



AHCAHK MUSKWA

SPIRIT BEAR

KAPAWE'NO FIRST NATION COLLEGIATE

MAY 1ST, 2025 ISSUE

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Kapawe'no First Nation Collegiate

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Kapawe'no Nehiyawak School Spirit Boosts Edmonton Oilers in NHL Playoff Victory

Kapawe'no First Nation - The excitement was palpable as Kapawe'no Nehiyawak School students participated in a "Wear Blue and Orange Day" in support of the Edmonton Oilers, who faced off against the LA Kings in the NHL 2025 playoffs. The Kapawe'no Nehiyawak School's spirit was united, sporting Oilers gear and cheering throughout the day to bring good vibes to their beloved team. Their enthusiastic support helped the Oilers' determination on the ice, as Edmonton secured a hard-fought 6-4 victory over the LA Kings advancing to the second round.

With the first-round completed, the Oilers are ready to head into the second round of the playoffs where they will battle the Las Vegas Golden Knights.

Muskwak Drummers Inspire with Muskwa Spirit Song at the Elders Knowledge Council Advisory Meeting

Kapawe'no First Nation - The Muskwak Drummers recently performed the Muskwa Spirit Song for the Knowledge Keepers Advisory Council meeting this week. The performance, led by students Germain, Jaze, and Sam from Ms. Sam Tomkins' Grade 5/6 class, emphasized the significance of nêhiyawêwin (Cree language) and pimachimowin (way of life) in the curriculum at Kapawe'no Nêhiyawak School.



more on page 3

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KFN Collegiate Staff Revive Ice Bucket Challenge for Mental Health Awareness

Kapawe'no First Nation - At KFN Collegiate, teachers are taking part in the Ice Bucket Challenge. This week, Tyler Mindel started it off by nominating Mr Sandy Laughlin. He then challenged Mr Rod Sutherland, Superintendent Mr Boh Kubrakovich-Kiniw, and Mr Sergei Ivanyuk. Ms. Sherry Bellegarde, Ms. Shannon Anderson, and Ms. Danielle Ndinda shown here ended the week by each getting splashed with icy water.

The Ice Bucket Challenge was a big trend on social media in 2014. It helped raise awareness for ALS, a serious nerve disease. Now, in 2025, it's back with a new focus on mental health.

Our staff at KFN Collegiate want to bring attention to mental health issues. By doing this, they hope to encourage conversations and support for mental well-being.



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Muskwak Drummers Inspire with Muskwa Spirit Song at the Elders Knowledge Council Advisory Meeting from page 1

The inclusion of traditional songs in our learning programs is a crucial part of Kapawe'no Nêhiyawak School efforts to instill cultural values and a sense of identity among students. The use of our ancestral languages like nêhiyawêwin in the school helps in language revitalization and strengthens nationhood. Well done boys!

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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 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-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 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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Alberta Education School Number S.2351



Celebrating National Principal's Day at KFN Collegiate

Kapawe'no First Nation - Today, May 1, 2025 KFN Collegiate proudly joins the nation in celebrating National Principal's Day, honoring the pivotal roles principals and vice-principals play in our schools. Their leadership is essential for the success and well-being of students and staff within the nation and territory.

At Kapawe'no Nehiyawak School, Principal Jordan Thiessen, supported by Vice Principal Ms. Sam Tomkins, balances an environment where students thrive. Ms. Sherry Bellegarde, the newly appointed Principal in January at Buffalo Bay Academy, balances administrative duties along with her teaching responsibilities, demonstrating commitment to the school's success. The Kaskapatew Pekiskwewin (FNVLC) and Kapawe'no Kaskitayanih (Outreach/Adult Learning) led by Principal Ms. Crystal Zhang,



exemplifies dual leadership with her roles in teaching and administration.

KFN Collegiate applauds our principals,

teachers and staff for their exceptional dedication, shaping the future of lifelong learning within the nation. Missing in the photo is Ms Crystal Zhang.



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NEHIYAWEWIN *Sacred* TEACHINGS LAWS



◀ SAKIHITOWIN

Kihew tahkonam ekwa kimikonaw sakihitowin kisnawmakonow tanisi ta isi miyo pimachiyah, tanihshoh kamakoyah kihmamtonickanaw 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 manacihitowin tamanaohiyakwaw ki totimnawahk kispin kintawitin ekosi ti sih kanawapimkawiwin maka kispin ki miyininan ka miyotahson ekwa ka mayotin 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 pimachotwaw

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 kiksikinaw manacihitowin ekwa niso kamahotwin 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.



