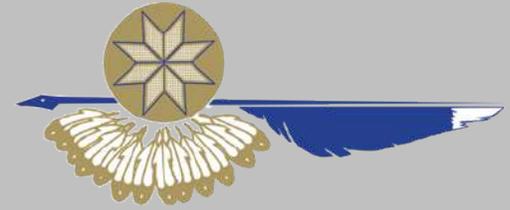
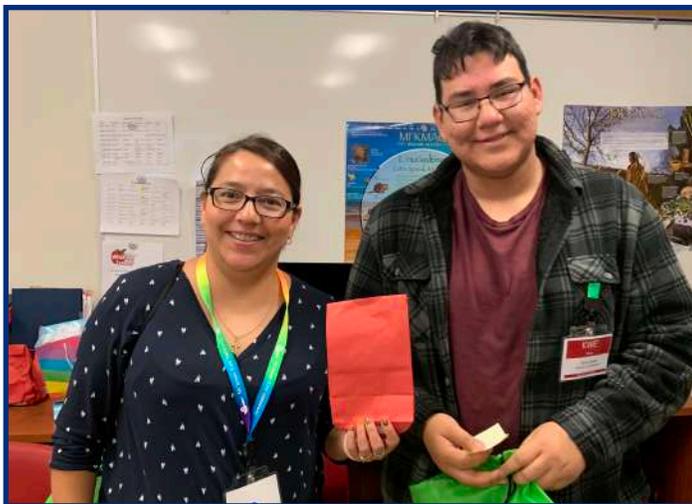


Na'teliaq



November 2019

Healthy Body, Mind, and Spirit: Mi'kmaw Kina'matnewey's First Wellness Day a Huge Success



Membertou School were the gracious hosts of our first Wellness Day which was held on November 1st. Three hundred and sixty educators registered for the event which featured our Keynote Speaker, Acosia Red Elk. Acosia is a champion jingle dancer from the Umatilla Tribe in the United States. During her keynote address Acosia shared her story of how she was moved by her own personal trauma and began indigenizing fitness with her Powwow yoga and inspiring indigenous people. "Every time we bear children, we pass along our trauma," she says.

"If we don't start taking care of ourselves now, the pattern will continue. We need to start changing these patterns. We need to start letting go of all the things that no longer serve us." It was an absolute pleasure to have Acosia share her story and her gifts. Our delegates had an opportunity to powwow dance and do yoga with her.

Participants also had the chance to hear from Shaleen Jones of Eating Disorders Nova Scotia who shared her inspiring battle & recovery and educated our teachers about eating disorders.

Wellness Day (continued)

The afternoon consisted of hands on, interactive workshops which included yoga sessions, meditation, workshops about healthy living class for boys, violence prevention program for middle school boys, food security cooking class and others.

Everyone enjoyed the day, which ended with great prizes. Special thank you to Darren Googoo for being our Master of Ceremonies, Darryl Syms for the technology support, Anne MacDonald and her catering team and the entire staff of Membertou School for going above and beyond for us. Two surveys were completed by the delegates and we would like to thank everyone for their input. Your input will contribute to the planning of future Wellness Days and the development of the MK Wellness Strategy. If anyone has any ideas or thoughts about wellness please feel free to share with Rebecca Scirocco at rebecca@kinu.ca.



Exploring the Trades: Students Attend Annual Aboriginal Youth Skilled Trades Fair



Approximately 80 students from across the province attended our annual Aboriginal Youth Skilled Trades Fair in Halifax from November 3 - 5.

The event began on Sunday evening with a banquet for the students. Trades people were in attendance during the banquet and the students were given an opportunity to sit with them and ask questions about their trades. Students also had a chance to go to the movies as a group that evening before the activities got underway on Monday.

On Monday morning, students were separated into two groups. One group went to the Trades Hall to experience hands-on introduction to several trades. The other group went to the Mainland Building Trades building where they had the opportunity to do several workshops which required students to work in teams and use their problem solving skills. They worked together to make self-propelled boats out of various materials and learned about work opportunities in Marine trades. They were also tasked to complete computer programming activities together in their small groups. On Monday evening, all students took part in one of our cultural activities after returning from a trip to the mall.

The groups switched places on Tuesday so that all students had a chance to explore many different trades and apprenticeship options. The event wrapped up on Tuesday afternoon with a draw for prizes.

As always, students enjoyed their experience exploring the trades!

Trades Fair Snapshots



2019 MK Sport Summit and Awards Banquet



The 2019 Sport Summit and Awards Banquet was held in Halifax on November 18th - 20th. The annual event brings together community sport representatives, coaches, and athletes. During the 3-day event, participants take part in workshops and are provided with information about sporting opportunities across the province.

