

Indigenous Education

INDIGENOUS STUDENT ADVOCATES
FALL NEWSLETTERS





John Allsion Elementary

ISA KRISTA UNRAU
PRINCIPAL CRYSTAL LARSEN
250-295-6727



John Allison has had a remarkable start to the year. The kindergarteners are adapting well to the daily routine and are thoroughly enjoying their time at school. We kicked off the year by preparing for Orange Shirt Day, during which students learned about Phyllis Webstad's story and made personal connections by illustrating their favorite places on the land. In addition to this, we engaged in various art projects and explored numerous stories centered on Truth and Reconciliation. The students have also embraced drumming, learning the Welcome song, "Wind in the Meadow," and "Woman's Warrior." Overall, it has been an excellent beginning to the academic year.



CREE HOOP DANCER JARRED GENAILLE



- December 4 After the Bell 3:00 - 4:00 pm
- December 9 Carols and Crafts at Ridgewood - Ross, Francis and Chyphya
- December 10 JAE PAC 6:00 pm
- December 16 Concert rehearsal pm
- December 17 Winter Concert 1:00 pm
- December 20 PJ Day and hot lunch / Last day before Christmas



John Allsion Elementary



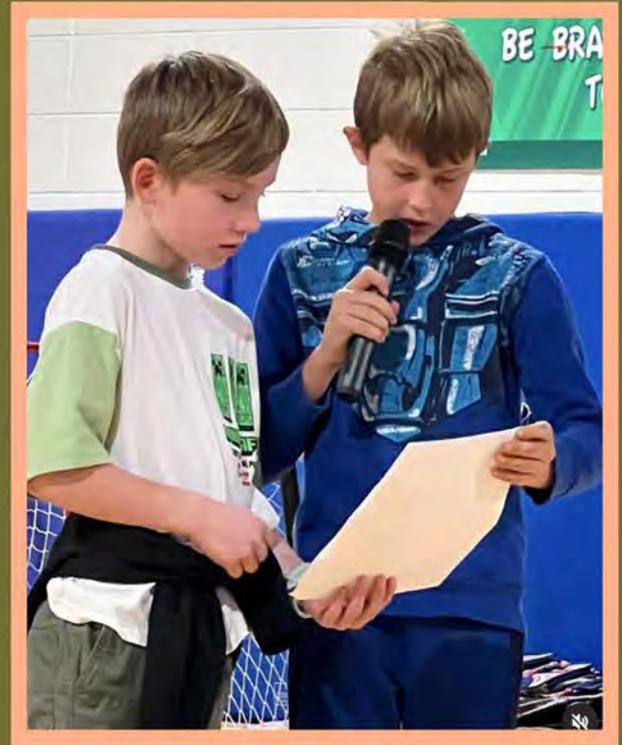
ISA KRISTA UNRAU
PRINCIPAL CRYSTAL LARSEN
250-295-6727



November 8th marks Indigenous Veterans Day. The Grade 3 students participated by drumming, reciting a poem, and presenting to the school about the Nicola Valley Veterans.

As part of our learning experience, we explored traditional medicines through sensory activities—smelling, observing, and touching various elements. Many classes had the opportunity to sample traditional teas accompanied by cookies.

Students also engaged in coloring pictures created by Michelle Stoney. Additionally, we learned about ochre, including its local sources. With permission from the Upper Similkameen Indian Band, we can responsibly harvest ochre by traversing the tunnel and crossing the river, accompanied by an adult. The students also created a pictograph story using ochre, which they thoroughly enjoyed!



In the land of the ancestors, where the spirits roam free,
We honor the brave and the bold, who fought for our land and our sea.
With feathers and beads, they fought for our rights,
Their bravery and heart, shining like the morning light.
In the schools and the halls, we learn of their deeds,
Their legacy alive, in our hearts like drumbeats.
We remember their struggles, their triumphs and their strife,
And the sacrifices they made, for our freedom and life.
So let us honor them, with pride and with grace,
For the Indigenous veterans, we give them a place.

