

APRIL 1<sup>ST</sup>, 2025 ISSUE

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Kapawe'no First Nation Collegiate

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## 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

Muskwak Jrs ready for Edmonton

for the Native Alberta **Hockey Provincials** 

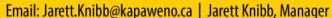
Our Kapawe'no Nêhiyawak School Muskwak Jrs are ready to head to **Edmonton for the Native Alberta Hockey** Provincials this weekend April 3-6, 2025. Tobacco has been gifted to them to be part of the opening ceremonies when the hockey kicks off Thursday. **Amazing** 



more on page 3



## **KAPAWE'NO FIRST NATION WELLNESS CENTRE** ROGRAMS AND SERVICES



more on page 3



#### **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-6), Buffalo Bay Academy (7-12), 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 lyinisiwin with academics.

Vision: Fostering a learning environment with ancestral lyinisiwin 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 Knowlege 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), Manacihtowin (respect), Sohkitehewin (Courage), Kwayaskitatsowin (Honesty), Iyinisiwin(Wisdom) Tapahteyimisowin (Humility) and Tapwewin (Truth)

#### **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.

#### INNOVATIVE CURRICULUM ELEMENTS

lyinisiwin 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.









#### **SCHOOLS**

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

#### THE FOLLOWING SCHOOLS ARE:

- Kapawe'no Nêhiyawak School - K-6 (KNS)
- Buffalo Bay Academy K-7-12 (Sakamoostos Wasaw)
- First Nation Virtual Learning Centre (FNVLC) (Kaskapatew Pekiskwewin)
- Innovative Learning for Diverse Student Needs (Kapawe'no Kaskihtayanih)

#### **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.



**CALL US TODAY** 

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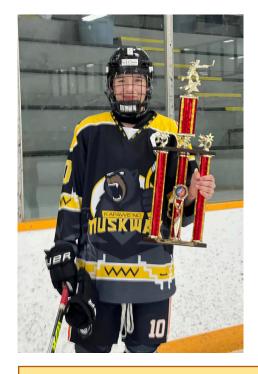
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Alberta Education School Number S.2351

## 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.

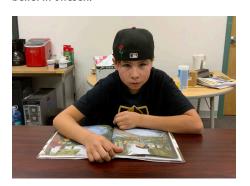
Grade 7 student Henlee Potskin embodies this mission. Challenging both his teacher and the principals daily, Henley has discovered a compelling source of motivation in music. His talent with the drum and guitar fuels his passion for both academics and hockey helping his days with balance.

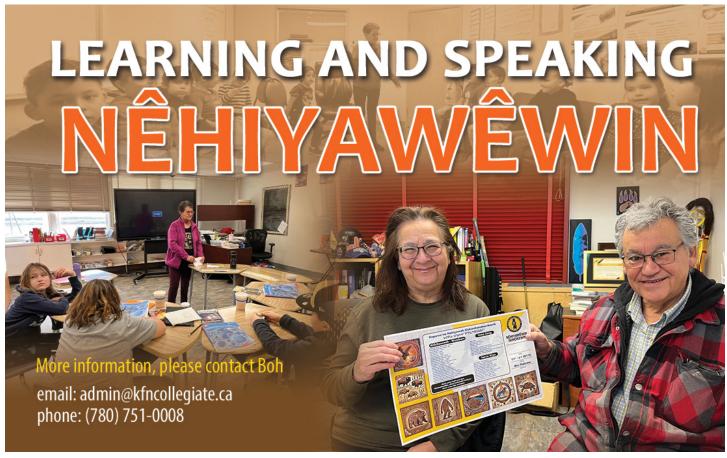
Through our sharing circles, we continuously convey our belief in Henley's potential, bolstered by his resilience and determination. He is committed to the nêhiyawak



pîmachîmowîn, 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.





## **Launching Growth:**

# Our 2025 Sovereign Foods Program Begins with Resilience and Learning

Kapawe'no First Nation — We are pleased to announce that our KFN Collegiare'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 TEACHINGS

# **LAWS**









#### SAKIHITOWIN

Kihew tahkonam ekwa kimikonaw sakihitowin kisnawmakonow tanisi ta isi miyo pimacihoyah, tanihsoh kamakoyah kihmamtonicikanaw 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 manacihtowin tamanacihiyakwaw ki totimnawahk kispin kintawitin ekosi ti sih kanawapimkawiyin maka kispin ki miyinikan 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.



Muskwa tahkonam ekwa kimikonaw sohkitehewin kimikonow tanisi ti sih nipowistamahk oma kikwiy 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.



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

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 Iyinisiwin kisnawmakosinaw oma katotamahk kikwiy kikskitinaw manacihtowin ekwa niso kamahtowin ihmi ya sihkihka ta miywiciwat 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.

#### **TAPAHTEYIMISOWIN**

Mahikan tahkonam ekwa kimikonaw tapahteyimisowin 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 piyahtik ipihspihk maka ki miyo wahpah tihkosinaw kikwiy kawi ispahyihk pahpiyatihk

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

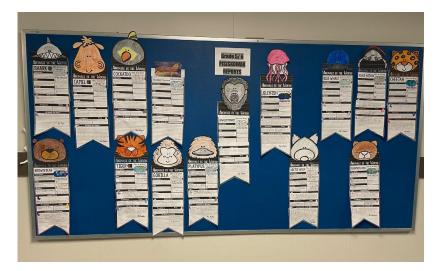


### **Empowering Young Minds:**

## **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



## OUR FOUR DISTINCT SPECIALIZED ACADEMIES





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## kiskêyihtamowin wîhkâc yahki

Knowledge Ever Increasing.



