Ms. Skalski’s Message

Oki, Tansi, Abawashded

With only two months left to go, there are many special events and activities in the months of May and June. Please be sure to check out the calendar and mark these dates so that you can plan to participate.

An important event not to be missed is our Annual General Meeting. Please be sure to join us on Tuesday, May 15th at 5:00 p.m. for dinner, short presentation, and Board Member elections. We really need our parents to come out and have a voice by voting in your new board members. We look forward to and need your participation!

Please plan to attend our Honoring our Home Ribbon Cutting Celebration on Friday, May 25th. Throughout the years the school has grown and overcome many obstacles. We are very excited to announce that with the support of amazing initial funders we are working towards bringing our dream of purchasing the school to fruition. Come experience the sights and sounds of what MECCS, Canada’s only Indigenous Charter School, has to offer.

Our grade 3, 6 & 9 students are preparing to write the PAT’s (Provincial Achievement Tests). Please help them with review at home. Please be sure that your children attend as these are an important part of Alberta’s education process. We encourage you to read lots with them and help them with comprehension. Ask them lots of questions about the stories you read and help them learn to recall the events and main ideas. Your children will appreciate your support.

In kind spirit,
Ms. Skalski

CULTURE CAMP

Tuesday, May 29th through to Thursday, May 31st the students will be participating in a Culture Camp.

Students will be working in their classrooms to learn about specific cultures including Inuit, Blackfoot, Métis, Cree and Stoney. On Thursday afternoon all students will come together to share what they have learned. Students will also have the opportunity to explore outdoor activities and traditional games with Jason Panas of Shoestring Outdoor Survival.

Our special guest will be Magician Trevor Kiitokii, who will use his talents as a metaphor for the spirituality of the Blackfoot people, telling stories about the way his grandmother used a gift of second-sight to help people and explain how, through traditional rituals thousands of generations old, how his people are capable of travelling through time - using their visions to gain insight into their own problems or the troubles of their loved ones. Mr. Kiitokii will also lead a workshop on Wednesday with grades 6 to 9 that will focus on bullying.

Grade 5 students will have an overnight camping experience on Wednesday that is a connection to their social studies course in which they have been learning about the fur trade and the lives of early First Nations people.
**PRINCESS PAGEANT & LITTLE WARRIOR CONTEST**  
**May 10, 2012**

Drum Group: Blackstone  
Prizes: Crowns, Jackets

**Princess & Little Warrior Categories:**

Tiny Tots (4-6), Junior Princess (7-12),  
Senior Princess (13-17), Little Warrior (4-12)

**MECCS POW WOW**  
**May 11, 2012**

Host Drum: Blackstone  
First 5 Drums Paid  
Dancer Split $1,000

School Give Away  
Princess Pageant Crowning

Head Man Dancer: Bobby Hunter  
Head Female Dancer: Cara Morin

Committee: Craig Lewis, Lorraine Regamey, Erin Danforth

**MECCS HONORING OUR HOME RIBBON CUTTING CELEBRATION**  
**May 25, 2012**

12:00 pm  
Lunch

1:00 - 3:00 pm  
MECCS Early Years Power Point Presentation  
Eagle Staff Presentation / Traditional Dancers  
Guest Speakers  
Honor Song - Crazy Creek Singers  
Ribbon Cutting  
Refreshments & Photos
MAY TEACHING

Wisdom

Cree - Egg laying moon  Opinyaw pesim
Stoney - Egg Laying Moon  Wigda Waheeba

“You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.” Naguib Mahfouz

ENBRIDGE HOT LUNCH PROGRAM

Providing good quality and nutritious food to our students is the primary focus of the Enbridge Hot Lunch Program. **Hot lunch is only $2/day per student.** Please be sure to fill out your hot lunch form and send your hot lunch payment in. Hot lunch $ will be collected by Janet House. Parents are invited to volunteer in our hot lunch program. Please contact Marlene Richard if you are interested :) Thank you for supporting your children’s hot lunch program.

A big thank you to Tonelle Dickenson and Maxine Heldebrandt for completing their University of Alberta Practicum placements at MECCS. Mr. Tang and his grade 6/7 students were lucky to have Ms. Dickenson and Ms. Danforth and the grade 2/3 students enjoyed Ms. Heldebrandt. Staff and students wish them both all the best in their future endeavors.

Mother Earth’s Children’s Charter School

ANNUAL GENERAL MEETING

May 15th, 2012

5:00 p.m. - Dinner
(school tours available)

6:00 p.m. - Meeting

Following dinner there will be a short presentation and then the election of Board Members.

Parents are encouraged to come out and have a voice by voting in your new board members.

We look forward to and need your participation.
Wow! Can’t believe we are in the month of May already! The grade 6’s have been working extremely hard practicing and preparing for their upcoming Provincial Achievement Test. They will be writing their Language Arts Writing test on May 16th.

This week, we went to the HOPE camp that was held at the University of Alberta. They had the opportunity to explore different types of faculty and gained a lot of great learning experience in understanding what they would like to pursue when they complete high school. We went into nursing, engineering, chemistry and dentistry to explore some hands on activities and to also get accustomed to the machines/equipment each profession uses on daily basis.

