

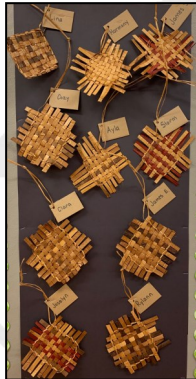
Aboriginal Programs Newsletter

Dała x̱a ik noḱe'
Carry a good heart

Pink Shirt Day
Wednesday February 24th

AJ Elliott Elementary

A.J. Elliott staff and students have been continuing their inquiry work focusing on incorporating more place-based learning and culture into math. Our theme for the year is cedar. Students began the year in the forest thinking about how we classify things in our world and looking at patterns in nature. We then learned about cedar harvesting, preparation, and weaving. The students first wove with paper strips and then as a culminating activity they had the opportunity to weave cedar mats.



Another recent highlight was Family Literacy Day. This year we focused on First Nations artist, Roy Henry Vickers. The students visited stations throughout the day writing poetry, painting, making prints, and preparing bannock.



Cheslakees Elementary

During these winter months we are caring for, and watching the development of our dza'wan. This year we have 180 to look after! The students are excited to report they are all in the "eyed egg stage". In the spring they will be released into the Cluxewe River. During this time children are also learn about different shapes used in First Nation designs as seen in the salmon pictures they coloured. Students have begun learning about events and traditions which take place during winter time, with teachers using the book "My Elders Tell Me" for support. The winter is a good time to drink Balsam Bark Tea when you get a cold, and a great time for clam digging. In class the Kwakwala language can be heard. Many gangananam fluently introduce themselves and ask 'Wiksas?', with a reply of lk'man. They have even taken to reminding each other to use their pipaspa'yu and to kas'i when lining up to go outside. It truly is a joy hearing it used with such confidence! Gilakas'la



Fort Rupert Elementary

'Matsaḷux? (What is it?)
 Ku'misux (It's a crab.)



Kwakwala Project

The students and staff of Fort Rupert are going to create 'virtual tours' of our area. We are gathering pictures of plants, animals, and landscape. We are going to create a resource where our students will be the tour guides of our area. They will name things in Kwakwala and then talk about traditional uses or history. We are using FNEsc Resources, the Learning Kwakwala Series Books, and local traditional knowledge. Everyone is i'ka'k'ala (excited).

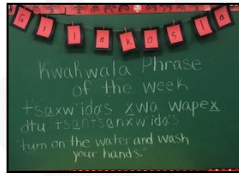
North Island Secondary

NISS would like to thank the Art for Aid (artforaid.ca) project for the generous donation of 9 boxes of art supplies. This program sent materials to the school to support Indigenous students with art and creativity.



Eagle View Elementary

Small groups of learners from Ms. Benere's grade 2/3 class has been making bannock with Ms. Bea Wadhams on Fridays. They have also been making gifts in preparation for their class Yayuma scheduled for February 19, 2021. Mr. Nelson has been teaching the students the salmon dance and they will be performing this for the other grade 2/3 class in their learning group.



For our primary students we have been working with a small group of individuals on letter recognition and sounds to help build their confidence and enrich their academic success when moving onto their next grade in the new school year. Our primary First Nations room also started a Kwakwaka'wan phrase of the day, every day is a new phrase which creates a fun way to learn our Kwakwaka'wan language for staff and students, we will say the phrase 3 times then have the students and/or staff give it a try on their own.



Port Hardy Secondary

The picture below was taken at the last day of the Boys & Girls Group Program for Grade 8. Dedicated to healthy living, making good decisions, & building positive peer relationships, the Boys & Girls Program finished the six week long lesson by having the class walk down to the beach and enjoy a healthy & fun competition on the swings. We also enjoyed a celebratory hot chocolate. This was quite the enjoyable mini-journey as the group developed deeper connections and understanding of each other and healthy living.



Sea View Elementary

It's been a great start to 2021 here at Sea View! We have had the opportunity to learn how to respectfully acknowledge the lands where we are so fortunate to be able to learn, live, work, and play within. We have had many outdoor learning opportunities throughout this mild school year. A recent highlight was learning and performing the paddle dance. We are so appreciative of our students and staff who make a daily effort to weave aboriginal content into our everyday lives. A display of Kwakwaka'wan words will soon be complete and once again on display! Maya'xala, huttilala's, and salt'idas are becoming increasingly used in our classrooms. This is a year of positive growth and excitement from all. A goal we have this year is to be able to introduce ourselves in Kwakwaka'wan and where we live, display signage in Kwakwaka'wan in school and around Port Alice, build our drums, and have more visitors in virtually. Here is a photo of Ms. Deane's 4,5,6,7 class spending time at the beach creating art from natural materials. The choice of display was theirs and one group even made a model of a bighouse!



