

January 27, 2021

HOME - wîkinân



Where are you from? A classic question in Indigenous country....we meet someone and find out where they are from and we can connect the names, clans, places or events - most often we have relations in common. Where are you from?

The question provides the opportunity to discover and learn about the other person. "Home" speaks to one's lived experience; being born, growing up, families, unique histories and life experiences based on cultural traditions and worldviews. We can work towards greater interpersonal bonds and understanding just by one simple question, why not ask someone where they are from today.

**The youth of First Nations, Grassy Narrows, located in northern Ontario near Kenora, created this song/video about their home and what it means to them...it's great and I hope you take a moment to check it out....
"There is a glow to you to say your home to me....to say your home to me".**

<https://www.youtube.com/watch?v=EgaYz8YWsO8>

Have a great rest of your week and see you back in school, in person or online, next week. The first day of quarter 3 is Tuesday, Feb. 2nd. Keep moving forward!

Joanne

IMPORTANT REMINDERS



TOMORROW IS BELL LET'S TALK DAY

To find out more, see: <https://letstalk.bell.ca/en/ways-to-help>

SEEK OUT MENTAL WELLNESS SUPPORT WHEN YOU NEED IT.....IT IS A SIGN OF COURAGE! AT CENTRE HIGH WE HAVE A FULL TEAM OF SUPPORTS FOR YOU!! PLEASE REACH OUT!



Following are quotes, all created by Centre High students, from every background, who responded to the call when our Indigenous Leadership group reached out in support of a First Nation reserve in Saskatchewan last year, following a time of immense tragedy. We share these messages to you now and hope they bring some light and hope to your day wherever you may be....

You as much as anyone else in this world deserve your love and affection. Love yourself. You matter.

A reminder in case your mind is playing tricks on you: You matter. You're important. You've loved. And your existence on Earth, makes a difference whether you see it or not.

DEAR FABULOUS YOU. YOU MATTER. LEMME SAY IT ONE MORE TIME. YOU MATTER. THE WORLD IS A BETTER PLACE WITH YOU IN IT. IF WE ONLY NEEDED ONE KIND OF PERSON IN THIS WORLD, WE'D ONLY HAVE ONE PERSON. YOU MATTER. WE NEED YOU.

I just want to say that each one of you is a fighter and an inspiration for both Indigenous and non-Indigenous people. Never, never, never give up. You all have a purpose. Live for it. We all pray for you and love you.

Everyone has a different journey. Sometimes we lose our way. That's ok. Look up. Follow the stars home. I believe in you.

When we love we always strive to become better than we are.

It's going to be hard but hard does not mean impossible.

'Tears shed for another person are not a sign of weakness, they are a sign of a pure heart'. Our thoughts are with you reach for the stars!

Our hearts are with you. I know things can seem dark but there is light in the world and I hope to send a little bit of light your way. Remember even in the darkest times, YOU ARE LOVED!

You got out of bed this morning. You came to school. You sat in class long enough to read this note. Those are all accomplishments and I am so proud of you.

Love the light that shows you the way and the darkness that shows you the stars. You are loved. You can endure.

**UNSURE ABOUT WHAT TO STUDY OR A
CAREER PATH.....
CHECK OUT THESE OPPORTUNITIES!!**



Students will delve into activities centered around fields like dentistry, medicine, pharmacy, nursing, and medical laboratory, while at the same interacting with current students in some of those medical professions.

More info here: <http://www.teamupscience.com/msw/>

Speaker Series

Open your mind to the directions
your degree can take you



- ★ Social Justice
- ★ Human Rights
- ★ Creative Arts Careers

- ★ Multi-Media Careers
- ★ What to do with a Biological Sciences degree?????

Check out the U of A Speaker Series to hear individuals from these career areas speak about their respective areas of studies and answer all of your questions.... registration links are located at the following website:

<https://www.ualberta.ca/career-centre/events/speaker-series.html>

MAYBE A CONFERENCE???



World Affairs Conference - Student run current affairs conference.

This year's plenary topics:

- 1. Businesses in COVID: Sink or Swim**
- 2. Social Justice: Our History and Future**
- 3. The Future of Social Media: We are the Product**
- 4. Commercial Spaceflight: Humanity's Next Steps**

To register: top right hand corner:

<https://worldaffairs.ucc.on.ca/index.html>

**DON'T FORGET YOUR BUS PASS
AVAILABLE JAN. 26-28 AND FEB. 2-9**



**NEW COVID SUPPORTS FROM THE METIS
NATION OF ALBERTA....**

COVID-19 Phase 3 Supports



Additional supports are available through the Metis Nation, these include:

- ★ Emergency Housing Rent Subsidy
- ★ Harvester Relief Support
- ★ Child & Family Relief Program

All of the details and applications can be found here:

<http://albertametis.com/covid-19-support-programs/>

HAVE A GREAT START TO QUARTER 3!

ADDITIONAL READ -

U of A Elders, faculty and students contribute to research network aimed at improving health outcomes for Indigenous peoples in Alberta



“Acknowledging Indigenous ways of knowing means that we’ve had our own medicines that work for a long time, for thousands of years, like diamond willow is a painkiller and

different kinds of teas help nausea,” said Auger, who is part of the U of A **School of Public Health’s Elders and Knowledge Keepers Program.**

Full story can be found here:

<https://www.ualberta.ca/folio/2021/01/u-of-a-elders-faculty-and-students-contribute-to-research-network-aimed-at-improving-health-outcomes-for-indigenous-peoples-in-alberta.html>