



"LEST WE FORGET"

Vice Principal...

by Mr. Greg Marr

Now that we are going into November, please keep in mind that the weather is changing and the days are getting colder; the snow will soon be here. Teachers, please remind students to dress appropriately for the weather. I urge teachers and EAs to continue utilizing outdoor teachings.

Recently, we sent home documentation regarding the resurgence of covid-19 in our community. If your child is not feeling well or showing signs and symptoms of Covid-19, please take the time to test them. Here at the school, we encourage the wearing of masks and use of hand sanitizer on a daily basis.

November is the frost month. In Mi'kmaw we say, Keptekewiku's. We also take the time to celebrate and honour our Veterans for Remembrance Day. Here is the

poem, Poppy, Poppy. This poem is usually taught to Junior High Mi'kmaw students and it is recited during our Remembrance Day ceremony at LSK.

Poppy, Poppy

Poppy, what do you say?
Wasuekji'j, koqwey talimiek?

Wear me on Remembrance Day
Naskuwitesk Mikwitetimkewey
Nakwek

Poppy, what do you tell me?
Waseukji'j, koqwey telimn?

Many soldiers in battle fell
Pukwelk smaknisk matntultimk
neputipnik

Poppy, what shall you teach us?
Wasuekji'j, koqwey kekinamuiiek?

That peace on earth should grow
Na wantaqo'ti uksitqamuk
nikwetew.

LSK NEWSLETTER

Keptekewiku's 2022

RIVER FREEZING MOON

Upcoming Events...

- 1st - Professional Development Day
(No School)
- 4th - Midterms (9-12)
- 10th - Term 1 Ends (P-8)
- 11th - Remembrance Day (No School)
- 14th - Assessment and Evaluations Day (No School)
- 25th - Parent/Teacher Conferences



Physical Education...

by Ms. Lise Charbonneau

We had a successful Terry Fox run last month. Hurricane Fiona and heavy rain led to it being postponed twice but the third time's the charm. It was a beautiful day and the school community raised over \$100!

Grades P-2 have been enjoying setting up obstacle courses and working on balance, movement, and using the space around themselves. We will continue to work on that in the month of November.

Grades 3-6 will be working on throwing and catching and we will begin paddle skills.

Grades 7-9 will also be working on paddle skills, using our pickleball equipment to explore forehand, backhand, and rebounding balls.

The weather tends to be a mixed bag in November but, as always, we will aim to get outside as much as we can.

Library...

by Sharon Culbertson

I hope that everyone enjoyed their Thanksgiving and Halloween last month. October was very challenging for staff and students. The cold and flu season hit many in the school community very hard, including myself, but I am glad that I am over the worst of it. Now we just have to contend with another round of Covid. I hope that everyone is doing the best they can to stay safe and healthy. Please don't be afraid to wear a mask if you are ill or around someone who is ill. Do whatever it takes to make you comfortable. That is what I am doing... and I am continuing to wash/sanitize my hands on a regular basis. I am doing everything I can to make sure our students and my coworkers are safe.

November seems very quiet with regards to in-services and professional development days. Hopefully, the students can get back on track with their learning.

We do have Remembrance Day this month. It is a day to remember and celebrate all the men and women who served our country in order to ensure that our liberties are preserved. I am personally grateful to our brave soldiers for ensuring that my freedoms have been preserved. Wela'lioq Sma'knis.

In closing, next month is December and I can't wait. I love Christmas! Our Scholastic Book Fair is scheduled for December 5th to 9th, 2022. As always, we will have a DEBIT machine available and we will be open until 4pm or 5pm. This is dependent on staffing availability. Please remember to wear a mask if you are ill and to please sanitize your hands. Additional information will follow in due course.

Grade Seven...

by Erika Hilchey

K'we

Wow! November already. Grade 7-9's are continuing their Novel Studies in English Class. We are also continuing to build our persuasive skills while writing letters or in the case of grade 9's, Rants! The grade 9 students will produce some great videos that express their feelings about a certain topic. Look for them on our school webpage.

Wela'lin
Erika Hilchey

Birthdays...