High School Leadership Program with Mr Brian Thomas Empowering Through the Confident Student Athlete Program

Kapawe'no First Nation - Under the guidance of Mr. Brian Thomas, the Buffalo Bay Academy continues with the Confident Student Athlete Program through the High School Leadership Program, focusing on the development of self-assurance, mental resilience, and leadership skills. This program offers dedicated sessions every morning where student athletes build the confidence needed to excel.

By prioritizing mental courage, the program provides students with essential skills that transcend sports, encouraging personal growth and leadership in all areas of life.

Additionally, the program incorporates the reading of 'Call me Indian' by Fred Sasakamoose, introducing students to the inspiring story of one of the NHL's first Nehiyawak (Cree) players. "This allows



athletes to explore themes of resilience, identity, and cultural heritage, promoting

a deeper understanding of the history and issues of the nations", Mr Brian Thomas.

Harold Cardinal's Legacy Lives On: "The Unjust Society" in Modern Day Learning

Kapawe'no First Nation - Harold Cardinal's "The Unjust Society" remains an influential work, providing a powerful critique of the injustices faced by the first peoples in Canada, especially within education. Through his eloquent words, Cardinal passionately advocated for systemic change and the acknowledgment of Aboriginal rights. His perspectives challenged policymakers and inspired many to seek transformative justice. Today, his great-grandchildren proudly showcase his influential book, symbolizing the enduring impact of his advocacy.

In our Grade 8 and 9 curriculum, we explore Cardinal's legacy in our course Osâwâpiskâw Asapap "The Golden Thread." Through studying "The Unjust Society," students gain insights into historical and contemporary challenges and the enduring struggle for equality. By integrating these teachings, we aim to honor Cardinal's impactful contributions, fostering awareness and understanding among young learners. The presence of Cardinal's great-grandchildren, holding his book, serves as a reminder of the work still to be done and the hope for future change.



KAPAWE'NO FIRST NATION WELLNESS CENTRE
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kiskêyih tamowin
wîhkâc yahki

Knowledge Ever Increasing.



BUFFALO BAY ACADEMY IS OPEN FOR
GRADES 7-12

For more information please contact:

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Alberta Native Hockey Championships 2025: Academics is Ballanced with Year-Round Athletic and Leadership Excellence

Kapawe'no First Nation - Under Mr. Brian Thomas, the Sports Academies leads and coaches have enjoyed the development, spearheading the comprehensive sports and leadership programs at Kapawe'no Nehiyawak School and Buffalo Bay Academy. As the seasons transition, so do the athletic offerings.

After a busy fall and winter featuring archery, basketball, hockey and volleyball, the spring and pre-summer schedule is now in full swing with baseball, golf, lacrosse and still off-ice hockey development with the synthinic ice.

The sports programs give students the chance to advance their academics, physical/mental skills and potentially join practice development or traveling teams. Under the watchful eyes of Mr. Sandy Laughlin and Mr. Sergiey Ivanyuk, students engage in the innovative off-ice/synthetic ice program.

This initiative includes plyometric exercises and calisthenics, promoting discipline and enhancing athletic performance.

Students feel grateful for the opportunity to participate in such enriching programs, positioning them well for future success both in and out of sports. Academics and athletics is balance at KFN Collegiate schools!



SPORTS ACADEMY



BASEBALL

Tuesday and Thursday
(Sandy / Rod)

GOLF & LACROSSE

Monday, Wednesday and
Thursday (Cory / Jordan - Golf,
Sergiey / Brian Lacrosse)

PLYOMETRIC, CALISTHENICS SKATING SHOOTING

Monday to Friday
(Sergiey and Sandy)



KAPAWE'NO FIRST NATION WELLNESS CENTRE PROGRAMS AND SERVICES

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





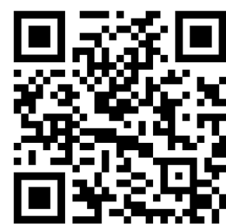
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KFN Collegiate Schools Enhance Off-Season Training with Synthetic Ice

Kapawe'no First Nation - Through the KFN Collegiate Hockey Academy we continue to use the synthetic ice to enhance student athletes' development during the off-season while maintaining a focus on academics. Students are still expected to attend 80% of the time and achieve grades that reflect 80% of their potential. This supports the KFN Collegiate's commitment to fostering well-rounded individuals who excel both on the ice and in the classroom.

