



AHCAHK MUSKWA

SPIRIT BEAR

KAPAWE'NO FIRST NATION COLLEGIATE

APRIL 1ST, 2025 ISSUE

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Kapawe'no First Nation Collegiate

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



Congratulations to Kapawe'no Muskwak U15 Players!

Onion Lake Cree Nation – This weekend was a thrilling showcase of skill, solid play and teamwork as Kapawe'no Muskwak U15 players demonstrated their skill on the ice. Competing hard, the team secured an impressive 4-2 record in the elite category, known for its fast-paced and intense hockey action.

Their hard work and commitment paid off as they clinched the Bronze medal at the Battle of the Border 2025, hosted by Onion Lake. The team played well and had a great game from

more on page 3

Muskwak Jrs ready for Edmonton for the Native Alberta Hockey Provincials

Our Kapawe'no Nêhiyawak School Muskwak Jrs are ready to head to Edmonton for the Native Alberta Hockey Provincials this weekend April 3-6, 2025. Tobacco has been gifted to them to be part of the opening ceremonies when the hockey kicks off Thursday. Amazing



more on page 3



KAPAWE'NO FIRST NATION WELLNESS CENTRE PROGRAMS AND SERVICES

Email: Jarett.Knibb@kapaweno.ca | Jarett Knibb, Manager



WHO WE ARE

Under the Kapawe'no First Nation Lifelong Learning, the Kapawe'no First Nation Collegiate comprises four pillar schools, is accredited both in western studies and Nêhiyawak Pimachihowin (way of life). Our programs specialize in Nêhiyawewin (Cree Language) Isihcikewin (to know for yourself) arts, sciences, music, sports and Nêhiyawak studies. With state-of-the-art technology, we build upon the technological advances of Kapawe'no Nêhiyawak School (K-7), Buffalo Bay Academy (8-12), First Nation Virtual Learning Centre (FNVLC) and Kapawe'no Kaskitayanih (Ka Skih Tah Ya Nih) (Outreach/Adult Learning).

LOCATION

Nestled within the ancestral lands of the Kapawe'no First Nation, the First Nation Collegiate stands alongside Buffalo Bay connecting the waters of the Lesser Slave Lake 29 km away from High Prairie and along side the Hamlet of Grouard.

KNOWLEDGE EVER INCREASING

Mission: To enrich learning rooted in Knowledge Ever Increasing blending ancestral Iyiniisiwin with academics.

Vision: Fostering a learning environment with ancestral Iyiniisiwin and contemporary knowledge to face and shape tomorrow's challenges.

LIFE LONG LEARNING PHILOSOPHY

"Knowledge Ever Increasing" philosophy embodies the harmonious blend of Kapawe'no Nêhiyawak Pimachihowin and modern pedagogy.

We extend by incorporating our 7 Sacred Grandmother / Grandfather teachings, Elders Knowledge Council involvement and use Lateral Kindness with enriching the academic environment with collaborative and wisdom-based learning.

Our 7 Sacred Grandmother / Grandfather teachings are; Sakihitowin (Love), Manacihitowin (respect), Sohkitewin (Courage), Kwayaskitawin (Honesty), Iyiniisiwin (Wisdom) Tapahteyimisowin (Humility) and Tapwewin (Truth)

INNOVATIVE CURRICULUM ELEMENTS

Iyiniisiwin Circles: Interactive dialogue sessions where students, educators, and Elders share knowledge.

Nehiyawak Exchange Program: An extension of cultural, athletics and Pimachihowin exchange initiative, now at the collegiate level.

UNIQUE FEATURES

Interdisciplinary Programs: Melding traditional knowledge and modern subjects for a well-rounded education.

Research Opportunities: Working in sync with our schools, we offer research initiatives that allow students to delve into their ancestral knowledge.

Partnerships: Leveraging relations with local businesses and organizations for internships and job placements.

GOVERNANCE

Functioning under the Kapawe'no First Nation's Hereditary Chief Sydney L Halcrow and Lifetime Councillor Debbie Chalifoux and Councillor Pam Halcrow, we share governance principles under Lifelong Learning in the Nation, ensuring alignment and maintaining our own distinctive role in higher learning.