The highlight of the event is the awards banquet, which took place on November 19th. During this year's banquet, Lacrosse Coach and Executive Director of Games Delivery for NAIG 2020, Brendon Smithson was the Keynote speaker. Brendan entertained the crowd with some stories about his years as Lacrosse Coach for Team Nova Scotia. He also shared the important message that sport can offer so many life lessons beyond the actual sport, and watching athletes grow as people and return as coaches is an even better feeling than winning any game.

Our coaches and athletes of the year were also recognized during the awards banquet. This year's recipients are as follows:

Male coach of the year - Trevor Sanipass

Female coach of the year - Bridget Stevens

Male athlete of the year - Leon Denny Junior

Female athlete of the year - Chenoah Paul

There was also a special award added this year called the Lifetime Achievement Award. The recipient this year is Buster Matthews.

Congrats to all!

Department Highlights

Post-Secondary



The Wabnaki Post Secondary Advisors Networking (WPSAN) meeting was held on November 21st and 22nd at Mount Allison University in Sackville, NB. WPSAN is a network that provides support and networking to all of our post-secondary Indigenous advisors. There is a sweat lodge on the Mount A campus the group had the opportunity to take part in a sweat on the evening of the 21st with Noel Milliea They also were able to take part in a sunrise ceremony and pipe ceremony on the 22nd, to start the day off with good intentions.



Atlantic Canada First Nation Help Desk

The Atlantic Canada First Nation Help Desk held a contest in the month of November. Students were asked to submit a story or poem about how they've honoured a Sma'knisk. It was very difficult to choose the winners and we would like to thank all students who submitted their wonderful work! The following students have been selected as the winners for the contest:

Harry Sock - ESK

Belle Pierrard - Whycomomagh Education Centre

Valerie Marshall - East Richard Education Centre

Liberty Aulbert - LSK

Keprite'Imanej Sma'knis

Nuj wejiet mantimk ta'n tujiw tewitjatka 20. E'pit aqq jinm kis elietew mantimk. Ta'n tujiw elien mantimk nuta'n peskewey aqq stoqnamu'k tapsun. Pukwelk wen wikit Eskasoni wejiet mantimk. Wejiet wen mantimk aqq pukwelk wen nepkaq wjit kinuk. Ni'n nujj telusit Derek Sock aqq wejiet mantimk

Department Highlights (continued)

Mi'kmaw Language and Culture



The language department has been busy during the month of November working on land-based knowledge video interviews with elders across the province. So far this month, elders from Paqtnkek, Pictou Landing, Sipekne'katik and Liverpool(Acadia) have been interviewed and the language team is learning a lot from the elders so far. Elders from other communities across Nova Scotia will also be interviewed in the coming weeks. When the interviews are all completed, videos will be available for use in all of our communities and schools.

Moose wood/striped maple bark basket shared by elder John A Francis from Liverpool.

Literacy

Using visual art as a means of expressing thoughts, feelings, and ideas in the ELA classroom is a theme for November. Many students in junior high and high schools across Mi'kmaw Kin'matnewey dove into this area of self-expression in their ELA classrooms. Students in Wagmatcookewey School, Wagmatcookewey Alternative Program, Eskasoni Middle School, Mi'kmawey School, and Allan Lafford High School took part in one of two art infusion lessons: *Looking Out, Looking In* and *Drawing for Change*. Michelle Sampson worked with some of the Grades 6-12 ELA classroom teachers to help facilitate a lesson for students on how the visual arts can be used to teach characterization. As well, students in a number of classrooms across MK learned strategies associated with creating political cartoons as part of a media and visual literacy lesson. This is a very important skill that helps students examine social justice issues with a critical lens and respond via political cartooning.

A newly created lesson on memes will be offered to schools in Pictou Landing and LSK after the Christmas holidays. As you can see, there is no shortage of creative talent within MK schools!



School News!

Pictou Landing First Nation

Pictou Landing First Nation School took part in our first annual Nourish Your Roots Healthy school food fundraiser. Nourish Your Roots is a farm-to-school fundraiser created and facilitated by Nourish Nova Scotia to help schools support their own healthy eating programs and initiatives. Farmers are paid fairly for their produce, customers enjoy the harvest while supporting the school. Our community did a great job supporting this fundraiser. Wela'liek!

Pictou Landing First Nation School students were invited to attend the Tree For Boston tree cutting ceremony. Pictou Landing First Nations Elder Ralph Francis did a smudging ceremony with the tree followed by prayer and Pictou Landing First Nations Elementary School students sang O Stoqnji'j to the assembled

Grade 7 & 8 class took a leadership role in learning and then teaching younger students about shoreline restoration. They even had the opportunity to present about their land based learning at the Climate Action summit in Truro this month.

The Confederacy of Mainland Mi'kmaq Pollinator Project placed 39 native bee eggs in the stewardship of the grade 3/4 class at the Pictou Landing First Nation School. In the spring and summer of this year, these students helped plant a garden which fed pollinators and produced food for the school's kitchen. Over the summer, they placed a native bee nest in the garden. These bees don't produce honey, and don't have stingers - but work 4-8 times harder than honeybees pollinating our communities' crops, and can work in temperatures below 10C.

