa win) - victory

Pakamahikew (pa ka mahi kew) - boxer

Sakwehikaw (sa kwe hi kaw) - lose

Ekosi maka - until next time

Miyo kisikansihk kakiyaw - have a nice day everyone

Students continue to show excellence with the combination of academics and athletics

Kapawe'no First Nation - Today students at Kapawe'no Nēhiyawak School are enjoying the balance of having amazing learning from a minimum of four core subjects in academics within a solid inclusion of athletics.

The myth of we are only a sports school is not true we are amazingly more combining our academics and athletics as a winning and great combination. Today even when playing any sport in our school you must obtain a very high attendance rating along with a minimum of 65% academic average to qualify for teams and other individual activities.

Our leadership program in physical education and at the sports academy



is a great step towards excellence and you must achieve acceptable grades to participate. We do not leave any student out and we work hard to help you achieve this standard.

We realize that attendance in the spring/summer for our students can be challenging however with our application of technology virtual students can take their classroom home with them.



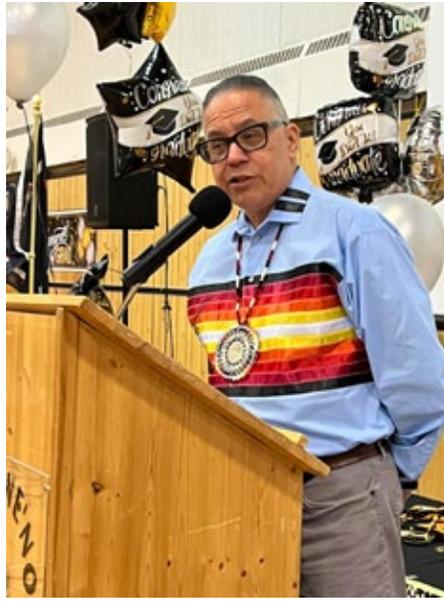


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Celebrating our Nêhiyawak way of life at Kapawe'no Nêhiyawak School

Kapawe'no First Nation - At our Kapawe'no Nêhiyawak School our students, teachers and staff were gifted with greatness from our Knowledge Keepers and their teachings on Tuesday July 20, 2023.

Diane Halcrow, Priscilla Sutherland, Herman Sutherland Sr and our teachers were on hand for the morning portion of our day of celebrating who we are as Nêhiyawak nation members.

The afternoon was amazing with the grand entry to a demonstration powwow with the flags, dancers and our very own Muskwak Juniors led by Mr Cory Cardinal Jr / Sr. It was a great day to be Nêhiyawak!



Scan the code to view the additional photos posted on facebook



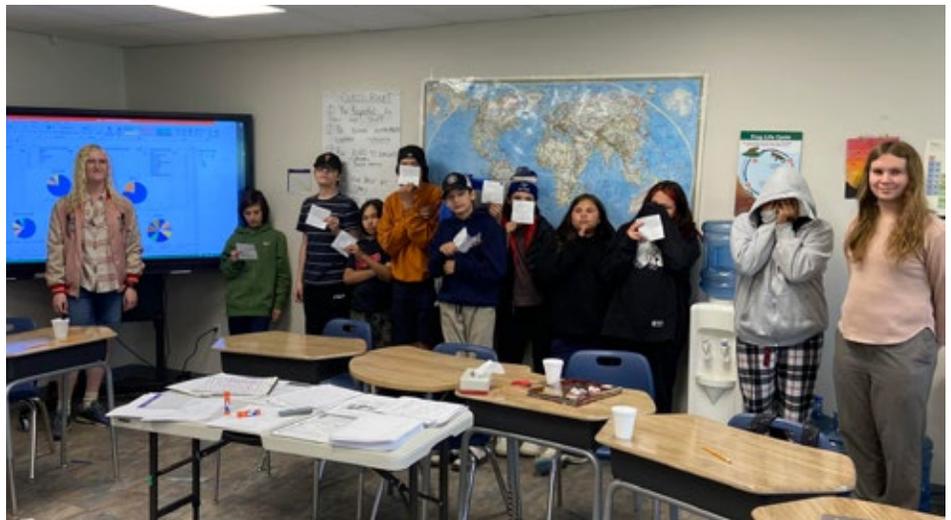
Grade 6/7 class take part in democracy

Kapawe'no First Nation - The Kapawe'no Nêhiyawak School Grade 6 and 7 class have been doing a unit assessment on the democratic process.

