



AHCAHK SPIRIT BEAR MUSKWA

KAPAWE'NO FIRST NATION LIFE LONG LEARNING

NOVEMBER 1, 2023 ISSUE

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Kapaweno First Nation School

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Megan Pfefferle Striding Forward with the Sunrise Song at Kapawe'no Nêhiyawak School

Kapawe'no First Nation - With the early morning Nêhiyawêwin session virtually conducted in the studio at Kapawe'no Nêhiyawak School, a cherished melody gracefully unfolds through the hallways. Following the performance by the Muskwak Juniors under the guidance of Mr. Cory Cardinal Jr, the 'Waniska' (Sunrise Song) led by Megan Pfefferle, accompanied by the rhythmic beats from Ms. Sam Tomkins' Grade 5/6 class, invites a serene ambiance that blends seamlessly with the morning's session.

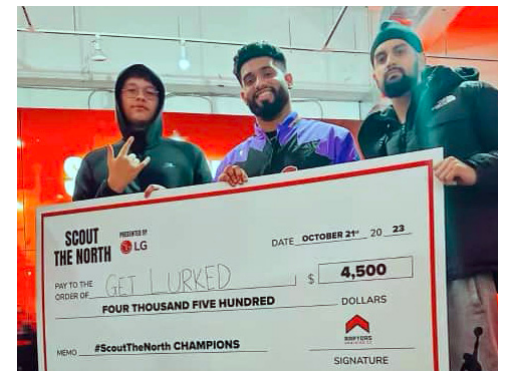
The lyrics of 'Waniska' – "Waniska Petapan oma" (Wake up! The sun is coming), "Asay piyesisak ki-nikamowak" (The birds are already singing), "Pe-miyonakwan kitaskinaw" (How beautiful this land of ours is) – carry a profound essence of Nêhiyawak heritage.

more on page 2

Marquise Alexander Leads Kapawe'no Nêhiyawak School to Raptors E-Sports Victory in Canada

Kapawe'no First Nation - Marquise Alexander, a student at Kapaweno Nêhiyawak School / Buffalo Bay Academy has led his team to victory in the Canadian Raptors e-sports championship. His skills in the E-Sports NBA video game tournament captured national attention and brought pride to the school.

With their win, Marquise and his team have now earned a spot in the United States championship. This next level of competition presents an opportunity for the young athletes to showcase their talents on an international stage.



HALLOWEEN CELEBRATIONS!

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Kapawe'no First Nation and First Nation Collegiate Music Academy Proudly Announces Special Performance by Ashley Ghostkeeper

Kapawe'no First Nation — The Kapawe'no Nēhiyawak School and First Nation Collegiate Music Academy is thrilled to announce that we have secured an exclusive performance by Ashley Ghostkeeper, a prominent Nēhiyawak (Cree) country singer-songwriter. The event will take place in the school gym on Thursday, October 25, 2023 from 1pm to 2pm.



Ashley Ghostkeeper hails from Calgary and is currently on tour. What makes this event exceptionally special is her ancestral connections to Grouard. This gathering promises not just to be an artistic showcase, but a celebration of our shared Nēhiyawak way of life.

This is an opportunity to experience an authentic voice in country music, one deeply rooted in Nēhiyawak traditions and

storytelling. We hope to see you all there, ready to enjoy an hour of compelling music and community togetherness.



FOR A DEEPER LOOK INTO HER JOURNEY AND MUSICAL INFLUENCES, HER APTN INTERVIEW CAN BE VIEWED

TO GET A GLIMPSE OF ASHLEY'S CAPTIVATING ARTISTRY, WE ENCOURAGE STUDENTS, STAFF, AND PARENTS TO WATCH HER TRACK



Megan Pfefferle Striding Forward with the Sunrise Song... from page 1



SCAN THIS CODE TO WATCH THE VIDEO AT THE KAPAWE'NO NĒHIYAWAK SCHOOL OFFICIAL FACEBOOK PAGE

Megan Pfefferle is championing the integration of the 7 Grandmother and Grandfather Teachings into the curriculum, underscoring the need for students to deeply connect with and embody Nēhiyawak traditions and virtues. Her efforts emphasize the importance of learning and living the ancestral way.

