



*L'nu Sipuk Kina'muokuum is a place where we can all embrace our cultural teachings and history by learning about our language, crafts, medicines, spirituality, while incorporating outdoor education and learning from our elders with respect, confidence, pride and humility so that we can be more accepting of all diversities and nations.*

## Principal's Message...

Ms. Kelly Oliver

Me'katu taleyin kiskuk? How are you today? Etujuikus, frog-croaking time, is here. May is here. We can hear the frogs, crickets and the birds and are beginning to enjoy more of the beautiful sun. At LSK our cultural trail is closer to completion and a greenhouse construction began.

At LSK students have been working on our first ever Heritage fair, that will be virtual May 12th. Students are creating presentations on Sipekne'katik. They are speaking to elders and sharing their teachings. We look forward to sharing the knowledge we gathered about the history of our community.

Unfortunately, due to the rise Covid-19 cases in our area, LSK closed on Monday, April 26th and began virtual learning on Tuesday, April 27th until further notice when cases reduced. All students will be evaluated and assessed on their virtual learning and attendance will be taken by the teacher. All students are expected to attend class virtually. Grade P-3 will do at least two hours of online learning each day and 1 hour of suggested independent literacy and math activities. Grades 4-12 will have a full day of learning activities. Mi'kmaq Language, Music, Physical Education, Resource and LLI classes are also being provided virtually daily. Our students are much more comfortable with learning online and using technology as a learning platform.

We understand that these times are challenging for everyone. We understand that you do not have the training or experience of teaching. Our staff are equipped with strategies and trained to support students in their learning journeys. We have the experience and shared knowledge of teaching your children, and many children, with a variety of different needs. We are here to help and support as much as possible. Our Teachers and Educational Assistance are available for questions, supports or a listening ear to help you with any frustrations you may have. We are asking for your help, so together we can support our youth to succeed in their future learning journeys.

This Month's Seven Sacred Teaching is Nsituoqn, Wisdom. Wisdom is to cherish knowledge. The building of a community is entirely dependent on gifts given to each member by the creator and how these gifts are used. The Beaver's example of using his sharp teeth for cutting trees and branches to build his dams and lodges expresses this teaching. If he did not use his teeth, the teeth would continue to grow until they became useless, ultimately making it impossible for him to sustain himself. The same can be said for human beings. One's spirit will grow weak if it is not fulfilling its use. When used properly however, these gifts contribute to the development of a peaceful and healthy community.

Focus on your child's gifts that the creator gave them and make them proud of what they can do. Children's worlds have been flipped upside down, as has yours. Hug them tighter after the tantrum and be sure to take time to thank and forgive yourself. You are doing your best as a parent. Remember to take a deep breath and everyday work toward progress, not perfection. You got this! We are always here to help and support you in any way, even if you just need to vent.

## Upcoming Events for May...

- 12th - Heritage Fair (virtual)
- 24th - Victoria Day (No School)



## Here are some tips to help to create positive learning and to be successful at home:

Always make learning positive and enjoyable - As teachers we use a "sandwich" approach to encourage the development of skills. The sandwich approach is to begin by recognizing something students are doing well, then to provide a suggestion and end with something positive for encouragement to continue. The opportunity to work with your child/ren on learning activities will provide you the chance to strengthen the bond you have with your child/ren. Children will enjoy the extra attention and support you can provide. You are also demonstrating that learning everyday is important for continuous self improvement.

**Set up a learning space** - It can be difficult to work from home. Some ways to help you be successful is to set a dedicated workspace in your home away from distractions. This can be your kitchen table or somewhere else that you feel suits your family best.

**Set a schedule for learning time.** If that schedule does not work, be flexible and change it to best suit you. This could be a scheduled morning time and afternoon time, or all at once. Depending on the age of your child/ren, as a family you can create the scheduled learning together that best works for all. When you are going through big changes, it's helpful to stick to your normal routine. Do your homework every day, get some fresh air and exercise, and have regular mealtimes and bedtimes. These can benefit you and your child/ren.

**Children work well for rewards.** Depending on the age of a student, they may not always see the lifelong benefits of learning new strategies and skills. Create a reward approach that works best for your family. Rewards do not have to be material items or require money. Rewards could be use of technology, having their favourite meal or spending quality time with parents. Together, you could develop a list of rewards they prefer.

