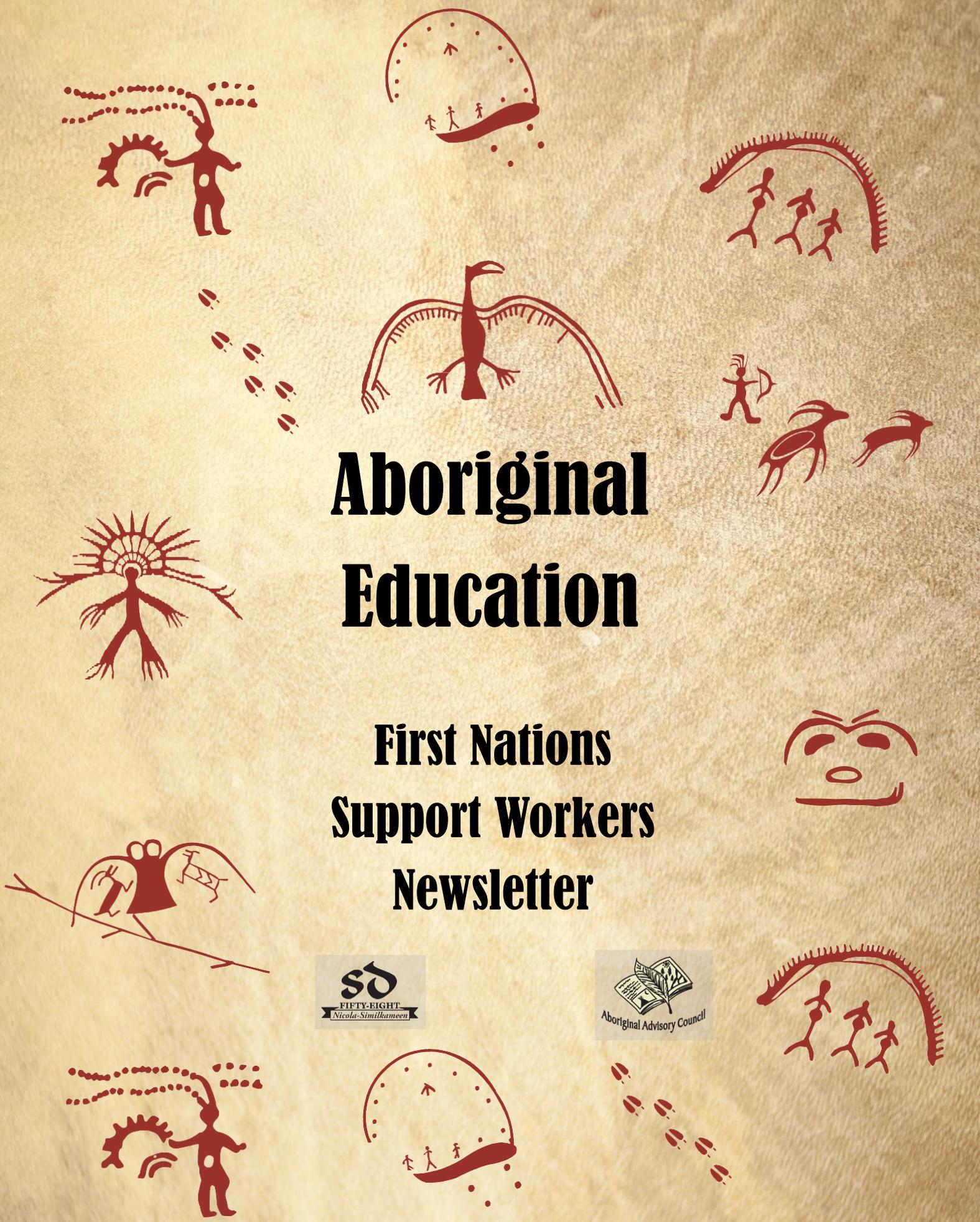


# Aboriginal Education

## First Nations Support Workers Newsletter



# Aboriginal Education WINTER UPDATE

2020

School District #58 (Nicola-Similkameen) is proud to serve students from our six local Bands, the Metis Nation and from Aboriginal communities outside of our district. A rich cultural component is provided by, approximately 40% of our students who report Aboriginal ancestry. The Coldwater Band, Lower Nicola Band, Nooaitch Band, Shackan Band, Upper Nicola Band, Upper Similkameen Band, the Metis and School District #58 are mutually committed to the goal of personal success and the best education possible for all First Nations Students. Improving in the area of Aboriginal Education is a focus of our present work in the Nicola-Similkameen and we are committed to listening and working collaboratively with the First Nations community to do so.

