

iyikopiwipisim - frost month - November 2022



Tanisi - Cree
Aba wathtech - Stoney
Aaniin - Sauteaux

Hello - English
Oki - Blackfoot
?edlanet'e - Dene

Welcome to the November Indigenous Student Newsletter!
It is my hope that your classes are going well and you have what you need in making your future plans a reality. If you are a student who will be aging out; 20 before next Sept. 1st., this will be twice as important. Please book a time with one of the Career Counselors, your AP or myself, in Student Services if you would like to check into this further.

One important reminder for this time of year, heading into the Christmas season, is the importance of maintaining positive mental health. I am including a few tips for you in addition to some information on sleep, which factors greatly into our state of mind. In the winter, this is the time of introspection as the cold and long days provide us with the opportunity to “go within”, to dream, to envision our hopes for ourselves, our families, our communities while remembering also, those who have gone before us and those who will come after us. I wish you a restful and productive month!

Joanne Ladouceur / Cultural Liaison



Upcoming Dates:



December Bus Passes - on Sale November 30 - December 7



Student Club Info Session

Thursday, Dec. 8th.

Learn about all of the Clubs offered here at Centre High!



Tawâw Club (All are Welcome)

Tuesdays, rm. 229

11:30 - 12:25

Join us for a gathering of creative minds of diverse backgrounds, building strength together.

Art * Indigenous knowledge * Sharing Circles * Community Service * Volunteering * Leadership * Goal Setting
* Environmental Awareness * Field trips * Guest Speakers including Elders and much more!

Contact: Joanne Ladouceur - Indigenous Liaison / Student Services


The tawow club meets each Tuesday at 11:30 - 12:30, December activities will be:

Tuesday, Dec. 6th - Tea and bannock, posters for hats and socks collection - Boyle St.

Tuesday, Dec. 13th - Introduction to the Cree language

Tuesday, Dec. 20th - preparation for December Solstice preparation Dec. 22nd.

MARK YOUR CALENDARS!



POW WOW DANCING
DEMONSTRATION
METIS JIGGING
FREE BANNOCK
TRADITIONAL STORIES

Shortest Day, longest night

DECEMBER SOLSTICE CELEBRATION
pimon kaskihewisiwin
CENTRE HIGH
Thursday, Dec. 22nd. 11:30 - 12:30 P.M. MAIN FLOOR
Everyone is Welcome!

If you would like to find out more, the following videos offer interesting information:

What the Winter Solstice means in the Cree tradition by Wilfred Buck:
<https://www.youtube.com/watch?v=dX5F9zRYfQ0>

A Winter Solstice Special: Lighting the Sacred Fire, Turtle Lodge (Eastern Canada)

<http://www.turtlelodge.org/contact-us/>

NEWS!

Members of Parliament gave unanimous consent Thursday in favour of a motion calling on the federal government to recognize Canada's residential schools as genocide.

October 27, 2022

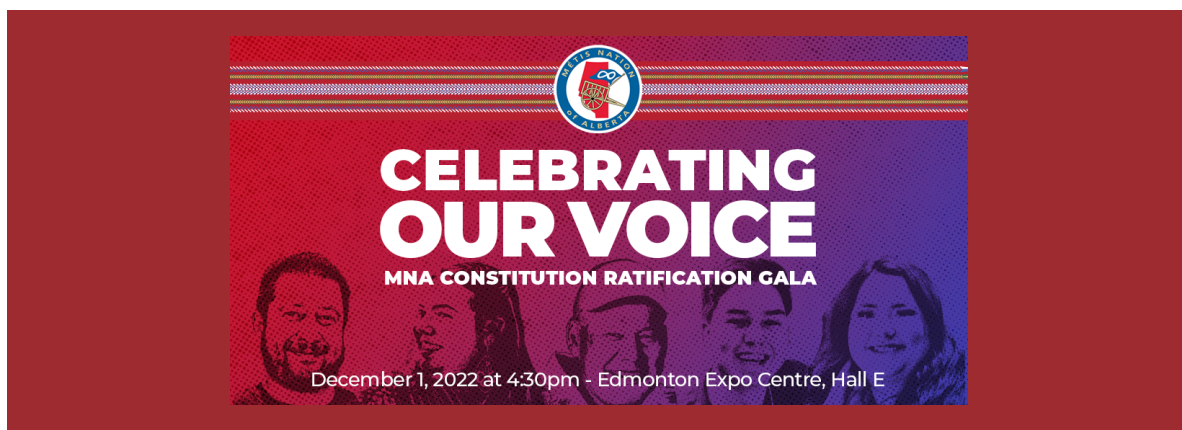
NDP motion to recognize Residential Schools as an act of genocide gets all party support

OTTAWA—Today, NDP MP Leah Gazan's (Winnipeg Centre) motion calling on the government to recognize what happened in Canada's Indian residential schools as genocide passed by unanimous consent in the House of Commons.