**Less is More** - During these difficult times, do not feel that you have to complete all of the suggested learning activities. Each learning activity you attempt is an accomplishment for your child. Teaching your child to positively express their feelings and performing life skills is also an accomplishment to prepare your child for their life journey. Reading, cooking, measuring items around the house, counting, finding patterns, reading a clock, are just some life skills that will prepare your child. All learning activities accomplished will result in less struggles for the next school year.

**Use Siblings to your advantage** - Be honest with your older children. They are a great age to be able to understand others feelings and empathize with them. Say, " I am trying my best, but I'm feeling overwhelmed. I feel you would be great at helping me with \_\_\_\_\_." Asking for older siblings to help with learning will also help them to develop leadership skills. Sometimes a different persons approach can result in more success.



## Grade Eleven...

Mr. Robert Watson

Hello everyone! Well here we are once again getting ready to begin online learning. I understand the frustrations of such a task and admit that I myself do not enjoy teaching in this manner, however at least we have the ability to continue teaching you in your courses. If everyone comes to online classes and does the work, I know we can all complete the year successfully. Don't give up. Don't get frustrated. We are all in this together. Good luck to all in our online learning and may we all be back in the classroom together soon. Stay safe.

## High School Learning Centre...

Mr. Robert MacIntosh

April showers bring May flowers. that bloom in the rain. I'm a poet and I don't know it, I hope I don't blow it. Enough of Bob Dylan and now on with the show. It has been very nice for me to see over the last few months the students showing confidence in coming to the Learning Centre. That confidence is now being felt by the teachers who are embracing the learning Centre and what we can offer by scheduling more students to our daily roster. Once again a big thanks to everyone for showing so much bravery throughout this pandemic.

Peace, Mr. Mac

## Guidance...

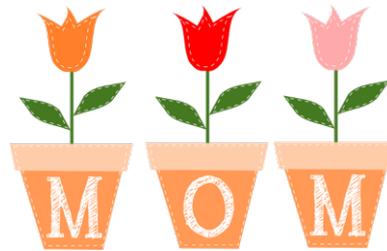
Mr. Bryan Brooks

Hello to all the Staff and Students of LSK!

We are now back to online learning, I have been into various classes already and it is so good to see all the students in their classes working.

I am very proud of our students than take the time to attend the online classes. I hoping we have a bit of time together before the end of the year, it is approaching us very quickly.

Take care and stay home and stay safe.  
From the Learning Center.



## Elementary Learning Centre...

Ms. Joanne Julian

Hello to all the Staff and Students of LSK

We are now back to online learning, I have been into various classes already and it is so good to see all the students in their classes working. I am very proud of our students than take the time to attend the online classes.

I hoping we have a bit of time together before the end of the year, it is approaching us very quickly.

Take care and stay home and stay safe.  
From the Learning Center.

## Library...

Mrs. Sharon Culbertson

It is hard to believe that April is over and unfortunately we are back to online learning. This is the best for everyone, staff and students alike. We all need to stay safe and with this Covid reset, this will be the best way to keep our community safe!!

The Library has been very quiet lately due to the fact that I still have to follow the Covid safety protocols. Our library sessions are very short and I am very proud of our students for adapting in these stressful times. They do no need to be reminded to wear their masks, sanitize their hands or place their returned books to the quarantine area. I have discovered that they are very happy to be able to choose their own books. My plans for the month of May is to divide the larger classes in half so that they can spend time choosing their own books.

Last month we celebrated Earth Day (April 22nd) and it was so nice to see many of our female teachers wearing the ribbon skirts that they made during our PD day last month. I can't wait until I have an opportunity to create my own ribbon skirt!!

Finally, welcome back to Ms. Amy. We are glad that you are well enough to resume your role as vice principal. I want to extend my gratitude and appreciation to the staff, students, and community members who supported me while I filled in. It has been quite the learning experience, and I truly am honoured.

Wela'liq!!