***Success For ALL Learners Today and Tomorrow!***



Photo taken in September outside the House of Honor at M.S.S. We have 4 new staff join our team; Jacklyn Whitecotton, Melissa Pinyon, Amanda Lamothe and Amanda Adams.

**Back Row:** Jaclyn Whitecotton, Keith Jager, Christine Anderson, Melissa Pinyon, Martha Chillihitzia, Amanda Lamothe, Renee Hartwell, Travais Oppenheim. **Front Row:** Greta Brown, Dawn Williams, Shelly Oppenheim-Lacerte, Yvonne Joe, Amanda Adams, Esther Shackelly, Cheryl Rule. Not in photo: Rod Anderson.



# Princeton Secondary School & Bridge Indigenous Newsletter

December, 2020



Dennis Saddleman, a Nlaka'pamux poet and IRS survivor, shares his creative writing with students, his healing journey through poetry, being named The Word Warrior.



The Bridge Alternate School harvested rosehips, following their tobacco offering, to the land for all it teaches and gives to us.

BC Outdoor Life class has been a dynamic learning experience for our senior students. Here we ventured out to discover local pictographs, keeping sacred these (over 3000 year old) Similkameen ochre rock paintings



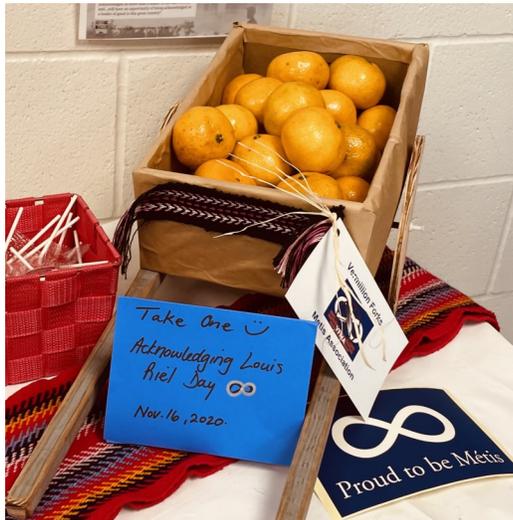
- Dec. 18-Jan. 3, 2021– Winter Break (no school).
- Jan. 29, 2020– Second Term Report Cards go home
- Feb.17, 2012-Princeton Youth Leadership Conference: Grade 9s 8:30am-12:00pm
- March 15-26, 2021– Spring Break and NI Days
- June 10, 2021– Aboriginal Grad Celebration
- June 21, 2021– National Aboriginal Peoples Day



*Teachers plant the seeds of knowledge that last a lifetime.*

Louis Riel Day commemorates the life of a Metis hero and Canadian revolutionary. He helped shape the future of Metis rights and freedoms for future generations.

## National Louis Riel Day November 16th



## BCANDS' INDIGENOUS SUPPORT FOR STUDENT LEARNING PROGRAM (SSLP)

**WHO**—Indigenous students of any age across Canada with limited financial resources, including those students living with disabilities. To be eligible, you must be of low-income, enrolled in Formal education (online, remote, on-site), and actively attending

**WHAT**—The Indigenous Support for Student Learning Program is accepting applications from eligible students to be considered to receive a laptop and related accessories

**WHY**—To support and assist Indigenous students in their continued educational success and participation

Resources are limited—apply today!  
Applications must be received by March 15, 2021  
Visit [www.bcands.bc.ca](http://www.bcands.bc.ca) for more information and to apply



British Columbia Aboriginal Network on Disability Society

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8  
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312  
Email: [sslp@bcands.bc.ca](mailto:sslp@bcands.bc.ca) — [www.bcands.bc.ca](http://www.bcands.bc.ca)

## Staying Healthy over the Holidays

**Get out on the LAND.** We live in the most beautiful place for winter activities. Sledding, snowshoeing, skiing, walking, and playing in the snow! Fresh air makes our bodies healthier and helps us sleep better.

**Eat healthy.** Treats are going to happen, let's face it! But balance your sweet and salty intake with fruit and veggies as much as possible.

**Smudge.** Use sage medicine to cleanse your spirit.

**Be Grateful.** Quiet time to reflect on what we have can give us strength.

**Connect with People .** Take advantage of the time with family and play cards, boards games, do puzzles, or connect through Facetime or Phone call).