Written by: Mrs. Unrau



Vermilion Forks Elementary

fall newsletter

ISA Krista Unrau



Students at Vermilion Forks Elementary have already had a productive start to the year. We began by observing Orange Shirt Day, during which each class participated in lessons focused on Truth and Reconciliation. Additionally, we engaged in storytelling and artistic projects that encouraged reflection on our emotions regarding the school environment. To foster a connection to the land, students illustrated their favorite outdoor spaces. Furthermore, in Mrs. Clevens' class, we explored culinary activities, preparing dishes that included grouse and vegetables, all made by the students, ending in a delightful cookie treat.



Vermilion Forks Elementary

fall newsletter



ISA Krista Unrau
Principal Kelsey Batts
Phone: 250-295-6642

November 8th marked Indigenous Veterans Day. During the assembly, students read a poem honoring Indigenous Veterans and articulated the significance of this day, emphasizing the importance of recognizing our Indigenous men and women.

In the Welcome Room, a variety of engaging activities are taking place. Students have been enjoying games, stamping leather keychains, crafting beautiful jars, and much more. The Welcome Room is typically open most mornings and during recess.

The Grade 4 students recently visited John Allison Elementary for their harvest festival. They relished the opportunity to reconnect with peers from the previous year and enjoyed tasting food made from the garden they had helped cultivate last school year. Additionally, they participated in traditional games.

We eagerly anticipate the continued learning and activities for the remainder of the year.



*In the land of the ancestors, where
the spirits roam free,
We honor the brave and the bold,
who fought for our land and our sea.*

*With feathers and beads, they
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Their bravery and heart, shining like
the morning light.*

*In the schools and the halls, we
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Their legacy alive, in our hearts like
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*We remember their struggles, their
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And the sacrifices they made, for
our freedom and life.*

*So let us honor them, with pride and
with grace,
For the Indigenous veterans, we give
them a place.*

Written by: Mrs. Unrau



Merritt Central Elementary

INDIGENOUS STUDENT ADVOCATES:

Martha Chillihitzia - Gr. 4-7

mchillihitzia@365.sd58.bc.ca

Jody John - Gr. K-3

PRINCIPAL: Natasha Omori

nomori@365.sd58.bc.ca

WELCOME OUR NEW ISA JODY JOHN

My name is Jody John and I am a member from the Shackan Indian band. This is a learning curve for me, in the school setting, but I am very excited to be in this position as the ISA for Central Elementary school.



Primary grade TRC hearts



TRC walk

TRUTH & RECONCILIATION DAY

Central invited Nkwala School to attend out TRC day march through Merritt. We also had classes make buttons (intermediate) with orange shirts and colored in hearts with every child matters shirts (primary).



Grade K/1—coloring



Grade 2/3—coloring



Grade K/1—TRC book



Grade 3/4—TRC book and buttons

TRADITIONAL FOOD/MEDICINES

Primary classes were taught traditional medicines by Dawn and Jody. There was labrador tea, mullen, elderberry and rose hips. Martha talked to intermediate classes about the 13 moon harvesting calendar. Jody talked to the Grade 3/4 class about the importance of indigenous food.



Grade 1 - Tea



Grad 1 - tea bag



Grade 4-7-13 moon Harvesting



Gr. 1—Tea making



Land walk with Grade 1



Loretta Holmes



Gr. 1—Land acknowledgement

LANDS

Martha invited Loretta Holmes in to speak about the Land & Importance of the Water. Dawn and Jody took the K/1, 1, and 3/4 class on a land walk to collect rocks and talk about the medicines we made tea with. With the rocks collected, Dawn and Jody presented about pictographs and the students painted a pictograph on the rocks. Dawn and Jody also helped create a Land acknowledgement for the Grade 1 class to present at the Bridge opening.

REMEMBRANCE DAY

On the MCES Remembrance Day assembly, we had invited Coldwater and Nkwala school. Nkwala school did the Nsyilxcen prayer and Coldwater school did the Nle?kepmx prayer. Martha also had a group of boys drum practice with Derick Sheena to drum at the remembrance day assembly.



Drum group



Coldwater school—prayer



Indigenous dancers



Nkwala school—prayer

BENCH ELEMENTARY SCHOOL

2024 Sept.—Dec. IASW Report



Welcome Dinner—Sep.19th Honoring SD58 Resources, always available: W. Chilihitzia, Rachel Williams, Kowaintco Michel, Paul Joe & Greta Brown.



