

## BUFFALO BAY ACADEMY

# Harvesting Sage with Our Elder Knowledge Keepers



Kapawe'no First Nation – As part of our Grade 10 Science class and the school's Sovereign Medicines Program, we recently embarked on an enriching field trip to Buffalo Bay. This unique experience saw the Grade 10 students, accompanying our younger peers from Kapawe'no Nêhiyawak School's Grades 5-6 class, under the invaluable guidance of our Elder Knowledge Keepers, Lillian and Rod, and our dedicated oskâpêwis, Scott.

Our destination, Buffalo Bay, was specifically chosen by our Elder Knowledge Keepers, who knew of wild sage growing there. Upon arrival, Lillian, Rod, and Scott led us with wisdom and care, teaching us how to identify and respectfully approach the sage plants. The core principle of treating the sage with the utmost respect and harvesting only what we needed was emphasized throughout. We carefully gathered

the dry sage, a hands-on experience that connected us directly to the land and its gifts.

Following the harvest, we all worked together and learned how to create traditional sage bundles. To ensure the continued presence and teaching of this sacred medicine, we also carefully dug eight small sage seedlings.

*more on page 3*

## KAPAWE'NO NÊHIYAWAK SCHOOL

# Grade 4 Learning Experience at Hilliard Bay

Kapawe'no First Nation – Grade 4 students at Kapawe'no Nêhiyawak School enjoyed a meaningful and interactive morning of learning at Hilliard Bay, combining outdoor exploration with key curriculum outcomes.

We began the day with a walk along a nature trail, which supported our Descriptive Writing unit in English Language Arts. Students used their senses to observe the natural surroundings and gathered rich vocabulary and imagery to enhance their descriptive writing.

Next, we transitioned to Social Studies, focusing on the three levels of government: Federal, Provincial/Territorial, and Municipal.



*more on page 3*

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# KAPAWE'NO GROUP OF COMPANIES

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Phone: 1.780.751.0009 | Email: [sports@kfnccollegiate.ca](mailto:sports@kfnccollegiate.ca)



## **KNS - Grade 4 Learning Experience at Hilliard Bay** *from page 1*

Students worked in groups to build representations of these governments using natural materials from the beach. Each group discussed the structure of their government and the roles and responsibilities of various departments:

Collin's project showcased the Federal Government, including departments such as Health Care, Education, and National Defense. Lola's sandcastle town represented a Municipal Government, complete with traffic lights, road systems, and community services like waste management and policing.

These activities supported key Social Studies outcomes, such as understanding the purpose and function of government and recognizing how decisions are made in a democracy.

We ended our trip with lunch at Shaw's Point, where students demonstrated incredible respect for the environment, each other, and the shared space. Their positive behavior capped off a successful and memorable day of experiential learning.



## **Harvesting Sage with Our Elders Knowledge Keepers** *from page 1*

These were transplanted into our school garden, allowing us to continue learning from and caring for the plant on our own school grounds.

Upon our return, the learning journey deepened. Elders Lillian and Rod generously shared a profound lesson on the traditional uses, cultural significance, and spiritual importance of sage. This was followed by a deeply meaningful smudging ceremony, where we used the very sage we had harvested earlier. It was a powerful moment, connecting us to the teachings, the land, and each other.



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# JOIN BUFFALO BAY ACADEMY'S HOCKEY EXPERIENCE!

OUR STUDENTS GROW INTO BALANCED INDIVIDUALS  
READY FOR ANY FUTURE GOALS SET.

## Muskwak Hockey



Among our offerings, the Muskwak Hockey Program at Buffalo Bay Academy stands out. This program raises the bar within the territory, offering full-time, integrated development as student athletes. Starting at the U11 level, the traveling teams reflect our commitment to nurturing talent. Our 80/80 rule ensures that participants maintain a minimum of 80% attendance and a similar grade average. This standard helps with academic achievement alongside athletic dedication.

