



Wagmatcook *August Newsletter*



Our August newsletter is a little shorter this month, but still packed with important and informative updates from across the community.

For the most current information, reminders, and updates, be sure to follow our Facebook page, where we keep the community informed throughout the month.

Have a story to share? Submit to communications@wagmatcook.com

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LOBSTER FISHER TRAINING PROGRAM

Wagmatcook Fisheries will be conducting a four week Lobster Fisher Training Program to help develop crew for the 2027 fishing season.

The program will include:

- Classroom training at NSCC for Marine Emergency Duties (MED), Domestic Vessel Safety (DVS) and Marine Advanced First Aid
- Water-based training in Nyanza Bay, where participants will gain real-life experience aboard a vessel

Program Details:

Start Date: September 7, 2026

Duration: 4 weeks

Classroom Location: NSCC

Water-Based Training: Nyanza Bay

Available Seats: 12

Transportation: Provided

All community members are welcome to apply. Interested individuals will need to register with Transport Canada if chosen. **Seats will be offered on a first-come, first-served basis.**

Please note: Completion of this training **does not guarantee placement** for the 2027 fishing season. For more information or to apply, please contact Preston Bernard at preston.bernard@wagmatcook.com





— 2ND ANNUAL —

FOREVER 21 MEMORIAL

FAST PITCH SOFTBALL TOURNAMENT

AUG 6-9, 2026



KIJU'EK- 2ND GROUP

We invite **students ages 12 to 18** to join us at the Elder's Centre for a fun day of learning, sharing and connecting with our beautiful Mi'kmaw language.

Youth will have the opportunity to:

- Learn Mi'kmaw phrases and hear our language spoken
- Learn how to bake a pie
- Prepare a light lunch
- Play waltzes
- Spend time learning alongside our kiju' (Elder)



Date: August 10, 2026

Time: 10:00 AM – 2:00 PM

Location: Elder's Centre

Transportation is not provided.

If your child is interested in joining us, please register by emailing marjorie@wagmatcookeweyschool.ca. Limit of 15 participants.

Registration required, please register ASAP.

If there is enough interest, we will plan another day for a different age group.

Children and youth learn by listening to our language being spoken freely. The environment should feel relaxed, safe, nurturing and fun. There are no tests and no writing, just a whole bunch of talking!

Let's preserve our language together.

The language keepers of Wagmatcook are reshaping how we teach our future leaders. We still have a chance to save our language, let's do it together.



Kiddos In The Kitchen **AGES (13-15)**

Cooking, Activity with Food Models, Kahoot Game & Prizes!

We will have food, conversations on healthy eating, fun ways to win prizes, and a cooking class:

Healthy homemade chicken nuggets



Friday, August 7th, 2026

1:30PM

**Etli-Apoqnmasimk (mini home)
Wagmatcook Health Centre**

PLEASE Register

ahead for planning the amount of food required for the session



Wagmatcook Community Meal Gathering



WAGMATCOOK HEALTH CENTRE
THURSDAY, August 13, 2026
11:30am - 1:30pm

Come together for a
Chinese Food Experience





DIABETES TOOLBOX CHAT

DIABETES SELF MANAGEMENT CHATS, TIPS & TOOLS

New tools in your toolbox for managing diabetes

Topic: Build a Healthy Snack

Host: Debbie, Dietitian

We will chat about healthy snacking
& build a healthy snack

If you have a phone bring it
and we will play an online game for a prize!!



Monday August 24, 2026

1:30pm

Etli-Apoqnmasimk (mini home)
Wagmatcook Health Centre





RECIPE



Before you know it, blueberries will be in season. As a member of the heather family (*Vaccinium* spp.), blueberries are closely related to cranberries, bilberries, and huckleberries. These small, round berries range in color from purplish-blue to blueish-black. Different kinds of blueberries exist, so their appearance may vary slightly. Common varieties are highbush, lowbush, cultivated and wild. Blueberries have a pleasant, sweet taste. They're often eaten fresh but may also be frozen, dried or juiced. You can use them in a variety of baked goods, jams, jellies and salads as well as for flavorings.

Blueberry bannock

- 1 cup (250 mL) whole-wheat flour
- 1 cup (250 mL) all-purpose flour
- $\frac{3}{4}$ cup (175 mL) fresh or frozen blueberries
- 2 tbsp (30 mL) baking powder
- $\frac{1}{2}$ tsp (2 mL) ground cinnamon
- $\frac{1}{8}$ tsp (0.5 mL) salt
- $\frac{1}{2}$ cup (125 mL) skim milk or milk alternative
- $\frac{1}{2}$ cup (125 mL) water
- 1 tbsp (15 mL) canola oil

Instructions

1. Preheat oven to 400°F (200°C).
2. In bowl, combine flours, blueberries, baking powder, cinnamon and salt.
3. Stir in milk, water and canola oil and, using hands, moisten all ingredients, handling dough as little as possible.
4. Turn dough out of bowl and place on lightly floured surface.
5. Using hands, form disc about $\frac{1}{2}$ inch (1 cm) thick and about 9 – 10 inches (22 – 25 cm) in diameter. If necessary, sprinkle with flour to keep dough from sticking. Cut into 8 wedges.
6. Place wedges on parchment-lined baking sheet and bake for 15 – 20 minutes or until bannock is golden brown.