Coaches Sergiey Ivanyuk and Sandy Laughlin lead daily training sessions, honing players' skating, balance, stick handling, passing, and shooting skills. Their efforts aim to prepare students for the upcoming Native Alberta Hockey Academies (NAHA) league play for the 2025/26 season. Through this balanced approach, the Hockey Academy emphasize the belief in the potential of students to excel in both academics and athletics.



Some of our players are showcased during a workout.

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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Literacy Series: Part Two

Literacy within Kapawe'no First Nation Collegiate

Literacy is the ability to read, write, speak, listen and understand information effectively.

Literacy is us making sense of or understanding the world around us. It is essentially the foundational building blocks for all learning. What is unique about our own definition of Literacy at Kapawe'no First Nation Collegiate is our understanding that culturally and historically, literacy is part of who we are as a First Nation. Our Literacy Program enhances our understanding and recognizes the value of the Nehiyawak Pimachimowin and Nehiyawewin that shape our nation. The heart of our Nehiyawak Literacy is storytelling- the telling and listening of stories that teach us about life all around us and connect us to our history and ancestors. These stories help us make decisions and connections to others.

Before we become competent readers and writers, even before we can talk, we tell stories and are storytellers. Our stories become who we are as a nation. Storytelling is part of our Oral Language. Once we are in school, our oral language understands and uses receptive and expressive language, linked to background knowledge (vocabulary) and is foundational to print-based text instruction. When we are steeped in two languages and cultures, it will enhance and expand our background knowledge. Building content and vocabulary is an essential component of reading comprehension for all learning.

Literacy is very complex. There are no specific programs or sequential steps for teaching literacy. No two children develop literacy



skills in the same way or the same sequence. In other words, there are as many students as there are ways to teach literacy. However, we know the essential foundational skills children must learn to be competent readers by the end of grade three. For pre-readers, an essential component for parents and primary teachers is the Alphabetic Principle and Concept of Print. The alphabetic principle is naming the lower- and upper-case letters, producing

letter sounds, making a word beginning with the letter/sound, and finding the letter in text. Concept of Print has students learning what print is and that letters are used to make words, which carry meaning in reading and writing. The left-to-right sweep as you read is also important, as we read from left to right.

The Science of Reading is currently the newest trend in Literacy with six essential foundational skills that includes the need for strong phonemic awareness, phonics, sight words, vocabulary building (word study in upper grades), fluency, and comprehension strategies. Identifying these skills early and supporting those who need them (especially before grade 4) has the greatest impact on reading development. A student's level of phonological awareness by the end of K5 is one of the strongest predictors of future reading success.

more on page 15



**KAPAWE'NO FIRST NATION
HEALTH CENTRE**

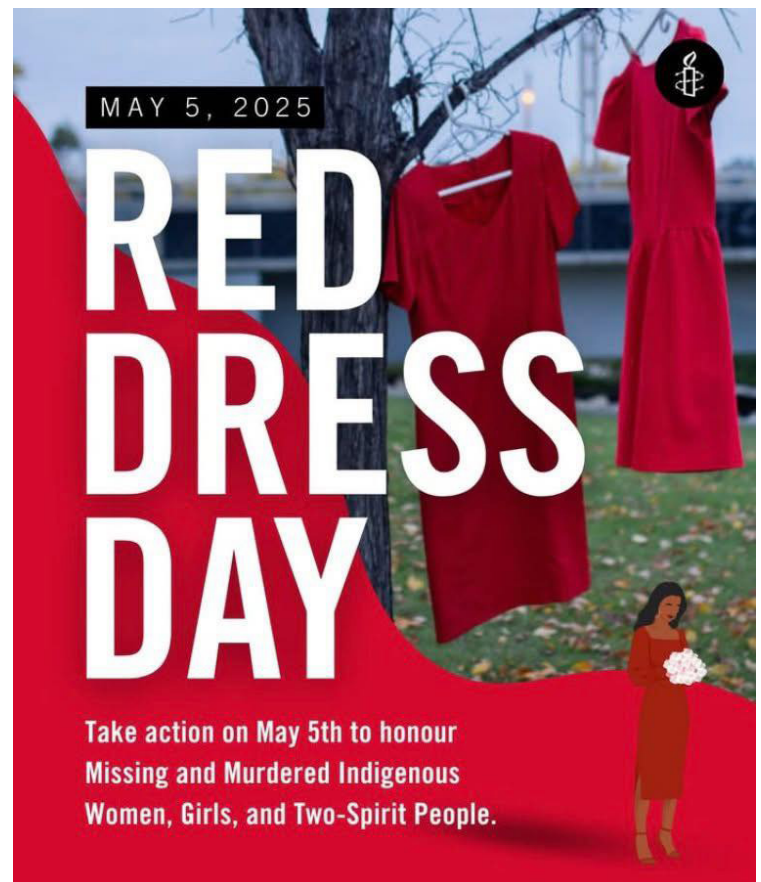
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Email: health@kapaweno.ca
Portfolio Councillor Pam Halcrow
Marcella Schnurr, Health Manager