## Music IS Literacy

- **Children who can keep the beat have improved fluency in language**  
Read more here: <https://news.northwestern.edu/stories/2013/09/the-importance-of-keeping-the-beat/>
- **Reading a text more than once is a proven strategy to improve reading fluency - what better way than to learn a song?**  
Read more here: [https://digitalcommons.wku.edu/cgi/viewcontent.cgi?article=1656&context=stu\\_hon\\_theses](https://digitalcommons.wku.edu/cgi/viewcontent.cgi?article=1656&context=stu_hon_theses)
- **In music, children practice discrimination between pitches, types of voices, inflections, high/low, loud/quiet**  
Discriminating between similar auditory elements is **essential** for effective communication  
Read more here: <https://www.luther.edu/oneota-reading-journal/archive/2012/learning-literacy-through-music/>
- **Decoding symbols, letters, words, and sentences, visual focus, and visual memory are part of music and literacy**  
(Hansen et al., 2004) Read the book: **The Music and Literacy Connection** By Dee Hansen, Elaine Bernstorf, Gayle M. Stuber
- **Choral reading, repeated reading, echo reading and song reading are strategies to develop prosody. Learning songs improves fluency in language!!!**  
Prosody is the third core element of fluency. It is defined as reading with expression  
[https://www.ecu.edu.au/\\_data/assets/pdf\\_file/0005/663701/SA-DECS-Fluency-doc.pdf](https://www.ecu.edu.au/_data/assets/pdf_file/0005/663701/SA-DECS-Fluency-doc.pdf)
- **Fingerplays, chants and action songs are important tools to help children develop fluency and rhythm in language. Children learn new vocabulary, comprehension and fine motor skills as they show with their hands what the words mean.**
- **Songs teach many concepts: alphabet, counting, cultures, basic skills, and more!**

## Elementary Mi'kmaw...

Miss Elle Michael

Kwe'! Mise'l here and I have been working with K4 to grade 4 in Mi'kmaq Language. Practicing our Honor Song daily and even making up our own song. The Grade One's have created a song, including Sign Language for the animals named within it.

As we have moved to online learning, I am finding a lot of joy seeing my students in their home environments. We will be focusing on growing our Mi'kmaq vocabulary with such items as: Locations, Household Articles, Animals, Weather, Food, Elements and Parts of Our Bodies.

I will continue to Smudge for all of us at LSK and our community of Sipekne'katik. We are an amazing group of humans who care for everyone. Let's continue to do our part, wearing our masks, washing our hands, and socially distancing!

Wela'lin aqq Kesalul

Miss Elle, Mise'l (They/Them)

## Grade Seven...

Ms. Erika Hilchey

Hi everyone!

Well it looks like we have transitioned to virtual learning for the next little bit. I'm hoping that by viewing videos, having class discussions and using the features of Google for Education, we can make the lessons interactive and interesting. The schedule is basically the same every day, so hopefully students will be quick to pick up on assignments and be present in class. I am including the schedule so that everyone has access to it.

Grade 7's are working on a Nelson Unit in English with a focus on Fears and Phobias. We are reading short stories, poems and information texts and jumping into finding descriptive words and how to engage a reader. In Science Grade 7s are continuing to work on Forces and Structures and Grade 8's are working on Hydraulics and Pneumatics. Hopefully we can use videos and demonstrations to help understand the concepts. Finally, in Grade 7 Health we are looking at addictions to drugs and alcohol.

If anyone has any questions please reach out. I'm always available to help navigate online learning and will do my best to make the transition as easy as possible.

Wela'lin  
Ms. Hilchey

## Schedule for Grades 7-9

### Grades 7-9

One google link for each class (repeating each day) and teachers move from class to class

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	7 Math 8 Mi'kmaq 9 English				
10:00	7 English 8 English 9 Math				
11:00	7 Health/Gym 8 Math 9 Health				
1:00	7 Sci 8 SS 9 Mi'kmaq	7 SS 8 Sci 9 Mi'kmaq	7 Sci 8 SS 9 Mi'kmaq	7 SS 8 Sci 9 Mi'kmaq	7 Sci 8 SS 9 Mi'kmaq
2:00	7 Mi'kmaq 8 Health/Gym 9 Citizenship				

	Monday	Tuesday	Wednesday	Thursday	Friday
ELA	9:00 am – 10:00 am	9:00 am – 10:00 am	9:00 am – 10:00 am	9:00 am – 9:50 am	9:00 am – 10:00 am
Music	10:00 am – 10:20 am				10:00 am – 10:20 am
Math				9:50 am – 10:20 am	
Mi'kmaq	10:25 am – 10:45 am			10:20 am – 10:40 am	
Math	10:45 am – 11:00 am	10:00 am – 10:40 am	10:00 am – 10:40 am		10:20 am – 11:00 am
Integrated Explorations		10:40 am – 11:00 am	10:40 am – 11:00 am		
Gym				10:45 am – 11:00 am	
Mi'kmaq		11:00 am - 11:20 am			

