



## Mac's Tracks - December 2023



As the Christmas break approaches, the temperature is dropping and the snow is piling up. Please make sure your children are dressing appropriately for the weather, including snow pants, boots, mitts and hats. We have indoor recess when the temperature, with windchill, is -30C or colder. We have outdoor recess when the temperature, with windchill, is -29C or warmer. This includes morning drop off, we invite students in when it is indoor recess and request they stay outside during outdoor recess. Students should also keep their backpack outside until the 8:30 bell rings.

Safety note 1: Neck warmers are preferred over scarfs due to an increased possibility of scarfs getting inadvertently pulled tight around the neck on playground equipment or during tag games.

Safety note 2: The piling snow can make driving and parking a little trickier so please be cautious and aware of our students who are crossing the streets on their way to and from school.

I would like to thank all of you for attending Parent-Teacher conferences last month. It was great seeing so many of you at the school. I know the students loved being able to share their work with you and the teachers really appreciated being able to sit down and talk with you about your child's progress. If for some reason you were not able to connect with your child's teacher during Parent-Teacher Conferences, I encourage you to contact your child's teacher and make arrangements to set up a meeting at another date.

*Mr. Caines*



**Parking Reminder**



Please respect parking signs and do not park in accessible parking without an accessible parking pass, these spots are reserved for those with accessible parking passes who need a bit of extra time to get their child into or out of the school.

Also, please avoid parking in the bus lane and in the access to the bus lane near the portables.

## ʔori program

ʔori is a Willideh word meaning “Spruce Bough”. Often at camps or while on the land, spruce boughs are used to line the base of wall tents or tipis, to insulate and provide the foundation of the shelter. Spruce bows are also strong, pliable and able to bend when needed. The name ʔori was chosen, because similarly, this program is also strong, pliable and will be laying the foundation for further integration of Dene Kede into our classroom teachings.

Through ʔori, Indigenous knowledge keepers will run weekly programming in our wall tent, to safely teach students traditional, hands on skills. Here are pictures of our students doing a paint by number mural, drawn by our ʔori program Instructor, Destiny Rabesca. Mr. Caines and Mrs. Stard installed the mural on our school wood shed next to the school tent. Check it out next time you walk by our school.



## Why Indigenous Languages?



### knowledge

Unique systems of knowledge and understanding of the world.



### peace

Sustainable development, investment, peace building and reconciliation



### rights

Fundamental human rights and freedoms for indigenous peoples



### inclusion

Social inclusiveness, literacy, poverty reduction and international cooperation



### diversity

Cultural values, diversity and heritage

## Winter Show

The 2023 NJ Macpherson Winter Show is upon us. Tickets for the show went home November 29th to all families with students performing in the show. The official Winter Show on Thursday, December 7th has been **“sold out”**. If you did not get a ticket for the show you are welcome to attend the dress rehearsal on Wednesday, December 6 at 1:30 PM. Reminder, doors open at 6:00 PM on December 7th, with the show beginning at 6:30 PM. Please bring your ticket with you.

The students have been working incredibly hard to prepare for the show and are excited about being able to perform for their friends and families.

**NJ Macpherson School**

presents

**“Our Annual Winter Show”**

# ***“Rhythm of Life”***

***A Concert of Singing, Dancing, Instruments, and a whole lot of fun!***

*Voice, body percussion, bells, African drums, egg shakers, castanets, xylophone, violins, bucket drums, tambourines, maracas, recorder and accordion!*

featuring

**150 NJM students on stage!**

**Performances from the following classes -**

**KKI & KDO, ½ AOK, ⅔ M, 3E, 3/4T, 4H, 5P, the Gr. 3 - 5 Choir & the Cheer Squad**

***Plus - The Fiddle Club!***

**4/5E & 4B** will be responsible for the “Behind the Scenes” jobs.

**Thursday, December 7th, 2023 - 6:30 p.m.**

**Dress Rehearsal - Wednesday, December 6th - 1:30 p.m. Parents welcome!**

**FYI - Costume requirements for all participants:**

Choir - Black/White clothing

KKI & KDO - Blue/White-clothing and snowflake headbands

1/2 AOK - Pink Panther ear headbands and pink shirt/dress

4H - Plaid shirts/dress, cool hats and glow bracelets

2/3 M - Green shirt/dress (shakers are all green)

3E - sunglasses, neon vests and glow bracelets

Fiddle - Black and White

3/4T - 🐊 Crocodile's hats and green shirt/dress

5P - Black/ White clothing and dog ears

Cheer - Black and white clothing, silver/blue pom poms and silver belts

Doors will open 1/2 hour before each show time. Backstage crew participants students may need to be dropped off earlier at the stage door (K Door by Mrs. Kirby's class). Stay tuned for class/group drop off times.