Red Dress Day: Honour and Remember our Missing, Murdered Women Girls and Two Spirited

Kapawe'no First Nation - On May 5, marks Red Dress Day at KFN Collegiate, a very powerful day dedicated to honoring and remembering the thousands of our women, girls and two spirited who have gone missing or have been murdered. This day serves as a crucial moment for reflection and solidarity, aiming to bring attention to the injustices faced by our Nations.

In an effort to spread awareness and foster participation, students are encouraged to partake in this meaningful day of events. Our KFN Collegiate schools, including students and staff, are invited to wear red, a symbol of remembrance, respect, and solidarity, to acknowledge the stories of those lost and to stand with all our nations.



An advertisement for guitar lessons. The background is a collage of images: a close-up of a guitar body on the left, and a group of students in a music room on the right. The students are wearing blue caps and playing guitars. The text 'GUITAR LESSONS' is written in large, bold, white capital letters. Below it, in a black box, is the text 'JOIN US!'. At the bottom left, there is an email icon followed by 'admin@kfncollegiate.ca' and a phone icon followed by '(780) 751-0008'.

Literacy within Kapawe'no First Nation Collegiate *from page 13*

Important Tip:

Using all six components is important as we need to support different learning styles and teach reading and writing within a balanced literacy framework. Centring on just one or two components, such as Phonics, is a disservice to those students who learn and interact differently from their mainstream peers.

Storytelling is also part of the writing process. It is part of First Nation culture that passes on oral tradition and history; shares information and concepts; teaches lessons; builds relationships; entertains; creates experiences and advances language

development through vocabulary, grammar and rhythm within the context of experiences. We are all storytellers. Sharing culture and family experience shapes who we are and has become part of our stories. Storytelling builds on the relationships between the storyteller and the listener, just as the reader builds on the relationship between the reader and the author. Storytelling is a tool that anyone can use anywhere and anytime.

It is a tool every teacher can use to make connections to previous knowledge, expand the knowledge and make student stories come to life. But there is more than one genre in writing. Writing is part of our daily lives. Daily, we tell stories (narrative), we

write a list or make a chart (non-fiction), or we read a newspaper and write a letter with our point of view, or we need to write a report for school or work. As K5 to grade 12 teachers, we must provide our students with dedicated instructional time to learn the skills and strategies necessary to become effective writers. We must deliver writing activities and authentic opportunities for our students to become better writers. Students must learn to be effective writers across the curriculum and grade levels.

In Literacy Series- part three, we will explore in more detail the six components necessary to become competent readers with suggestions for parents to try at home.



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K-6

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we find innovation;
in the cloud's
boundless potential,
we discover a new pat
to knowledge."*

*"We embrace our ancestral wisdom, we find the strength to uphold
the Sovereign and Inherent Rights of our Nehiyawak Nation."*



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Singing “Tansi Song” with Elder Knowledge Keeper Don and Miss Marg

Kapawe’no First Nation - During our Nehiyawewin morning session this week, Ms Jackie Halcrow’s Grade 1 and 2 students at Kapawe’no Nehiyawak School enjoyed a special song together! They sang the Tansi Song, guided by Elder Knowledge Keeper Don Cunningham and their enthusiastic music teacher, Miss Marg. The classroom was filled with solid voices and bright smiles.

Elder Knowledge Keeper Don, a fluent Nehiyawewin speaker, sang with the children the vibrant Tansi song in nehiyawewin, while Miss Marg played the music. The kids were lively and thrilled, eager to learn and sing alongside EKK Don and Miss Marg. It was truly a heartwarming session filled with learning, music, and greatness!



