



RENEGADE NEWS

Week of April 24 - April 28

A Message From Our Administration

Hello Renegades!

We had a great week ending with a dodgeball game and freezies today. How fun is that?!

On April 24th, we will be having a School-Wide Professional Development Day for teachers. No school for students! Our School council has been rescheduled for Wednesday, April 26th, at 5:30 pm, and I am looking forward to meeting with our parents and community! We also have Jersey Day and our School-wide breakfast on April 28th. I hope everyone had a great week and we are looking forward to wrapping up the month of April.

Have a great long weekend, everyone!

Sincerely,

Christy Filgate, Principal

What is happening next week... April 24- April 28

Monday, April 24th

- PD Day - No School
- Sturgeon Night of Music, 6:30pm

Tuesday, April 25th / Day 1

- Jr. High Badminton "A", Camilla
- Term 4 Begins

Wednesday, April 26th / Day 2

- High School Badminton Zones
- School Council Meeting, 5:30pm

Thursday, April 27th / Day 1

- School Wide Breakfast
- Jersey Day
- Jr. High Badminton "A", Home

Friday, April 28th / Day 1

- Have a great weekend!

What's coming up.... May 1- May 5

Monday, May 1st / Day 1

Tuesday, May 2nd / Day 2

- Jr. High Badminton “B” at home

Wednesday, May 3rd / Day 1

- Grade 10 Field Trip - Skills Alberta, 9am

Thursday, May 4th / Day 2

- Town Wide Cleanup
- 90s Theme Day

Friday, May 5th / Day 1

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2023 - 2024 Redwater School Registration

REGISTER NOW

Registration for the 2023-2024 school year is now open. Please log onto your parent portal account and complete the registration for each child, even if your child is a returning student. If you require assistance or a password reset for your parent portal account, please call the office @ 780-942-3625.



Grandfather Teachings (For April)

This month's Grandfather teaching is the teaching of **Honesty**

The Sabe (or Sasquatch) teaches us honesty. Not to be confused with **Truth**, which is about natural law and curiosity, **Honesty** is about first and foremost being honest with yourself. This month we will work on practicing honesty by reflecting on our choices and how they affect our lives. By not making excuses for our behaviour but instead facing our mistakes and learning from them. And by living in balance and reciprocity with the land around us.

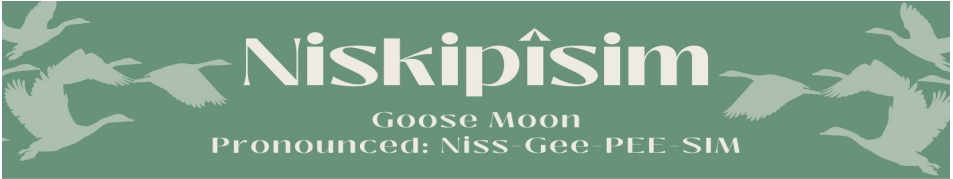
This Month's Sacred Teaching:

HONESTY

Self-Reflection
Balance
Reciprocity

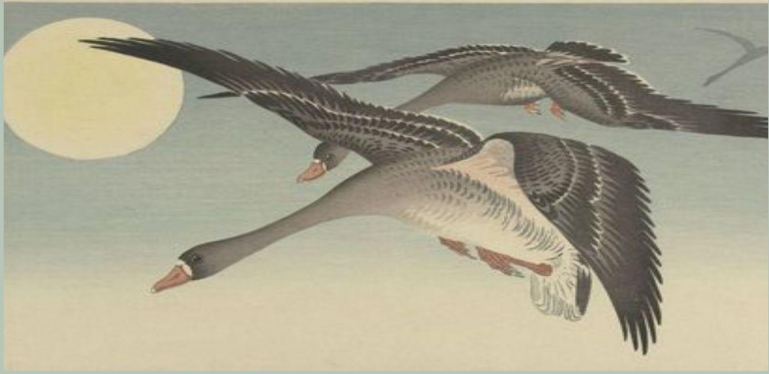


New Moon Information




Niskipîsim


Goose Moon
Pronounced: Niss-Gee-PEE-SIM



The Goose Moon is a very exciting moon! As we welcome this new moon we can celebrate that the days are getting longer and we have more time with the sun. We also notice that the plants and trees are starting to wake up, new growth begins to appear. We also hear the familiar honking sound from the sky and we welcome the geese that are returning. When we see this, we know that Spring is right around the corner. In Cree, the word for spring is "sîkwan" which is pronounced see-gwan. One of my favorite things to do during this season is to plan my garden for the coming Summer. How do you and your family like to celebrate the return of Spring? What are some ways you can connect with the land during this season?



Created by: Indigenous School Counsellor Katie Holubowich



Words From The Wellness Hub



Five sense scavenger hunt

Most kids love a scavenger hunt, and this one is specifically designed to encourage mindfulness by engaging all the senses.

All you need to do is find a safe space outside for exploration. Here are the steps for kids to follow:

1. **Listen.** Name one thing that you hear when you listen with your ears.
2. **Look.** Name one thing that catches your attention when you look around.
3. **Smell.** Name a scent that you notice when you take a sniff with your nose.
4. **Touch.** Name an object that you enjoy feeling with your hands.

If you want to add in the sense of taste, simply supply a few kid-friendly snacks during the scavenger hunt.

We have started a new positivity program at the school. It is called Above & Beyond! When students have actions and behaviours above and beyond their typical character, they are nominated by their teachers to win fun prizes and class pizza parties!



POSITIVE BEHAVIOURS

TEACHER NOMINATIONS

FUN PRIZES

CLASS PIZZA PARTIES

**DRAWS
EVERY FRIDAY**

Fun Family Literacy Activities

Literacy In The Kitchen

The kitchen is a great place to enhance literacy as the space draws us together for meals, conversations, food preparation, and much more. Getting your child to read and think critically to make informed decisions is an important life skill, and the kitchen offers numerous opportunities. Here are some things you can do:

- Have your child find a recipe and read it to you as you cook.
- Spend time together planning meals, finding recipes, and researching nutrition and health benefits of foods.
- Using the Internet to read about different types of cultural celebrations and traditional foods.

Keeping Your Child Safe Online



Keep Your Child Safe Online

A parent information session focusing on social media and helping parents and guardians understand the dangers, risks, and consequences of their child going online and how they can safely use the internet.

**Northern Alberta
Internet Child Exploitation Unit (ICE)
EPS & RCMP**

Hosted by Namao School
& Namao School Council

JOIN US ON MARCH 8TH AT 6PM

Namao School Gym


All Namao School parents, guardians, and
surrounding community members welcome.

Join us at the
concession on the
following days for
some good food

The Lunch Basket MONTH: *April 2023*


MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
		Pizza Bagels 2 for \$5.00 Easter Cookie Sales \$2.00		GOOD FRIDAY NO SCHOOL
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
EASTER MONDAY NO SCHOOL	Chili \$3.00 Hot Dogs \$2.00 Chili Dogs \$3.00	Chicken Ceasar Salad Pizza's \$4.00		
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
		Walking Tacos \$6.00		
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
PD DAY NO SCHOOL	Mac n' Cheese Mini Meatloaf Muffins & Peas \$5.00	BLT \$4.00		

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- Will be at least 15 years of age by September 1, 2023
- Are entering Grade 10, 11 or 12 as a full-time student

Application deadline is April 30, 2023



Sr. High Badminton Conferences