Truth & Reconciliation
Hoop Dancer: Jarred Genaille
Live Performances



Traditional Dancer
Ayden Sheena



Raven Sheena-Patrick



September 27
Friday

Residential KIRS Survivor, Rachel Williams . Was present & honored.



Jarred Genaille
Cree Hoop Dancer



Safety Walk with Cpl. Jason Olney October 4, 2024



Hand Drumming every Friday
Literacy twice a week
Tuesday & Thursday
Gr. 1 students

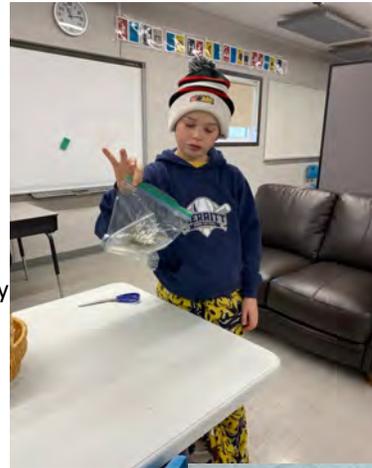


Bench Elementary - 2024 Fall Winter Report



Plant Revitalization with Shona Bara

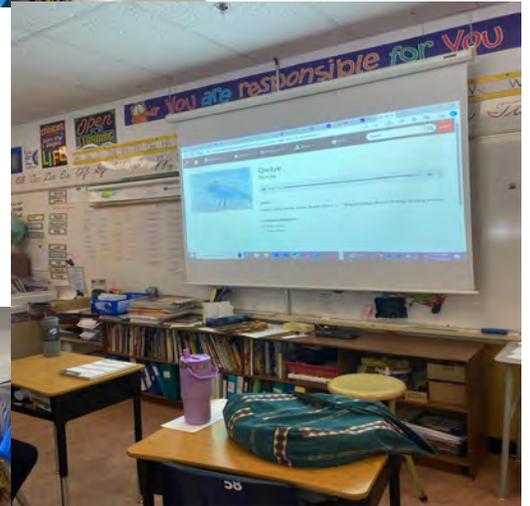
Oct. 25
Shackan Band
Cultural Camp
Paul Joe
Sharing History



One-on-one with Grade 4 student, Stetson Holmes. Picking medicines. Several one-on-ones scheduled On a continuous Basis.



Class connections:
Learning songs & Where to find songs.
Nle?kepmxcin & stories



Eight Sacred Values
Including Forgiveness

Basic Phrases

nle?kepmxcin
yé ták snwénwen
(yee-ah tick shin-one one)
Good morning

yé ták nypikʰ
(yee-ah tick nee-bee-kin)
Good afternoon

yé ták sítist **yé ták (s)ʕap**
(yee-ah tick she deaht) (yee-ah tick ah-ahup)
Good evening



LITERACY

Greeting Nlaka'pamxcin Phonetic

Hello	heñte?	hen-thiha
My name is	nskʷest he nskʷest	n-shkwesht hen-shkwesht
I am from	tuʔ ____ kn (place)	tuthl ____ kin
It is good to see you (singular)	ýe te swikcn	(y)ee-ah ta shweek-chin
It is good to see you (plural)	ýe te swiktimn	(y)ee-ah ta shweekte-min
I am going to speak	xʷuy̓ kn qʷincút	wee-kin goin-chut
What is your name?	swét ?e skʷest	shwet ha shkwesht
(it's a) Good morning	ýe ták snwénwen	(y)ee-ah tick shin-wun-wun
(it's a) Good evening	ýe ták sítist	(y)ee-ah tick shedesht
Good bye	humeʔ	hoe-m'ethl
Thank you	kʷukʷscémxʷ	cook-shchem-mux

get familiar with

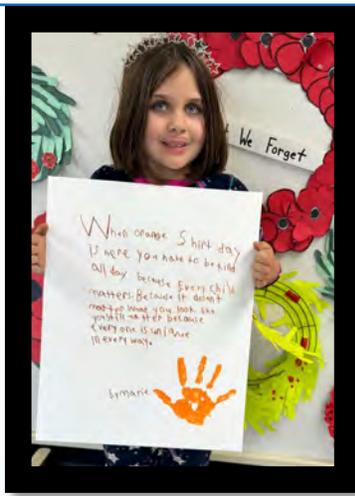
Name	Symbol	Example
glottal stop	ʔ	... (example)