GRADES 7-12

For more information please contact:

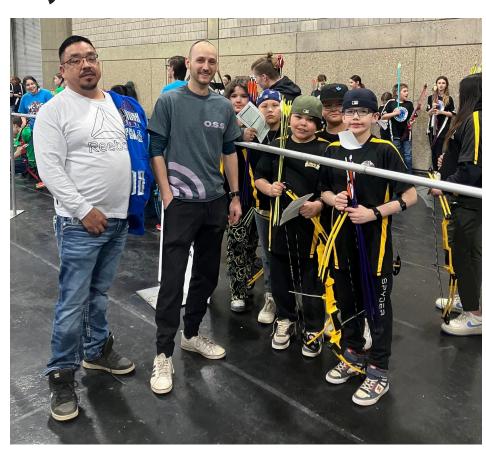
admin@kfncollegiate.ca = (780) 751-0008

# 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 Acdemy to the best archeries in Alberta.

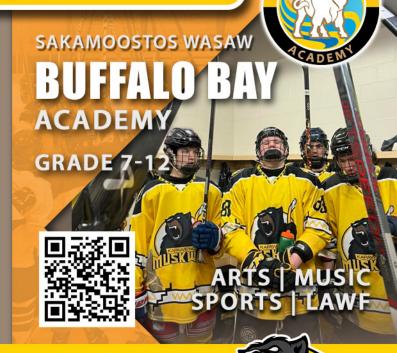
We brought 15 archey participants to the competition. Along with 6 staffers who did an amazing job overseeing the success of the trip. Our youngest archery participant finished second best record of our 15 athletes. He was a grade 4 student Ezekiel Auger and our best shooter was Gabriel McLeod. All our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











## Knowledge ever increasing

kiskêyihtamowin wîhkâc yahki

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Email: admin@kfncollegiate.ca | Phone: (780) 751-0008



Kapawe'no First Nation Collegiate

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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

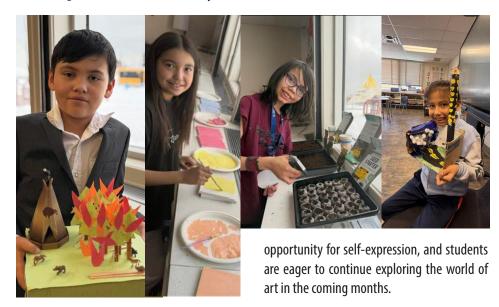
extracurricular activities, including learning the drum and studying nehiyawewin.

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 problemsolving skills. This month has been a wonderful





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Michelle Knibb, ICRCC Manager and KFN Liaison





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Flexible educational options for students in **Grades 7-12.** 

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Tailored high school courses through three streams: Academic, Practical, and Knowledge and Employability, along with a variety of electives.

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By addressing the unique needs of junior high and high school students, Kapawe'no Kaskihtayanih is committed to fostering an inclusive and enriching educational experience that empowers students to achieve their academic and career goals.



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

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#### **REGISTER TODAY!**

TO LEARN MORE ABOUT THE PROGRAM PLEASE SCAN THE QR CODE, OR VISIT

www.kfncollegiate.ca/kaskihtayanih



# **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

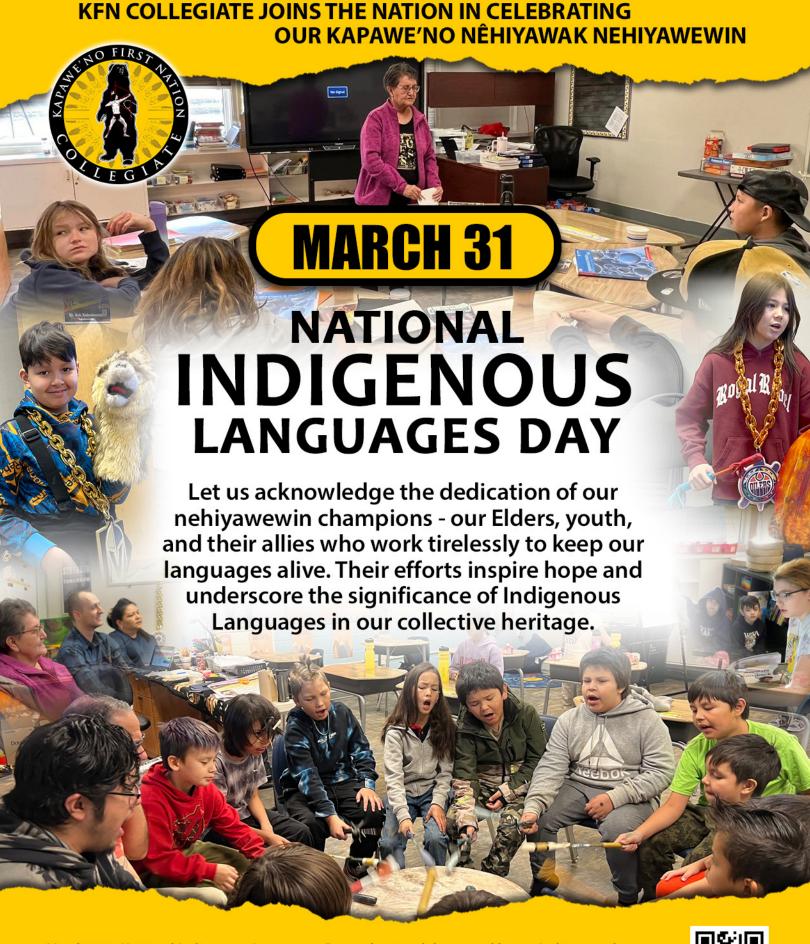


competition. The teams represent months of planning and training aimed at fostering team skills and sportsmanship. Coverage of the event this week will include reports and insights from coaches and managers, documenting the teams' progress and experiences at the Provincials.



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





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.





