

# Na'teliq



September 2013

## United Against Bullying

### Inaugural Nitap Day Celebrated in MK Schools

**Nitap Day**  
*United Against Bullying*

Join your local school for the inaugural Nitap Day on September 27.

All-day, beginning at 10 a.m.  
Opening ceremonies, friendship activities via videoconference, school activities, & community walk.  
Free event. All are welcome.

Allison Bernard Memorial High School, Eskasoni Elementary/Junior High, Eskasoni TEC, L'nu Sipuk Kina'muokum, Membertou Elementary, Pictou Landing Elementary, Potlotekewey Kina'matnokuam, Wagmatookewey School, and We'koqma'q School.

On Friday, September 27, over 3,000 elementary, junior high and high school students in eleven Mi'kmaq communities across Nova Scotia celebrated the inaugural Nitap Day.

Nitap Day was celebrated in MK schools through joint and individual school events. Family, friends and community members were also invited to take part in the festivities.

"Nitap" was chosen to honour the day, because in addition to educating students and staff on the identification, dangers, and solutions to bullying in schools, the day's events also focused on cultivating friendships between students to help prevent instances of bullying.

"Student safety is a top priority," says MK Executive Director, Eleanor Bernard. "Nitap Day, and cultivating friendships among us all, is one step for our communities to stand united against bullying and to find solutions so that all students feel safe and can achieve their best in school."

Each school connected and celebrated together via videoconference. Following an opening ceremony with remarks by Chief and Councils, and a video performance by Membertou's musical group Black and Grey, each school took turns leading group activities that built community and friendship, such as storytelling, community walks, physical exercise, and cultural song and dance.



Principals said it was an important event for not only the students, but also for staff, parents and the wider community.

They expressed that everyone needs to know what to watch for when it comes to bullying. Communities must learn how to prevent bullying, what to do if it occurs, and where to go for help.

Nitap Day was celebrated in every Mi'kmaw community in the province, and in MK schools Allison Bernard Memorial High School, Eskasoni Elementary and Middle School, Unama'ki TEC, We'koqma'q Mi'kmaw School, Wagmatcookewey School, Potlotekewey School, L'nu Sipuk Kina'muokuum, and Pictou Landing School.

Students in Eskasoni kicked off the day with a dance, Wagmatcookewey students lead a trust activity, We'koqma'q held a community friendship walk, and Pictou Landing closed the morning with storytelling. Chief Leroy Denny also [shared remarks](#) on the importance of the day.

Students in Eskasoni lead a community walk at lunch time, and high school students made pledges to create friendships and be kind to each other. At the end of the day, Eskasoni K-9 students gathered in the field outside the school, hand in hand, which was captured in aerial view via helicopter ([view the video](#)).

The afternoon's festivities began with a Unity activity lead by Eskasoni and We'koqma'q students. A friendship dance followed by Membertou and TEC students, and closing

remarks were given by Sharon Bernard of Membertou Elementary.

Bernard said the message appeared to have an effect on every student in every school. In Membertou Elementary, for example, the 130-plus students gathered in their school gym at the end of the day, and as they signed off, started chanting "no more bullying".

"I think they had a great time today," said Bernard. "Our students were quite pleased when the band Black and Grey, from Membertou, surprised them by coming to the school and performing for them, including a song that they wrote about suicide and bullying."

Bernard said bullying is a big concern in their community and local leaders want the school to take a lead role in its prevention. She said by holding an event like Nitap Day in September, it sets a tone for the rest of the school year.

"It's important because it gives awareness to staff, students and the community, of bullying and what to do and who to go see if it's happening."

The Nitap Day buzz also made its way online. On Twitter, people in every community and of all ages shared messages celebrating Nitap Day and writing messages of love, appreciation and friendship to others:

*"Happy Nitap Day! Proud to be L'nu!"*

*"Be kind to everyone, you could be an additional piece to their puzzle of happiness."*

*"Kids had a wonderful day - wela'liek"*

*"I wish every day were Nitap Day!"*

To staff, students, teachers and volunteers, WELA'LIEK for your hard work and help in making the first Nitap Day a big success! A special thank you to the First Nation Help Desk for leading the videoconference, and to NADACA for being an official sponsor. Together we'll continue to stand

**United Against Bullying!**

# Nitap Day Snapshots





The PD session was hosted for teachers of Grades P-5, Learning Centre and Resource teachers, and Early Literacy teachers.

Over fifty teachers attended the session from L'nu Slpuk Kina'muokuom, Pictou Landing School, Wagmatcookewey School, We'koqma'q Mi'kmaw School, Potlotekewey School, Membertou Elementary, and Eskasoni School.

Interim Literacy Consultant at MK, and institute coordinator, Brenda MacIsaac, said the two days went wonderfully, and she thanks the teachers for taking time out of their busy schedules to attend.

“The response from the participants was overwhelming! Thank you!”

### Literacy Summer Institute

On August 28 and 29, a Literacy Summer Institute, titled “Writing: Persuasive Text” was held at Eskasoni Elementary and Middle School.



