

NOVEMBER - iyikopiwip̄sim (CREE) - frost month



tansi

The first snowfall of the winter came upon us this past weekend. Quarter one of 2020 is now behind us and we are moving forward, once again, in this new reality of covid-19. The start of the school year has been unprecedented in terms of covid-19 and our response as a school and all that entails. We have had to alter thoughts, behaviours and ways of doing things. In our Indigenous ways, we would follow the seasons by responding and tending to the tasks which each season called for, now as quarter 2 begins, we will tend to what needs doing and build upon what we've learned from quarter 1. In the upcoming weeks, I will be sending emails to each of you to check in and review your academic plans and personal goals as we continue on this journey. Please be sure to check your share.epsb email accounts for additional information.

Traditionally, winter provided us with the time to tell stories...why not start a new story or share a story you know with someone else. Following is a list of additional ideas as we head into winter and throughout the pandemic, provided by the First Nations Health Authority:

Have a great break....see you all on Monday, Nov. 16th.

Joanne

Appointments: calendly.com/joanne-ladouceur



First Nations Health Authority
Health through wellness

<https://www.fnha.ca/Documents/FNHA-Staying-Connected-During-the-COVID-19-Pandemic.pdf>

We have many cultural strengths to draw upon to stay connected and keep well, even while we practice social distancing.

Support those around you – Call an Elder or a young person every day to check in.

Send an email or text to a loved one. Make a video call so people know you are thinking of them.

Get out on the land and reconnect with nature – Harvest traditional medicines and foods. Take a walk. Get out on the water.

Seek wisdom from knowledge keepers and traditional healers – Learn about traditional healing practices and medicines. Many of our medicines strengthen and cleanse our bodies and minds. Note that there are no cures for COVID-19 at this time. Many of our knowledge keepers and traditional healers are available online and by telephone.

Prioritize your wellness and focus your energy by using prayer, meditation, daily affirmations and mantras such as 'I am resilient'.

Embrace this time to spend with your children – In traditional education and child-rearing practice, we taught our children daily about our history, culture, language, and life skills. We learned as families. For more information and resources, visit www.fnha.ca/coronavirus

Build structure into your days at home. Both children and caregivers do better with a routine. Try to build in quiet-time activities children can do in the same room as you. Also, block off periods of time for physical activity or time outdoors. Remember that young children are not able to sit quietly for long periods of time.

Tell stories. Share your knowledge about your culture, call an Elder who will tell stories, or read to your children.

Learn and share traditional knowledge. Learn outdoor survival skills. Share what you know about the plants, animals and land around you. Learn and practice ways to harvest, prepare, and preserve traditional foods – and involve your kids in this process.

Incorporate ceremony. Smudge every morning, do sunrise ceremony, and check in with others to reaffirm your love and relationships.

Kind words and thoughtful gestures help. Use non-physical ways to show love to people while practicing social distancing.

Practice your traditional songs and language. Visit www.firstvoices.com for online language resources. Integrate life skills. Teach young ones how to do daily household chores, cooking, cleaning and yardwork. You could even learn to garden as a family.

Play! Children learn so much through play and are especially happy when their parents and caregivers join in the fun.

Model self-awareness and mindfulness. Scan your body and name where you are carrying your feelings. Then set unhelpful feelings down into the land.

ONLINE STORYTELLING RESOURCES:



<https://newjourneys.ca/en/articles/11-indigenous-podcasts-for-your-listening-pleasure>



Ojibway word for "Storytelling"....(copy and paste).

<https://www.dibaajimowin.com/blog-archives.html>

9 Great Podcasts Hosted By Indigenous Women

(copy and paste)

<https://www.chatelaine.com/living/indigenous-podcasts-hosted-by-women/>



REMEMBRANCE DAY....NOVEMBER 11, 2020



MAKER FAIRE STUDENT SIGNUP

.....seeking anyone who can create and wishes to sell their creations through the CHC student Maker Faire! We create the opportunity and the platform, you create and sell what you make is yours to keep. Check the TV monitors in the school for additional info and you can always check in with me if you have any questions or ideas but not sure how to go about things....I'm here to help!