Class Interactions

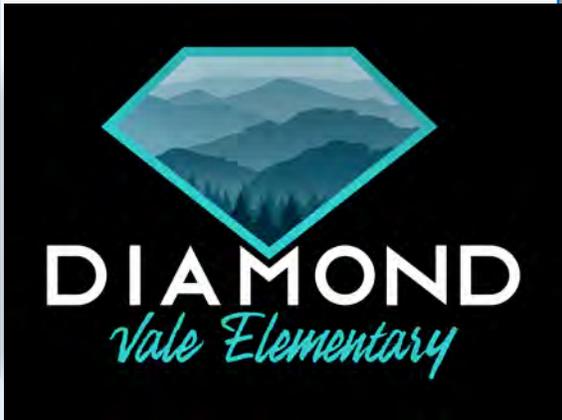
- Nle?kepmxcin, animals, counting & short phrases, body parts
- Hand Drumming—every Friday
- Literacy Tues. & Thursday
- Continuous Presentations
- One –on– one support



Húmeʔ, Esther Shackelly



Fall times at Diamondvale with ISA Tanya EDWARDS. We have been pretty busy with TRC—Poem by student Marie, Remembrance Day, Puzzle times, and 7 Grandfather Teachings—Courage and Friendship.



Nicola-Canford Elementary

Indigenous Student Advocate: Elizabeth Phillips

Principal: Burt Bergmann

LNIB Orange Shirt Walk



School Mural for Truth & Reconciliation Assembly



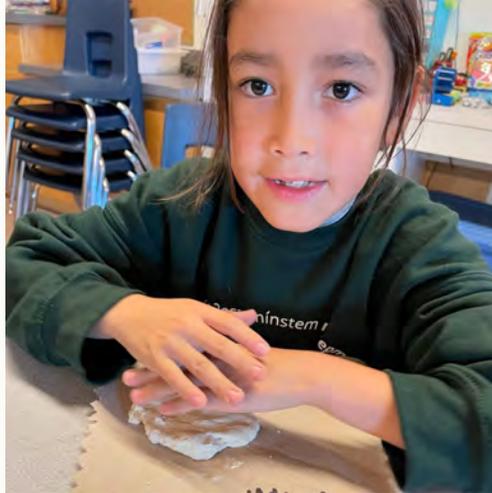
kecé? (Labrador) tea picking & preserving



TEA PICKING

Gr.2/3 Identity, Belonging, Culture Unit

Bannock Making



Breakfast Club

Cooking with eggs from our chickens



Upcoming Events

- Nov 29: Report Cards Go Home
- Nov 29: Month End Assembly
- Dec 6: Hold and Secure Drill
- Dec 12: Christmas Concert
- Dec 16: Christmas Bonanza
- Dec 20: Winter Solstice
- Dec 23-Jan3: Christmas Break
- Jan 6: School Reopens



École Colletville Elementary

Jody Miller, Indigenous Student Advocate

Principal : Brandon Sambrook

Colletville : 250-378-2230



CLASSROOM CONNECTION

Truth & Reconciliation Week

Grade K-3 Read Orange Shirt day book and did a heart activity

Grade 4-7 Read "Monster Poem" by Dennis Saddleman and students made a button

Traditional Tea with:

Grade 2—Madame Bourke

Grade 3—Madame Odegaard

Grade 4/5—Madame Berthelet

Harvesting Traditional Medicine

Grade 4/5—field trip to Nooaitch to harvest rose hips/buck brush/mullein

Environment Presentation

Grade 5/6—Madame Livesey



Hello. My name is Jody Miller and I am the Indigenous Student Advocate at Colletville Elementary School. This school is a predominantly French speaking school, so as a non-French speaking person it has had its challenges, but my experience here has been nothing but great!