## Grade Two...

Mr. Tyler Schussler

Here we go again, back to online learning but before we get to that let's talk about the month of April. The grade 2's had a great month of April. The month started off with Easter, where students enjoyed an Easter themed art project. Students were asked to draw a bunny and then decorate the background with symbols and colours associated with Easter. Earth day also fell in the month of April, which inspired students to write our planet a letter sharing things they were thankful for and ways they could help protect Earth from the harms of pollution. In ELA, we finished our unit on working with non-fictional text. In math, students continued to enhance their mathematical skills using strategies such as borrowing and carrying over to solve more difficult addition and subtraction problems. In social studies, students learned the difference between a producer and consumer and that some are involved in goods and services. They also examined how consumer's make decisions through comparing needs and wants. April was a great month for the grade 2's but unfortunately we've had to make the transition back to online learning.

The students are so resilient at LSK, they've once again had to make the transition to at home learning. They are becoming pros at it because this transition has been the smoothest in my opinion. As we make our move back to online learning students will be starting their poetry unit during our morning literacy block. In math, students began to explore measurement as they've used non-standard units to measure a variety of items in and around their homes. It's unfortunate but the move back to online learning was made to keep everyone's safety in mind and I know in grade 2, the students will be happy to continue their learning journey even through a screen on a computer.

## Grade Four...

Ms. Tabettha Stephens

Kwe,

May or May not!

We are back to online learning for two weeks. We May or may not be online all of May! However, we are strong and resilient and we will get through this because we are in this together.

For Mother Earth Day, we made seed bombs and bird feeders. We finally had the chance to check out our newly built walking trail behind our school. It's a really nice trail. We picked up trash that was left behind and talked about the importance of respecting Mother Earth. We put up our bird feeders and threw our seed bombs around the school. We sure hope to see beautiful wild flowers growing soon!

Our class plants are taking off. We are hoping we can plant them in our garden soon as it is safe to do so!

We would like to wish our Mothers a very Happy Mother's Day on May 9th. Kiju' Na'kwekm!

Wela'in,



## Vice Principal...

Ms. Amy Maloney

Hi everyone!

Welcome to Spring, I am just reaching out and letting everyone know that I have now returned to work. I will be in the online classes dropping in during the day. If anyone needs me just give me a text 902-751-2977.

I have faith in the strength of the our school community and that we will all make it thru this online work together. I want to take this moment to thank everyone for the extra help everyone has been putting in to keep the success of our school year while I was out. I missed you all. Hope to see everyone soon . Ms. Amy

Ms. Stephens



## LLI...

Ms. Angela Maloney

THE more THAT you  
Read,  
THE more THINGS THAT  
You'll Know.

THE more THAT you  
Learn,  
THE more PLACES  
You'll Go!

-Dr. Seuss

## Elementary Resource...

Ms. Leslie Paul

Kwe'/Hi

We are teaching online again! I am enjoying seeing students for their lessons online; however, I am looking forward to returning to school and seeing each other again in person. I hope everyone enjoys the month of May and has Happy Mother's Day. Hopefully, we will all get to enjoy some warm spring weather soon! Please stay safe, wash your hands and enjoy some fun educational activities at this time with your family.

"There are many little ways to enlarge your child's world. Love of books is the best of all."

– Jacqueline Kennedy Onassis

If you have any questions or concerns pertaining to elementary resource support, please feel free to e-mail me at [lesliepaul@sipeknekatik.ca](mailto:lesliepaul@sipeknekatik.ca)

Wela'lin/Thank you,  
Ms. Leslie Paul

## Mi'kmaq 5-9...

Mr. Greg Marr

No Submission Available

## Grade Primary...

Mrs. Sheri Brooks

The primary class was very excited for spring and nicer weather to finally arrive! With the nice weather came some fun outdoor activities such as prepping the garden boxes for planting and spending more time outdoors. The garden boxes were just getting cleaned out by the students when we switched to online learning. If anyone becomes bored and would like to spend some time outdoors, you're more than welcome to pull some weeds from the garden boxes in front of LSK! Thanks in advance! Hopefully, we're back sooner than later so we can start some planting before schools out for summer vacation!

The students were excited to see each other online. We are very thankful that we have the opportunity to spend time with each other daily, it's not only good for learning but for our social and mental health as well. I would like to thank all the families who help our students to log in each day, and encourage them to stay attentive and engaged! It is definitely a whole group effort! I hope everyone gets to enjoy the beautiful weather, sunny days, and please stay safe!