Full story here:

<https://www.cbc.ca/news/politics/house-motion-recognize-genocide-1.6632450>

METIS CONSTITUTION GATHERING



Join us on December 1 as we gather to reveal the vote on a new Métis Constitution that brings us one step closer to realizing the dreams of our ancestors.

Bring your friends and family for a meal and celebration and be part of Métis history. If you can't join us in person, tune into [Facebook.com/ABMetis](https://www.facebook.com/ABMetis) for a livestream of the event.

For more information visit MNAconstitution.com/upcoming_events

December 1, 2022
Edmonton Expo Centre, Hall E
7515 118 Ave NW, Edmonton

LEARNING CIRCLES



The graphic features a blue header with the text "LEARNING CIRCLES" and "NOVEMBER 4 - JANUARY 11". Below the header are six small images representing different learning circles: "Circle of Security Parenting" (Nov 4, 7PM), "Setting Healthy Boundaries for Healthy Relationships" (Nov 10, 7PM), "The Wisdom Within" (Nov 8, 7PM), "Staying Calm in The Storm" (Nov 8, 8PM), and "LEGO Masters" (Nov 24, 5PM). At the bottom, there is a registration link: "Register at mppsychology.ca/metis-nation-group-therapy/" and contact information for Tracy at tracyborzac@metis.org. Logos for the Métis Nation and MP Psychology are also present.

[Register Here](https://mppsychology.ca/metis-nation-group-therapy/)

Find the support that's right for you.

Register for our Learning Circles hosted by MP Psychology. Learning Circles begin November 4 and run for 8 or 10 weeks.

Learning Circles include:

- The Circle of Security Parenting Program
- The Wisdom Within (Dialectical Behaviour Therapy)
- Staying Calm in the Storm
- Setting Healthy Boundaries for Healthy Relationships
- and LEGO Masters for kids.

Register at: mppsychology.ca/metis-nation-group-therapy

Have questions? Email info@mppsychology.ca

**** Kindness Matters ****

**“We heal people by the way we treat people,”
FSIN (Federation of Sovereign Indigenous Nations),
Chief Bobby Cameron**



**Introducing the TD Scholarship
for Indigenous Peoples**

TD Scholarship for Indigenous People, find it here:

<https://www.scholarshipscanada.com/Scholarships/79316/TD-Scholarship-for-Indigenous-Peoples>



**Indigenous Science Graduate: 'Our voices are so important':
USask science graduate inspires the next generation of
Indigenous students. Micheala Merasty wants to be a voice for
the environment - and a role model for her daughter.**



Micheala Merasty and her daughter. Full story here:
<https://news.usask.ca/articles/colleges/2022/our-voices-are-so-important-usask-science-graduate-inspires-the-next-generation-of-indigenous-students.php>

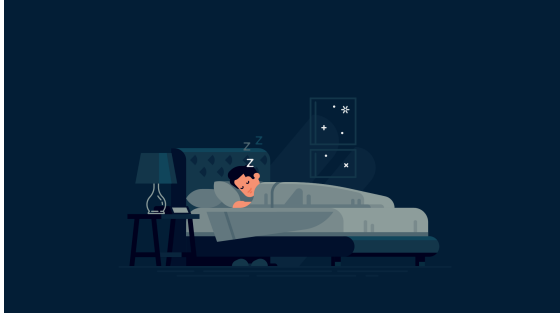


\$1,000.00 Grant

**Available....Supporting Students through
Accessible TCandidates will be considered
based on the following criteria:**

A resident of Alberta, Have a disability, currently attending or will be attending high school in fall 2022, demonstrated commitment to the academic process, articulated plan for the future, commitment to participate in mentorship to the best of their ability. Additional information here:

