

Aboriginal Programs Newsletter

National Aboriginal Veterans Day & Remembrance Day

November 8th is National Aboriginal Veterans Day. It is a time to remember and commemorate the contributions of Indigenous veterans in the First and Second World Wars, as well as the Korean War. Over 12,000 Indigenous peoples volunteered to fight in all three wars.

The memorial was inaugurated in Winnipeg in 1994, and has since spread nationwide.

Canadians also observe Remembrance Day which is also known as Armistice Day to commemorate the armistice agreement that ended the First World War on Monday November 11th, 1918, at 11am.



AJ Elliott Elementary

One of the activities the K/1/2/3 students did this fall was to hear the story of "The Giving Tree". This is a retelling of a traditional Métis story by Leah Dorion. They learned about the Métis core values, beliefs, and their connections with Mother Earth.

They drew, glued, and used bright pastels to create their own "Giving Tree". Then they carefully thought of what they would leave in the "Cache" of the trunk to help people out in their times of need.



Cheslakees Elementary

Celebrating who we are and where we come from on Orange Shirt Day and every day.



Alert Bay Elementary

Alert Bay School staff and students have visited the U'mista Cultural Centre twice this term. Our first field trip was September 16th to participate in the unveiling of a recently returned treasure. The Sisiyu't plank had been in the United States since 1883 and was exhibited at the World's Columbian Expo, before ending up at the Newbury Library in Chicago. Our students were invited to participate in a brief ceremony to welcome it home. Our senior students are learning about the Potlatch Collection and the Potlatch Prohibition which ultimately lead to the imprisonment of our people in 1922. On our October 14th visit and we had a presentation about the Potlatch Collection from Director Juanita Johnston.

In November, the U'mista turns 40 years old and we are committed to learning as much as we can to commemorate that anniversary. We will continue to work to build our relationships with our community members. Learning to do that in a safe manner during the pandemic is a new challenge that we are committed to.



Fort Rupert Elementary

Fort Rupert's Grade 2/3/4 class are creating memory boxes. Students read Nicola Campbell's Shi-shi-etko and are now working on personal stories and honouring each other's cultural heritages. These memory boxes will allow students to reflect on their school year by ka'yola (telling stories) attached to various objects.



Sunset Elementary

Our Grade 1 and Grade 1/2 classes made a Thanksgiving feast of homemade buns, turkey soup and pumpkin tarts. This little "turkey" is enjoying his feast!



Eagle View Elementary

As we remembered those affected by the past, honoured Phyllis' story and showed our support, we also took the time to share how special we are! Thank you to our amazing team for organizing handprints, t-shirt clotheslines, ensuring resources were available for all classrooms and making sure everyone understands the past in order to move forward together.



North Island Secondary

Daunte McKinney, a NISS student, explored his understanding of the Social Studies 11 Big Idea of "Cultural expressions convey the richness, diversity, and resiliency of BC First Peoples." He delved into the history of his great grand dad, Henry Speck and his contributions to the art world. His legacy lives on.



Eke Me-Xi Learning Centre



First Nations Support Worker Ross Hunt dressed up as a sunflower for the Halloween festivities at Eke Me-Xi Learning Centre. The staff here put forth great effort into their costumes and celebrating with students.

Sea View Elementary

Here are some of our grade 4/5/6/7's harvesting our "Three Sisters Garden" at Sea View School. Have you heard of the "Three Sisters"? It is a Native American legend which refers to corn, beans and squash. These sisters are known as the "sustainers" of life. They grow together in the same mound each one protecting the others. The corn stands tall so the beans have a pole to climb. The beans help to keep the soil fertile and keep the corn from falling when it's windy. While the squash vines act as a living mulch, keeping weeds from invading and protecting the soils moisture.



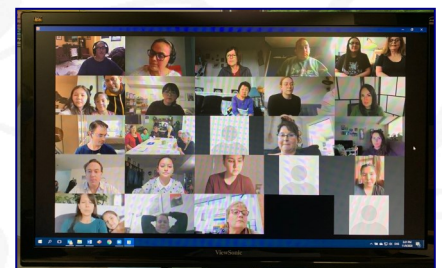
Port Hardy Secondary

Grade 8 students posing for a photo taken by April Hunt, PHSS's First Nations Youth Worker while exploring the land and doing a scavenger hunt at Carrot Park. As part of the First Nations Support Teams' mandate, April is dedicated to establishing socioemotional connections with students, working toward their academic achievements, and continuing cultural teachings. This picture encapsulates the fun, educational, and friendly experiences students have on their field trips.