02 - Aleah Francis (8)	20 - Martial Thiebaux (4)
02 - Madius Julian (5)	22 - Roland Marr (5)
04 - Xavier Maloney (5)	22 - Zailyn Sack (5)
07 - Lyra McDonald (K4)	20 - Riley (Marley) Brooks-Paul (6)
09 - Ava Robinson (2)	24 - Arellaina Augustine (20)
13 - Stephanie McDonald-Nevin (7)	24 - Sicily Michael (2)
15 - Hazel Michael (K4)	25 - Oliver Louis Sack (5)
16 - Cruz Julian (8)	26 - James Hennessey
18 - Sophia Paul (K4)	26 - Penelope Nevin (1)
19 - Lance Bernard (5)	28 - Jolie Marshall (3)
20 - Milani Cook (Primary)	30 - Kohl Brooks (4)

HAPPY BIRTHDAY TO EVERYONE!!

Music...

by Bev Cheverie

TED Talk: <https://www.youtube.com/watch?v=R0JKCYZ8hng>

How playing an instrument benefits your brain:

<https://mail.google.com/mail/u/o/#label/Newsletter+Submissions/FMfcgzGgRGXfCgZxqtQNTKCVgnFwFXNt?projector=1>

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
- **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/omeota-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
- **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!**

HS Learning Centre...

by Robert MacIntosh

Boo! Happy Halloween! Well, it's hard to believe another month has come and gone, considering the fact there have been a couple of lost days this month. Students were very productive. They finished a project about *Dark Tourism* as well as their first Business Plan. Students also learned more about the Eight Sectors of Tourism which is the defining theme of the course.

Well, that's it for me.

Cheers
Mr. Mac

Grade Eight...

by Kelly Oliver

It's November! We are well into the school year.

The Grade 7's are analyzing ecosystems and analyzing the ecosystems in our community for Environmental Change.

Grade 8 students are examining their carbon footprint and creating a climate change plan for their communities, including creating cartesian plastic (plastic made from milk). Grade 9 students will be beginning a new unit, Physical & Chemical changes. After we analyze the cost of food, we will be cooking a healthy meal on a budget with the grade sevens.

The Grade sixes did a great job working hard on their provincial assessments. We are practicing our multiplication skills through games and solving problems through patterns and graphing.

Next month is December when we can excitingly prepare for the holidays.



Grade Two...

by Tyler Schussler

Time is absolutely flying; I can't believe that we're going to be entering the month of November already. During the month of October our class explored and studied a number of different educational avenues. In art, students got creative as they created scary paper monsters to get everyone in the Halloween mood. In math we focused on skip counting and patterning.

Students enjoyed getting outside and using natural materials to create their repeated patterns. In social studies we examined communities. We compared a variety of communities that included rural and urban communities, the services within those communities and how they change overtime. Our class also focused on Treaty education. We discussed what treaties are and why they're important, highlighting the importance of taking care of people. October was filled with so many positive educational moments and I know they'll be more to come in November.

As we move into November our class will continue the momentum we've created in October. In math our class will be expanding our sense of numbers as we compare, organize and break down numbers using multiple strategies. In science our class will be investigating the relationship between air and water in the environment. It's been a long time since we could commemorate Remembrance Day in the gym as a whole group but this year with limited Covid restrictions we should be able too. October was a great month and I'm looking forward to the upcoming month of November.

Grade Nine...

by Steve DeLisle

This month the grade seven students are working on adding & subtracting decimals, the grade eight students will be multiplying and dividing fractions, and the grade nine students are learning how to perform various operations with rational numbers.

Elementary Resource...

by Leslie Paul

This Kwe'/Hi

In October I have participated in some program planning meetings to support our students and their needs. I administered the Primary TOPEL assessment for MFI and some other individual assessments for math and reading. I am hoping November will be a busy month with the regular resource schedule up and running. There are many students requiring resource support for their reading skills. I hope everyone enjoys the crisp fall days of November.

If you have any questions or concerns pertaining to the program planning process or elementary resource, please feel free to contact me at the school.