A little bit about myself. I am a member of the Hupacasath First Nation which is located in Port Alberni, BC on Vancouver Island. I lived in Port Alberni for most of my life and it is a place where I met my beautiful wife. My wife ended up getting a transfer to Merritt in 2004 and we have lived here ever since raising two wonderful boys. Both who graduated from Merritt Secondary School. I started this job in February 2024 and I've loved everything about it. My current roles here have been getting to know the students through classroom interaction, going on field trips, playing sports during recess and lunch, in addition to bringing culture into the classrooms. This job has been nothing but great and I can not wait to see what the future has in store. Should you have any comments or questions for me please feel free to reach out to me at Colletville School.



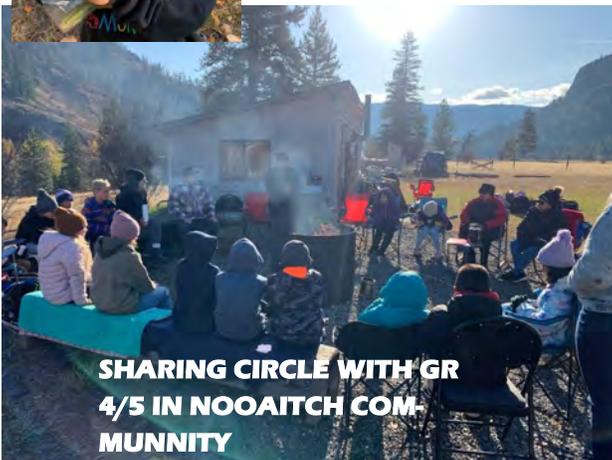
TRC Heart Activity



TRC Button Making



Field trip to Nooaitch with Gr 4/5 class



SHARING CIRCLE WITH GR 4/5 IN NOOAITCH COMMUNITY



STUDENTS HARVESTING MULLEIN



TRC HEART ACTIVITY

PRINCETON SECONDARY & THE BRIDGE

THIS YEAR SO FAR

This year has been full of meaningful experiences and important milestones. We kicked off September with Truth and Reconciliation Week, a time to reflect, learn, and honor the history and cultures of Indigenous peoples. We also hosted our annual Welcome Dinner for 2025, bringing together students, families, and community members to celebrate the beginning of a new school year.

In October, we took a deeper connection to the land, with a harvest from our lands and an opportunity to learn from the land.

In November, our Grade 9 students attended the Annual Youth Conference, with this year's theme, "Embracing Change".

And that's just the beginning—we've accomplished so much already and there's even more to come!



THE WELCOME ROOM

As the colder months approach, we will be focusing on creating and learning. We'll begin working with Grade 12 students to design and craft their Ribbon Shirts or Skirts to wear to the Indigenous Graduation Ceremony. Stay tuned for an exciting new program coming to PSS, where we'll focus on making sustainable and healthy snacks. Additionally, the Welcome Room is open every day from 3:00-3:30 pm for Homework Club, providing a space for students to get support and stay on track.



Merritt Secondary School

Fall Edition 2024



Health & Wellness

- Nlaka'pamux Health Services Society Youth Wellness Bundle -Group wellness Exercises focused on topics such as grief, depression, suicide, anxiety or bullying.
- The grade 9 'Embracing Change' Conference was hosted at MSS where students participated in Hoop Dancing, Traditional Medicine, Wellness Circle-discussion around self-care, and Indigenous ways of healing, Road to recovery using cultural teachings to keep grounded, and a fun and interactive storytelling and games with Justin Young.

MSS Administration:

Principal: Adriane Mouland
amouland@365.sd58.bc.ca

Vice Principal: David Andersen
dandersen@365.sd58.bc.ca

Vice Principal: Bhupinder Mattoo
bmattoo@365.sd58.bc.ca

Indigenous Student Advocates:

Grade 8: Jo-Anne Mansfield
jmansfield@365.sd58.bc.ca

Grade 9: Erickson Sheena
esheena@365.sd58.bc.ca

Grade 10: Steffanie Michel
smichel@365.sd58.bc.ca

Grade 11 & 12: Melissa Pinyon
mpinyon@365.sd58.bc.ca



Grade 9 Youth Voice Conference



Self-Worth & Identity

The English First Peoples 12 class and Social Studies 10 class connected with Elder Ko'waintco Michel where she spoke about the local traditional medicines and how to use for traditional healing methods. Students were also taught about smudging protocols and how to care for yourself while balancing the demands of being a student in high school.