**DVD's of the show will be available for \$5. Proceeds to benefit the NJM Enhanced Fine Arts Program.**

**A non-perishable food drive donation will be graciously accepted in the atrium prior to the show.**



## Reading Review

This month in the reading review, we review some reading strategies that many of our students are using and that you can help your child with when reading with them.

# Decoding Strategies

**If I'm stuck on a word, I can:**

### Eagle Eye



Look at the picture.

### Lips the Fish



Get my lips ready.

### Stretchy Snake



Stretch out the word.

### Chunky Monkey



Chunk the word.

### Skippy the Frog



Skip the word.

### Tryin' Lion



Try it again.  
Reread.

### Flippy the Dolphin



Flip the vowel.

### Meaning Bird



Ask if it makes sense?

### Helpful Kangaroo



Ask for help.



## Food Drive



As the holiday season approaches, we are reminded that the holidays are harder for some families than others. In order to help make sure that as many families as possible have what they need this holiday season, NJ Macpherson School will be hosting a food drive from Monday, Dec. 4th to Friday, Dec. 15th. Students that are able, are encouraged to bring in a non-perishable food item to their teacher, which will be collected and then donated to the Salvation Army. Parents are also encouraged to bring a non-perishable food item to the Winter Show on Thursday, Dec. 7th. If you are able to bring the food to the Salvation Army on December 13h, please contact [stephanie.hendrix@yk1.nt.ca](mailto:stephanie.hendrix@yk1.nt.ca) or [randy.caines@yk1.nt.ca](mailto:randy.caines@yk1.nt.ca)

### NJ Macpherson Parent Advisory Committee (PAC)

We meet once a month to hear updates from the Principal, our YK1 Board Representative and the PAC Committee on fundraising initiatives and concerns. These meetings offer excellent opportunities for you to actively engage. You can ask questions during our round-table discussions, raise important issues, and present matters that may require further advocacy. Your input is invaluable in shaping our school community. Everyone is invited!

Please send any agenda items, questions or concerns to the PAC email address:

[njmpac@gmail.com](mailto:njmpac@gmail.com)

Wednesday, December 13th · 7:00 – 8:00pm (Online)

Google Meet: <https://meet.google.com/ccj-jekz-knb>

#### Upcoming NJM PAC Events:

Subway Day - December 15th (forms will go home on December 11th)

8 Days Until Christmas Sale - December 17th, 1-5pm

Tables are available at \$40 each for vendors who wish to sell baked goods, crafts and more!

Email [njmpac@gmail.com](mailto:njmpac@gmail.com) to reserve a table.

Join our Facebook Group for updates and reminders!

<https://www.facebook.com/groups/n.j.macphersonpac>

Chair: Samantha Stuart

Co-Chair: Chelsea Francis

Treasurer: Leonie Graves

### Candy Grams



Grade 3 Arychuk will be selling Candy Grams for the month of December for a toonie to raise money for audio/yoto books in their classroom. More info will be provided by Mrs. Arychuk in the coming week.

### Positive Behaviour Blitz

We are following our Dene Law: Respect Elders and Everything Around You.

We are running a Positive Behaviour Blitz until December 11th. Classes have been brainstorming and practicing why this law is important, and what this looks like in our classrooms, hallways, and outside. "Everything Around You" is defined at NJM as "respect your space, respect your people and respect yourself". When students behave respectfully at school, their class is given a snowflake. If they meet their goal of 30 snowflakes, they win a 30 minute class in the gym on the bouncy castle.



### Hot Dog Lunch



We will be making our fabulous Christmas hot dog lunch for our students on Dec. 19th. We will provide the hotdogs, buns, and oranges. Please let your child's teacher know if your child requires an all beef, gluten free or veggie dog. If your child does not like hotdogs, please send a regular lunch with them.

### Lockdown Practice Drill

NJ Macpherson School will be taking part in a Lockdown Drill during the second week of December. Unfortunately during our present day and age, this has become a necessity for schools across the country.

I would like to assure you that our staff takes student safety very seriously. I ask that you talk with your children about the serious nature that is associated with a Lockdown. It is my hope that we will never experience a situation where a Lockdown is warranted because of a dangerous situation. Being prepared for any situation is the best thing that we can do to ensure that our students remain safe.