FLEXIBLE LEARNING

Building upon the four-day school week implemented at our schools, the curriculum includes interactive virtual sessions, enabling students to pursue independent research projects or participate in local support services.

CURRICULUM

Fully accredited, our courses meet the academic standards for higher education, while our unique Nêhiyawak / Indigenous studies program complements the curricula offered.



SCHOOLS

We have four pillar schools under our First Nation Collegiate which are:

THE FOLLOWING SCHOOLS ARE:

- Kapawe'no Nêhiyawak School - K-7 (KNS)
- Buffalo Bay Academy - 8-12 (Sakamoostos Wasaw)
- First Nation Virtual Learning Centre (FNVLC) (Kaskapatew Pekiskwewin)
- Innovative Learning for Diverse Student Needs (Kapawe'no Kaskitayanih)

ADMISSIONS

Admission processes are holistic, considering applicants' academic and cultural contributions. They are also in line with the open and inclusive admissions policy at Kapawe'no First Nation Collegiate.



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Website: www.kfnccollegiate.ca

Alberta Education School Number S.2351



Congratulations to Kapawe'no Muskwak U15 Players! from page 1

solid goaltending, defensive wall and great offense, defeating the Onion Lake Braves 4-1.

A huge round of applause goes to the entire Kapawe'no Muskwak U15 hockey team for their remarkable accomplishment! This success is a result of not only the players' talent but also the guidance and support provided by their dedicated coaching staff



and family support. Special recognition goes to Coach Ross Willier, Kelly Halcrow and Manager Michelle Willier-Knibb for their

leadership, bus driver Rod Sutherland and solid support from parents and family that contributed to the team's weekend success.



Muskwak Jrs ready for Edmonton for the Native Alberta Hockey Provincials from page 1



Scan the QR Code
to watch the video
of the Muskwak Jrs

Spotlight on Henlee Potskin: A Grade 7 Prodigy in Music and Hockey

Kapawe'no First Nation - At Buffalo Bay Academy, we pride ourselves on nurturing future hockey stars while building solid students. Our student-athlete program, rooted in leadership and our 7 Sacred Teachings, aims to inspire hope and growth.

Grade 7 student Henlee Potskin embodies this mission. Challenging both his teacher and the principals daily, Henley has discovered a compelling source of motivation in music. His talent with the drum and guitar fuels his passion for both academics and hockey helping his days with balance.

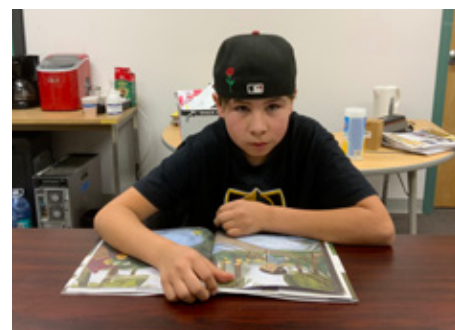
Through our sharing circles, we continuously convey our belief in Henley's potential, bolstered by his resilience and determination. He is committed to the nêhiyawak



pimachimowin, reflecting a way of life that emphasizes balance and connection. Each morning, Henlee often joins traditional

drumming during our Nêhiyawêwin Isihcikêwin with the big buffalo grandfather drum and hand drum with our Muskwak Sr, feeling the pulse of Mother Earth and gaining strength from its rhythm.

Henlee's journey at Buffalo Bay Academy is a testament to what can be achieved through dedication, connection to the land, and the belief in oneself.



LEARNING AND SPEAKING NÊHIYAWÊWIN

More information, please contact Boh

email: admin@kfncollegiate.ca

phone: (780) 751-0008

Launching Growth: Our 2025 Sovereign Foods Program Begins with Resilience and Learning

Kapawe'no First Nation – We are pleased to announce that our KFN Collegiate's Sovereign Foods Program is starting off strong for the 2025 growing season! This initiative weaves together land-based learning, nutritional empowerment, and scientific inquiry. As the snow melts and the earth awakens, our collegiate's community is sowing seeds of resilience, one garden bed at a time.

The Vision of Sovereign Foods

The Sovereign Foods Program is more than a gardening project; it is a declaration of self-sufficiency.

