

# Calgary Aboriginal Head Start

Head Office: Riel Institute ahs@rielinstitute.com T: 403-248-0824

Our Aboriginal Head Start location is:

Abbeydale: 320 Abergale Drive NE 587-470-6542

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### December:

December was a fast month. We welcomed Morris into the classroom to teach hand drum songs and the children were able to follow along. Our Elders Ruby, Marion & Petra smudged and played with the children.

Our students were able to write a letter to Santa and make snow angels. On our last day of classes, we had so much fun enjoying our pajama Christmas party. Thank you to the parents/caregivers who were able to send in treats for the class, we appreciate it.

Lastly, we had a fun filled week for our Magic of Christmas by delivering presents and hampers to all of our families. It was a lovely end to the year, and we hope your winter break was amazing.

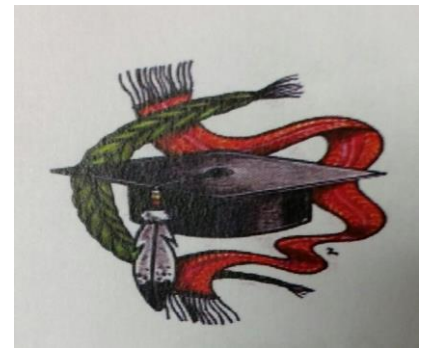
### January:

Happy New Year! We are excited to announce the opening of our new site location. We welcome all of our new students and their families. Our PAC meeting is on January 26, 2023, at 6 pm at RIEL Institute.

This month we will focus on the letters L, M & N. Our Program Elders and Classroom Teachers will continue to teach your child the facial features, how to count from 1-10, and our morning prayer in the Cree and Blackfoot Traditional Languages.

We look forward to our Sledding Field Trip on January 19, 2023. We look forward to welcoming parent volunteers for this outing. Rock your Mocs day will be celebrated in our classroom on January 26, 2023- please send your child with their moccasins and we will have a show & tell experience.

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## Upcoming Events

### January 16

**Return to class**

### January 19

**Outdoor Field trip: Sledding**

### January 25

**Rock your Moccasin Day**

### January 26<sup>th</sup>

**PAC**

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## Important Announcement

Please remember to send the following items to school with your child, as we like to go outside each day for at least 15 minutes (unless the weather is too severe)

- HAT & MITTENS
- SNOW BOOTS
- WINTER COAT
- SNOW PANTS

Any families who need outerwear for their children, please contact Katie to let her know.

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### Home-made Slime Recipe:

3 tbsp. Cornstarch

2 tbsp. Dish Soap

Add- food coloring or a package of Kool-Aid for color and scent

Mix all ingredients together-STIR, STIR, STIR, KNEAD, KNEAD, KNEAD. It will slowly form into a clump- TA-DA... SLIME!!

### January Birthdays:

Jan 2<sup>nd</sup> Kinsley

Jan 8<sup>th</sup> Aubree

Jan 18<sup>th</sup> Evie



**January Lesson Plans:** Letters: L, M & N

Numbers: 1-20, 1-12 in Blackfoot, 1-10 in Cree

Themes: Inuit, Igloo, Kokum, Moccasin, Metis, Na'ah

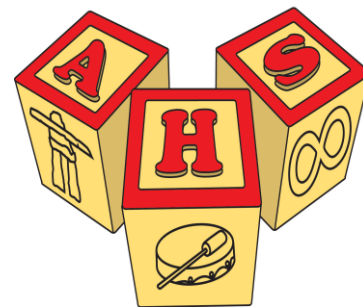
### FRIENDLY REMINDERS:

Please have the children ready for Bus Pick Up times.

Please contact the Bus drivers for absences in advance preferably before 7am. No snacks, beverages or toys allowed on the bus.

# ABORIGINAL HEAD START

*Urban & Northern Communities*



## In the Community:

### Woman's Center of Calgary

Online Yoga

Join us ONLINE for fun Yoga sessions! We will enjoy physical, mental, and spiritual practices with the aim to still and calm the mind! Perfect for all abilities. Participate in self-care. Focus on slowly moving into basic yoga postures while using your breath. You will leave the class with increased vitality and a fostered connection to yourself. These workshops are open to all who identify as women.

For more information or to register please email [RSVP@womenscentrecalgary.org](mailto:RSVP@womenscentrecalgary.org) or call 403-264-1155