### The hockey program includes:

- Full-time accredited courses with structured learning schedules
- Regular access to both real and synthetic ice surfaces
- Daily on-ice and off-ice practice sessions
- Weekend hockey trips and Premier Hockey League (PHL) games
- Consistent skill and team development activities

### Program Overview:

- Accredited Full-Time Academics: Students have access to a comprehensive learning (education) program focused on morning academics, covering five core courses and options for Career and Technology Studies (CTS). We strive for excellence with our numeracy and literacy enhanced program incorporating it in the entire school day.
- Ice-Related Activities: The program includes access to both real ice and synthetic ice surfaces, facilitating year-round training. Weekend games home and away with team trips promoting unity.
- Daily Practices: Students partake in on-ice and off-ice practices as well as confined practices every day, ensuring continuous skill refinement and physical conditioning.
- Skill and Team Development: Emphasis is placed on both individual (1x1) skills and team development, nurturing well-rounded athletes and players.
- New Sports School Launch: With the acquisition of the NLC Campus, a new sports school will launch for the 2025-26 academic year, expanding opportunities for athletic and personal growth.



For further details or inquiries, you can reach out to Jarett Knibb at Buffalo Bay Academy by calling 1.780.751.0009 or by emailing [sports@kfnccollegiate.ca](mailto:sports@kfnccollegiate.ca). You can visit our website at [www.kfnccollegiate.ca](http://www.kfnccollegiate.ca).





# Students Excel in Multigrade French Language Learning

Kapawe'no First Nation - Students in Grades 1, 2, 3, and 10 at Kapawe'no First Nation Collegiate have been diligently engaged in learning French this semester under the guidance of Ms April Adamson. We are particularly proud of our elementary students, many of whom began with no prior experience in the language.

In our elementary French classes, the focus has been on phonetics and graphemes. Students have been learning to accurately pronounce vowel and consonant sounds, as well as common sound combinations. This foundational work is helping them develop strong early language skills.

At the high school level, our Grade 10 students have been learning basic greetings



and everyday vocabulary, equipping them with practical language tools for real-life communication. Learning a new language presents many challenges, and we commend

all of our students both elementary and secondary for their enthusiasm, perseverance, and progress. They have truly risen to the occasion.



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## KAPAWE'NO FIRST NATION WELLNESS CENTRE YOUTH PROGRAMS



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## OUR SPECIALIZED ACADEMIES

Our goal is to provide a well-rounded education that transcends the conventional boundaries of academia, fostering balance in the lives of our students as they embrace their identity as Nêhiyawak people.



# ARTS MUSIC SPORTS & LAWF

LAND, AIR, WATER, FIRE



We envision our academies under our Kapawe'no Nêhiyawak School and Buffalo Bay Academy as a beam of holistic learning, where the boundless potential of each student is ignited through a harmonious blend of arts, music, sports, and LAWF interactions.

**kiskêyih tamowin wîhkâc yahki**

Knowledge Ever Increasing.

BUFFALO BAY ACADEMY IS OPEN FOR  
**GRADES 7-12**

For more information please contact:

[admin@kfncollegiate.ca](mailto:admin@kfncollegiate.ca) ■ (780) 751-0008





## Celebrating Canadian Teams in the 2024/25 NHL Playoffs

Kapawe'no First Nation - There are three Canadian teams remaining in the 2024/25 NHL Playoffs: the Winnipeg Jets, Edmonton Oilers, and Toronto Maple Leafs. Grade 4 students Novah, Kayson, Mehki and Superintendent Boh Kubrakovich-Kiniw are joining together to showcase and celebrate these teams.

The Edmonton Oilers have advanced to the Western Conference, while the Winnipeg Jets and Toronto Maple Leafs are currently down in their respective series and fighting to stay in the playoffs. The students are excited to support their teams during this crucial time.



## Don Cunningham Shares Historical Insights on Farming in Grouard: A Journey Back to 1912

Kapawe'no First Nation - Don Cunningham, one of our Elder Knowledge Keepers, has provided valuable support to the Kapawe'no First Nation Lifelong Learning and KFN Collegiate. Recently, he shared a story about farmers in the Grouard area in 1912, inspired by a historical photograph he stood beside.

In his recounting, Don discussed the crops grown and the cooperative efforts of local families in overcoming challenges in agriculture. His story emphasizes the significance of understanding our history and the contributions of those who established farming in the region.