The Programs core goals are to:

- Reconnect youth to the land through hands-on learning, fostering pride in Nehiyawak traditions and encouraging stewardship.
- Build food sovereignty by growing our own produce, reducing reliance on external systems, and eventually expanding into livestock, grains, and sustainable fishing and hunting practices.
- Nourish our students with fresh, culturally relevant foods while aligning with the Canada Food Guide.

Under the leadership of myself April Adamson (Grades 7–12) and Berlinda Sharkawi (Grades K–6), the program integrates classroom learning with practical, earth-centered skills. Last week the program had its first meeting of the year where Berlinda and I met with the principals and staff interested



in having a hands-on role in the project.

Our plan for this season

This spring, students will cultivate raised beds brimming with tomatoes, cucumbers, lettuce, green onions, carrots, peas, radishes, potatoes,

and herbs—all selected for their nutritional value and versatility in school meals.

Construction of multiple new raised garden beds is already underway which will allow us to increase our yield from last year.

Branching Out: Long-Term Growth

The Sovereign Foods Program is designed to evolve. In the Future, we aim to introduce:

- Mobile chicken coops for egg production. Start using more of the school's land to grow crops like canola, wheat, and barley.
- Fishing and smoking workshops to teach traditional preservation methods.
- Student-led sales of surplus produce at the Kapawe'no General Store, fostering entrepreneurship.

Next Steps: Nation Call to Action

With seedlings currently being started indoors, the program is gaining momentum.

I would like to extend my gratitude to Norbert for his work on the raised beds, and to all of the teachers and support staff for their collaborative effort!

*by April Adamson,
Grade 12 homeroom teacher*



**KAPAWE'NO FIRST NATION LIFELONG LEARNING
CITIZEN PROGRAMS AND SERVICES**

Tel: (780) 751-3800 | Email: Carla.Halcrow@kapaweno.ca | Portfolio Councillor Debbie Chalifoux - Carla Halcrow, Manager



NEHIYAWEWIN *Sacred* TEACHINGS LAWS



◀ SAKIHITOWIN

Kihew tahkonam ekwa kimikonaw sakihitowin kisnawmakonow tanisi ta isi miyo pimachiyah, tanihsoh kamakoyah kihmamtonikanaw ekwa miyo otinikewin ekwa sakihitowin

(Love) - Eagle carries and gives us the gift of love, teaches us how to make a good life, to help us think good and to show others respect and love.

◀ MANACIHITOWIN ▶

Sakawmostos tahkonam ekwa kimikonaw manachitowin tamanaohiyakwaw ki totimnawahk kispin kintawitin ekosi ti sih kanawapimkawiwin maka kispin ki miyininan ka miytotahson ekwa ka maytotin kitaskiy

Respect - Buffalo carries and gives us the gift of respect, to respect others so that they see you respect them. If you do harm and only do good for yourself, you harm yourself and our land.



◀ SOHKITEHEWIN

Muskwa tahkonam ekwa kimikonaw sohkitechewin kimikonow tanisi ti sih nipowistamahk oma kikwiw ka kostamahk

Courage - Bear carries and gives us the gift of courage, shows us how to stand up in the face of fear and be brave.

◀ KWAYASKITATSOWIN ▶

Mistapew tahkonam ekwa kimikonaw kwayaskitatsowin - ki kisnaw mako sinaw tanisi ti sih nisoka mahsoyah kwasyask ti sah yah yahk ekwa kayas okih kitotimnawahk kapisih pimachitowaw

Honesty - Sasquatch carries and gives us the gift of honesty, teaches us how to stand up respectfully and be considerate. It also teaches us how well our ancestors lived and survived.



◀ IYINISIWIN

Amisk tahkonam ekwa kimikonaw Iyinihiwin - kisnawmakosinaw oma katotamahk kikwiw kiksikininaw manachitowin ekwa niso kamahotowin ihm i ya sihkikha ta miywicwaw kichi ayisiniw

Wisdom - Beaver carries and gives us the gift of wisdom, teaches us the way we understand how to love and helps us learn how we relate to others.

◀ TAPAHTHEYIMISOWIN ▶

Mahikan tahkonam ekwa kimikonaw tapahtheyimisowin ispayo ka miyo totawat ayisiniw kwayask ki pimatisinaw kakiyaw

Humility - Wolf carries and gives us the gift of humility, it goes to show us to treat others well and to live good with everyone.