Kwak'wala with the Elders

On Friday October 23rd, seventy of us gathered using the ZOOM platform to take part in a professional development opportunity hosted by U'mista Cultural Centre in partnership with SD85 Aboriginal Programs and Services. Our themes were Halloween, days of the week, and months. We had fun and agree that we all want more!



The next Kwak'wala with the Elders session is Friday November 20th starting at 1pm via Zoom. <https://sd85-bc-ca.zoom.us/j/63679337757?pwd=cU5uNk1MMm00OGpRVRqTTNNOG13dz09>

Meeting ID: 636 7933 7757
Passcode: 131080



Port Hardy Secondary School's Basketball Team

PHSS's 6 Week Basketball Program is in full swing! There are 5 teams in total. Grade 8 boys, coached by Mr. Ross and Mr. Blouin, Grade 8 girls coached by Ms. Heavenor and Ms. Frei, Grade 9 boys and girls coached by Mr. Dyck and Mr. Knox, Grade 10 boys and girls coached by Ms. Heavenor and Ms. Frei, Grade 11/12 boys and girls coached by Mr. Cleary and Mr. Boyko. This year's mantra is "Earn It" with the idea that students will practice the life and social skills of: commitment, dedication, work ethic, reliability, teamwork, resiliency, gratitude and service. The expectation is for these skills to be practiced and demonstrated in all aspects of their lives, including the classroom, community, and on the court! Student-athletes practice 3 times a week with varied practice times before school and after school. The program runs until Christmas break. Pictured below left to right: Gr. 8 girls, Gr. 8 girls, Gr. 10 boys and girls, "Earn It".



Kwak'wala Corner

- Hutk'wala's — Listen (singular)
- Ka'salala's — Pay Attention
- Sagustuda's — Raise your hand
- Kwak'wala's — Say it in Kwak'wala
- Naka'ams — You're right
- K'isas naka — You're not right
- Olak'ala ika! — Really good!
- La'ams qwa'la' — You're finished

Mental Wellness Challenge:

- Gratitude benefits take time
- Gratitude has lasting effects on the brain
- Expressing gratitude decreases the intensity of toxic emotions
- The benefits of expressing gratitude take time

Gratitude Search

1. Find something outside that you enjoy looking at.
2. Find something that is your favorite color.
3. Find something that you think someone would enjoy.
4. Find something that makes you happy.
5. Find something that smells amazing.
6. Find something that makes you laugh.
7. Find a place you love.
8. Find something that makes a beautiful sound.
9. Discover something new.
10. Find something that tastes good.

'Namgis Counselors

Welcome to our 'Namgis community partners who will be at NISS one day per week. Gilakas'la for your support.



New Bus Driver, Route, & Schedule

Welcome Brandy Hill as the new bus driver for the Gwa'Sala-Nakwaxda'xw route. She'll be bringing students to and from Port Hardy Secondary, Eagle View Elementary, and Eke Me-Xi Learning Centre.

Route No.	Stop No.	Description	Start/End	Days
010 AM	1	Port Hardy	8:00 AM	Mon-Fri
	2	Port Hardy	8:00 AM	Mon-Fri
	3	Port Hardy	8:00 AM	Mon-Fri
	4	Port Hardy	8:00 AM	Mon-Fri
	5	Port Hardy	8:00 AM	Mon-Fri
	6	Port Hardy	8:00 AM	Mon-Fri
	7	Port Hardy	8:00 AM	Mon-Fri
	8	Port Hardy	8:00 AM	Mon-Fri
	9	Port Hardy	8:00 AM	Mon-Fri
	10	Port Hardy	8:00 AM	Mon-Fri
010 PM	1	Port Hardy	3:00 PM	Mon-Fri
	2	Port Hardy	3:00 PM	Mon-Fri
	3	Port Hardy	3:00 PM	Mon-Fri
	4	Port Hardy	3:00 PM	Mon-Fri
	5	Port Hardy	3:00 PM	Mon-Fri
	6	Port Hardy	3:00 PM	Mon-Fri
	7	Port Hardy	3:00 PM	Mon-Fri
	8	Port Hardy	3:00 PM	Mon-Fri
	9	Port Hardy	3:00 PM	Mon-Fri
	10	Port Hardy	3:00 PM	Mon-Fri
010 PM-2	1	Port Hardy	3:00 PM	Mon-Fri
	2	Port Hardy	3:00 PM	Mon-Fri
	3	Port Hardy	3:00 PM	Mon-Fri
	4	Port Hardy	3:00 PM	Mon-Fri
	5	Port Hardy	3:00 PM	Mon-Fri
	6	Port Hardy	3:00 PM	Mon-Fri
	7	Port Hardy	3:00 PM	Mon-Fri
	8	Port Hardy	3:00 PM	Mon-Fri
	9	Port Hardy	3:00 PM	Mon-Fri
	10	Port Hardy	3:00 PM	Mon-Fri