**KAPAWE'NO FIRST NATION LIFELONG LEARNING  
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Tel: (780) 751-3800 | Email: [Carla.Halcrow@kapaweno.ca](mailto:Carla.Halcrow@kapaweno.ca) | Portfolio Councillor Debbie Chalifoux - Carla Halcrow, Manager







# KAPAWE'NO FIRST NATION COLLEGIATE

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- SNACKS AND PRIZES
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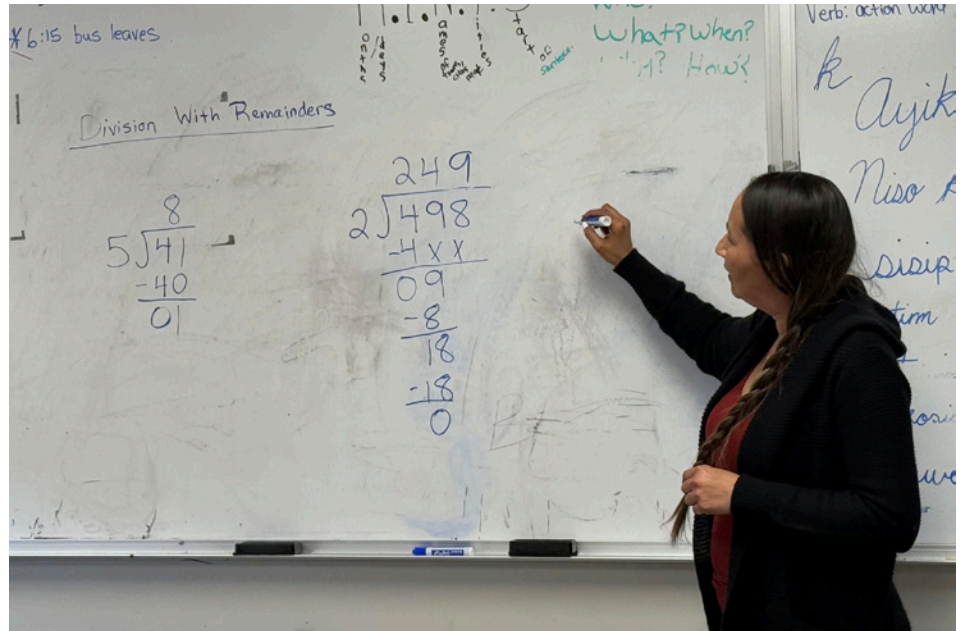
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# Ms. Sam Tomkins' Guidance in Grade 5/6 Math Improving All Students

Kapawe'no First Nation - IN the Kapawe'no Nehiyawak School, Ms. Sam Tomkins has been dedicated to improving the math skills of her Grade 5/6 students. She addresses various skill levels within the class and has consistently challenged her students to excel in their math abilities throughout the year.

To facilitate learning, Ms. Tomkins utilizes resources like Jump Math and focuses on visual aids to support her students. They work individually, in pairs, and as a class to collaboratively understand each step in math, promoting a thorough comprehension of the lessons and material.



## Grade 1 Classmates Celebrate their favourite NHL Team

Great support from our Grade 1 classmates Sage and Ezias showcasing their NHL teams. Sage's Edmonton Oilers are now advancing to the Western Conference final awaiting the winner out of the Winnipeg Jets and Dallas Stars.


Kapawe'no First Nation - Grade 1 classmates Sage and Ezias are showing great support for their NHL teams. Sage's Edmonton Oilers have advanced to the Western Conference Final, where they will await the winner of the series between the Winnipeg Jets and Dallas Stars.




Ezias's Las Vegas Knights are heading to the golf course after a tough fought battle

against the Oilers. The enthusiasm in the classroom reflects their passion for hockey as

they support their teams during this 2024/25 Stanley Cup Playoffs.





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# Grade 4 Students Enhance Descriptive Writing Skills Through Inspiring Nature Walk

Kapawe'no First Nation - Our Grade 4 class went on a nature walk as part of our Language Arts curriculum, with a focus on developing descriptive writing skills. The objective of the assignment was to encourage students to practice mindful observation and translate what they saw into vivid, detailed writing.