### Autism Summer Institute

On August 27 and 28, forty-eight teaching staff from all MK schools attended an Autism Summer Institute in Membertou. The Institute was the first of its kind to be hosted for schools, and its first year was a great success.

“The voluntary support of the teachers and teacher assistants was truly humbling,” said Janean Marshall, Student Services Consultant at MK and coordinator of the two, one-day workshops.

“The level of professional shown by our teachers and aides was inspirational and I could not be more grateful for the turnout, conversation, and overall interest.”

“It’s humbling to see our professionals seeking ways to improve programming and planning for our students with Autism.”

### Wagmatcookewey School Online

Wagmatcookewey School has a new website! Visit the school online at [www.wagmatcookeweyschool.ca](http://www.wagmatcookeweyschool.ca)





At the beginning of each week, students and leaders would take part in a sharing circle. In this sharing circle everyone would take turns telling the group about the books they'd read in the past week.

Each student was also responsible for keeping a journal. After each book they read, they were encouraged to write in their journal about what they thought of the story, or they could draw a picture depicting what the story was about.

Another fun element of the Summer Reading Program was keeping a "summer fun" journal. In the "summer fun" journal, each student had the option to write about or draw something fun they did that summer.

## Summer Bookworms

While many students were enjoying their summer with a break from the books, thirty-eight students in Membertou couldn't get away from them and participated in the Mi'kmaw Kina'matnewey Summer Reading Program!

The Program was organized by Rebecca Scirocco-Paul, Literacy Programs Coordinator at MK. For five weeks, students gathered at Membertou School to explore new books and share their love of reading with others. At the beginning of the program, students were placed into groups to get to know each other, and younger students were paired up with a buddy to help them along.

This was something that was enjoyed by all, and was a great keepsake for the students to have to remember the summer!

As the summer drew to a close, summer readers celebrated with a pizza party. The program proved to be a valuable, appreciated and fun activity for the students during the summer, and Becky hopes to have even more volunteers and students taking part in next year's program.

If you wish to help out, or start a Summer Reading Program of your own, contact Becky at [rebecca@kinu.ca](mailto:rebecca@kinu.ca) or 902-567-0336.



## 7th Annual N.S. Aboriginal Sport Summit

The Annual Sport Summit will be held from November 29 - December 1 at the Park Place Ramada in Dartmouth. Funds are available for hotel and meals for three reps from each First Nation (band) in Nova Scotia. Registration forms are at [www.kinu.ca](http://www.kinu.ca) and must be submitted by Thursday, November 14.

The Annual Mi'kmaw Sport Awards Banquet will be held Saturday, December 1. All communities and individuals can nominate athletes and coaches for Nova Scotia Male/Female Athlete of the Year. Nomination forms are at [www.kinu.ca](http://www.kinu.ca) and must be submitted by Friday, November 15. Communities can also honour their own athletes, coaches or volunteers at the banquet, but they must provide their own awards. For info: [tex@kinu.ca](mailto:tex@kinu.ca) or 567-0336.

## Assessment For Learning: Guiding Students In Their Educational Journey

A reflection by Brittany Fitzgerald, Junior High teacher at Wagmatcookewey School.

"As I sit here enjoying my Last Monday of Summer Vacation, I am filled with wonderful anticipation for the upcoming school year. It's always exciting to begin a new year; however, this year is even more exciting than usual. Having just finished a two-and-a-half day professional development conference in New Brunswick, I have a new focus.

"Walking The Talk: How Leaders Use Assessment In Their Work" with Anne Davies, Sandra Herbst, and Brenda Augusta was such a great learning experience. Upon completion of the conference, I felt renewed and ready to begin the school with many new, great ideas.

After only five minutes of the conference, I knew that the presenters had one focus: students. Their research, ideas and practical tips centered around what would benefit students in their learning journey. For the remainder of the conference, I, along with 50+ other educators, participated in a range of activities to discuss Assessment and Assessment for Learning.

In the past, the terms "assessment" and "evaluation" have been seen as interchangeable. Now, we know that these two terms are very different. Assessment is something that is done daily, as part of the learning process. If done correctly, assessment and instruction should be completely intertwined. Assessment is not something that is only completed at the end of a learning unit. It is not just a test or final assignment. Evaluation is usually something that takes place at the end of a learning unit. It tells students how well they've performed in comparison to the learning outcomes.

Throughout the conference, participants learned the true definition of assessment, the tools needed to assess students, the evidence which needed to be collected in order to assess with reliability and validity, and, most importantly, how to include students more deeply in the learning and assessment process.