Through each note, Megan strides forward a sense of belonging and identity among the young minds, nurturing a bond with a legacy stretching through time. Her voice, rich with ancestral whispers, fosters an environment where tradition flourishes amidst the modern educational ethos. Megan's diligence and respect for cultural protocols have propelled her into a significant role within the school. Her rendition of 'Waniska' has enriched the school's daily routine, sowing seeds of cultural appreciation and understanding among her peers. The morning chant, under Megan's gentle lead, has become a symbolic journey, reaffirming a connection to ancestral roots and instilling a profound sense of Nation and Nehiyawak way of

life. Each morning, as the first notes of 'Waniska' resonate through the school, there's an unspoken acknowledgment of the Nehiyawak way of life that binds each individual to a larger narrative. Megan Pfefferle, through her singing and drumming, has emerged as a symbol of cultural continuity and understanding. Her leadership in this tradition underscores the vibrant cultural ethos that forms the cornerstone of the educational experience at Kapawe'no Nēhiyawak School.

Through her, the Sunrise Song lives, breathes, and continues to inspire a bond with an enduring Nehiyawak way of life that promises to blossom with each passing day.



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LAWF Class Takes Advantage of Last Warm Day with Canoeing

Kapawe'no First Nation - Last Thursday, students in Mr. Mack's Land, Air, Water, and Fire (LAWF) class took to the waters for the final canoeing lesson of the year. Enjoying a warm 17°C day, the class couldn't have asked for better conditions. The outing served as a practical session for students to apply their water safety knowledge, allowing them to navigate the calm waters with confidence like a Muskwa.

The outing was particularly memorable as it turned out to be the last opportunity of the year for such an activity. Merely three days after the class's day out, the very channel they canoed in froze over, ground covered in snow, a reminder of how quickly seasons can change. The swift transition from open water to a frozen channel emphasized the importance of opportunities to engage with the natural world while conditions allow.

The change in weather and subsequent shift in focus offer a tangible way for students to appreciate the cyclical nature of the environment. As they say farewell to canoeing



The LAWF class continues to provide a hands-on life long learning experience that bridges the gap between the classroom and teachings on Mother Earth.



and prepare for winter survival skills, the LAWF class continues to provide a hands-on life long learning experience that bridges the gap between the classroom and teachings on Mother Earth.

With winter arriving, the LAWF curriculum is now shifting to skills more suited for the colder months. Fire-making is next on the agenda, a skill essential for both survival and understanding the transformative power of one of nature's fundamental elements. Students will also learn the importance of proper winter attire, focusing on layering and material selection to retain heat and stay dry.



KAPAWE'NO NÊHIYAWAK SCHOOL



MUSIC

A C A D E M Y

Come out, enjoy and learn to play!



MR FRED MACK
MUSIC TEACHER



AFTER SCHOOL MUSIC PROGRAM OPEN TO STUDENTS AROUND THE AREA
MONDAYS AT THE MUSIC ROOM @ 3:30PM



Harmonizing Tradition and Future: How Kapawe'no Nehiyawak School Music Academy's Tansi Song Paves the Way for Nĕhiyawak Storytelling

Kapawe'no First Nation - The Kapawe'no Nehiyawak School Music Academy is combining today's education with the sounds of music. One of its latest achievements has been the introduction of the Tansi song in Nĕhiyawĕwin, a Grade 2/3 performance led by Mr. Fred Mack.

The Tansi song focuses on greetings and basic interactions in the Nĕhiyawĕwin language. "Tansi kiya - how are you?" or "Namoya Nantow - I am fine" aren't mere phrases; they are the opening lines to countless stories waiting to be told. They are the starting point for dialogue, for sharing, and for Nation-building.

The genius of incorporating the Tansi song into the school's curriculum lies in its dual role: It serves as both an introduction to the language and an entryway into the deeper, rich tradition of Nĕhiyawak storytelling. Students learn not just how to greet, but why these greetings are significant. Every "Api - sit down" is an invitation to share and listen, to begin the essential steps of storytelling that



has been the backbone of Nĕhiyawak way of life.

As the Music Academy moves forward, the Tansi song becomes more than a foundational step; it serves as a blueprint. Plans are already underway to integrate more original Nĕhiyawak compositions, each embedding key narratives and teachings. These songs, like the Tansi song, will be the initial greetings in an ongoing conversation between the past,

the present, and the future.