◀ TAPWEWIN

Miskinahk tahkonam ekwa kimikonaw tapwewin ispayo maka tah kam atoskatamihk pohko tapwewin piyahitk ipihpihk maka ki miyo wahpah thikosinaw kikwiw kawi ispahyihk pahpiyahitk

Truth - Turtle carries and gives us the gift of truth, it takes work and patience to gain truth but the truth lives only if we let things happen slowly.



Reflecting on a Year of Growth and Connection at Kapawe'no Nehiyawak School

Kapawe'no First Nation - It's been amazing to reflect on all the hard work, growth, and connection we've seen from both our students and staff this year at Kapawe'no Nehiyawak School. With spring just around the corner, there's an extra sense of excitement in the air as we celebrate the many things that make our school so special.

One recent highlight was our very successful Parent-Teacher Interviews. It was wonderful to connect with families, share student progress, and celebrate the positive energy in our community. We added a fun twist by giving away prizes for both students and parents—thank you to everyone who came out and helped make the evening a success! As we say goodbye to our "Fun Fridays," it's the perfect time to reflect on all the joy, laughter, and relationships built throughout the year. These special Fridays brought together students and staff from Grades 1 through 12



for activities like volleyball, makeup sessions, board games, and more.

It's rare to see such wide age representation all in one space, learning and laughing together. That's something truly unique to KFN

Collegiate. I truly believe we are at our best when we come together as one community, and these moments remind me just how proud I am to be part of this incredible school.

By Jorden Thiessen, Principal




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**EVERY
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ENTER THROUGH THE SIDE DOOR OF THE SCHOOL

CHECK OUT THE GREAT COOKING FROM OUR STAFF!

Empowering Young Minds: Developing Essential Skills Through Grade 5 and 6 News Stories

Kapawe'no First Nation - Our Grade 5 and 6 students at Kapawe'no Nehiyawak School are writing newspaper articles and conducting research projects - Pisiskowak Reports (Animal Reports), developing essential skills in communication, critical thinking, and information literacy. As they research topics, they learn how to evaluate sources, distinguish facts from opinions and synthesize information effectively. Writing articles helps them practice clear and engaging writing, structure their ideas logically and consider their audience.

Additionally, they build teamwork and time management skills when collaborating with peers. Through this process, they gain confidence in expressing their thoughts and become more informed, responsible consumers and creators of information.



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Building Bonds: Kapawe'no First Nation Engages Parents Through Supportive Parent-Teacher Interviews

Kapawe'no First Nation - Parent teacher interviews at our Kapawe'no Nehiyawak School - Grade 4 students had their guardians come in for a visit. They took great interest in their child's progress at school and are very supportive.

These productive conversations focused on the achievements and identifying areas for growth. By actively participating, parents reinforce their child's learning and strengthen the partnership between home and school, contributing to an enriched learning experience.



Nurturing Curiosity and Creativity: A Month of Science and Art at Kapawe'no Nêhiyawak School Grade 4

Kapwe'no First Nation - In the Kapawe'no NBehiyawak School Grade 4 Science Plant Unit, students explored the fascinating world of plants, learning about their structure, growth, and the essential processes that helped them survive. They investigated how plants took in water, nutrients, and sunlight to produce food.

Through hands-on activities, students observed plant growth and experimented with different conditions. Each student is also responsible for watering their plant every morning, continuing to observe its growth over time. This unit fostered curiosity, encouraged scientific inquiry skills, and supported writing science experiment reports—all while connecting the natural world to everyday life.

more on page 19



**KAPAWE'NO FIRST NATION WELLNESS CENTRE
YOUTH PROGRAMS**

Phone 780-751-3085 | Email: Kara.supernault@kapaweno.ca | Kara Supernault, Coordinator



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kiskêyih tamowin
wîhkâc yahki

Knowledge Ever Increasing.



BUFFALO BAY ACADEMY IS OPEN FOR
GRADES 8-12

For more information please contact:

admin@kfnccollegiate.ca ■ (780) 751-0008

Students from Kapawe'no Nehiyawak School and Buffalo Bay Academy attend Provincials

Edmonton, Treaty 6 - The provincial archery trip was successful exposing our student athletes from Kapawe'no Nehiyawak School and Buffalo Bay Academy to the best archeries in Alberta.

