John J. Sark Memorial School Newsletter

November 2026 – Kepteke wiku's

Principal's Message

Kwe'

Weli Keptekewiku's! What a beautiful fall season we have been enjoying. Students have enjoyed being outside this past month! We are all thankful for the sunny days that let us take our learning outside. As the weather changes and temperatures cool, it is important that students arrive at school with sweaters, hats, mitts, warm jackets, and boots. It might be a good idea to send an extra pair of clothes to store in their lockers!

This month, we focus on saying wela'lioq to the sma'knis who have fought for the Lennox Island community. Please join us for our **Remembrance Day Ceremony on Tues. November 10, at the church at 11 am.**

Report cards and conference times with teachers will be coming home later this month. These are meaningful opportunities for parents/guardians to connect with their child's teachers to see the progress students are already making and how they can support them at home. Parent/teacher interviews will be on **Friday, November**

App Nmultes'

Christy Rossiter

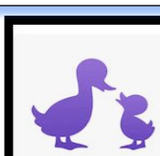
November Newsletter Dates

Nov 4 - School Spirit Day - Twin Day
Nov 5 & 6 - Staff Training Days (no school)
Nov 9 - Picture Day (am)
Nov 10 - Remembrance Day Service @ 11:00 am
Nov 11- Remembrance Day (no school)
Nov 16 - PD Day (no classes)
Nov 18 - Report Cards home
Nov 19 - Family fire & popcorn @ outdoor school
Nov 25 - Report cards go home
Nov 27 - Parent/Teacher Conferences (no classes)
Dec 2: Home & School mtg
Dec 8: Christmas Concert, 5:30 pm
Dec 15: 12 pm Dismissal for Christmas

Terry Fox 2026

Total Donations 645.00

Wela'lioq everyone for your support !



Parents/Guardians,
Stay up to date on the latest school happenings,
find out information about your child's class,
and send direct messages through the Story Park app.

November Birthdays

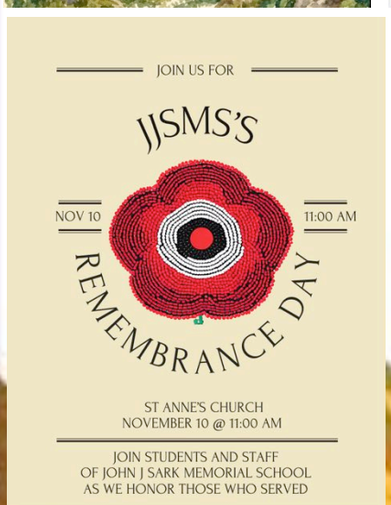
Keptekewiku's Ajipuna'

Atticus, Megan, Luka, Julianna, Kallee, Cayson, Lucas, Lily, Charlotte, Cyra.

Living With Mi'kma'ki in Keptekewiku's Rivers Freezing Over Time

We continue to see animals prepare for winter by fattening up, hibernating, or migrating as they did in Wikewiku's. This month, be on the lookout for the snowshoe hare's winter survival adaptation. The hare's coat changes from a brownish color to white. How do you think that helps them survive winter? Hints: Hares do not hibernate or migrate. They are herbivores, so in winter they eat twigs, buds, and bark.

We gather this month to celebrate all these gifts of nourishment that Mother Earth gives us and share them with others (Tpi'tnewey). We remain mindful of taking only what is needed and protecting future gifts (Netukulimk).

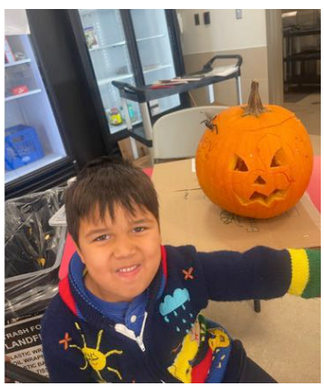


Mi'kmaq

Pjilas'si Keptekewiku's!
Welcome November! As it becomes tekkek(cold outside) the sipuk(rivers) start to freeze, which is where the name for this nakusetewey(month) comes from. We have a busy month as we pause to remember the melkita't Sma'knisk(brave solders). Take some time, remember and wear a mekwek wasuekl(poppy/red flower). As it gets colder, please bring you're a'su'n(coat), siptaqu'ni(hat), tepotmk(boots) aq whatever else you need to stay warm.
Be here and ready for a great nakwek(day) of learning every time you can!
Apnmultes(see you again).

Pjila'si – welcome
Tekkek – cold outside
nakusetewey – Month
melkita't – brave
mekwek – red
a'su'n - coat
Apnmultes – See you again.

Keptekewiku's – November
sipu'k – rivers
nakwek – day
Sma'knisk – Solders
wasuekl – flower
siptaqu'ni – hat

Speech & Language Activity Suggestions

November brings colder days and longer nights, making it a great time for indoor and outdoor fun! Try going for a walk to look for animal tracks, collect leaves, or notice changes in the weather. On cold or rainy days, build a blanket fort, bake together, read a book, or play a simple board game. These activities are great for building language! Talk about what you see , hear, feel, and do. Practise words like cold, dark, warm, bright, wet, and windy. Encourage your child to share ideas, take turns, follow directions, and talk a bout what happens next. Even a simple activity like making hot chocolate can build language by talking about what you need, what you do first, and how the drink feels. Most importantly, have fun together and let conversation grow naturally through play!