Health and Wellness

The Nicola Valley Collaboration was developed to support youth and young adults within the Nicola Valley, where service providers meet monthly to develop strategies to address community concerns and develop healthy experiences for youth in the community.

The purpose is to involve students with service providers to bridge gaps of service and support one another to ensure we are connecting in a meaningful healthy way. The agencies attended MSS each month to provide lunch, school supplies, and hygiene items. The engagement allows students to meet the community agencies in a proactive manner to build connection with the supports that are available to them,

Health and Wellness





Culture & Language

Students gather every Wednesday in the House of Honour with Skiellst (Paul) Joe and Derick Sheena for stories and hand drumming. Drums and rattles are provided as well as lunch. MSS is working on bringing the heartbeat back into MSS as they learn the songs and become more confident. It serves as a way to connect with heritage, ancestors and traditions that have been passed down for generations.

Self-Worth & Identity

The MSS Girls group happens every Thursday for grades 8-10. The students start the first half with a cultural activity and then finish with an activity that covers topics such as mental wellness, consent and boundaries, self-harm, grief and loss, relationship with food and body image, safety and harm reduction.

Indigenous Veterans Day is an important occasion to recognize and honour the contributions and sacrifices of Indigenous peoples in the military. MSS gathered in the gym where the MSS band, Cadets and leadership students paid tribute to all veterans. There was also a display of all 104 Nicola Valley Indigenous Veterans Monument.





Academic Success

The Grade 12 students have been participating in Campus tours at various post-secondary institutions. Connecting with Indigenous academic supports and services which are designed to support academic success and cultural identity. This aims to provide a supportive environment that recognizes the unique needs of indigenous learners to ensure there is space created for advocacy and representation in the transition process from high school to university.

Academic Success

- The Indigenous Student Advocates have been meeting one on one with grade 12 students to discuss graduation plans and identifying any gaps that are needing extra supports.
- Students have been reaching out for bursary and scholarship assistance, if a student finds a scholarship they would like to apply for and need assistance, connect is Melissa Pinyon.

Upcoming Events & Activities

- Winter Sports - Basketball and Curling See Mr. Cavaliere for more info.
- Post-secondary application ongoing. See Melissa Pinyon for support.
- Boys Sweat
- Ice Fishing
- Winter Solstice Ceremony
- Hand Drumming & Girls Group every week

Academic Success



- Land based learning fosters a profound relationship between individuals and the natural world. It teaches respect for the environment and the interconnectedness of all living things. Students learned to harvest tea and the gathering of traditional medicines are not only central to maintaining Indigenous cultures but also crucial for fostering a sustainable, healthy, relationship with the Earth.

CLC Community Learning Centre

2975 Clapperton Ave, Merritt, BC 250-378-2157

Principal Adriane Mouland ISA Connie Moojelski

On the Land



Digging for Cedar Roots
September 6th, 2024



Coiled Cedar Root Baskets
September 24th, 2024



Silver Willow Beads



Rosehips



Mullein

Kentucky Lake Hike



Terry Fox Run 2024



Juniper Berries



Harvesting Rose Hips, Mullein, Buck Brush,
Juniper Berries and Silver Willow Beads at



Terry Fox Run



Buck Brush



Monck Park



November 6th, 2024 Wednesday

Kamloops Wildlife Park



It's been a very busy start to the 2025 school year. In September 7 students took interest in beading a medallion, some students are almost ready to bead their necklace part of the medallion. We will also be beading Eagle feather quills, brick stitch earrings. We will be making mini moccasins for Christmas ornaments.

The CLC students learned about traditional Coiled Cedar Root Baskets, ISA Connie brought her huge collection of coiled and slat baskets in and facilitated an in-depth teaching.

In October the students went to Nooaitch to harvest Rose hips, mullein, buck brush, Juniper berries and Silver Willow seeds, they got to make their own tea bags to bring home.

The students thought it was very cool to make Silver Willow beads to make natural jewelry.

