



# RENEGADE NEWS

Week of May 1 - May 5

# A Message From Our Administration

## Happy (almost!) month of May!

Next week, we start the month of May. It is hard to believe we have only 2 months left!

This past week, the Sturgeon Night of Music and Arts took place at the Winspear on Monday evening. The evening was filled with amazing performances and artwork from our Renegades as well as students from across all schools in Sturgeon Public Schools. It was truly an amazing night! Thank you to Mrs. Cheryl Tanouye, Ms. Sara Dirks, and Mrs. Terra Beth Dowhaluk for all their hard work and dedication to this event

This past week, the Foodbank donated yops and yogurt for the entire school on Tuesday, and we enjoyed an all-school breakfast on Thursday. Thank you to all those who donated and helped with these two events!

School council met on April 26<sup>th</sup>, and it was wonderful to meet the parents of this group! If you are interested in joining School Council, please join us! The next meeting will be on May 15<sup>th</sup> at 5:30.

Two events are happening next week on Wednesday, May 3<sup>rd</sup>. Firstly, a number of our High School students will be travelling to the Expo Centre to learn about a variety of apprenticeship careers. It will be great to talk with them and see what sparked their interests. "Hats on for Mental Health" Day is also on Wednesday. Please remind your child to wear a hat for this day!

The students will also be pitching in on May 4<sup>th</sup>, for the Town Wide Cleanup with the Town of Redwater. We are very excited to be working together with the community on this yearly event.

Have a wonderful week, everyone!

Sincerely,

*Christy Filgate*, Principal

# What is happening next week...

**May 1-  
May 5**

**Monday, May 1st / Day 1**

- **Mental Health Week begins today**

**Tuesday, May 2nd / Day 2**

- **Grade 10 Field Trip, Skills Alberta**

**Wednesday, May 3rd / Day 1**

- **Hat's on for Mental Health**

**Thursday, May 4th / Day 2**

- **Town Wide Clean-up**

**Friday, May 5th / Day 1**

- **Red Dress Day**
- **Have a great weekend!**

# What's coming up.... May 8- May 12

**Monday, May 8th / Day 2**

**Tuesday, May 9th / Day 1**

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**Wednesday, May 10th / Day 2**

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**Thursday, May 11th / Day 1**

- Town Wide Cleanup
- Gr. 6 Immunizations, 12 pm

**Friday, May 12th / Day 2**

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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 May)

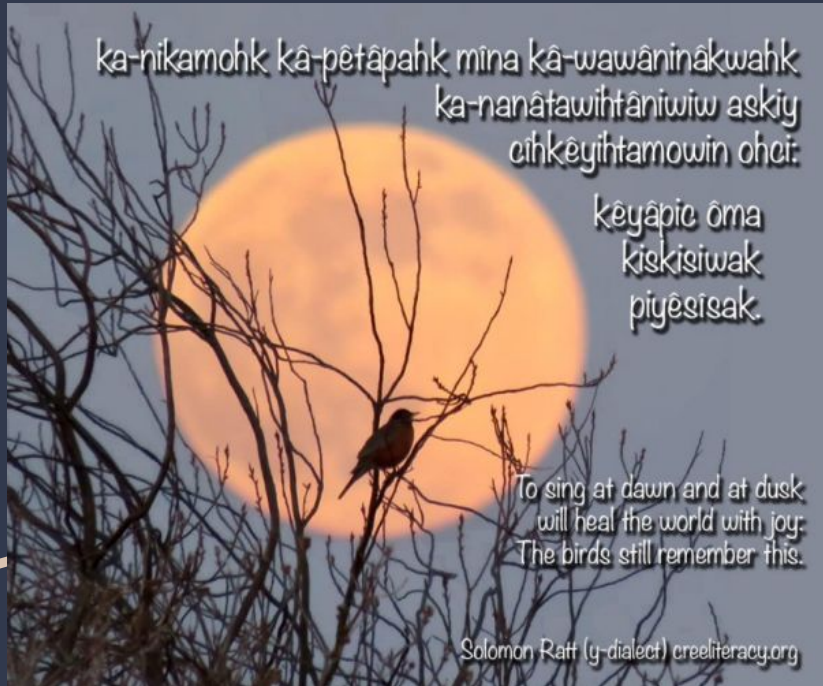
This month's Grandfather teaching is the teaching of **Courage**