**Get Crafty.** Make gifts or cards for family and friends.

**Do random acts of kindness.** Brightening someone else's day !

**Take breaks from your screen.** Huge importance to our overall health to be active and read!

## Aboriginal Graduates:

Please check the Welcome Room Board for Post Secondary tours (virtual), scholarship application links and Indigenous service advisor contact information. Also check out our Aboriginal Education website (below) for Scholarship sites, and updates regarding the SD58 Indigenous Graduation in June 2021.



Renee  
Hartwell

(250) 295-3218

[rhartwell@365.sd58.bc.ca](mailto:rhartwell@365.sd58.bc.ca)

First Nations Support Worker  
Princeton Secondary School and  
The Bridge



Visit our SD58 Aboriginal Education Website:

<https://abed.sd58.bc.ca>



# NICOLA-CANFORD ELEMENTARY SCHOOL

OFFICE OF THE PRINCIPAL  
PHONE (250) 378-2172  
FAX (250) 378-5270

2311 POSTELL STREET  
LOWER NICOLA, BC  
V0K 1Y0



First Nations Support Workers: Mrs. Joe and Mrs. Adams

Email: Mrs. Joe - yjoe@365.sd58.bc.ca | Mrs. Adams - aadams@365.sd58.bc.ca



*Wisdom - We Ask Ourselves, "Will This Make Things Better Or Worse"*

## **Past Events:**

- *Cattail—Harvesting and creating pillows stuffed with Cattail.*
- *Bow and arrows—Presentation of how to make them and explanation of tools used.*
- *Halloween—virtual parade*
- *Former NCES Student Darius Sam presented to the whole school about his journey and accomplishments.*
- *COVID friendly Remembrance Day Ceremony*
- *Wash off with Elder Amelia Washington at NCES*
- *Hide—scraping of elk with resource person Hank Yamelst.*

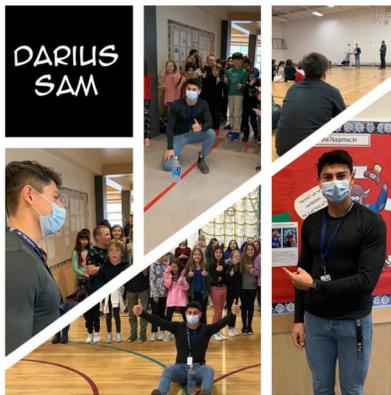
## **Upcoming Events:**

- *Hand-made Christmas ornaments/gifts for the LTC—Nicola Meadows, The Florentine and The Coquihalla House.*
- *NCES Food Bank Donation to Nicola Valley Food Bank*
- *Winter Solstice*
- *10th Annual Moose Hide Campaign*

*təx w tx wew sikn | (tukh-tx-wow-sheek-n) |*

**Happy Christmas to all**

# NCES Coyotes Gallery



*Wishing all families of Nicola Canford students, a very safe and Happy Holiday. Hoping our students continue to remember their self-distancing and to d2w2kstmxe (wash your hands). This holiday will look very different but let us all remember that "Christmas is not as much about opening our presents as opening our hearts." Be grateful for your health and the food you will enjoy.*

*~ Mrs. Joe ~*

*I'm grateful for Dr. Bonnie Henry's Message:*

*"I think Santa probably has immunity and we'll be looking at how we can facilitate him. Santa will be washing his hands a lot, and he probably won't be eating cookies and milk in every house this year, but we will find ways of making it work."*

*It's not what's under the Christmas tree, it's whose gathered around it. Merry Christmas to all students and families within SD. No 58 near and far.*

*Mrs. Adams*

# Bench Elementary School

November & December 2020



Gr. 2 Class  
Mr. Denton's  
Science  
Indigenous  
Perspective  
On our  
Sacred Water



60% of the Human Body is made up of water and 71% of Mother Earth is made of water. Water is Life.



Basic Nle?kepmxcin : KF Class

## Gr. 1—Pictograph Story of Sun Man



## Remembrance Day: Indigenous Deliverance (Virtual)

Indigenous people from every region of Canada served in the armed forces during the Second World War, fighting in every major battle and campaign of the conflict. To serve their country, Indigenous people had to overcome unique cultural challenges. Their courage, sacrifices, and accomplishments are a continuing source of pride to their families, communities, and all Canadians.

At least 3,000 First Nations members—including 72 women—enlisted, as well as an unknown number of Inuit, Métis, and other Indigenous people. The actual numbers were no doubt much higher. Among this small number of identified Indigenous members of the forces, at least 17 decorations for bravery in action were earned.

In the Nicola Valley many indigenous peoples' names were not even mentioned, however, a small piece was revealed when the history of the land came to truth. Today, a few of our veterans of the Nlaka'pamux Nation are still alive to this day and we bless them for their sacrifices.