In doing so, Kapawe'no Nehiyawak School Music Academy is igniting a continuum of storytelling, ensuring that the next generation is fluent not just in the Nĕhiyawĕwin language but in the rich stride of stories that language can tell. The Tansi song is our greeting to the world, an opening note in a symphony of stories yet to be told by our children at our school.

Kapawe'no Nehiyawak Kiskinahamĕtowikamik *Tansi - hello song - Our Grade 2/3's amazing Kinanaskomin to our First Nation Collegiate Music Academy.*

Tansi - hello
Tansi kiya - how are you
Namoya Nantow - I am fine
Pihtikwe - come on in
Api - sit down
Maskihkiwapoy minihkwe - have some tea
Tapwe miyawsin ipi Kihokawiyin - Its nice that you've come to visit
Tante ikitohtiyin - Where have you been?

Mahti acimo kiwiyositayin - Please tell me what you've been doing.
Mahti acimostawin - Please tell me a story
Tansi - hello
Tansi kiya - how are you
Namoya Nantow - I am fine
Pihtikwe - come on in
Api - sit down
Maskihkiwapoy minihkwe - have some tea



Enriching Lives through Holistic Learning

A R T S | M U S I C | S P O R T S | L A W F

We envision Buffalo Bay Academy

as a beacon of holistic learning, where the boundless potential of each student is ignited through a harmonious blend of arts, music, sports, and LAWF (Land, Air, Water, Fire) interactions. Our commitment to holistic education extends beyond the classroom, preparing our students for a fulfilling and balanced life enriched by arts, music, sports, and a deep connection to the land.



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Jaze Courtoreille Honored as Kapawe'no Nêhiyawak School's Muskwak Music Performer of the Week

Kapawe'no First Nation - At Kapawe'no Nêhiyawak School, music is a harmonious blend of tradition and individual talent. Each week, one student stands out, embodying the essence of both musical skill and Nêhiyawak culture. This week, that honor goes to Jaze Courtoreille, the Muskwak Music Performer of the Week.

Jaze's dedication to music is palpable in his mastery of multiple instruments—guitar, drums, and ukulele. His commitment goes beyond the music sheets, deeply rooted in the Nêhiyawak way of life. Guided by the 7 Sacred Teachings, he brings passion to his music that resonates with the spiritual and cultural values of our Nation.

Under the guidance of teachers like Mr. Fred Mack, Jaze is becoming a better musician; he's evolving into a well-rounded individual who respects and carries forward the wisdom of the Nêhiyawak. His consistent attendance and remarkable attitude in both classroom and community settings exemplify the principles upon which our First Nation Collegiate Music Academy is built.



As we celebrate Jaze as the Performer of the Week, we also celebrate a future that promises to be rich in musical and cultural heritage. He stands tall for other young students, motivating them to dive into their

own musical journeys while honoring their Nêhiyawak way of life. Jaze plays a significant role in ensuring that our ancestral rhythms will continue to be heard for generations to come.

Happy Halloween to all our little goblins out there!



Kapawe'no First Nation - As we cruise the hallways; there is some amazing work going on in Mrs Jackie Halcrow's Grade K/1 classroom, excellent!



KAPAWE'NO NÊHIYAWAK SCHOOL

Ever Increasing Knowledge with everyday learning in core programming including:

- Academics
- Athletics
- Indigenous Arts and Music
- LAW (Land, Air, Water and Fire) Learning

An Indigenous Way of Knowing (Language, Traditions, Culture, Practices, Values and Morals) and Learning. Our delivery model is based on the Seven Grandfather and Grandmother Teachings and Learning.



Kindness, Fairness, Nurturing Excellence

Where are we located

Our school is 3.5 hours north of the city of Edmonton and 2.5 hour east of Grande Prairie on paved highway on the north-west shore of Slave Lake (Buffalo Bay). High Prairie and Slave Lake are two towns located nearby.



REGISTER NOW!

➤ SCAN THE QR CODE TO REGISTER ONLINE



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Halloween Celebrations at Kapawe'no Nêhiyawak School and Buffalo Bay Academy

Kapawe'no First Nation - Today at Kapawe'no Nêhiyawak School and Buffalo Bay Academy, the sense of greatness and spirit thrived, hitting every corner in the essence of Halloween.