At various points along the walk, students paused to reflect and write about what was directly in front of them, using sensory details,



adjectives, and complete sentences to capture their experiences. This activity not only supported key language objectives but also allowed students to connect more deeply with the natural world. Nature offers so much—beauty, movement, color, and emotion—and

it was heartening to see how thoughtfully the students responded to it through their writing. Reading their work offered a glimpse into the world through their eyes, full of curiosity and creativity. It was a meaningful and enriching experience for our grade 4 family.

**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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# Visual Arts Component under Reflection, Depiction, and Composition

Kapawé'no First Nation - This week in Grade 4 Art at the Kapawé'no Nêhiyawak School, our students engaged in a hands-on lesson aligned with Alberta's Fine Arts Program of Studies, specifically within the Visual Arts Component under Reflection, Depiction, and Composition. The focus was on developing technical skills through exploration and experimentation with various paint brush types and understanding their unique effects.

To apply their learning, students created paintings of sunrises and sunsets. They practiced layering colors and using different brushes to capture the gradients, silhouettes, and atmosphere of these natural scenes. It was wonderful to see students engage creatively, making thoughtful choices about which brushes to use for clouds, sun rays, and landscapes.



The lesson encouraged artistic expression, observational skills, and technical experimentation. The results were vibrant and expressive artworks that showcased the students' growing confidence and creativity with painting tools.

## LEARNING AND SPEAKING NÊHIYAWÊWIN



More information, please contact Boh

email: [admin@kfncollegiate.ca](mailto:admin@kfncollegiate.ca)

phone: (780) 751-0008





# KASKAPATEW PEKISKWEWIN “SMOKE SIGNALS”

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# This week in Nēhiyawēwin Isihcikewin we are learning Ayisiyiniwak - People

Kapawe'no First Nation - The ayisiyiniwak, meaning "people," embody the essence of nation building. Among them, the awasis or oskisiniw, referring to children or youth, represent the future, growing under the guidance of Iskwiw and Napiw, the adults who provide support and nurture. The wise kihtiyayah, or elders, pass down crucial heritage and knowledge. In a learning environment, the kisnawmakew serves as the guide to the kisnawmowakan, or student, ensuring they acquire essential life skills.

Roles such as masinahikisis, the secretary, maintain the organizational flow, while health professionals like maskikewskwiw, the female nurse, and maskikiweno, the doctor, safeguard well-being. Leadership within the nehiyawak community is held by the okimakan, or chief, and oyasiwew, the umpire, oversees fairness.

The nation is strengthened by the courage of the notinikewiyinew, the warrior, and diversity of occupations ranging from the opimnawahso, cook, to simahkans, police.



- awasis/oskisiniw (a wah sis/ os ki siniw) - child/youth
- iskwiw/napiw (ih skwiw/ nah piw) - adult woman/man
- kihtiyayah (kih ti ya yah) - elder
- kisnawmakew (kis nah ma kew) - teacher
- kisnawmowakan (kis naw moo wah kahn) - student
- masinahikisis (mah sin ahi key sees) - secretary
- maskikewskwiw (musk ki kew skweew) - nurse (female)
- maskikiweno (mus kih kiy wee no) - doctor
- nehiyawak - Cree people / person
- notinikewiyinew (no ti ni key wee knew) - warrior
- okimakan (ooh kih mah kahn) - chief
- okimaw (ooh ki maw) - boss/employer
- okiskinwahamakew (oh kiskin waha mah kew) - coach
- onakateyihcikew (ooh naka tey chi kew) - referee
- onotinikisk (ooh notin eh kisk) - a boxer/fighter
- opimihaw (ooh pi mi haw) - pilot
- opimnawahso (oh pim nah wah so) - cook/chef
- oskinikskwiw/Oskiniko (os skin ik skwiw) - girl/boy
- otastawikiw (ooh tas tah wee kiw) - fire fighter
- oyasiwew (ooh ya sawew) - umpire
- pakamahikew (pa ka mahi kew) - boxer
- simahkans (sih mah kahns) - police
- wiyasiwiw (wee ya si weew) - band councilor or judge



**KAPAWE'NO FIRST NATION  
HEALTH CENTRE**

Phone: 780-751-2284  
Email: [health@kapaweno.ca](mailto:health@kapaweno.ca)  
Portfolio Councillor Pam Halcrow  
Marcella Schnurr, Health Manager