If there is ever an occasion where the school is placed in an actual Lockdown because of a dangerous situation, everyone's first inclination will be to call or text their friends and family at school; this is an understandable response. I would ask that if such a situation arises, that parents and guardians use extreme caution and exercise good judgment. It is imperative that parents and loved ones do not attempt to come to the school right away. By doing so, you could be placing yourself in danger from an outside threat.

***I know rushing to the school may be your first instinct; however, we want to ensure everyone's safety. By not rushing to the scene of an emergency, first responders will have better access to our school.***

I would like to thank you in advance for discussing the importance of Lockdown Drills with your children. Practicing as if the drill is real will help everyone to prepare for an emergency if the need ever arises.

Public Health Newsletter..... (Mahsi Cho, Katarina !)



December 2023

# Health Tips

Public Health Newsletter for Teachers, Staff &

**Parents A PROMISE FOR A SAFE HOLIDAY SEASON** With

winter holidays just around the corner, comes family gatherings and outdoor activities. This issue of Health Tips offers tips to keep you and your family safe during the holiday season.

## Ice Safety

- \* The City of Yellowknife recommends that you stay off the ice until it is at least 6 inches thick. Take caution when traveling on the ice, especially in a motor vehicle or machine. Check the City of Yellowknife's website for updates on ice conditions [www.yellowknife.ca](http://www.yellowknife.ca).

## Winter fun!

- \* Sometimes the winter months give us a good excuse to stay inside. It's important to remain active during these months and participate or create fun activities to do outside.

## Temperature Safety

- \* Windburn happens when cold wind removes the top layer of oil from the skin causing excessive dryness, redness, soreness, and/or itchiness.
- \* Frostbite generally occurs in body parts furthest from the heart such as hands, feet, nose and ears. The combination of poor circulation and extreme cold can lead to frostbite.
- \* Protect yourself from extreme cold conditions by following these tips:
  1. Wear clothing appropriate to the weather. Dress in layers, and don't forget your mitts and neck warmer/scarf.
  2. Protect yourself by wearing sunglasses/goggles. Use lip balm and sunscreen to protect your skin.

## Fun for the whole family

- \* Build snow angels, create a snowman family which looks similar to your own.

- \* Create a snow castle, maze or sculpture
  - \* Go sledding or tobogganing— always remembering to wear a helmet to prevent head injuries
  - \* Try snowshoeing, cross country skiing or dog sledding
  - \* Play outdoor hockey
  - \* Go skating
  - \* After you've had your fun you can cuddle up with a nice hot drink
- ☺ Are you new to the NWT? Please contact Yellowknife Public Health to update vaccinations and records. Please call **867-767-9120**. Flu and/or COVID vaccines are still available. Please contact public health to book an appointment

**Other languages? Autres langues? 767-9095 ext. 41450.**

# Wiilideh Language Challenge

## December

### Is it cold for you?



Negha edza ni?

(Nay-ga ed-zan-EE)



### Yes, I am cold.



he?e, segha edza.

(Heh-AA say-ga ed-za)



ile, segha edza-le.

(EE-lay say-ga ed-za-lay)



### How about you?



Ekoni negha edza ni?

(ay-cone-EE nay-ga ed-zan-EE)





**Class News:**

Grade 5 Pickles has started a Chess Club in class to help improve critical thinking, problem solving, and math skills.... and it's just a lot of FUN!

Some students are taking part in various activities this year including Walking and Dance Club, My little Pony D&D club, Rainbow Club, Multisport Programs, Gymnastics and Cheer Club. Mashu Cho to all the staff who put in a tremendous amount of their own time to make these activities happen.



## 2023-2024 Gymnastics Schedule

| Home Room Class   | Session 1          | Session 2         | Session 3           |
|-------------------|--------------------|-------------------|---------------------|
| 5- Pickles        | Sept 29 12:45-1:45 | Dec 15 1:45-2:45  | April 12 12:45-1:45 |
| 4-5 Near          | Sept 29 1:45-2:45  | Jan 5 12:45-1:45  | April 12 1:45-2:45  |
| 4 Bourgoin        | Oct 6 12:45-1:45   | Jan 5 1:45-2:45   | April 26 12:45-1:45 |
| 4 Hendrix         | Oct 6 1:45-2:45    | Jan 12 12:45-1:45 | April 26 1:45-2:45  |
| 3-4 Therrien      | Oct 13 12:45-1:45  | Jan 12 1:45-2:45  | May 3 12:45-1:45    |
| 3- Arychuk        | Oct 13 1:45-2:45   | Jan 26 12:45-1:45 | May 3 1:45-2:45     |
| 3 Edlinger        | Oct 27 12:45-1:45  | Jan 26 1:45-2:45  | May 17 12:45-1:45   |
| 2/3 Mercredi      | Oct 27 1:45-2:45   | Feb 9 12:45-1:45  | May 17 1:45-2:45    |
| 2-3 Munroe/Stride | Nov 3 12:45-1:45   | Feb 9 1:45-2:45   | May 24 12:45-1:45   |
| 1-2 Moran         | Nov 3 1:45-2:45    | Feb 16 12:45-1:45 | May 24 1:45-2:45    |

