



Niitsitapi Learning Centre

3743 Dover Ridge Dr SE, Calgary, AB T2B 21 t | 403-817-3404 f | 403-248-1477 e | niitsitapilearningcentre@cbe.ab.ca
w | <https://school.cbe.ab.ca/school/niitsitapi>



Niitsitapi News | December 4

Nutrition Plan

MON	<u>Breakfast:</u> Cereal, Milk, Fruit <u>Lunch:</u> BB4CK bagged lunch
TUE	<u>Breakfast:</u> Muffins, Yogurt, Fruit <u>Lunch:</u> Chicken Soup, grilled sandwiches, fruit & veggies
WED	<u>Breakfast:</u> Hard Boiled Eggs, Nutrigrain Bars, Fruit <u>Lunch:</u> French Toast Sticks, Fruit & Veggies
THUR	<u>Breakfast:</u> Pan Granola Bars, Fruit, Yogurt Tubes, Cheese Strings <u>Lunch:</u> Beef Soup, Quesadillas, Fruit & Veggies
FRI	<u>Breakfast:</u> Parfait & fruit

Hours of Instruction

PRESCHOOL

Monday - Thursday

AM Class: 8:25 - 11:15 AM

PM Class: 12:15 - 3:05 PM

Friday (no classes)

KINDER - GRADE 2

Monday - Thursday

8:40 AM - 3:05 PM

Lunch: 12:00 PM - 12:45 PM

Friday (early dismissal)

8:40 AM - 12:00 PM

Before school supervision starts at 8:25 AM Monday to Friday. Afterschool supervision is until 3:05 PM Monday to Thursday.

For more information, please visit our Parking & Drop-Off school webpage.

Attendance Line

403-817-3404 ext. 1

Dreams Transportation

403-590-7433

Looking Forward

[Explore our school calendar on our website](#) for upcoming dates and important information

Dec 6 - Elder Advisory

Dec 8 - Non-Instruction Day - No School

Dec 11 - Ms. Chantel Visit

Dec 13 - Wear-it-Wednesday - Ugly Christmas Sweater

Dec 14 - Winter Solstice Gathering

Dec 20 - Santa Visit

Dec 21 - Fall Blessing with Elder Saa'kokoto (10:00 am to noon)

Dec 22 - Last Day of Classes before Winter Break

Jan 8 - First Day of Classes after Winter Break

Dental and Health Benefits

Did you know that if you are not eligible for non-insured health benefits or any other government health assistance and you have a low income, you might be eligible to receive Alberta Child Health benefits from the Government? This entitles you to coverage for prescriptions, dental services, and prescription glasses for your child.

For more information, visit: <https://www.alberta.ca/alberta-child-health-benefit>

Dental Health: If you are not covered by any health benefits and do not qualify for Alberta Child Health benefits, you may qualify for dental support through the Federal Government's dental benefit for children under 12. For more information visit:

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>

Eye Exams: Did you realize that your child is eligible for a complimentary annual eye examination? Explore this opportunity by visiting any optician for additional details. To schedule an appointment, ensure you have your child's Alberta Health Care card. Additionally, if your kindergarten-aged child requires glasses, they can receive them at no cost through the 'Eye See Eye Learn' program.

For more information visit: <https://www.optometrists.ab.ca/@/AAO/ESEL>

Winter Solstice Gathering

MyCBE (PowerSchool) Parent Account

Please create a [MyCBE parent account](https://www.cbe.ab.ca/mycbe) at <https://www.cbe.ab.ca/mycbe>. MyCBE provides parents online access to register for transportation and lunch supervision, pay fees and request fee waivers, book school conferences, and view attendance and report cards. Your student's CBE ID# is needed to create the account. Please contact the main office for assistance at 403-817-3404.

Bussing and Transportation

Please ensure that you promptly notify the school of any address changes, as it may take 10-12 days to update transportation routes. For information about your student's specific bus route or if you encounter issues like late or missing buses, please phone **Dreams Transportation at 403-590-7433**



Fall Blessing Ceremony

Niitsitapi Learning Centre families are invited to join us in a *Time of Reflection & Celebration Ceremony* with Elder Saa'kokoto on December 21 from 10:00 a.m. to noon. Further details will be provided following the Winter Solstice Gathering.

Inii's Insights

The winter solstice is a celebration of light returning to Turtle Island. It is the shortest day of the year; Grandfather Sun will begin to shine for longer each day bringing the promise of warmer weather, growth, and new life. Darkness can represent struggle, and light brings hope of easier times. Elder Saa'kokoto has shared that the Solstice begins a new year in Blackfoot tradition. It is a time for reflection, to look back at past moons and look forward to the "new sun" of the future; a time to appreciate what has transpired during the past year, the lessons that have been learned, and to set new intentions for the time to come. It is a time of significance and celebration. We celebrate light and the return of Grandfather Sun - light sustains life and for that we have gratitude for all of creation.

- sstoyi: winter (Blackfoot)
- waniyedu : winter (Stoney Nakoda)
- zask'a: winter (Tsuu'tina)
- l'ivayr: winter (Michif)