# Bench Elementary

Nov. & Dec. 2020



Governance Focus on the five local community Bands & the history of the Nicola Tribal Association & the overall picture of the elections of the National Chief of Assembly of First Nations of Canada, who is Chief Perry Bellegarde, Cree Nation of Manitoba.

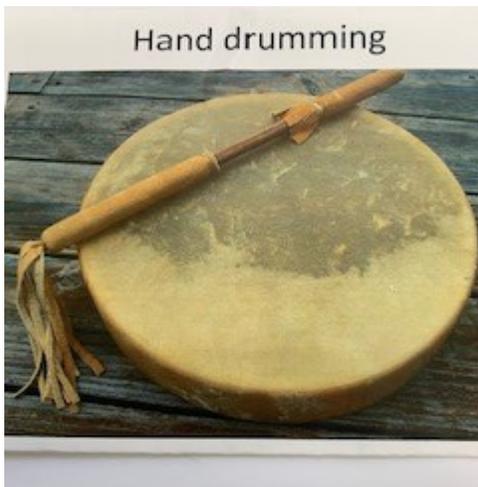
**Grade 5: Classroom Connection**  
**Deliverance on Transportation**  
**Early Years in the Nicola Valley**



Gr. 5—Governance of Indigenous People in Canada



Quilchena Hotel & an early model of a motorized vehicle with woman & children



Continuous One-on-One Interaction with several Students to support in their Reading. In addition, Cultural awareness & Nle?kepmxcin, as well as arts & crafts

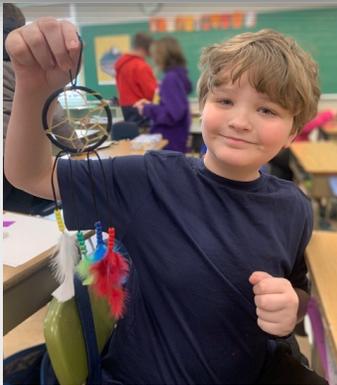


Merry Xmas & Happy New Year to each and everyone of you out there and be safe.



**Esther Shackelly**  
**First Nations Support Worker**

# Vermilion Fork Elementary School

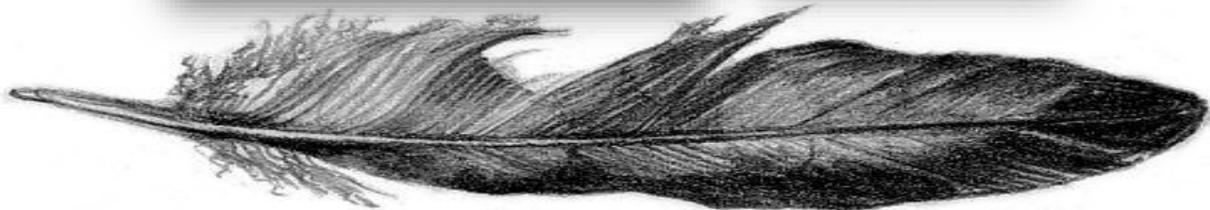


Dreamcatchers were the topic of the month. We learned the meaning of each part of the dream catcher and followed it up by making them to take home. The children loved being able to take them home.



## DRUM GROUP

We are so lucky to have so many talented kids continuing our drumming Journey!!



# John Allison Elementary



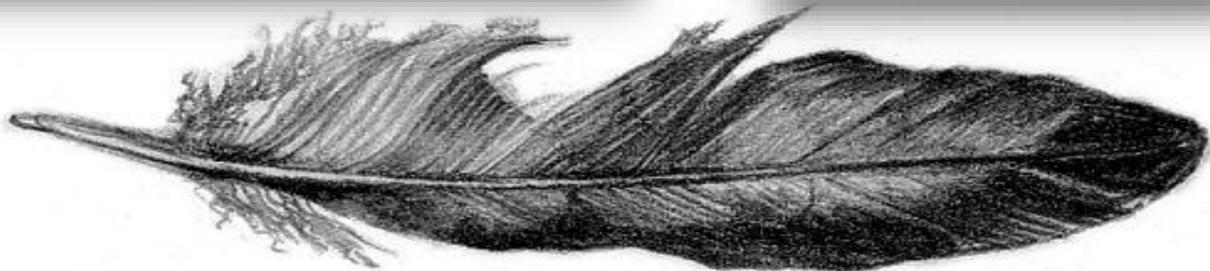
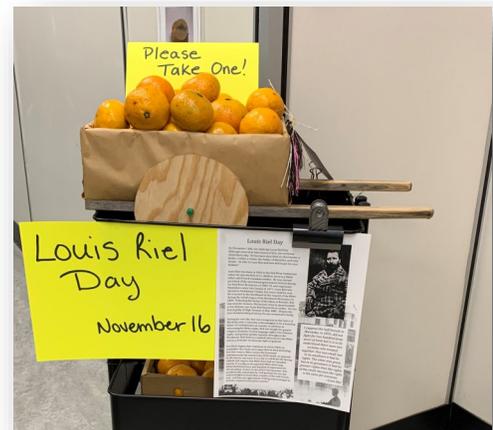
TEEPEE Teachings for Mrs Hodder's class. We learned the meanings of the poles and the significance of all the parts of a Teepee. The kids decorated their own to take home.