# KAPAWE'NO NÊHIYAWAK SCHOOL



*"In the heart of tradition,  
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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[www.kfncollegiate.ca/k-6](http://www.kfncollegiate.ca/k-6)





# Collaboration with Elder Knowledge Keepers Through the In Residency Program

Kapawe'no First Nation - Principals and the Superintendent recently met with Elder Knowledge Keepers (EKK) Lilian Lacombe and Rod Willier. These regular meetings focus on reviewing the Terms of Reference (ToR) and daily workplan for the in Residency Elder Knowledge Keepers program and providing essential support.

Both EKK have gained a deeper understanding and appreciation of nēhiyawēwin and nēhiyawak pimachimowin through their increased involvement with KFN Collegiate. This collaboration enhances the learning experience and promotes awareness among the students.



## Kapawe'no Nehiyawak School Students Create Mother's Day Gifts

Kapawe'no First Nation - Grade K-2 students at Kapawe'no Nehiyawak School participated in an arts and nēhinawēwin class, where they made Mother's Day gifts. The students were focused on crafting and enjoying the creative process instructed by Ms Gladue and Ms Thunder.

In addition to making gifts, the children also learned the necessary vocabulary related to their crafts. This activity effectively combined artistic expression with language learning, enriching their learning experience.



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TO LEARN MORE ABOUT THE PROGRAM  
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# Engaging Vocabulary Building with Connection through Nêhiyawêwin and English

Kapawe'no First Nation - As part of Ms Berlinda Sharkawi's Grade 4 class at Kapawe'no Nehiyawak School weekly vocabulary instruction, students engaged in a hands-on learning activity utilizing manipulatives to construct and reinforce new vocabulary words. This approach was designed to enhance student engagement and support word recognition and spelling skills through active learning.

The vocabulary set included both nêhiyawêwin and english words, providing students with the opportunity to develop language skills while also building cultural awareness and respect for our nehiyawak pimachimowin. This aligns with our commitment to fostering inclusive and culturally responsive classroom practices.

"Our activity enhanced vocabulary skills and inspired respect and appreciation for balance



among our students", Ms Sharkawi.

The use of manipulatives promoted student participation and offered an alternative method to support diverse learning styles. Overall, the activity encouraged meaningful interaction with the vocabulary content and created a positive and inclusive learning environment.





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## Askihk (On the land)

Kapawe'no First Nation - In the nehiyawak pimachihowin, life on the land, or "askihk," involves tools and practices deeply rooted in tradition. The "akwawan" is a drying rack used to preserve sustenance. Essential for travel on water is the "apoy," or paddle. Nets like the "ayapi" are key for fishing.

For processing, tools such as "cikahikan" and "kiskipocikan" play vital roles in crafting and building. A "kotawan" provides warmth and a gathering place. In preparing hides, both "matahikan" and "mihkikwan" are used to scrape and process materials efficiently.

Shelter is found under a "mikiwahp," a traditional tipi structure. Lastly, for hunting, the "mosiniy," or bullet, is employed.



Each tool and practice holds cultural significance, sustaining life and tradition on the land.

- akwawan (ahk wah wahn) - drying rack
- apoy (ah pooy) - paddle
- ayapi (ah ya pea) - gill net
- cikahikan (chee ka hi kan) - axe
- kiskipocikan (kih sikh poo chi kan) - saw
- kotawan (koo tah wahn) - campfire
- matahikan (mah tie hikan) - hide scraper
- mihkikwan (mih key kwahn) - flesh scraper
- mikiwahp (me kwahp) - tipi
- mosiniy (moo sih knee) - bullet

## Soniyaw (money)

Kapawe'no First Nation - Understanding "soniyaw" is crucial, as it embodies the concept of money, facilitating everyday transactions. A "mitataht nopihikan," worth 10 dollars, provides a substantial sum for purchasing necessities. Alternatively, a "mitataht piwahpskos," equaling 10 cents, caters to smaller expenditures. Consistency in distinguishing value is vital for effective financial management.

