



## March - niskipîsim - goose month

This past weekend I had the opportunity to drive into the country and saw numerous geese flying overhead and feeding in farmer's fields. The geese recognize the changing of the seasons and respond to these changes by migrating and will now begin to prepare for the next phase, nesting and egg laying.

It is a good reminder for us to move into our next phase of things, whatever that may be.... another year at Centre High.....a job.....post secondary opportunity..... a new location....perhaps a gift you can give yourself over spring break, is to take some time to seek out a direction, what the next phase of your life might be. Challenge yourself to move beyond the comfortable and make a shift, gather your courage and bravely move into a new stage of your life.

There is a sign at the entrance to the Royal Tyrell Museum in Drumheller which reads: "The only constant in life is change" Heraciltus. Our Indigneous Elder, Black Elk also reminds us:



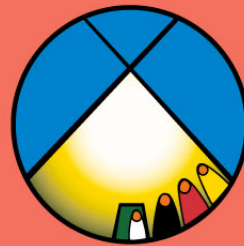
HAVE A GREAT SPRING BREAK.....SEE YOU ALL BACK IN APRIL! Joanne

**NOW IS THE TIME TO PRESS ON AS WE NEAR THE END OF QUARTER 3, UPON RETURNING FROM SPRING BREAK.....THERE ARE 10 DAYS LEFT.**

**STARTS THURSDAY, APRIL 22ND.**

**UNIVERSITY OF ALBERTA**

# Transition Year Program



**INDIGENOUS TRANSITION YEAR PROGRAM DEADLINE -  
MAY 1ST. REQUIREMENTS:  
ENGLISH 30-1 AND ONE OTHER "30" LEVEL COURSE, AVG. 65%**

**CHECK OUT "NEW IN TOWN" FOR HELP WITH EVERYTHING FROM  
EMPLOYMENT TO HOUSING, CULTURE AND MORE!**

<https://bentarrow.ca/newintown/>



[newintown@bentarrow.ca](mailto:newintown@bentarrow.ca)  
1 855 481 3451  
[www.newintownedmonton.ca](http://www.newintownedmonton.ca)

**LOOKING FOR SOMETHING TO DO DURING SPRING BREAK, CHECK OUT THE  
ART INSTALLATION BY CENTRE HIGH ALUMNI, JASON CARTER.**

Visit Beaver Hills House Park to view an immersive installation of wâpos (rabbit) to celebrate the coming of Spring. wâpos is celebrated for prosperity, abundance and good luck - also for wit and wisdom and of course, being incredibly playful - all of these attributes are brought to life in this completely immersive installation with lights, sound, story and of course sculpture to create a truly one of a kind experience in Edmonton. The sculptures are designed by Indigenous artist Jason Carter and the experience is created by Bridget Ryan and Jason Carter.

*This event is part of [Downtown Spark!](#) Be on the lookout as Downtown Edmonton defrosts to reveal immersive cultural exhibits, extended outdoor patios, al fresco performances, giant art installations and so much more.*

[RESERVE YOUR TICKET](#)



**DID YOU KNOW?**

**The traditional name of Edmonton is Amiskwaciy Waskahikan,  
meaning Beaver Hills House.**

[Link to all things Centre High!!](#)



CENTRE HIGH  
CAMPUS

Daily news, instagram, tutors, Registration, Career Pathways and more!!

CHECK OUT THE LINK BELOW:

[linktr.ee/centrehigh](https://linktr.ee/centrehigh)

EDMONTON VALLEY ZOO IS OPEN!



BEFORE: ..... AFTER: .....

If you want to visit the zoo, you will need to pre-book a ticket [here](#).

IN CASE YOU MISSED IT.....FULL RECORDING OF Indigenous Legal Career Day is still available for viewing, click here:

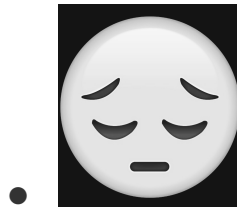


<https://www.dropbox.com/sh/4hat3mw11xy38qo/AABvCGHICtII2-lmEwmMcGsAa?dl=0> or here <https://youtu.be/ZB9oNqDvDYo>

## Mental health and wellness

Mental health and wellness include both the mental and emotional aspects of being such as how you think and feel. Some signs of good mental health include:

- knowing and taking pride in who you are
  - enjoying life
- being able to form and maintain satisfying relationships
  - coping with stress in a positive way
  - striving to realize your potential
  - having a sense of personal control



If you're experiencing emotional distress and want to talk, contact the toll-free [Hope for Wellness Help Line](tel:1-855-242-3310) at 1-855-242-3310 or the online chat at [hopeforwellness.ca](https://hopeforwellness.ca) open 24 hours a day, 7 days a week.



# **Métis PhD student and businesswoman appointed to new federal Task Force on Women in the Economy....READ ON....**



Raylene Whitford brings unique experience to national group advising Canadian government on equitable economic recovery from a pandemic that is disproportionately affecting women.

Métis PhD student and businesswoman Raylene Whitford has been appointed to the new federal Task Force on Women in the Economy, where she is working alongside 17 other women from across the country to advise the government on a pathway to a national feminist economic recovery from the effects of the pandemic.