Aboriginal Programs Monthly Prize Draws

- Aboriginal Programs will begin monthly draws for:
1. Students and staff who are practicing Maya'xala, Hutk'wala's, Salt'idas, Da'la xa ik noke' and Nanwakola
 2. Anyone in your building you catch using our Kwak'wala language

Please send the school name and person's name to: [Miranda Berry mberry@sd85bcc.ca](mailto:Miranda.Berry@sd85bcc.ca) or [Irene Isaac isaac@sd85bcc.ca](mailto:Irene.Isaac@sd85bcc.ca)

This begins now!

examples of prizes given



DOGWOOD DIPLOMA
GRADUATION CHECK LIST
www.sd85.bc.ca

Grade 10

- English or English First Peoples 10
- Mathematics 10
- Science 10
- Social Studies 10
- Career Life Education
- Physical and Health Education 10

Grade 11

- English or English First Peoples 11
- Mathematics 11 or 12
- Science 11 or 12
- Social Studies 11 or 12

Grade 12

- English or English First Peoples 12
- Career Life Connections
- 3 Grade 12 Electives

- Arts Education or Applied Design, Skills and Technology 10, 11 or 12
- 4 Additional Grade 10, 11 or 12 Electives

Provincial Graduation Assessments

- Graduation Numeracy Assessment 10
- Graduation Literacy Assessment 10
- Graduation Literacy Assessment 12

The B.C. Certificate of Graduation, or Dogwood Diploma, is awarded to students who successfully complete the provincial graduation requirements. To graduate, students require at least 80 credits total. 52 core credits and 28 elective credits are required. Each selection counts as 4 credits. ©2020



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>





Mental Health and Wellness Resources for Youth

First Nations Health Authority
Health through wellness

Even though we need to keep our physical distance during the COVID-19 pandemic, we don't need to be alone on our journeys. Support is available! Here are some services, apps and practices that may provide help and healing during these uncertain times.

Box Breathing
Box breathing is a powerful practice for calming your nervous system. Breathe in for four seconds, hold your breath for four seconds, and exhale for four seconds. Try it out using the GIF below, courtesy of healthline.
<https://www.healthline.com/health/box-breathing#slowly-exhale>

Tsow-Tun Le Lum Society
Do you need guidance from an Elder? Could you use a prayer or a virtual smudging? Tsow-Tun Le Lum can help! Just call them to set up a meeting time at: 1-888-590-3123 (toll-free).

Insight Timer
Join thousands of other youth who are learning to meditate on Insight Timer. This app will help calm your mind and reduce anxiety. Insight Timer is totally free and has over 30,000 guided meditations.
<https://insighttimer.com>

Foundry BC
Foundry BC is a one-stop-shop for youth wellness. They are now offering virtual drop-in counselling for youth across BC. To book an appointment, call: 1-833-F0UNDRY (1-833-308-6379)

Child & Youth Mental Health Walk-in Intake Clinics
Are you looking for mental health support or services in your area? Call your local CYMH Office for virtual or telephone services. Visit the website [here](#).

Youth In BC Online Chat
YouthInBC.com is an on-line crisis chat service for youth who need a safe place to find support or simply someone to listen without judgement. You can chat about anything you want to: suicide, sexuality, depression, stress, relationship conflicts and much more. Online chat is available from Noon to 1 a.m. Visit: www.youthinbc.com

Youth Against Violence Line
If you are concerned about your own safety, the safety of others, or experiencing sexual abuse, text 604-836-6381 or call 1-800-680-4264. Service is available 24/7 and is completely anonymous. Visit: <http://www.youthagainstaviolenceline.com> for more information.

Kuu-Us Crisis Line
The KUU-US Crisis Line Society operates 24/7 and has a line just for youth. Call: 250-723-2040 or 1-800-588-8717 (toll-free).

If you or someone you know is in crisis, call 911 now.

KUU-US CRISIS RESPONSE SERVICES

1-800-KUU-US17 | 1-800-588-8717



CULTURALLY SAFE HELP AVAILABLE •
24 HOURS A DAY | 7 DAYS A WEEK •
FIRST NATIONS HELPING FIRST NATIONS •




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.

Stick to your safe six



COVID-19 IN BC