We brought 15 archery participants to the competition. Along with 6 staffers who did an amazing job overseeing the success of the trip. Our youngest archery participant finished second best record of our 15 athletes. He was a grade 4 student Ezekiel Auger and our best shooter was Gabriel McLeod. All our student athletes did quite well.

Their results are posted in the gym so all the students can take a look and join us next year. Some photos of pre event, during and relaxing after the competition and for the students who worked extremely to get to this level. Even a few pics with the amazing Mr Mack and his new archery program at the school he is now teaching music and land-base at.



JOIN US!

MUSKIMUT PAKAHTOWAN BASKETBALL

Those interested in participating or gaining more insight
can reach out to Brian Thomas at 780.751.0008

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Muskwak Sports Academy Balances Academics and Athletics

Kapawe'no First Nation - KFN Collegiate's Muskwak Sports Academy, specifically the Hockey Program, is tackling challenges in balancing academics with sports. Superintendent Boh Kubrakovich-Kiniw and Hockey Coordinator Sergiey Ivanyuk emphasizes the 80/80 rule, requiring students to maintain 80% attendance and 80% academic grades. Principals and teachers are tasked with collaborating with sports staff to ensure compliance.

This rule is vital for students aiming for NCAA opportunities, emphasizing the integration of academic and athletic excellence. Athletic Director Brian Thomas notes that a high percentage of KFN Collegiate students enroll for its athletic program and sport academies, highlighting the importance of academics.

The KFN Collegiate is devoted to a holistic learning atmosphere, combining traditional land-based teachings with academic studies.



This method aims to prepare students for life beyond high school, emphasizing academic success and sportsmanship. Pimachimowin

and Nehiyawawin—cultural and educational practices—are integral to the curriculum, fostering a well-rounded learning experience.

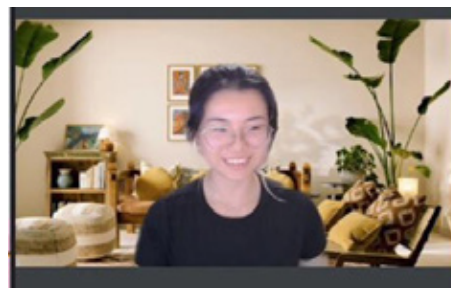
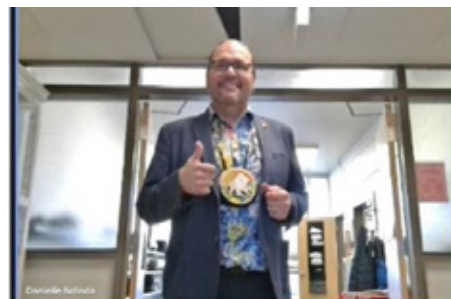
Finding the Right Learning Path with Kaskapatew Pekiskwewin “Smoke Signals”

Kapawe'no First Nation - At Kaskapatew Pekiskwewin “Smoke Signals,” we know that every learner's journey is unique. Whether you're a student looking for a more flexible way to learn, a parent searching for the right fit for your child, or an adult ready to return to school, we're here to support you every step of the way.

At our recent Parent-Teacher Night, we had the chance to meet with families, answer questions, and share how our programs can help students succeed. With SCcyber online

learning, students can work at their own pace while still receiving guidance and mentorship. Our Outreach Program gives students the structure of workbook-based learning while keeping them connected to the school community. And for those looking to finish or further their education, our Adult Learning Program provides a welcoming space to gain new skills and earn credits.

No matter where you are on your learning journey, we're here to support you. If you're interested in exploring flexible education options, reach out—we'd love to help you succeed!



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KFN Collegiate Celebrates Dynamic Duo: The Achievements of Two Brothers

Kapawe'no First Nation — This school year, Brett and Trentin have captured the attention and admiration of teachers alike at KFN Collegiate. The brothers have been recognized for their athletic talent and for their dedication to academics, nehiyawewin, and nehiyawak pimachimowin.

Trentin, in Grade 8, has demonstrated the ability to balance his academic responsibilities with his sports commitments. He plays hockey in Edmonton and often participates in the Buffalo Bay Academy's weekly development program to work his puck skills. Despite his busy schedule, Trentin remains committed to his schoolwork, with a strong focus on core subjects.