To avoid too much political talk the class practiced voting by choosing their favourite hockey team or food.

The kids had fun writing down their answers, folding their papers and then finding out the results.

Keep up the great work 6/7 class.



Grade 6/7 students rewarded field trip for helping with Nêhiyawêwin

Kapawé'no First Nation - Our Grade Six / Seven class at Kapawé'no Nêhiyawak School continue to strive to excellence with the assisting of other students and teachers every morning during our Nêhiyawêwin class. Mr Jorden Thiessen and teacher Ms April Adamson continue to guide the class.

The Grade Six / Seven class lead by students such as Gabriel McLeod and Brighton Schur-Auger who have been there since it's expansion to assist our keepers and teachers into the fold in January. The LAW teachings were also part of the trip.

The Nêhiyawêwin class continues to do wonders and with the help of the grade six/seven class we are achieving much.



Grade 4/5 students attend class on the land with local knowledge keeper

Kapawe'no First Nation - Today the grade four/five class attended their studies on the land in a setting their ancestors lived many years ago.

What sets us apart for any school within 100's plus KMs or more is the Land, Air, Water and now Fire teachings. Mother Earth continues to ask us to help, conserve, only take what you need and respect her. Our students are learning and sharing their views on environmental and cultural teachings.

Knowledge Keeper, Herman Surherland Sr navigated through the forest today at

more on page 17



Grade 2/3 continues to thrive in academics and online learning

Kapawe'no First Nation - Tansi! It was such a wonderful experience having had the opportunity to work with you children this year. This class has displayed a lot of willingness to try new opportunities and experiences.

Some of the things we have done is: lacrosse, hockey, swimming, nehiyawak learning, LAW teachings and becoming adept at working online this year. As well it was a joy to see how much the students grew academically.

We hope to see all the students back in the fall. We hope that everyone has a safe and happy summer holidays.

Ms. Mills and Ms. Flo

a location known to the nation within the territory. In the backyard of our Kapawe'no First Nation, students learnt medicines such as moss, blueberry root and muskeg tea leaves. How to pick them and what time of the year to pick them best. An amazing teaching from our Knowledge Keeper was given which gave students a chance to enjoy themselves while learning the traditional ways of our Nēhiyawak.



Track and field 2023 comes to a dramatic ending

Kapawe'no First Nation - Blue skies, cranes, herring and a majestic eagle penetrated the beautiful winds on the buffalo bay where the students at Kapawe'no NĒhiyawak School performed amazing feats in 2023 Kapaweon Athletics competition.

The staff helped the students achieve many personal best. During the hot and breezy after noon the competition began with the field events. The first event was the shot put for our female and male students. Following that we transitioned to the ball toss, followed by the discus throw. The students gave their best effort and our winners was chosen in each event.



Following a much needed water break we moved to the sprinting event where again the students gave 100% effort in breaking the finish line tape. The fastest female and male athletes was crowned in that event.

Next we moved to the oval track where the longer sprints was contested. Again speed and endurance was on display both female and male students performed like young Olympians they left it all on the track.

Finally the main event the female and male students miracle mile. The female winner was Jaylynn and the surprise winner with a dramatic finishing kick was a young man

more on page 19

Plyometrics Training 2023 at Kapaweno First Nation School

Kapawe'no First Nation - At Kapawe'no NĒhiyawak School we have the lab up and running, each student has been introduced to the training and the results will be fourth coming in the next couple of years as we progress as a program.

Academy athletes and students during gym period was excited to test themselves with cutting edge training techniques that has been used by many Olympic athletes in the preparation for competition.



Brian D. Thomas oly, Athletic Director BSic in Ed

Why Is Plyometric Important Part of training?

Speed, power, agility and endurance.

A lightning quick connection between the stretch and the reflex requires considerable neural energy through the central nervous system (i.e. your intent to move quickly) , and therefore turn on (recruit) fast twitch muscles fibers.