The Bear teaches us courage. But Courage isn't just about facing up to bullies. It's about fighting the really hard battles - the ones inside. It takes courage to face painful memories and past hurts. It takes courage to seek the help we need to deal with our pain and hurt feelings. And it takes courage to use our pain to protect others from facing the same hurts.

This month, we are practicing courage, for each other and ourselves.



# New Moon Information



It's May, and it's a new Moon in the Cree Calendar.

Because there are 13 lunar cycles in a solar year, there is a thirteenth "moon" that inserts itself into the year depending on what happens on the land. That thirteenth moon arrives at a different time each year, but some Elders in our area suggest that last month was actually a "Trickster Moon" or "Coyote Moon".

Last month we learned about ayîkipîsim (ay-EE-kee PEE-sim), the "Frog Moon". This month we are entering is sâkipakâwipîsim (SAH-gee-puh-guh-WEE PEE-sim), the "Leaf-Budding Moon." We're all looking forward to seeing more green around us soon. Happy May, and happy sâkipakâwipîsim! Hiy Hiy!

# Leaf Budding Moon

## sâkipakâwipîsim

### Leaf Budding Moon

Pronounced- Sah-ghee-pug-ah-wee-pee-sim



The leaf-budding moon is one of my favorites! The earth continues to wake up and become lush and green. We notice the buds on the trees appear and then transform into bright leaves that adorn the trees with color. The berries and flowers are starting to form, and we hear the playful chirps of birds playing outside. Bees are also very busy at work during this moon. Bees are extremely important because they pollinate plants and food crops! Bees teach us that all living things big and small play an important role in taking care of the Earth.

#### Fun Facts About Bees

- 1) One honey bee makes less than 1 tsp of honey in its lifetime.
- 2) Bees are very efficient creatures. They use the hexagon shape in the hive to optimize storage and have no wasted space.
- 3) Bees have 5 eyes! There are 2 large eyes, and three smaller ones on the top of the head.



The challenge this month is to research how we can protect the bees!

Miyo Okâwimâw-kîsikanisik

Happy Mother's Day!

Created By: Indigenous School Counsellor Katie Holubowich



# Words From The Wellness Hub



The last dimension of wellness for the school year is emotional wellness. Emotional Wellness is where we can manage our emotions in constructive ways and also appreciate and respect the feelings of others.

Some ways to help foster emotional wellness at home could be to :

- Help your child name their emotions. There are many more emotions than just happy or mad. Check out the feeling wheel linked below.

<https://blog.calm.com/blog/the-feelings-wheel>

- Help your child manage stress by practicing 4 square breathing, meditation exercises, and goal setting strategies.

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!



**POSTIVE BEHAVIOURS**

**TEACHER NOMINATIONS**

***FUN PRIZES***

**CLASS PIZZA PARTIES**

**DRAWS  
EVERY FRIDAY**

# News from Student Council

## **May 18th** **90's Theme Day**



*The Lunch Basket* MONTH: MAY 2023

*The Lunch Basket* MONTH: MAY 2023



**The Grade 8 class is currently studying the history of Japan. To have more hands on learning, the group attended sessions at the Japanese Community Association. Students participated in: a history lesson, a language and writing class and an origami workshop. The highlight of the teachings were trying on summer kimonos and learning about the discipline of karate! The students enjoyed a lunch of sushi and bento boxes at a Japanese restaurant. The day was full of fun!!**



**The Foods 20/30  
class made baked  
eggs. This dish is  
a North African  
dish: Shakshuka!  
Delicious!!!**



# Sr. High Badminton Zones





**Grade 6 students  
designed and  
created parachutes  
to carefully carry a  
raw egg to safety.  
This was an  
extension of their  
flight unit in science.**