Brett, a Grade 4 student, is also making an impact. When not at Mrs. Sharkawi's learning hub, he joins his classmates in physical learning and training sessions. Both brothers are strongly committed to their studies and

extracurricular activities, including learning the drum and studying nehiyawewin.

A typical morning finds Brett greeting Superintendent Kubrakovich-Kiniw in the hallways of KFN Collegiate. As Brett moves between his classes and during early mornings, he often exchanges greetings using nehiyawewin. They start with "Tansi kiya" then a response of "namoya nantow," meaning "I am fine," followed by "ekwa kiya?" to ask, "And you?" The exchange continues with "namoya nantow nista," meaning "I am fine too," and "tanisi kitsikason?" which asks, "What is your name?" Brett responds with "Brett nitsikason," signifying "Brett is my name." Their dedication has not gone unnoticed, and they continue to be role models within the school community.

A Month of Science and Art at Kapawe'no NBehiyawak School Grade 4 from page 9

This month in Grade 4 Art, students have been diving into creative projects that allowed them to explore different art techniques and color palettes. They learned about the basics of color theory, including primary, secondary, and complementary colors, and applied these concepts in their artwork. Students experimented with various color palettes, such as warm and cool tones, to express mood and enhance their creations.

Through these activities, they not only improved their artistic abilities but also developed their creativity and problem-solving skills. This month has been a wonderful



opportunity for self-expression, and students are eager to continue exploring the world of art in the coming months.



**KAPAWE'NO FIRST NATION
CONSULTATION**

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Michelle Knibb, ICRCC Manager and KFN Liaison





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to achieve their academic and career goals.



When I can *Ka-sihk-tah-ya-nih*

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Team Kapawe'no Muskwak Compete at Alberta Native Provincials 2025

Kapawe'no First Nation - Exciting times as five teams from Kapawe'no First Nation / KFN Collegiate will competing in the Alberta Native Provincials from April 3-6, 2025. The event marks the third year of the collegiate's Muskwak hockey development program, highlighting its growing success and impact on student-athletes.



The teams, assembled under the Sports Academy's Hockey Muskwak program, cover a range of age levels: U11, U13 Female, U15 Elite and U18 Elite and B.

Coaches and managers have been working since November to prepare the teams for

competition. The teams represent months of planning and training aimed at fostering team skills and sportsmanship. Coverage of the event this week will include reports and insights from coaches and managers, documenting the teams' progress and experiences at the Provincials.



Kapawe'no Nêhiyawak School
Grade 5/6 student Hunter
Sutherland going for it all as the
Black and Gold U11 Muskwak
team travels down to the Native
Alberta Hockey Provincials



GUITAR LESSONS

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**KFN COLLEGIATE JOINS THE NATION IN CELEBRATING
OUR KAPAWE'NO NĒHIYAWAK NEHIYAWEWIN**



MARCH 31

NATIONAL INDIGENOUS LANGUAGES DAY

Let us acknowledge the dedication of our nehiyawewin champions - our Elders, youth, and their allies who work tirelessly to keep our languages alive. Their efforts inspire hope and underscore the significance of Indigenous Languages in our collective heritage.

March 31 is National Indigenous Languages Day, a day to celebrate and honor Indigenous languages in Canada. The United Nations declared 2022–2032 as the International Decade of Indigenous Languages: a call to action to preserve and promote these languages for future generations.



Kapawe'no Nehiyawak School Grade 3 Student Suki Sutherland Decorates Classroom Door

Kapawe'no First Nation - Suki Sutherland, a talented and creative Grade 3 student from our Kapawe'no Nehiyawak School, recently took on the task of decorating our classroom door, and the results were absolutely stunning. With a keen eye for color and design, drawing inspiration from Easter. She even incorporated elements of nature, with leaves and flowers, giving the door a fresh, lively feel. Her effort not only beautified our classroom but also showcased her artistic skills and dedication.

The entire class was thrilled with the final look, and it certainly set a positive, creative tone for the rest of the school year. Suki's initiative and enthusiasm have truly brightened our classroom, and her work has become a source of pride for everyone who walks into our space.



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CONGRATS! TO ALL OUR MUSKWA

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