## ROSE HIP TEA

After harvesting Rose hips with the children, we dried the berries and then crushed them for tea bags. We tested tea out with honey, and cinnamon and the children started a book, writing descriptor words of how they liked each different additive. We have added the process of Rose Hip Tea into the booklet for them to take home at the end of the year.

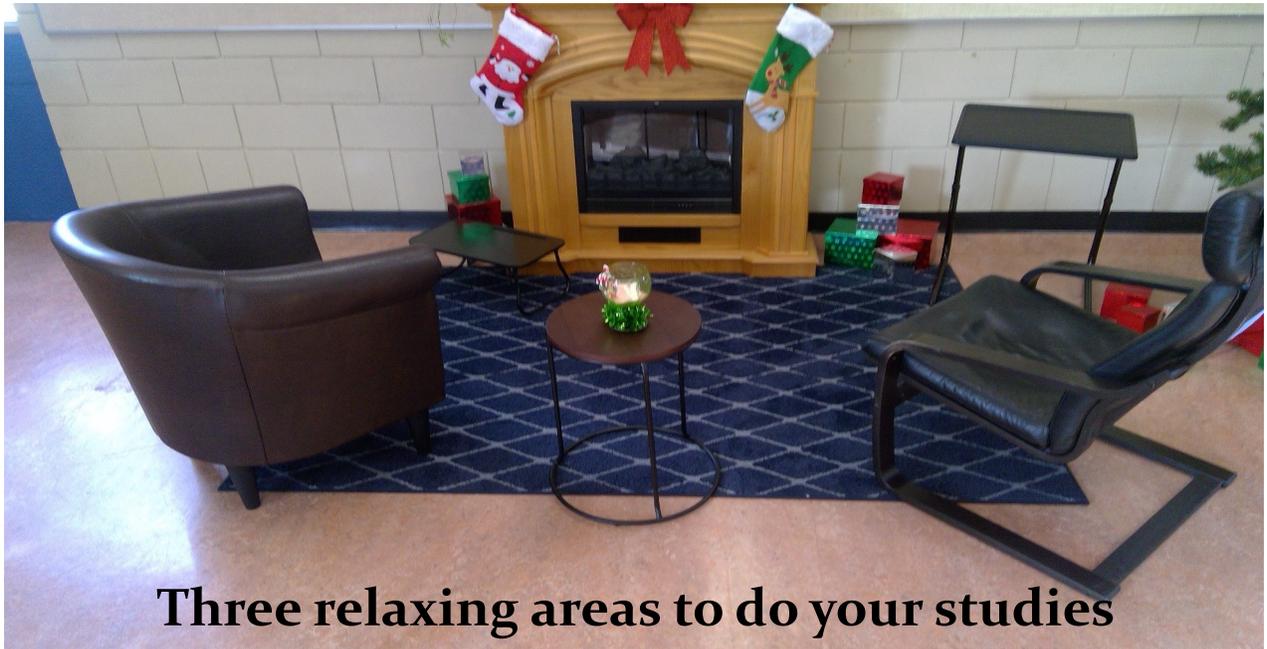
## Classroom Connections

I enjoyed sitting in many classrooms this past month. Helping out where I could. Fine Arts is held in the center of the school and I found it a neutral spot to be able to see many of the classrooms in my afternoons at JAE.



KLC & SCIDES

Keith Jager



**Three relaxing areas to do your studies**



**On Dec. 2nd and 3rd some of our students completed the Food Safe course.**

**Our lunch program is once again being provided.**

**Dec 18th is the last day before the winter break.**

**The school reopens on Jan. 4th.**



**Contact numbers**

**KLC**

**250-378-2157**

**SCIDES**

**250-378-4245**



**This is Ava she visits us once a week for Tummy rubs.**



# Merry Christmas

## École Colletville Elementary

by Dawn Williams First Nation Support Worker

### HARVESTING ROSE HIPS

Madame Lawrence's class had an opportunity to go and harvest rose hips down by the clay banks. The students learnt how to harvest rose hips and what one can do with rose hips after you clean it and set it out to dry. Was a beautiful day to get out and enjoy sun.