In personal budgeting, "newo soniyas," the loonie, represents a fundamental monetary unit, while "niso nopihikan," the toonie,

doubles its worth. Similarly, "niyan nopihikan" signifies a 5-dollar note, essential for budgeting larger sums.

For precise calculations, use "peyak piwahpskos" for 1 cent and "peyak soniyas" for 25 cents. These denominations compose a financial language that simplifies transactions and enhances understanding of personal finance.

- mitataht nopihikan (mi tah taht new pi ya kan) - 10 dollars
- mitataht piwahpskos (metal) (mi tah taht pe wahp skos) - 10 cents
- newo soniyas (nee woh soon ee yas) - loonie (\$1)
- niso nopihikan (nee soh niw pi ya kan) - toonie (\$2)
- niyan nopihikan (nee yan niw pi ya kan) - 5 dollars
- niyan piwahpskos (nee yan pe wahp skos) - 5 cents
- peyak piwahpskos (pe yak pe wahp skos) - 1 cent
- peyak soniyas (pe yak soon ee yas) - 25 cents
- soniyaw (soon eh yaw) - money





# Wakotowin (Kinship)

Kapawe'no First Natsion - Kinship, or "wakotowin" (wah koo too win), represents the intricate web of relationships that bind family members together. Each connection carries its own unique significance and value, shaping one's identity and sense of belonging.

Starting with the immediate family, "nikawiy" (ni ka wee) refers to my mother, who is often seen as the heart of the family, providing care and guidance. Complementing her role is "nohtawiy" (noh tah wee), my father, who often serves as a pillar of strength and support. Together, they lay the foundational stones for their children.

Each connection within "wakotowin" is vital,



serving to foster support, tradition, and growth across generations. These bonds highlight the strength and unity that come

from understanding one's place within the family network.

- nikawiy (ni ka wee) - my mother
- nikosis (ni koh sis) - my son
- nimis (ni miss) - older sister
- nimosom (ni moh soom) - my Grandfather
- nisimis (ni see miss) - younger sibling
- nistis (ni stee sis) - older brother
- nitanis (ni tah nis) - my daughter
- nohkom (noh kohm) - my Grandmother
- nohsimis (noh sih miss) - my grandchild
- nohtawiy (noh tah wee) - my father
- wakotowin (wah koo too win) - Kinship

# Pisimak ohci askiy (Months of the year)

Kapawe'no First Nation - The "pisimak ohci askiy," or months of the year, are beautifully illustrated using unique cultural descriptions. "kisipisim," or Wicked Month, marks the start of the year in January. Followed by "mikisiwpisim," the Eagle Month, in February. March is known as "niskipisim," or Goose Month, highlighting the changing seasons.

April, the "ayikipisim," is Frog Month, symbolizing renewal. In May, "pinawawipisim" signifies the Egg Laying Month, while the "Paskahowpisim" in June marks Egg Hatching. July, the "paskowipisim," showcases the Moulting Month. "ohpahowipisim" represents August, the Flying Month, followed by "nocihitopisim," Mating Month, in September. October's "kaskatinopisim," or Freezing Month, transitions into "iyikopiwpisim," the Foggy/Frosty Month of November, culminating in December's "pawacikanasis," marking the Bush Clearing.



- kisipisim (key see pee sim) – January (Wicked Month)
- mikisiwpisim (mih key seew pee sim) – February (Eagle Month)
- niskipisim (nih ski pee sim) – March (Goose Month)
- ayikipisim (ah yee key pee sim) – April (Frog Month)
- pinawawipisim (pin ah wah wih pee sim) – May (Egg Laying Month)
- paskahowpisim (pah ska how pee sim) – June (Egg Hatching Month)
- paskowipisim (pah skowee pee sim) – July (Moulting Month)
- ohpahowipisim (ooh pah howee pee sim) – August (Flying Month)
- nocihitopisim (noh chee hi too pee sim) – September (Mating Month)
- kaskatinopisim (kah skah tin ooh pee sim) – October (Freezing Month)
- iyikopiwpisim (ee yick ooh peew pee sim) – November (Foggy/Frosty Month)
- pawacikanasis (pah wah chick ahn ahsis) – December (Bush Clearing Month)



# Engaging Lessons Lead Grades 8/9 to Academic Success

**Kapawe'no First Nation - In Math**, the 8/9 class has wrapped up a unit on 'powers and exponents' and we have now moved on to 'shape and space'. In this unit we will be working on solving the area and perimeter of 2 & 3 dimensional shapes.