Basically, when performing plyometric this way, you are 'teaching' your body to release more 'athletic' horsepower through faster firing muscles.



in the grade 4/5 class Mitchell. The stunning surprise was the winners were related, what a family of amazing athletes. The full results will be posted within this issue.

Nanaskomintin to our amazing student's staff and stakeholders who helped out to make the 2023 Athletics extravaganza a success. See you next year!

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



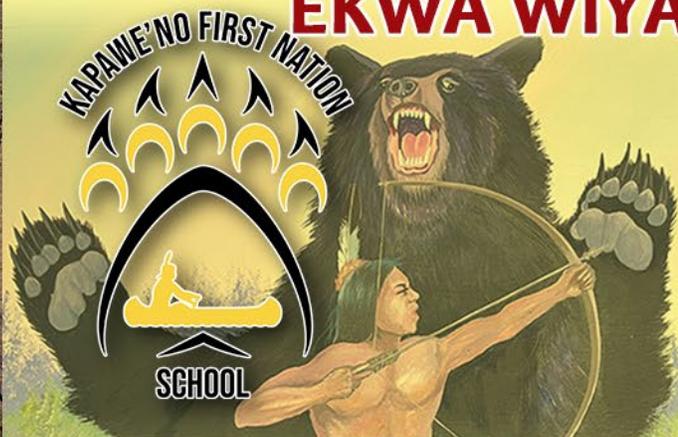
KFN School offers Lacrosse Program. Lacrosse builds character on and off the pitch. It teaches them to set personal goals. We teach both the traditional game of lacrosse and the new modern way. The traditional way is a healing and medicine game given to us by the creator, building mental strength challenges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

KIHCIWAW KISNAWMAKIWINAH EKWA WIYASIWIWINAH



Kihew
Eagle

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Sakihitowin



Sakawmostos
Buffalo

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Miyototamowin



Muskwa
Bear

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Sokkitchewin



Mistapew
Sasquatch

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Kwayaskitatsowin



Amisk
Beaver

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Tyinisowin



Mahikan
Wolf

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Tapakteyemisowin



Miskinahk
Turtle

tahkonam ekwa
kimikonaw (carries and
gives us the gift of)

Tapwewin



NEHIYAWAK

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Athletic Director completes His First Year at Kapaweno Nêhiyawak Nation School

Kapawe'no First Nation - Reflecting on my first year at Kapaweno Nêhiyawak School has been a learning experience. The first year has been laying the foundation for future success. The Ice District, The fitness center, the plyometric Lab, The 30 meter ice skating rink and the strength and conditioning work that will be in full effect in the upcoming year has been the year of transition.

Growth in all these areas are slow and



methodical but as you will see if you are patient with us the fruits of our staff labor will come to fruition in the near future.

Parents, stakeholders, staff and friends of our school the students are the stars and give them time to shine. We as teachers and educators vow to see each student succeed.

Brian D. Thomas oly Athletic Director and Bsc in Education

The Last Run of the 2022/23 school year

Kapawe'no First Nation - The Kapawe'no Nêhiyawak School Muskwak basketball team laced the sneakers up for one last dance before the school year officially ends. Our bus driver Mr. Rod Sutherland was in good spirits and the boys appeared in a good space as we pulled outta the Kapaweno parking lot ready to battle our opponent White Fish in Atgaikamin. The ride up was pleasant nice to see the beautiful trees and flowers blossoming.

Arriving at the school 45 minutes later we quickly existed the bus and went straight into the locker room and changed. Departing the change rooms we huddled up went over some strategy and then went and ran some warm up drills.

The referee blew her whistle and the tip off was moments away. The game was close for the first two quarters but as the third winded down we ran out of fuel. They got the best of us and we put a good effort from all our



players. I was very proud of their effort and good sportsmanship. We ended the game with a hand shake and promised to meet up

again in the New Year.

Brian D. Thomas/ Cory Cardinal Jr. coaches



KAPAWE'NO NEHIYAWAK SCHOOL



HOCKEY
MISKWAMI MITAWIWIN



LACROSSE
METAWEWIN



PAKAMATONKEWIN
BOXING



PIMOTATOWIN
ARCHERY

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



Sports Academy

Mr. Brian Thomas, Athletic Director

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