T - TOGETHER  
E - EVERYONE  
A - ACHIEVES  
M - MORE



- Rose hips are fruit of a rose plant which forms in autumn and late summer after the plant is pollinated
- ◆ The dried rose hips are used to make medicines
- ◆ Rose hips have a high content of vitamin C which can help to prevent & treat flu & colds & Vit C deficiency





**LAND BASED LEARNING**

Madame Livesay's gr. 5/6 class took a trip out to Nooaitch community to do some land based learning. Students had an opportunity to learn about traditional medicines. We had an elder, Joan Shackelly, from the community talk to the students about the uses of each plant and how to prepare it. Students also learnt how to harvest buck brush, rose hips, mullein and silver willow branches, as well as the traditional seeds that grow off the silver willow.



Dried rose

- ◆ Buck brush can be dried and made into a tea which can be good for chest colds



Buck Brush



Silver willow



Group picture of Grade 5/6 class



**MEDICINE POUCHES**

Madam Lawrence's grade 4 class learnt how to make medicine pouches and what they can be used for and what can be put in them.



# Merritt Central Elementary



*All the Best this Holiday Season  
and in the coming New Year.*

When we seek to discover the Best  
in others, We somehow bring out  
the best in ourselves.

William Arthur Ward

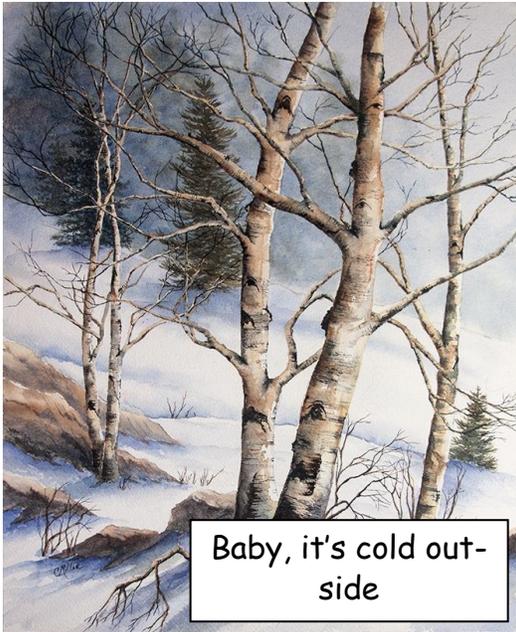


**FNSW for Merritt Central**

**Greta Brown—Primary**

**Martha Chillihitzia—Intermediates**

**250) 378-9931**



Baby, it's cold outside



Dec.17 Turkey bunwich for all.

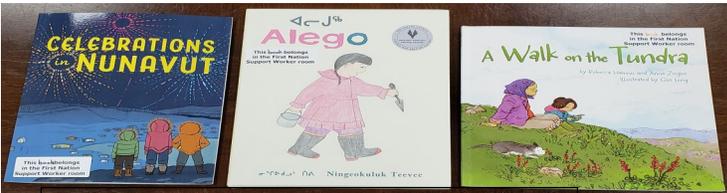
Dec. 18 Last day before winter break

Jan.19 Staff meeting

Jan 29 Grade 5 to Stake Lake



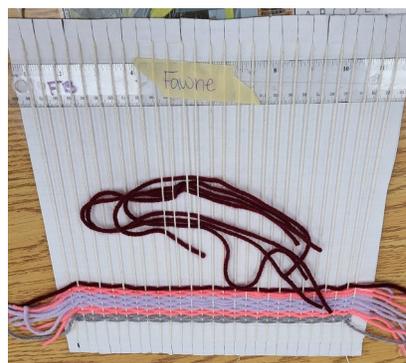
Gr. 1, 2 Literacy group puts a star together with letters of their names.



New books for MC Welcome Rm



"K" class prepping to make a pictograph rattle



Knock, knock!  
Who's there?  
Dexter.  
Dexter, who?  
Dexter halls with boughs of holly.



To the left is pics of gr.3, 4 class begin weaving.

# Merritt Central



Toque making is in full swing and beading Christmas Medallion's & Lanyards will start next week



With no District Sports being played, our Cohort 1 are challenging each other in a Handball games



Diamond Vale Elementary Newsletter—First Nations Support Worker: Christine Anderson

Ph. (250) 378-2514 or email—canderson@365.sd58.bc.ca

### Year-Round Joy

Christmas is full of shiny things  
That sparkle, gleam and glow;  
These holiday pleasures dazzle us,  
And yet, deep down, we know...