In Social Studies, we have finished the unit on the Youth Justice System and the Charter of Rights and Freedoms. We have now started our last unit of the year which is Social Programs and Taxation.

In Science, we have wrapped up the unit on mechanical systems and have begun working on Space Exploration which will take us to the end of the year.

In ELA, we will end the year off with comprehension, grammar and essay writing,



along with the Gr.9's writing the Provincial Achievement tests.

"Our grade 8/9 students are demonstrating remarkable progress across subjects, from

understanding complex mathematical concepts to exploring the vastness of space, as they prepare for future academic achievements," said Principal Ms Sherry Bellegarde.

## Grades 6/7 Students Thriving through Creative Learning

**Kapawe'no First Nation - The grade 6/7s** have been working hard. They have completed testing in Math and are reviewing for a social studies test. They are wrapping up a science unit on Plants for Food and Fibre. They grew and transplanted some vegetables throughout this unit.

We have been enjoying our fundraising sales. Last week was the cakewalk, which the students really enjoyed and are continuing our ice cream and freezies sales Monday, Wednesday and Fridays. The students are



enjoying helping out for their year end field trip. They also enjoyed the field trip last week to Red Earth for the youth symposium and career fair. They learned a lot, won a lot of prizes from the career fair booths and enjoyed Earl Lambert's motivational speech.

"Our students under Ms Christina Cardinal's leadership have shown incredible dedication and enthusiasm, excelling in academics and thriving in school activities, truly embodying the spirit of learning and collaboration," said Principal Ms Sherry Bellegarde.



**KAPAWE'NO FIRST NATION  
CONSULTATION**

Phone: 780-751-3714

Cellphone: 780-523-6366

Email: [kfnconsultation@gamil.com](mailto:kfnconsultation@gamil.com)

Michelle Knibb, ICRCC Manager and KFN Liaison





# Exploring Canada's History and Embracing Self-Care

**Kapawe'no First Nation** - This month, social studies students are learning about the key events and people that shaped Canada's identity in Social Studies 20-4. Through simple, hands-on assignments, we are exploring topics like early French and British settlements, the War of 1812, the Métis and Louis Riel, and how multiculturalism and bilingualism helped define who we are today as Canadians.

Each lesson is designed at the level with visuals, writing space, and real-life connections to make history meaningful and accessible. We're proud of the progress of building of the knowledge of Canada's past and present!

In Life Skills, students are learning about the importance of personal grooming and self-care — not just to look good, but to feel



good too! Students are exploring how simple routines like washing regularly, caring for their skin, brushing their teeth, and wearing clean clothes can keep their bodies healthy and prevent illness. We're also highlighting mental health, encouraging habits like

getting enough sleep, staying active, talking about feelings, and taking time to relax. These are all part of respecting ourselves and building confidence. When we take care of our bodies and minds, we show pride in who we are — and that's powerful.

## Exciting paddling trip in the picturesque Buffalo Bay

**Kapawe'no First Nation** - High school students from Buffalo Bay Academy embarked on an exciting paddling trip in the picturesque Buffalo Bay. With its shimmering waters and serene surroundings, the bay provided an ideal setting for a day of adventure and experiential learning. Although many of the students had little or no prior canoeing experience, they approached the challenge with enthusiasm and a willingness to learn, quickly transforming uncertainty into newfound skills and confidence.

Throughout the afternoon, the students were guided by Ms April and Mr. Joe who ensured that safety was maintained. Under calm skies and the gentle rhythm of the bay, the students learned the basics of paddling, including proper techniques for remaining balanced and steering their canoes. This experience not only taught them physical coordination and resilience but also highlighted the importance of teamwork, as they frequently supported each other while navigating the bay.



Additionally, the trip served as an excellent opportunity for the students to engage with nature in a meaningful way. Away from the traditional classroom setting, they were able to immerse themselves in the natural beauty of Buffalo Bay, a place that proves to be a living classroom.