Alert Bay Elementary

Alert Bay School will be hosting a virtual Cultural Celebration on Friday, June 4th. Staff and students are disappointed that we are unable to gather in the bighouse due to the pandemic. However, we are encouraged, excited, and accept the challenge of hosting an online event. Students are busy learning and preparing speeches, songs, and dances for this event. Additional details will be announced when they become available.

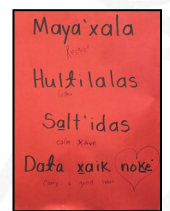
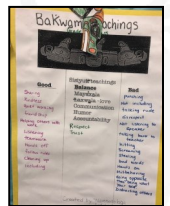


Sunset Elementary

We have taken a new approach to organizing our First Nations program at Sunset due to the COVID-19 pandemic. Our wonderful Ms. McKinney has been spending her time immersed in different cohorts this year. By the end of the year, she will have spent about 7 weeks with each class.

One of the things that Ms. McKinney has been working on introducing the terms maya'xala, huttilala's, salt'idas, and data xa ik noke, to our students and discussing what it really means; for example, to carry a good heart. Along with this, she includes "Bakwam Teachings" using Sisiyutł. By the end of June, the whole school will know these terms and how to walk with them.

The older students have been making connections between civilizations through myths, legends and creation stories. They have also been learning about the Sinixt people who have lost over half of their traditional territory because of international borders. Mrs. Ellis and Ms. McKinney introduced one class to gleetna processing and brought samples for the students to try. It was delicious!



Eke Me-Xi Learning Centre

Students and staff are enjoying exploring the Kwakiutl Land on their various field trips.



Shown below is School District No. 85's Superintendent of Schools Carol Robertson, and Assistant Superintendent Christina MacDonald viewing the progress of the Port Hardy Secondary School's Pole Project. Mervyn Child and Chief David Knox have been commissioned for the carving. We are all excited to see the final product.



Aboriginal Programs Monthly Prize Draws

Aboriginal Programs has one monthly draws for:

1. Students and staff who are practicing Maya'xala, Huthilala's, Salt'idas, Dała xa ik noke' and Nanwakola
 2. Anyone in your building you catch using our Kwak'wala language
- Please send the school name and nominated person's name to:

Miranda Bery mberny@sd85bccca or Irene Isaac iisaac@sd85.bc.ca



Just a few of the winners so far this year.....more to come!

PHSS Extra-Curricular Athletics Program - "Earn it"

After a successful basketball season, Port Hardy Secondary School is excited to announce the kick-off to their second sport season. Within their cohorts, sixteen teachers/support staff and 85 students will participate in volleyball, soccer, strength training and flag football. This year's sport's mantra is "Earn It". This extra-curricular athletics program is based on the expectation that student-athletes stay on top of their academics and attend classes and practices regularly. The program is inspired by the pursuit of mental wellness and the understanding that participation in physical activity can increase self-esteem and reduce stress and anxiety. The sports slated for the next season include: softball, track and field, floor hockey, soccer and field hockey.

Joni Frei (Coach)



Backpack Buddies Program

On behalf of the students, families and staff here at SD85 we would like to say Gilakas'la (thank you!) to the Backpack Buddies Program. This program is so important and ensures that our students in need have food throughout the weekend. We appreciate their continued support and we recognize and acknowledge all of those who make this program run smoothly. Shown below is program coordinator Don Kattler standing next to some of the food that is distributed to schools before being handed out to students.



Kwak'wala Corner

| | |
|------------------|-----------------------------|
| łaxwalapá | to love each other |
| palawas | flowers |
| dzadza'wanx | February |
| 'namyut | family |
| a'ya'su | hand |
| 'wadaxtsana | cold hands |
| łaxwe'gila | strength, gaining |
| dzikała | silly grin |
| ixkasalan | I am happy |
| wixan's kas'ida' | Let's go for a walk |
| he'am gwełi | That's life |
| kapida's gaxan | hug me |
| řatu | reunite |
| ma'łukw'mola | two people walking together |
| ki'kwila | making a totem pole |
| łřa'wo | beautiful |
| dřidaxwala | many people jumping |

Congratulations to our Alert Bay Elementary School student, Brees McKinney. She was the winner of the Holiday Art Challenge over Christmas break sponsored by U'mista Cultural Centre.