|              |                   |                    |                       |
|--------------|-------------------|--------------------|-----------------------|
| 1-2 AOK      | Nov 17 12:45-1:45 | Feb 16 1:45-2:45   | May 31 12:45-1:45     |
| 1- Skyers    | Nov 17 1:45-2:45  | Feb 23 12:45-1:45  | May 31 1:45-2:45      |
| K- Doherty   | Dec 1 12:45-1:45  | Feb 23 1:45-2:45   | June 14<br>12:45-1:45 |
| K- Stard     | Dec 1 1:45-2:45   | Mar 1 12:45-1:45   | June 14<br>12:45-1:45 |
| K- Kirby     | Dec 8 12:45-1:45  | Mar 1 1:45-2:45    |                       |
| JK- Reed     | Dec 8 1:45-2:45   | April 5 12:45-1:45 |                       |
| JK- Faulkner | Dec 15 12:45-1:45 | April 5 1:45-2:45  |                       |

#### Important Dates

Nov 30- Stage build  
 Dec 1-8- Gym not available for PE classes  
 Dec 1- NJM Picture day- Lifetouch  
 Dec 1 Build stage for winter show  
 Dec 4- NJM Food Drive Begins  
 Dec 5- Staff Meeting  
 Dec 6- NJM Dress Rehearsal  
 Dec 7- NJM winter Show  
 Dec 8- School wide PJ Spirit Day  
 Dec 11- Lock down practice  
 Dec 13- PAC meeting 7-8 pm- [meet.google.com/ccj-jekz-knb](https://meet.google.com/ccj-jekz-knb)  
 Dec 13- Multisport Curling  
 Dec 14- Bouncy castle in Gym  
 Dec 14- Multisport Curling  
 Dec 15- Bouncy castle in Gym  
 Dec 15- Subway Day  
 Dec 15-Ugly sweater Spirit Day  
 Dec 18- Christmas caroling  
 Dec 19- NJM Pool Time  
 Dec 19- Christmas caroling  
 Dec 19- NJM Hotdog Lunch  
 Dec 19- Tuesday Last Day before Xmas break  
 Dec 20- (Wednesday- Jan 3 Wednesday)- Xmas Break  
 Jan 4- Thursday First day back with staff and students  
 Jan 10- PAC meeting  
 Jan 19- No school for students- Collaborative STIP  
 Jan 23- NJM Pool Time  
 Jan 26th- Fancy Friday - Dress your best School Spirit Day

 Be Respectful  Be Responsible  Build Relationships

Jan 30- Rabbit camp for students in the wall tent  
Feb 2- No school for students- Collaborative STIP  
Feb 14- Red and Pink School Spirit Day (Hearts)  
Feb 19- No school for Students- STIP Day  
Feb 27- NJM Pool Time  
Feb 29-Crazy Hair School Spirit Day  
March 4-5- Parent Teacher Evenings  
March 7-Twin School Spirit Day (pick a friend or a class outfit and all dress the same)  
March 7- Last Day before Spring Break  
March 13- PAC meeting  
March 8- No school - Lieu Day for parent teacher evenings  
March 25- First day back after Spring Break  
March 29- Good Friday  
April 1- Easter Monday  
April 2- Grade 4 Tramping Camp- Therrien  
April 9- Grade 4 Tramping Camp- Bourgoin and Near  
April 10- PAC meeting  
April 22- Grade 4-5 Near- French Camp Week  
April 22-Earth School Spirit Day (Wear Green and Blue)  
April 22- Grade 5 Pickle - French Camp Week  
May 8- PAC meeting  
May 10- No school for students STIP Day  
May 23- Spring Show  
June 7- No school for Students  
June 11- Pool Time  
June 12- PAC meeting  
June 20- Last day for Students  
June 21- No school- National Indigenous Peoples Day  
June 25- LAST DAY FOR STAFF