Our student teacher, Ms. Tonelle has completed her 9 weeks practicum at MECCS and will be receiving her Bachelor of Education degree this year. She has brought a lot of smiles and hugs to our students and we wish her the best in her education career.
SNACK SHACK MENU

Open every Monday & Wednesday, 12:00 to 1:00 p.m. (effective Nov. 2/11 until June 20/12)

SNACKS

Weekly Snack Shack Special $1.50
Assorted Snack-Sized Crackers, Chips & Cookies $1.00
Assorted Fruit Snacks, Applesauce, granola bars and cereal bars $0.50

DRINKS

Weekly Smoothie Special $2.00
Bottled Water $1.00
Chocolate Milk $1.25
Assorted 100% Juice - $1.50

MECCS TRANSPORTATION & SAFETY

BUS TIMES: Children should be at their stops 3 minutes prior to scheduled pick up. PLEASE be on time!

Richard 780.699.8360 / Nelson 780.699.1137

Edmonton Bus (Edmonton, Enoch, Spruce Grove, Star Lake)
Alberta Beach Bus (Beach Corner, Alberta Beach, Paul Band)
Paul Band Bus (Paul Band)
**Fun ‘D’mental Sun Tips**

Plan to be outside in the early morning or late afternoon.

Stay in the shade and out of the hot sun between 11:00 a.m. and 4:00 p.m.

If you are in the sun between 11:00 a.m. and 4:00 p.m. wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.

Use sunscreen lotion or cream that is SPF 15 or more.

SPF means Sun Protection Factor.

Use a sunscreen that says “broad-spectrum” on the label. It will screen out most of the UVA and UVB rays.

Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.

Don’t forget about putting sunscreen on your lips, ears and nose. These parts of your body burn easily.

Source: Heath Canada


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**Why is vitamin D important?**

Vitamin D deficiency can cause rickets in children, and softening of the bones and osteoporosis (fragile bones) in adults. Vitamin D is also needed by many other parts of the body, including muscles, nerves, skin, glands, and the immune system.

**Why is it called the “sunshine vitamin”?**

Vitamin D is known as the “sunshine vitamin” because our bodies can make vitamin D from the sun. When sunlight hits our skin, the ultra-violet B (UVB) sun rays are used to make vitamin D.

**Can I meet my vitamin D needs from sunlight?**

Sunlight on our skin is a major source of vitamin D; however, it is not possible to safely get all the vitamin D we need from the sun. One reason can be the time of year: during the winter months (October to March) northern parts of the world, such as Alberta, lack the UVB rays needed to make vitamin D.

Be sure to include a variety of vitamin D rich foods, such as milk, and get active outdoors to soak in the “sunshine vitamin” to keep your bones, teeth and bodies active and healthy.


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**Sweet as Sunshine Smoothie**

**Ingredients**

- 2 cups strawberries, fresh or frozen
- 3/4 cup pineapple chunks, fresh or frozen
- 3/4 cup sliced peaches, fresh or frozen
- 3/4 cup sliced fresh pears
- 1 cup low-fat vanilla yogurt
- Grape-Nuts® cereal or blueberries (for garnish)

**Instructions**

- Allow the strawberries to thaw slightly
- Combine all the fruit and blend in a blender or food processor in small batches.
- Add the yogurt to the blended fruit.
- Serve in cups.
- Top with a sprinkle of Grape-Nuts® or a few blueberries.

Smoothies are a great way to increase fruit and dairy intakes. Substitute with any frozen fruit you may have on hand; leftover frozen bananas can be substituted for the pineapple. Smoothies made with frozen fruit may be a little thicker than those made with fresh fruit. If required, thin the mixture by adding some fresh fruit juice. The flavor combinations of smoothies are endless; experiment a little and have fun with your food!

During the month of April, the Warriors Athletics made a new badminton team that consisted of athletes ranging from grade 6-9. The game of Badminton was new to the players and they had the opportunity to learn more about the game and went through regular practices during lunch intramurals and their own gym time. We participated in our first badminton tournament couple of weeks ago that was held in Enoch. Everyone had a lot of fun and gave their best throughout the day. Our athletes competed in both singles and doubles match. Both events came up with great news! Congratulations to Tuskonne for taking 3\(^{rd}\) place in Jr. Girls single while Preston and David came in 3\(^{rd}\) in boy’s doubles. Cyrus came in 5\(^{th}\) in single competition as well. A job well done to the following members of our badminton team:

**Boys – Cyrus, Gabriel, David, Preston, Kayls, Nevin**

**Girls – Jillane, Tuskonne, Hayley, Brielle, Sharnae, Keyanna, Katie**

For the reminding two months of school, students will get the chance to explore playing the sport of softball and preparing for track and field. This year’s All Nation’s Track Meet will be held in Alexis First Nation School on June 5\(^{th}\), 2012.
### MAY

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### JUNE DATES TO REMEMBER

- June 8: All Nations Track & Field
- June 21: National Aboriginal Day
- June 21: Summer Feast
- June 21: Year End Awards Celebration
- June 22: Students Last Day

If you have something you would like to share with our MECCS community, please email: admin@meccs.org