The “Tansi Song” beautifully incorporated essential nehiyawaewin phrases, enriching both the children and the school:

- | | |
|-----------------------------|--|
| - Tansi - hello | - Maskihkiwapoy minihkwe - have some tea |
| - Tansi kiya - how are you? | - Tapwe miyawsin ipi Kihokawiyin - It’s nice that you’ve come to visit |
| - Namoya Nantow - I am fine | - Tante ikitohiyin - Where have you been? |
| - Pihtikwe - come on in | - Mahti acimo kiwiyositayin - Please tell me what you’ve been up to |
| - Api - sit down | - Mahti acimostawin - Please tell me a story |

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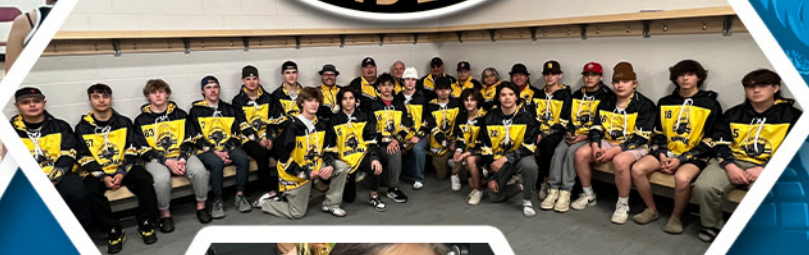
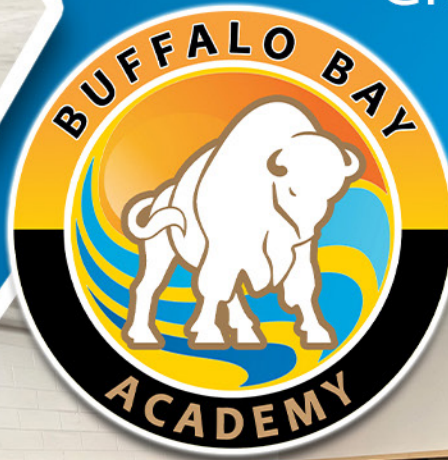


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KAPAWE'NO FIRST NATION

GRADE 7-12



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Nêhiyawêwin Isihcikewin Thrives Every Morning at Our Schools



Kapawe'no First Nation - Every morning, our schools resonate with the strength and beauty of the nêhiyawêwin (Cree) language, a cherished and affectionate aspect of our learning experience. It's truly remarkable how we are elevating Nehiyawewin to the forefront of learning.

Incorporating nêhiyawêwin alongside english has become a daily practice for our students. They engage in isihcikewin, meaning "to know for yourself," each morning and continue integrating this knowledge throughout the day. This balance enriches their learning journey, nurturing both cultural pride and linguistic skills.

This week we are learning Kitohcikiwin (ki toh chi ki win) - Music

In the vastness of kitohcikiwin (music), it flows like the rhythm of life itself. The sound of nikamon (song) echoes through the trees, accompanied by the deep beat of a paskwâwin (drum). As voices blend in harmony, nikamowin (singing) fills the air with joy.

The notes of a okitohcikew (violin) and a kitohcikanis (flute) dance together, creating a melody. This melody is guided by the keen kiskeyihtamowin (knowledge) of a sipwehamakew (conductor). The takahkwewehtitawn (tapping) of feet adds depth, while a iskwewonikamow (woman singer) graces the harmony with elegance. The sounds linger, creating a cistawehtin (echo) in the listener's mind, inspiring a nimihitowin (dance) of spirits, inviting all to a soulful pihtokwewin (entrance) to the world of music.

- nipi (ni-piy) - Water
- nikamon (ni-ka-mon) - Song
- mistikwaskihk (miss tick wahs kihk) - Drum
- nikamow (ni-ka-moo) - Sing
- okitohcikew (ooh kih too chi kew) - Violin
- kiskeyihtamowin (kis key tah moo win) - Knowledge
- takahkwewehtitawn (tah kah kwee wee tih tawn) - Tapping
- naskwahamatowak (nah skwa ha mah too wahk) - Harmony
- kitohcikanis (ki two chi khan is) - Flute
- sipwehamakew (sip wee ham mah kew) - Conductor
- iskwewonikamow (ih skew ooh nik ah moo) - Woman singer
- cistawehtin (chi stah weh tin) - Echo
- nimihitowin (nee mee hi too win) - Dance
- pihtokwewin (pee-h-too-kwee-win) - Entrance



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