Wela'lin/Thank you, Ms. Leslie Paul

Elementary Learning Centre...

by Kyle Busche

This November we will be very busy in the Learning Center. We will be completing some wreath art for the Remembrance Day ceremony. Next, we will be doing some outdoor activities and a nature project this month as well. Finally, we'll be looking at the seasons and types of weather during the seasons.



Technical Education...

by Glenn Nightingale

Tech Ed/ Skilled Trades

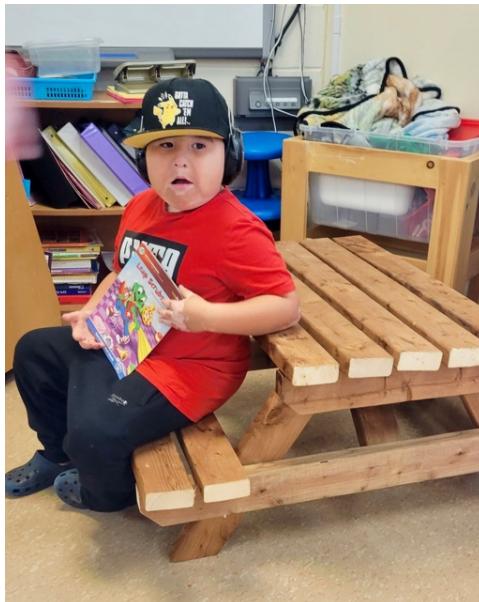
It has been a productive fall season with students working on a number of projects. High school students have completed a small shed, which will be used to hold targets for the school's new archery program. Recently students have been building small and large picnic tables, some of which were donated, including one that went to the Learning Centre.

In the Tech Ed room we continue to work towards promoting Netukulimk, and as part of this initiative we are making kindling. This means that wood that would have gone into the garbage can now be a source of warmth and comfort. The junior high students built boxes for the kindling, which are made the same size as a washer toss box, so that the box can also be repurposed.

Junior high students have also been hard at work learning about engineering and design. Using the principles, they have learned, they have designed and tested rockets, catapults, and a system to prevent a dropped egg from breaking. Each project provides a chance for students to learn, fail and grow. It has been a privilege to watch both junior high and high school students improve and to see their amazing work.



Recycled Shed & Madius holding wood box with kindling.



Darren "Checks" sitting on the new mini picnic table made by high school students.



Older elementary students have a new picnic table, too.

Jr. High Mi'kmaq...

by Raylene Denny

Kwe' Msit!

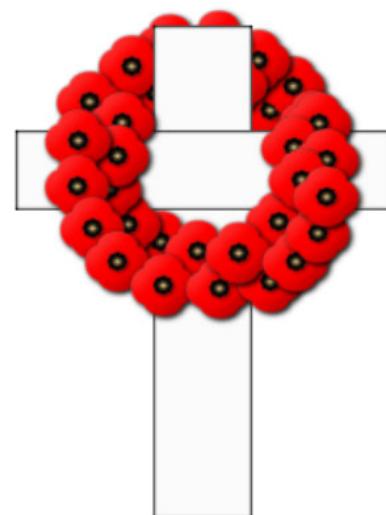
Keptekewiku's (November), is a time when our rivers begin to freeze and the hibernating animals go to sleep.

Keptekewiku's is also a very busy month in Mi'kmaq class, as students are working on a few projects to honour our veterans (Sma'knis). Students are working extra hard on completing their beaded poppies (Mekwe'k wasuek), to showcase their

works and to also show respect to our Mi'kmaq Sma'knis. Along with our language component, we are learning the poem Poppy, Poppy in Mi'kmaq. I will leave you with some Mi'kmaq words related to Veterans Day:

1. Sma'knis – veteran
2. Melkita't – brave
3. Na telimtma't – this is how he marches
4. Pusu'lewit – he shakes your hand
5. Wela'liek – thank you
6. Mekwe'k wasuek – poppy
7. Wantaqo'ti – peace

Nulmultes Ap!
Mrs. Raye



Grade Four...

by Tabetha Stephens

Kwe from Grade 4

How is it that it's November already? That also means Christmas break is just around the corner. The Grade 4's had a great first field trip to the Riverbreeze Pumpkin Patch in Truro. We were surprised to find out that they had three live Kangaroos on site. We learned about many cool characteristics and adaptations about kangaroos. One example of that, Kangaroos can pause their pregnancy. That's right, female kangaroos can suspend the development of their joeys in a process called embryonic diapause. This allows her to give birth when conditions are right, or wait to give birth until another joey has left her pouch. It's always a good time at River Breeze, much thanks to the organizers. This has fueled our interest to learn about other animals that can embryonic diapause?