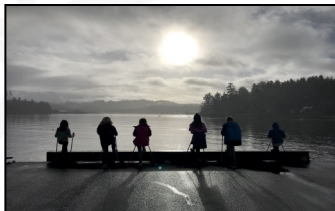
Lunch Hour Trekking at Eagle View

Walk for Health, is one way we are participating in Healthy Schools Initiative.

Eagle View Elementary has been providing the opportunity for intermediate students throughout the week to engage and create connections during noon hour trekking. The focus is to promote an access for positive mental health. We have incorporated a walking curriculum. It introduces an Indigenous perspective. We look at the guided questions which are suggested, such as, Where are we? What do we see?

Acknowledgment to the land, and noted seasonal changes provides an array of conversation to take place. Many personal stories and life experiences of living on the North Island has given an access to be with the students and their experiences.

Walking has many health benefits. Trekking increases the health benefits by providing a total body workout which includes all the core muscles. It motivates and pulls for you to want fun with fitness. Trekking reduces stress to joints, while improving balance and stability. The social aspect of participating in a group activity, of interacting with others—the benefits to stress levels and mood of exercising outdoors in a natural environment contribute to good mental health. We have extended the 6 week program, as the interest of the students remain eager and with much enthusiasm to keep going.



Need to see a Doctor? Fast and Reliable? Visit eHealth & Virtual Health <https://www.fnha.ca/what-we-do/ehealth>

Local CYMH Intake Clinic Information: (250) 949-8011 Port Hardy

1-800-SUICIDE If you are in distress or are worried about someone in distress who may hurt themselves, call SUICIDE (1-800-784-2433) 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

Native Youth Crisis Hotline: 1-877-209-1266 Answered by staff 24/7, available throughout Canada and US.

Youth in BC: Visit www.youthinbc.com for youth resources or chat with a counselor online. You can also call 1-866-661-3311 (toll-free in BC) 24 hours a day.

Trans Lifeline: 1-877-330-6366 www.translifeline.org

Trans Lifeline is a non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. This is a FREE helpline run by volunteers and supported by the community.

Centre for Suicide Prevention: Visit www.suicideinfo.ca for information, research and links to national distress websites.

310-6789 (no area code needed) Mental Health Information Line

Answered 24/7/365, it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns.

See the Here to Help website for more information, www.heretohelp.bc.ca

For a complete list of all crisis line numbers in BC go to: <http://www.crisislines.bc.ca>

KUU-US Crisis Services

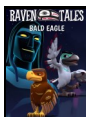
24 HOUR CRISIS SERVICES

*A place where you can talk, trust and feel.
Help is only a phone call away.*

Adult / Elder: 250-723-4050 Child / Youth: 250-723-2040 Toll Free (BC): 1-800-KUU-US17

A Big Thank You

Gilakas'la to U'mista Cultural Centre for their generous donations of resources and continuous support.



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| <p>DOGWOOD DIPLOMA GRADUATION CHECK LIST</p> <p>www.sd85.bc.ca</p> | <p>Grade 10</p> <ul style="list-style-type: none"> English or English First Peoples 10 Mathematics 10 Science 10 Social Studies 10 Career Life Education Physical and Health Education 10 | <p>Grade 11</p> <ul style="list-style-type: none"> English or English First Peoples 11 Mathematics 11 or 12 Science 11 or 12 Social Studies 11 or 12 | <p>Grade 12</p> <ul style="list-style-type: none"> English or English First Peoples 12 Career Life Connections French 12 Electives Additional Grade 11, 11 or 12 Electives |
| | <p>Provincial Graduation Assessments</p> <ul style="list-style-type: none"> Graduation Numeracy Assessment 12 Graduation Literacy Assessment 12 Graduation Literacy Assessment 12 | | |

erase EXPECT RESPECT & A SAFE EDUCATION



Gilakas'la

For more information about our Aboriginal Programs with SD85, please visit our website:

<http://www.sd85.bc.ca/wordpress/programs-ab-ed/>

We can also be contacted by phoning 250-949-6618 ext. 2233 for Irene Isaac, District Principal of Aboriginal Programs or ext. 2231 for Miranda Berry, Secretary of Aboriginal Programs, Student Services, and SBO.