Amazing costumes - from little goblins to eerie zombies - students filled the halls with excitement during a day rich in spirited dance and activities. Classroom doors displayed creativity, competing for the "Best Door" title.

The excitement included our students, teachers and staff; dressing as witches, Mario Brother characters, and even throwbacks to the hippie era of the '60s, contributed to the fun filled exciting atmosphere. Classrooms buzzed with an elevated level of participation as everyone took part in games and storytelling, making this Halloween an unforgettable celebration.

more photos on page 10









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A Melody of Aspiration: Ashley Ghostkeeper Ignites Young Minds at Kapawe'no Nêhiyawak School While She's on Tour

Kapawe'no First Nation - We had a very special guest at Kapawe'no Nêhiyawak School this week! Ashley Ghostkeeper and Tyler Lizotte came and performed for all our students and staff during her northern Alberta tour. It was a huge highlight for the students, seeing a Nêhiyawak artist singing songs she wrote, storytelling, and meeting the students. Ashley talked about her family heritage in Grouard, and how she has family from this area.

She has been nominated for an Alberta Country Music Award and is a rising star in the music scene. The students were thrilled to meet her and get her autograph. From the look on the students faces, it was clear that she inspired many of them to share their gifts, and work on their passion. Ashley was also thrilled to perform at our school, and felt the warm Kapawe'no welcome.

"Having Ashley here was a clear message to our students that their dreams are valid and achievable," said Mr. Mack, Music Academy Keeper at Kapawe'no Nêhiyawak School. "Her story and her art resonate on a frequency that speaks to the heart of our Nation."



The Bounce Back: Muskwak Girls Triumph in Gift Lake, Gearing Up for High Prairie Tournament

Kapawe'no First Nation - On Monday, October 30th, 2023, our Muskwak girls took on a formidable challenge as they faced off against Gift Lake's team. After a contested match, our girls pulled together to secure a resounding two-set victory. This performance wasn't just a win; it was a testament to the hard work and preparation that went into honing their skills, especially in serving. Earlier in the day, focused practice sessions paid off as our girls showcased significant improvements in their serves during the game. A special shout out goes to Evoine, whose incredible six-point streak was instrumental in clinching our win in the second game.

Our support system was notably enhanced by the uplifting rhythm of drums, a significant boost for our girls on the court. A big shout out to our Music Teacher Mr. Fred Mack, who kept the beat alive and spirits high. As we look forward to the upcoming tournament at High Prairie Junior School, we continue to refine our strategies. Good luck this weekend, ladies. 3,2,1 Muskwak forever!



Buffalo Bay Academy Celebrates Athlete of the Week, Aysha Bellegarde

Kapawe'no First Nation - In a strong showing for the Buffalo Bay Academy, Aysha Bellegarde has been named Female Athlete of the Week for her exceptional performance in girls volleyball and MMA /Boxing. Bellegarde has been pivotal in the team's recent wins, noted especially for her powerful serve in volleyball and agility in MMA/Boxing.

More than just a skilled athlete, Bellegarde exhibits leadership qualities that have



positively impacted her teammates. Her focus and intensity during games set the tone for the rest of the team, leading them to success on the court. The Buffalo Bay Academy is

proud to recognize Aysha Bellegarde for her outstanding contributions for her balanced approach with academics and athletics. Congratulations, Aysha, for a job well done.

Join
the
DRAMA
club

EVERY TUESDAYS & THURSDAYS AT 3:30 PM

For more information please contact:
 Miss Aaron aaron.courtorielle@kfnschool.ca ■ Miss Wendy Wendy.Lamouche@kfnschool.ca
 or call the school at (780) 751-0008.

Navigating Multiple Views: Ms. Sherry Bellegarde Classroom Explores Visual Art, Law, and Ideology Across Disciplines

Kapawe'no First Nation - At Buffalo Bay Academy within Kapawe'no's First Nation Collegiate, high school programming has been busy with activity, especially in Ms. Sherry's classroom.

In ELA 30, students recently finished looking at a graphic novel and learned how visual images convey profound meaning through their carefully crafted illustrations, harnessing the power of images to evoke emotions and narratives that words alone could never capture.