"I am incredibly proud of their determination and positive attitude throughout the day. The students' willingness to step out of their comfort zones, work collaboratively, and persist despite initial inexperience is a testament to their resilience and character," said Ms April Adamson.



## 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), Kwayaskitowin (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.



## CALL US TODAY

**(780) 751-0008**

E-mail: [admin@kfncollegiate.ca](mailto:admin@kfncollegiate.ca)  
Website: [www.kfncollegiate.ca](http://www.kfncollegiate.ca)

Alberta Education School Number S.2351





# Buffalo Bay Academy Students Attend Growing Our Own: Our Youth, Our Future Career Event

Kapawe'no First Nation - Teachers and students at Buffalo Bay Academy take full advantage of opportunities to go on day trips within the territory to see what other schools are accomplishing. One such trip involved students traveling to Red Earth to participate in KTC's annual Job Fair.

Our students had an amazing knowledgeable day on May 15th at the "Growing Our Own: Our Youth, Our Future" career showcase and symposium in Red Earth! It was such a fun experience where students learnt about diverse career paths like forestry and heavy equipment operating, and even connect with colleges like Northern Lakes College and MacEwan University. Of course, collecting free swag from the booths was a highlight!

Following a delicious lunch, we were truly moved by Earl Lambert's inspirational message



about finding strength through culture and tradition. His incredible magic tricks (with help from our own Sierra Sutherland and Sam Lay!) were the perfect end to his talk.

The day wrapped up with lots of exciting door prizes, and we were thrilled to see several of

our students win big! What a great way to explore future possibilities!

A special thank you goes to Mr. Joe Kavanagh and Mr. Jordan Thiessen for organizing this valuable experience, allowing our students to explore career options and connect with local employers.

## Inspiring Educational Leadership in Biology, Math, and Science

Kapawe'no First Nation - At our Buffalo Bay Academy's Grade 10-12 programs, Mr. Joe Kavanagh's balanced, dynamic and multifaceted approach gears students up for their diploma exams and connects classroom learning to real-world scenarios.

"Mr. Joe's innovative and passionate teaching style empowers students to excel academically while fostering a lifelong love for learning", said Principal Ms Sherry Bellegarde.

Our Biology 30 students have spent the last few weeks studying cell division and Mendellian genetics. We have been talking about chromosomes and genes, and learning how we (and other organisms) inherit these genes from our parents by looking at the DNA molecule and discussing reproduction. The diploma exam is on June 20th!

In Math 30-1, students have finished their exploration of exponential and logarithmic functions, making connections to where



these apply in real life (such as population growth, or the decrease in value of a car over time). We have now moved on to trigonometry, where students are learning a new system to measure angles called radians. They will then use this to solve problems and create graphs of the 3 primary trigonometric functions. We will then end our discussion of trigonometry by proving trigonometric identities. The

diploma exam is on June 17th! For Science 24, students are working at their own pace and so are at different points in the curriculum. Some are studying chemistry in everyday life by looking at some important reactions, while others have moved on to studying energy use in everyday life and are learning some new ideas such as kinetic and potential energy. There is no diploma exam in this course.





# KAPAWE'NO COLLEGIATE FIRST NATION



## KAPAWE'NO NEHIYAWAK SCHOOL K-6

FREE BUSING PROVIDED TO  
FIRST NATION COLLEGIATE CAMPUS

SAKAMOOSTOS WASAW

## BUFFALO BAY ACADEMY

GRADE 7-12



ARTS | MUSIC  
SPORTS | LAW



*Knowledge ever increasing  
kiskêyih tamowin wîhkâc yahki*

[www.kfncollegiate.ca](http://www.kfncollegiate.ca)



## KASKAPATEW PEKISKWEWIN SMOKE SIGNALS



KAPAWE'NO  
**KASKIHTAYANIH**  
INNOVATIVE LEARNING  
FOR DIVERSE STUDENT NEEDS



FOR MORE INFORMATION, PLEASE CONTACT US AT KFN SCHOOL:

**Email:** [admin@kfncollegiate.ca](mailto:admin@kfncollegiate.ca) | **Phone:** (780) 751-0008

 Kapawe'no First Nation Collegiate

[www.kfncollegiate.ca](http://www.kfncollegiate.ca)