

Keptekewiku's - November 2021

Frost Month

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

Eknti'wimk Sunday	Amskwesewey Monday	Ta'pueway Tuesday	Si'stewey Wednesday	Ne'wewey Thursday	Kweltmultimk Friday	Kespitek Saturday
	1 B: Bacon, fried eggs & English muffin L: Chicken Burger & chips	2 B: Pancakes & sausage links L: Poutine & yogurt parfait	3 B: Scrambled eggs, ham & toast L: Macaroni, hamburger & garlic bread	4 B: Boiled eggs, bologna and bagels L: Chicken wraps & fruit or chips	5 B: Fried eggs & sausage rounds L: Meatball Subs	6
7 Daylight Savings time	8 Indigenous Veterans Day Celebration B: Scrambled eggs & ham L: Roast beef dinner	9 B: Fried eggs & bacon L: Bacon Mac-n-Cheese	10 B: Pancakes & sausage links L: Chicken nuggets & fries	11 Remembrance Day (No School)	12 Professional Development Day (No Classes)	13
14	15 B: Boiled eggs, bologna & toast L: Soft tacos & fruit cup	16 B: Waffles & strawberries L: Potatoes & hamburger gravy	17 B: Scrambled eggs & bacon L: Chicken strips & wedges	18 B: Sausage rounds & egg breakfast wrap with cheese L: Poutine & yogurt	19 B: Pancakes & sausage links L: Cheesy burgers	20
21	22 B: Waffles, bacon & fruit L: Meatloaf, potatoes & veggies	23 B: Fried eggs & bologna L: Pulled pork	24 Grade 9-12 Midterm Grade K4-8 Report Card B: Scrambled eggs, bacon & toast L: Hard tacos & yogurt parfait	25 B: Pancakes & sausage links L: Pizza	26 Parent/Teacher Conferences (No Classes)	27
28	29 B: Fried eggs & bacon L: Stew & luski	30 B: Waffles, ham & fruit L: Chicken wraps & salad	Sandwich Options: WOW Butter, Jam, Ham, Cheese, Cheese Whiz or any combination. Breakfast Options: Cereal, oatmeal or hot breakfast.			

Sacred Teachings of the Month: Respect

Respect is treating others how you want to be treated. Nobody is superior to another. Being kind. To honour all creation is to have respect. Do not waste and be mindful of the balance of all living things. Share and give away what you do not need; to not be hurtful to yourself or others.