NORQUEST COLLEGE.....Tuition Deposit Waiver for Indigenous Learners

Tuition deposits can create an unnecessary burden to Indigenous learners in achieving their educational goals. The lived - and shared - experience of some Indigenous learners may mean

that some who apply and qualify for admission may not have the financial resources to immediately pay the deposit that will secure a seat in their program of choice.

The tuition deposit waiver for Indigenous learners is responsive to the needs of Indigenous applicants who seek access to post-secondary education but do not have the financial resources to do so. It enables Indigenous learners to waive the tuition deposit requirement and immediately secure a seat in their programs of choice. The waiver is available to any self-identified Indigenous learner who receives an offer of admission.

Email indigenous@norquest.ca for more information, or to begin the tuition waiver process if you've received an offer of admission.

CAREERS the NEXT GENERATION

Connect with local industry experts and explore your future after high school. Learn about a variety of career paths in the skilled trades and technologies. Discover what someone in the job actually does, get a live tour of work environments and learn about the post-secondary requirements. We will show you a day in the life of these occupations. Get experience! **Open internships available for Alberta students that attend sessions.**

<https://www.careersnextgen.ca/virtual/>

Steamfitter/Pipefitter - November 10th.

Information and Communications Technology - November 25

Automotive Service Technician - December 8

Industrial Mechanic/Millwright - December 16

Young Women in Trades & Technology series

More info can be found here: <https://www.careersnextgen.ca/ywitt/>

Young Women in Trades and Technologies (YWITT) is a program designed to break barriers and give young women the opportunity and confidence to explore different career options in non-traditional skilled trades and technologies. The YWITT program will start youth on a journey to gain awareness, exploration, and experience. Connect with CAREERS to discover opportunities for high school students to land a paid internship while they are earning high school credits and work experience hours towards their apprenticeship certification.

METIS WEEK, CLICK ON THE LINK BELOW TO SEE WHAT'S HAPPENING!! There is so much to take in, be sure to visit each of the social media sites below!

Keep an eye out for these things throughout Métis Week!

Youth Art Contest voting open all Métis Week

Métis youth highlights everyday with #TheFutureIs campaign

Culture cards videos

Virtual Métis Market

I'm Proud to be Métis Video Series

MÉTIS NATION OF ALBERTA YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UCeaY9Uq-MYWgwjIwUSVrZMQ>

Connect with Us

The Métis Nation of Alberta understands the importance of staying connected.

Follow us on Facebook, Twitter, and Instagram to join the conversation and stay up to date with our news and events!

[Facebook](#)

[Métis Nation of Alberta Youth](#)

[Métis Crossing](#)

[Twitter](#)

[Instagram](#)

[Ab Métis Youth](#)



COVID CHECK IN WITH ACTOR, LORNE CARDINAL....

CHECK OUT THIS LINK to hear an inspiring and helpful reminder by Indigenous actor...Lorne Cardinal.

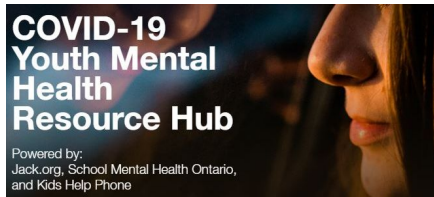
<https://wemattercampaign.org/media/lorne-cardinal>



MORE POSITIVE MESSAGES AND HELPFUL INFORMATION CAN BE FOUND HERE:



<https://wemattercampaign.org/>



COVID - 19 YOUTH MENTAL HEALTH RESOURCE HUB

POWERED BY Jack.Org (scroll to the bottom for resources specific to Indigenous Youth)

<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>



Hope for Wellness - ONLINE chat counselling service

<https://www.hopeforwellness.ca/>



***“The land – forests, mountains, earth and water – has informed all of our cultural and ceremonial practices. The land defines our identities and relationships with it. It has capacity to hold safely much more than we can hold as human beings alone. We can offer what we cannot hold, or what does not belong to us, to the land to take care of.”
(First Nations Health Authority)***

