



Niitsitapi Learning Centre

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w | <https://school.cbe.ab.ca/school/niitsitapi>



Niitsitapi News | Week of October 16

Nutrition Plan

MON	<u>Breakfast:</u> Cereal, Milk, Fruit <u>Lunch:</u> BB4CK Bagged Lunches
TUE	<u>Breakfast:</u> Muffins, Yogurt & Fruit <u>Lunch:</u> Soup, Grilled Sandwiches, Fruit & Veggies
WED	<u>Breakfast:</u> Hard Boiled Eggs, Nutrigrain Bars, Fruit <u>Lunch:</u> Garlic Sausage, Tater Tots, Fruit & Veggies
THUR	<u>Breakfast:</u> Yogurt Tubes, Pan Granola Bars, Fruit <u>Lunch:</u> Soup, Cheese Scones, Fruit & Veggies
FRI	NO SCHOOL

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

Oct 18 – Trauma Informed Practice session with Dreams

Oct 18 - Wear it Wednesday- Lumber Jack & Jills (plaid)

Oct 19 – Ms. Chantal Chagnon visit

Oct 20 – Non-instruction/Professional Learning Day – No School

Oct 26 – Celebration of Learning

Oct 26 – School Council/Parent Advisory

Oct 31 – Halloween at NLC (Costume/Pajama Day)

School Council/Parent Advisory

School Council / Parent Council Meeting will be on October 24, 2023 at 12:30pm. All parents/guardians are welcome to join us in the Family Room. Alight lunch will be provided. Please RSVP by calling the school. This will be our AGM – looking for members to fill positions! [What is school council?](#)

MRU Student Nurses

We say farewell to the three amazing student nurses, Ms. Wendy, Mr. Peter and Mr. Daniel next week. They have been a wonderful supporting partner in the kindergarten classes. Their last day is Tuesday, October 17. They are sending a friendly reminder to schedule your appointments to ensure your health and that of your family:

<https://myhealth.alberta.ca/topic/Immunization/Pages/book-appointment.aspx>

In addition, they have thoughtfully created a sleep poster to share, which you can find attached for your reference. Wishing you and your family good health and wellness!

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**



Wellness Clinic at Niitsitapi Learning Centre

Alberta Health Services is opening a wellness clinic to provide culturally safe, primary healthcare services to students, their siblings, and caregivers. The clinic will be supported by Elbow River Healing Lodge medical practitioners and specialists. Please check your email sent earlier this week with the subject *Wellness Clinic at Niitsitapi Learning Centre* for a survey that was sent to determine the clinical resource needs.

Halloween at NLC

Halloween will be a special learning day at NLC. Classes will not be having parties but may engage in Halloween or Autumn-themed learning activities. On October 31, We invite students and staff to wear costumes or cozy pajamas for the day if they wish. To celebrate our school spirit, we will have a parade in the main gym.

When choosing a costume to wear to school please consider the following:

- Prioritize your child's comfort and safety, taking into account both indoor and outdoor activities. Ensure they can wear a coat and appropriate indoor and outdoor shoes with their costume.
- Avoid long capes, uncomfortable shoes, or things that could make you trip. We'll be playing inside and outside, so it needs to be safe. Students should be able to participate in gym and outdoor play safely throughout the day.
- It's important that their costume does not obstruct their vision. Therefore, we recommend that masks not be worn.
- Please leave loose props at home. We cannot be responsible for anything lost or left behind at the school before Halloween night and there will be no staff here to accommodate entrance to the school for any forgotten items.
- Do not send costume weapons, such as swords or guns, to school.
- Refrain from extremely gory or frightening costumes, considering the presence of small children, students, and staff with varying levels of sensitivity. Our aim is for everyone to feel secure and have an enjoyable experience.

Inii's Insights

Connecting to Spirit at Home

The Connecting to Spirit model was designed for the students, families and staff of Niitsitapi alongside Elders, as a means to understand our bodies, validate emotions and learn ways to help us regulate and connect to spirit. [Connecting to Spirit At Home .pdf](#)



I am connected to my spirit when...

"I feel proud." Grade 2 Student

"I talk to my rock buddy." Grade 2 Student

"I have a body break" Grade 2 Student