The students enjoyed many outings and have gone to Kentucky Lake to hike, Monck Park to see the remnants of pit houses and have a bbq lunch. Laser tag was a big hit in Kelowna as well as The Wildlife Park in Kamloops.

Scw'exmx comes in every Thursday for 'Lunch and Learn' each student has the opportunity to earn money for each time they show up for lunch and learn days. Scw'exmx brings in presenters, learning activities and fun events and they provide a wonderful lunch for the CLC students.



SD #58 Indigenous Education Contact Information



Shelley Oppenheim-Lacerte

Director of Instruction—
Indigenous Education

250-378-5161

slacerte@365.sd58.bc.ca

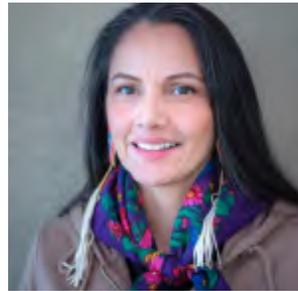


Rose Grant

Indigenous Student
Engagement Facilitator

250-280-3024

rose.grant@365.sd58.bc.ca



Joella Bolan

Nte?kepmxcin Teacher

Merritt Secondary School

Grades 10-12

250-378-5131

jbolan@365.sd58.bc.ca



Yvonne Joe

Nte?kepmxcin Teacher

Nicola-Canford Elementary

250-378-2172

yjoe@365.sd58.bc.ca



Angela McIvor

Nte?kepmxcin Teacher

Nicola Canford Elementary

Primary Program and Gr. 5-7

250-378-2172

amcivor@365.sd58.bc.ca



Dawn Williams

Cultural Coordinator

250-378-2230

dwilliams@365.sd58.bc.ca



Esther Shackelly

Indigenous Student
Advocate

Merritt Bench Elementary

250-378-2528

eshackelly@365.sd58.bc.ca



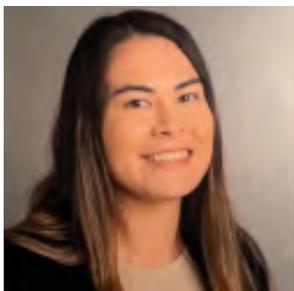
Martha Chillihitzia

Indigenous Student
Advocate

Merritt Central Elementary

250-378-9931

mchillihitzia@365.sd58.bc.ca



Jody John

Indigenous Student
Advocate

Merritt Central Elementary

250-378-9931

jjohn@365.sd58.bc.ca



Elizabeth Phillips

Indigenous Student
Advocate

Nicola Canford Elementary

250-378-2172

ephillips@365.sd58.bc.ca



Krista Unrau

Indigenous Student
Advocate

John Allison and Vermilion
Forks Elementary

250-295-6727 or

250-295-6642

kunrau@365.sd58.bc.ca



Jody Miller

Indigenous Student
Advocate

Colletville Elementary

250-378-2230

jmiller@365.sd58.bc.ca



SD #58 Indigenous Education Contact Information



Tanya Edwards
Indigenous Student
Advocate

Diamond Vale Elementary

250-378-2514

tedwards@365.sd58.bc.ca



Connie Moojelski
Indigenous Student
Advocate

Community Learning Center

250-378-2157

cmoojelski@365.sd58.bc.ca



Melissa Pinyon
Indigenous Student
Advocate

Merritt Secondary School
Gr 11/12
250-378-5131

mpinyon@365.sd58.bc.ca



Erikson Sheena
Indigenous Student
Advocate

Merritt Secondary School
Gr 9
250-378-5131

esheena@365.sd58.bc.ca



Jo-Anne Mansfield
Indigenous Student
Advocate

Merritt Secondary School
Gr 8
250-378-5131

jmansfield@365.sd58.bc.ca



Steffanie Michel
Indigenous Student
Advocate

Merritt Secondary School
Gr 10
250-378-5131

smichel@365.sd58.bc.ca



Alexander Goreas
Indigenous Student
Advocate

Princeton Secondary and the
Bridge
250-295-3218

agoreas@365.sd58.bc.ca



Natasha Smith
Relief Indigenous Student
Advocate

nsmith@365.sd58.bc.ca



Nexpetko Joe
Relief Indigenous Student
Advocate

njoe@365.sd58.bc.ca