<https://easterseals.ab.ca/highschool-support/>



Quick sleep tips

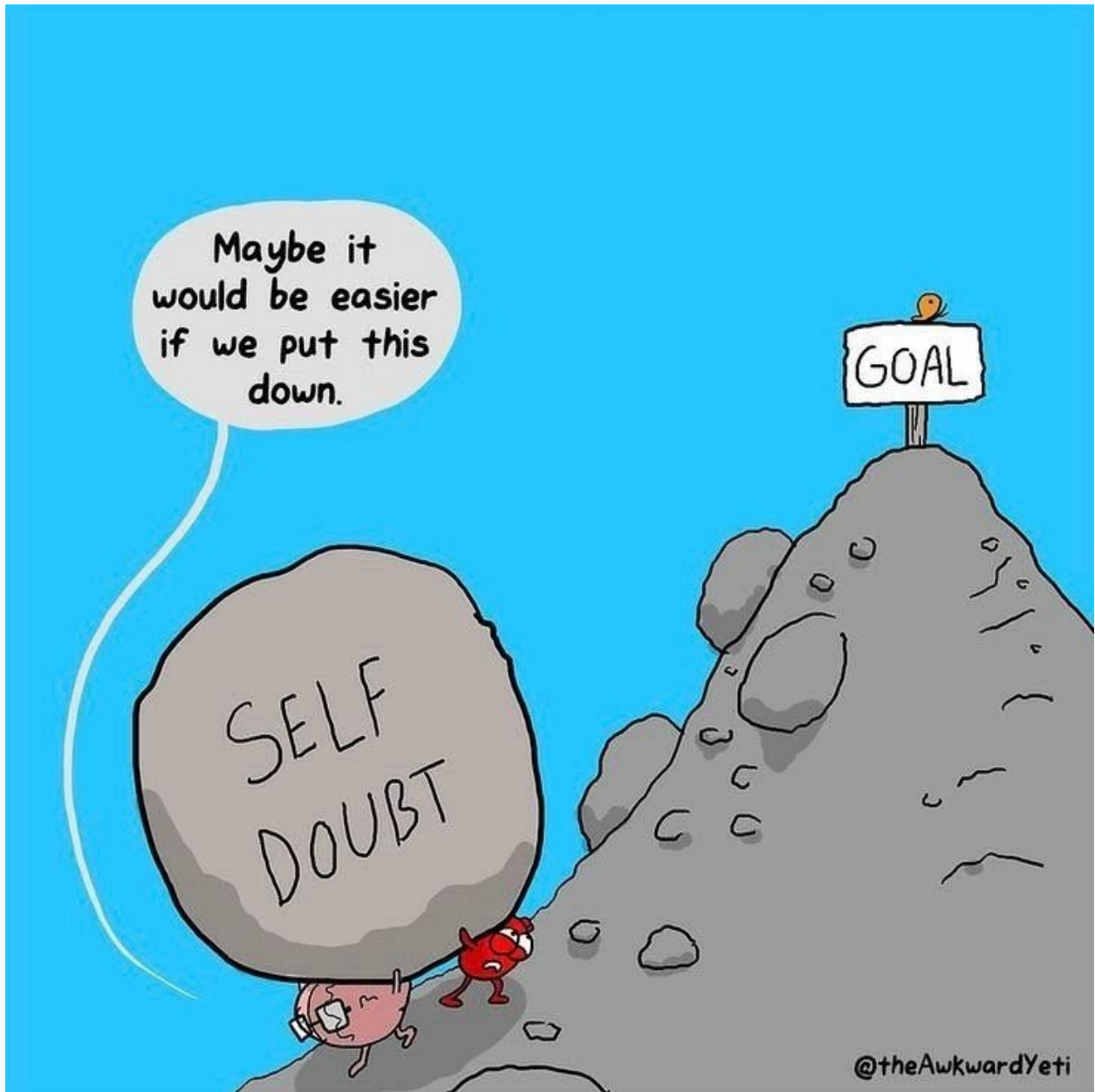
- Keep a consistent sleep schedule.
- Get up at the same time every day, even on weekends or during

vacations.

- Set a **bedtime** that is early enough for you to get at least 7-8 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing.
- Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Reviewed by: Shelley Hershner, MD and Imran Shaikh, MD

Ref: <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>



Have a great month! You've got this!