Mrs. Brooks & Mrs. Levi

## Grade One...

Ms. Leanne Foster

Well here we are online learning again. This pandemic has been a bumpy road. Safety is our top priority but so is doing our best to educate the students in the ways open to us. Online teaching is so different than classroom teaching but we are blessed to have a venue we can maintain a connection with staff and students and students with each other. I continue to look for new and interesting ways to present material online. Daily work assignments are posted in a single daily assignment on Seesaw. Seesaw is a great way for kids to be able to complete work and get feedback. I hope our numbers go back down and it becomes safe again to be in school until then I will see you online.

## Grade Five...

Mrs. Rae Williams

Kwe'

Heading into May is a very uncertain time for us all. The students have started the month off working online. We have started reading the novel Holes in Language Arts and are continuing to work on single- and double-digit multiplication. All of the students have worked hard on writing their own short stories with great detail. I look forward to reading them once they have all completed writing. We have planted many different plants in the classroom which we will hopefully be able to plant in the garden when we return to school.

We hope that everyone is staying safe and healthy. We look forward to seeing the students in person once things settle down again. We want to wish all of the Mothers a Happy Mother's Day!!!

Wela'lin,  
Ms. Rae and Ms. Leslie

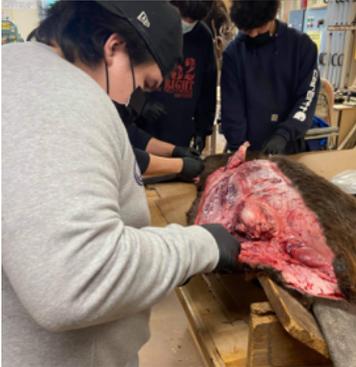
## Grade Ten...

Ms. Carol Howe

The students of Mi'kmaq Studies 11, had participated in a few days workshop at school. They learned the process involved from: Removing the flesh, soaking in solution, scraping off the membrane and wring out the moisture, to setting them to dry. They skinned beaver, coyote, and muskrat. As a group we also ate one of the beavers as an offering and feast when we completed the process, most students and other students of the school had an opportunity to taste beaver for the very first time.



Ms. C.Howe



## Grade Three...

Ms. Ambrah MacNeil

Well, here we are folks! Back to virtual learning. I must say I am very pleased with the turnouts at class and the participation. Seesaw is our main platform for doing work and submitting it for evaluation. All login info for seesaw and our other apps have been emailed to both grown ups and students. If you need help at any time, please let me know, I am always happy to help!

During these hard times, it's important for our kids to have consistency especially when it comes to their education. What is also important is getting outside when we can, having open conversations about how we are feeling and doing things that bring us joy. I give a huge shout out to parents and guardians at home helping their kids get work done and logged in each day. I cannot even express how much I appreciate you and your efforts. If I had trophies I would do contactless delivery to each and every one of you.

Again, if you need any support at all, reach out to me. We are all in this together!

Over and Out!

## Physical Education...

Mr. Gordon Pictou

No Submission Available

## Grade Eight...

Ms. Meredith Conrad

No Submission Available

## Grade Nine...

Mr. Steve DeLisle

No Submission Available



*Ribbon skirts to honour Earth Day!*

## Grade Twelve...

Mrs. Nikki Maloney

It is hard to believe the semester is well over half way done. In class, the Grade Eleven students are working on their Social Justice Units and are currently completing a Novel Study on Systemic Racism. In Grade Ten, we are working on our Drama Unit. From there we will finish up with Poetry, Media Text and Persuasive Writing Units to bring the end of year to a close.

We have transitioned to online, but that does not change the expectations for students or responsibility. Every day we complete outcomes virtually, to ensure they cover the ELA Provincial Outcomes. Please ensure your student is able to attend class and takes responsibility to make up missed classes and work. Virtual schooling is a great tool to prepare students to be adult independent learners. In High School this is the next stage so trying your best in virtual school will help prepare for your life transitions to College or University.

Stay safe, and take care. We will meet again in person soon!

## May Birthday Greetings...

01 - Mrs. Anita Paul

03 - Cody Paul (K4)

03 - Cassidy Augustine (12)

06 - Mrs. Sheri Brooks

07 - Gregory Marr (K4)

11 - Jayden Adams (4)

21 - Lathias Howe (10)

21 - Mrs. Heather McDonald

23 - Keiran Syliboy (1)

27 - Mrs. Sharon Culbertson



*MK Science Fair Winners!!*

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