Blueberries are a good source of vitamins and minerals, including Vitamin K, C, A, B6, Copper and Manganese. Finally, blueberries also contain beneficial plant compounds and antioxidants – including anthocyanins and quercetin. Eating blueberries on a regular basis as part of an overall balanced diet may help prevent heart disease, improve brain health, moderate blood sugar levels and improve gut health. You get a punch of nutrition for every bite of berries. The wild blueberry is the provincial fruit of Nova Scotia.



2026/27 School Year Calendar

August 31,2026	Staff Orientation	Staff only
September 1,2026	Staff Orientation	Staff only
September 2,2026	Staff Orientation	Staff only
September 3 ,2026	Staff Orientation	Staff only
September 4,2026	Staff Orientation	Staff only
September 8,2026	First Day of School for Students	
September 30,2026	Truth and Reconciliation Day	No School
October 1,2026	Treaty Day	No School
October 12,2026	Thanksgiving Day	No School
November 2, 2026	M.K. PD	No School
November 11,2026	Remembrance Day	No School
December 18,2026	Last day Teaching Before Christmas Break	
December 21,2026 to January 1,2027	Christmas Break	No School
January 4,2027	First day back after Christmas Break	
January 27 to 30,2027	Exams	
February 2,2027	Second Term Begins	
February 3,2027	Report Cards for Junior High & High School	
February 15, 2027	Family Day	No School
March 8 to 12,2027	March Break	No School
March 26,2027	Good Friday	No School
March 29,2027	Easter Monday	No School
May 24,2027	Victoria Day	No School
June 18, 2027	Last Teaching Day	
June 16,2027	Kindergarten Graduation Day	
June 14 to 18, 2027	Exams	
June 21,2027	National Indigenous Day	No School
June 23, 2027	Grad Dinner	
June 24, 2027	Graduation	
June 25, 2027	Grading Day/ Last Day for staff	

Please note that **Professional Development (PD) Days** will be determined throughout the school year.

Extra-Curricular Activities: Dates for activities and events such as Treaty Day, National Day for Truth and Reconciliation, Remembrance Day Services, and other activities will be determined by the appropriate committees.

****Calendar subject to change**

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wagmatcookeweyschool.ca

40 YEARS OF SUPPORTING *Indigenous* STUDENT SUCCESS



Heading to Cape Breton University this fall? Be sure to check out Unama'ki College!

Unama'ki College offers support, resources, cultural programming and a welcoming space for Indigenous students throughout their university journey. From academic support to cultural connections, there are services available to help you succeed at CBU.

Learn more and connect with Unama'ki College before the fall semester begins.

<https://www.cbu.ca/indigenous-initiatives/unamaki-college/>



NOVA SCOTIA
MI'KMAW
SUMMER GAMES

Sipekne'katik

August 13 th- 23rd

Summer Games are just around the corner!

Be sure to keep an eye on the Facebook page for the latest Team Wagmatcook updates on transportation and everything you need to know for the Games.

Be sure to regularly check Sipekne'katik's website for schedules and changes by visiting <https://www.sipeknekatik.ca/msg26>

Cleanwave Updates



CleanWave has been busy! After reaching 1,000 Facebook followers, the 1K Stack is making its return as a special thank-you to our customers.

Our Grab & Go fridge is always stocked with Pizza Burgers and daily specials for a quick and easy option.

Keep an eye out for Golden Tickets tucked into takeout bags, and be sure to stop in and check out our rotating specials; there's always something new cooking!

And if you haven't tried them yet, our Dirty Sodas are a must-try. Come see what's new at CleanWave!





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SAVE THE DATE

**Wagmatcook's Powwow
will take place on
September
12th & 13th
2026**

See you there!





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POWWOW LOGO CONTEST

We're looking for a unique logo to represent our upcoming Powwow! This is your opportunity to showcase your creativity while celebrating our culture, traditions, and community.

Contest Details

- **Who can enter?** Open to all band/community members.
- **Submission deadline:** August 7, 2026 at 4pm
- **Prize:** 1st place- \$150 2nd place- \$100 3rd place-\$50

Design Requirements

- Original artwork only.
- Design should reflect the spirit of our Powwow and Indigenous culture.
- Suitable for use on apparel, posters, social media, and promotional materials.
- Entries may be hand-drawn or digitally created.
- Preference will be given to original artwork (non-AI-generated).
- Submitted via a PDF, PNG, or JPEG file

How to Enter

Submit your design by email at
powwow@wagmatcook.com

Important: By entering, you agree that the winning design becomes the property of the Powwow Committee and may be modified for printing or promotional purposes.

We can't wait to see your creativity and celebrate the talent within our community. Good luck to everyone who enters!