In Art 10-20-30, students explored the concepts of distance and space in art by experimenting with various techniques, such as using a horizon line and overlapping to create a sense of depth and dimension within their compositions. In Private Law, students embarked on a study of private law, starting with civil law as its foundation, before delving



into the intricate realm of indigenous laws and their diverse origins, thereby gaining a holistic understanding of legal system and the seven teachings. In Personal Psychology 20, students initially explored personality theorists during their presentations, and now, they are transitioning their focus to the study of human behaviour.

In Social Studies 30, students delved into the intricate process of how ideologies are crafted, with a particular focus on the formation and development of classical liberalism as a prominent example. We critically examined contemporary global events, specifically delving into the origins of the conflict in Israel and its intricate connections to challenges our own Indigenous Nations have faced.

We eagerly look forward to the ongoing learning journey within the classroom and on the land!



LEARN

Hand drum and grandfather drum
Drum making and painting of drums
Hand rattles with our Female students

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The Value of Aquatics in Enhancing Discipline and Performance Among Student-Athletes at Kapawé'no Nêhiyawak School

Buffalo Bay Sports Academy and Kapawé'no Nêhiyawak School are taking athletic performance to new heights through a specialized revigoration program. Tailored to complement established disciplines such as aquatics, this initiative aims for the holistic betterment of student-athletes by rejuvenating both body and mind.

The program incorporates a mix of physical recovery techniques and cognitive exercises, ensuring that athletes are primed to excel in their chosen sports. Acknowledging their hard work and dedication, students are honored with awards for outstanding attitude and commitment, thereby reinforcing a culture of discipline within both the school and the academy.

By embedding this revigoration strategy into existing training plans, Kapawé'no Nêhiyawak School and Buffalo Bay Sports Academy intend to establish a new benchmark in athletic performance and discipline.



In addition, aquatics offers a proven method for students to refresh and restore their muscles, contributing to general physical health and boosting performance across various athletic activities.

"Our school remains steadfast in promoting aquatics as a foundational element in cultivating disciplined, proficient, and balanced student-athletes," says Mr Brian Thomas, Athletic Director / Sports Academy.

Kapaweno Nêhiyawak School Celebrates Landyn Thunder as Athlete of the Week



Kapawé'no First Nation - In the realm of school sports at Kapaweno Nêhiyawak School, this week, the school has chosen to honor Landyn as Athlete of the Week, a tribute to his unwavering commitment, versatile talents, and infectious positive attitude.

Landyn's journey on the ice encapsulates his dedication. Starting as a new skater with room to grow, he did not let initial struggles deter him. Instead, with relentless perseverance, he is honing his skills and growing stronger, more confident, and fundamentally strides.

Landyn's athletic ability isn't limited to the rink. On the lacrosse field, he has been very inspirational. He plays with an intensity that not only elevates his own game but also raises the spirit and performance of his teammates. His commitment to giving his all is evident in every play, making him an invaluable asset to the team.

"Congratulations, Landyn, on being named Kapaweno Nêhiyawak School's Athlete of the Week. May your journey ahead continue to inspire us all", Mr Brian Thomas.

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A Moment of Connection: Ashley Ghostkeeper and the Influence Within the Nation

Kapawe'no First Nation - During a recent interview while visiting our territory, Ashley Ghostkeeper made a great choice to wear a Kapawe'no First Nation hat. This display was a potent reflection of the absolute Nēhiyawak way of life.

The hat stood as an embodiment of Ashley's roots within the Nation and territory, and a subtle, yet resonant call to remember and uphold these values.

The performance by Ashley was felt by Annie Sutherland of our Kapawe'no Nēhiyawak school, who was moved to gift Ashley a ribbon skirt she had crafted herself. This was a significant exchange that speaks to the mutual respect and recognition within the Nation. Annie's act was a tribute to the shared principles that tie Nēhiyawak together. It exemplifies how individual actions can resonate within the Nation, fortifying its inherent strength and unity.






**KAPAWE'NO
MUSKWAK**

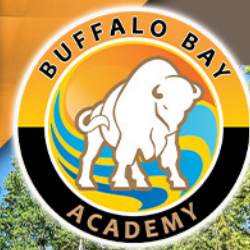


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