That Christmas has its special gifts,  
But our year-round joy depends  
On the cherished people in our lives,  
Our family and our friends.

By Joanna Fuchs  
Poemsource.com



## WELLNESS WEDNESDAY



### EVERYBODY NEED WELLNESS...

Wellness Wednesday are still on with a wellness tea given out in cohorts and a healthy lunch made for students in need.

### Seven Grandfather Teachings:

(These are the 2 we've done so far.)

**Truth** - is to understand all of the teachings. Turtle teaches us to slow down, be grounded, listen and understand the details of life.

**Honesty**—is not cheating or lying. The sasquatch teaching us to live honestly and be true to yourself so that we can be peaceful.



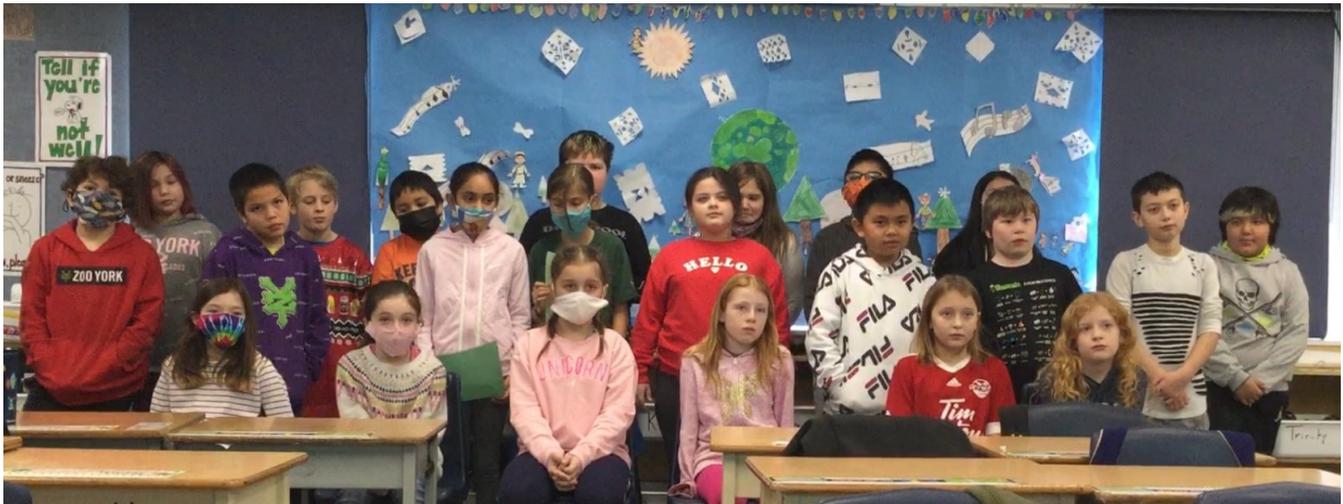
Diamond Vale Newsletter ... continued.

## WE ARE THE WORLD!

Our Diamond Vale School has been busy practicing a song that each class will sing a verse to and it will be available online. Please stay tuned!



*It's a colorful world*



### Christmas Crafts

I am going into the classes to teach a few First Nations Crafts with a Christmas Twist. We will make buckskin mitten tree ornaments and little drum picture frames.



From our house to your, we wish you all the best in 2021. May you be blessed with all your that your heart desires.

The Anderson's

# MSS Getting Ready For Grad 2021!



*The Welcome Room at 7:30am.  
We have reached full capacity  
of 12 numerous times*