The grade 4's has been enjoying Sea to School. Sea to School is a program that SuperNova at Dalhousie University offers schools in Nova Scotia virtually for free. The lesson plans are connected to NS Specific Curriculum Outcomes and the NS Treaty Education Framework. This program runs for 14 weeks and focuses on ocean literacy. It aims to integrate ocean concepts throughout the curriculum and include extensions to science, language arts and mathematics. The curriculum covers a wide-range of topics using the ocean as the core learning-piece and include virtual dissections, building their own games, designing a water filter from natural wetland and more!

In November, we will be learning about the Mi'kmaq veterans and their many services to Canada. National Aboriginal Veterans Day is on November 8th. This day is a day to commemorate the contributions of Indigenous veterans who fought shoulder to shoulder with Canadians in WWI, WWII, and the Korean War. Indigenous veterans had to overcome many obstacles to serve Canada in these wars including adjusting to new cultures and learning to speak English in many cases. We will acknowledge and remember our brave Sma'knisk (Warriors/Soldiers) who have fought for the freedom we have today. We will always be thankful for their services. Our class will be participating in the annual Remembrance Day Poster Contest. Please share stories of your Veterans in your family with your child/children.

Happy Birthday wishes go out to Martial on November, 20th and to Kohl on November, 30th. Happy Birthday guys, we hope you enjoy your special day!



Magit faceless dolls created with the guidance from the Millbrook Family Healing Center.



Sacred Teaching "Courage" paintings.

Counselor's Corner

Staff Appreciation Day

I first want to acknowledge and thank all the people who put together the Staff Appreciation Day on October 14th. It was nice to get out and meet and spend time with our colleagues, enjoy a meal and win some amazing prizes.

Halloween Fun

I hope everyone had a grand old time during Halloween and had lots of goodies. This time of year, is so much fun for both children and their families.

International Kindness Day

November 13th is International Kindness Day. Please ensure that you all practice kindness both in the home, school and the wider community. Spread Kindness by:

- Giving compliments
- Giving extra hugs
- Smiling more
- Doing something extra special for others, especially for your elders, family and friends

Bullying Presentation in Grade Three

Ms. Foster's grade three class as well as Ms. Stephen's grade fours were fortunate to have a bullying presentation by the one and only Ms. Lucas. (Moi) They learned

- what the four types of bullying are; verbal, physical, cyberbullying and social
- what bullying looks and feels like
- who they can go to if bullying happens to them or others?

They were then given the opportunity to have a sharing circle using the talking stick, have a story and poem about bullying read to them, do a group lift activity and also a fun activity with balloons.

So much fun was had by all, but I think Ms. Foster and Ms. Stephen had the most fun!!!!!!

Canadian Armed Forces Recruiting Representative

The grade eleven and twelves were given a presentation by the recruiting members of the Canadian Armed Forces. They learned about the different careers available in the forces, requirements needed to join, paid career opportunities, and the training requirements. A great way to learn about so many wonderful jobs for the future.

Why it is important to provide a sleep routine

- Getting enough sleep is critical for a child to be successful in school. Children who do not get enough sleep have difficulty concentrating and learning as well as they can.
- Set a consistent bedtime for your child and stick with it every night. Having a bedtime routine that is consistent will help your child settle down and fall asleep. Components of a calming pre-bedtime routine may involve a bath/shower, reading with them, and tucking them in and saying good-night to them.
- Have your child turn off electronic devices well before bedtime.
- Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.
- Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness. The optimal amount of sleep for most younger children is 10-12 hours per night and for adolescents (13-18 year of age) is in the range of 8-10 hours per night.

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Nee>

HALLOWEEN - "Trunk -or Treating"



Happy Haunting!