However, our native bees are dying off. Climate change is producing warmer, wetter weather which favors the pests which eat native bees' eggs. The students learned how to remove the cocoons from the nest they placed in the garden, cleaned them, and put them in a refrigerator in the classroom where they will be monitored each day until next spring, when the students will return the cocoons to Mi'kmaq gardens and farmers fields. They also learned about the lifecycle of these bees, and the responsibilities of young beekeepers.

The Pollinator Project is very proud of the amazing young people taking stewardship over species so important to the food security of the community they live in.



School News!

LSK

LSK has many new cultural opportunities and outdoor education experiences for our students. Students are learning our language, the 7 sacred teachings, building baskets, beading, built and took part in a sweat, planted black ash trees and connecting their Mi'kmaq heritage to the provincial outcomes. This month our students will be helping to assemble our rink in the soccer field and cultural trail and learn about the Mi'kmaq contribution to hockey. We are excited to be able to encourage our youth to be more physically active.

The cultural trail will allow our students to connect and learn about the land. Students will learn about various ecosystems, medicines, habitats, conservation and caring for mother earth. The trail will allow us to improve and increase outdoor education. The cultural trail is a result of multiple departments and organizations working together. I would like to thank our Education Director, Velvet Paul, Sipekne'katik Fisheries Guardians, Matthew Maloney, Brandon Maloney, Josh Sack, John Peter-Paul and Janet Paul and CMM employees Trevor Chenier and Justin Fids for their work and helping us to turn a vision into reality.

The grades 4-6 classes visited the Discovery Centre in Halifax this month. Students were able to view an interactive exhibit on the Rubik's cube, as well as, attend a workshop on physical and chemical properties while making slime. The grade 5 & 6 class also had the opportunity to do some outdoor ed activities this month by going fishing for pickerel, and learning about and planting Black Ash trees.

Students in grade 9 have been working on building a traditional sweat lodge. They will be using it in it's current location during the winter months but will be rebuilding it in the spring along the new Cultural Trail.

High schools students have been quite busy in wood shop class as well. They have been working on developing a mock up of the podium they are creating for the NAIG 2020 medal ceremonies. They look fantastic!



John Jerome Paul Receives the Friend of Cape Breton University Award



At the beautiful Alumni Awards Ceremony, held at Cape Breton University on November 20th 2019, John Jerome Paul, retired Director of Student Services was recognized with an award. The **Friend of Cape Breton University Award** recognizes a person, group, or enterprise that has made a significant contribution to Cape Breton University. John Jerome has worked in the field of education for over 30 years. He started his work as an educator and taught students in the communities of Potlotek and Eskasoni. John went on to work at Mi'kmaq Kinamatnewey for over 20 years, where he supported the educational interests of Mi'kmaq students across the province.

John's commitment to Mi'kmaq students and to the preservation and promotion of Mi'kmaq language was not limited to students in K-12. He contributed his

time, energy, and wealth of knowledge to many Post- Secondary institutions across the province as well.

At CBU, John sat on and helped with the development of the original CBU Mi'kmaq Advisory Board in the late 80's. He provided his continuous support for the development of the Mi'kmaq Resource Centre and the Mi'kmaq Studies courses offered by CBU. He was a key player in the implementation of the in-community course delivery programs for Mi'kmaq students, starting with the Eskasoni Elmitok program. John also played a major roll in the development of the Kji-Keptin Alexander Denny L'nui'sultimkeweyo'kuom (KADL), and the Mi'kmaq Language Lab in the Una'maki College. John was also a long-time liaison between CBU and the Mi'kmaq communities across the province.

We would like to extend a huge congratulations to John Jerome Paul!



First Nation Help Desk & Mi'kmaw Kina'matnewey



Artwork by Trevor Augustine
Metepenagiag, NB 2000

Christmas Concert Videoconference!

Monday, December 9, 2019

10:00 AM AST

www.fnhelp.com/livevideo

We are looking for schools to perform in our Christmas Concert! The VC is open to all First Nation schools in Atlantic Canada.

The Christmas song of your choice would preferably be sung in your native language.

To register, please visit firstnationhelp.com and sign up using the [Google Form](#).

For more info, contact Faye faye@kinu.ca
902-567-0842

iPad for each school that participates!



Upcoming Events

MK Sporting Events

Elementary Dodgeball

Friday December 6th, Potlotek

For more information, contact Tex at tex@kinu.ca

Mentor Apprentice Gathering

Friday December 6th , Millbrook

For more information, contact Alwyn at Alwyn@kinu.ca

Christmas Concert Videoconference

Monday December 9th

For more information, contact Faye a faye@kinu.ca

We're on [Facebook!](#)



Have an event or story idea you'd like to see in the December newsletter? Contact Shara at shara@kinu.ca or 567-0336 ext.5603