**F.N.S.W.'s**

**Cheryl Rule**

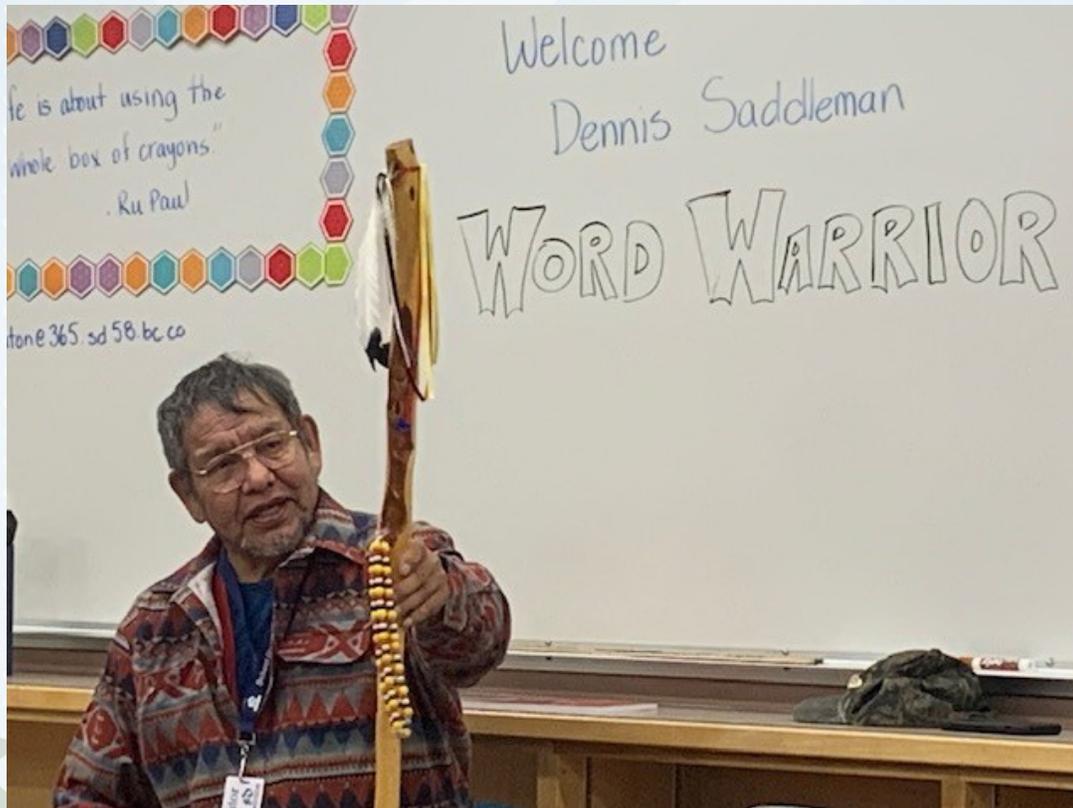
**Rod Anderson**

**Amanda Lamothe**

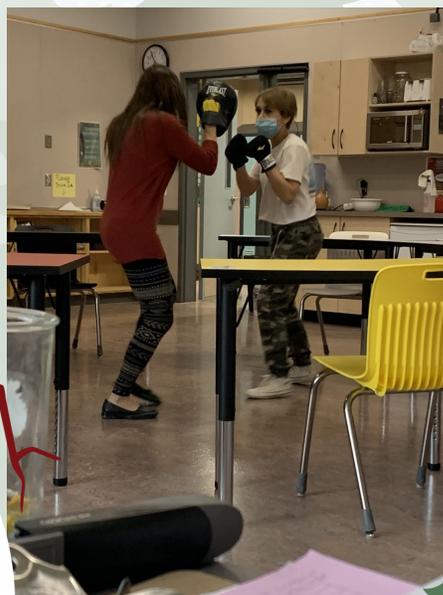
**Travais Oppenheim**

**Melissa Pinyon**

M.S.S is a bustle of activity and classroom  
Connections with 5 First Nation Support Workers



*Warriors of words and of self control. Mastery of Self*





The Serenity Room at M.S.S. has been very busy creating a safe space, for all students!



*SD #58 - Aboriginal Education Contact Information*



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**Shelley Oppenheim-Lacerte**

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**Diamond Vale, Central & MSS Grade 8-9**

**Leona Dumont**

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**Nl̓e̓kɛpmx̓ cin Teacher**

**Merritt Secondary School Grade 10-12**

**Mandy Jimmie**

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**Nl̓e̓kɛpmx̓ cin Teacher /**

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**Nsyilxc̓n Teacher**  
**Merritt Central & Merritt Secondary School**  
**Elder Nancy Saddleman**  
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**Jaclyn Whitecotton**

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Renee Hartwell**

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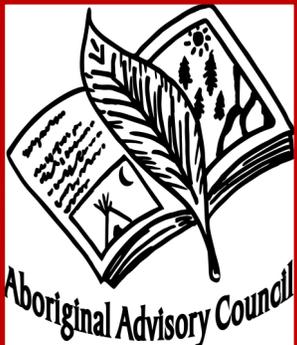
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**Cheryl Rule**

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**Email: [crule@365.sd58.bc.ca](mailto:crule@365.sd58.bc.ca)**



**Be sure to check the Aboriginal Education website at**

**[www.sd58.bc.ca](http://www.sd58.bc.ca)**

**and our First Nations Support Workers**

**[Facebook](#) page**