During the conference, Sandra Herbst mentioned

that with only two and a half days, we were just scratching the surface in our discussion of assessment for learning. I am in complete agreement with her. I learned so much in the short time I spent with these presenters and fellow educators. However, I know that I have much more to learn. I'm excited to do this and plan to learn more in this area through research, discussion and practice. I could write so much about this conference, but in the interest of space, and the hope that for once, my writing can be considered a quick read, I am going to summarize the key areas of the conference in point form:

1. Students need to be deeply involved in their learning and assessment.
2. At the beginning of each new learning unit, ensure that the learning target is clearly defined to students (in student-friendly language). Begin with the end in mind.
3. Discuss the outcomes with students in student-friendly language.
4. Co-create learning goals with students that are connected to outcomes.
5. Co-create criteria with students for what is expected. For example: Discuss what makes a great essay? A great piece of writing? A great public speaking presentation?
6. Show students exemplars to help them see what great work looks like.
7. Show students how to self-assess and peer-assess. Use self and peer evaluation often.
8. Collect evidence of student learning from a variety of sources. Use the triangulation of data collection. Use conversations, observations and products to ensure validity of assessment.
9. Assessment data needs to be collected over time.
10. Assess all the time but don't evaluate too early. Research shows that evaluating students too early can actually stop the learning process.

It was great to have the opportunity to attend this conference. I'm excited to put what I learned into practice this year!"



## The Red Road Project Visits Stone Bear Tracks and Trails

Imagine a place with no electricity, no cell phone service, wi'kwams, a sweat lodge, sacred fires, daily smudging, hand-drum songs, prayers, hugs, and living the traditional ways of our

ancestors. Impossible in today's society? Not at Stone Bear Tracks and Trails in Bear River.

From June 28 to July 2, twenty Red Road Project youth leaders, Elders, guests and chaperones ventured to the Mi'kmaq Culture Camp: Stone Bear Tracks and Trails for a five-day retreat in the beautiful wilderness of Bear River. The Red Road Project youth leaders first visited the retreat last July, and their host, Chief Frank Meuse of Bear River First Nation, graciously invited the youth back for a second session of team, personal, and leadership-skill building.

The Red Road Project is a drug/alcohol free program leading Mi'kmaq youth to culture, fitness and healthy relationships. Community chiefs initiated the project in early 2012, and in March 2012, it was launched at MK's Annual Strategic Planning Symposium.

The annual retreat to Stone Bear has quickly become a favourite among all involved. Stone Bear Tracks and Trails' seclusion and serenity has made it a perfect environment for the group to team-build, focus, heal, learn, live naturally, connect with nature, cultivate culture, and spend quality time together.

The retreat has few rules, but it implements a no-technology, all-natural and nurturing environment. This meant no texting, no social media, and absolutely no harmful substances such as drugs, alcohol, or cigarettes. A holistic camp, it serves only healthy, nutritious meals that are free of additives and other unnatural ingredients.

Technology so naturally reaches into every aspect of our daily life, that before going to the camp, the youth shared similar worries of being separated from their phones and computers. Some also were apprehensive about not having showers, bathrooms or beds.

Soon after arriving, though, the youth realized the importance of getting back in touch with Mother Earth and living the way of our ancestors. Darian Bernard of We'koqma'q loved every minute of getting back in touch with nature and culture. She said that even though the rain came down each day they were there, no one let it dampen their spirits.

"Elder Lulan said if it rains, let it," said Darian. "As soon as we just "let it", we actually began to really enjoy it."

Youth leader for Potlotek First Nation, Kyle Issac, said it was refreshing to interact with everyone without the constant use of technology.

“It was important to be surrounded by beauty and to notice it,” said Kyle. “We realized it was important to have discipline and respect... to stop stressing about things on your phone.”

The youth were reminded to work to keep Mother Earth alive, and to be thankful for things and people in life and not take them for granted.

Each day began with a nutritious breakfast and a talking circle. After a session of sharing, the youth were engaged in activities such as learning the history of canoe-making and kettle-boiling, learning how to create fire, roasting bread, going on nature walks, learning how to make wooden flowers, playing games, dancing, story telling, swimming, or playing drums.

Chief Frank Meuse, Elders, and the leaders had many stories and lessons to share with the youth - especially the importance of being true to oneself and to be accepting of each other's truth.

“We easily opened up to each other and had fun just being who we were without judgment,” said Darian.

The youth also learned to embrace their Mi'kmaq culture, and to not limit it to them, but to learn to support others who may be interested in learning about it as well.

“The sacred teaching that now stands out to me is humility,” said Savannah Slmon, Coordinator of the Red Road Project. “We learned that as small as the ant is, we are no greater or bigger. Being surrounded by positive, loving Mi'kmaq for five days was purely a magical blessing.”

Kyle agrees. “One thing that stood out was the sense of family and the love everyone carried. We entered into each other's hearts and trust was built.”

“We now have a four-legged chair that can support our weight and more. Instead of our weight on the chair, we're putting wisdom and teachings on this

chair and giving it wheels to bring to our communities. We want everyone to enjoy life, our culture, and to help the Red Road Project continue to build its foundation. No drugs ~ Only hugs.”

Kyle said the youth left knowing this simple truth: That people will naturally put out their arms to another and give them support.

“We want to help others realize this, and expand our Red Road family. We want to teach the importance of listening to each other and to show respect, love and appreciation.” - Kyle Isaac

The youth carry this message with them into their communities and relationships with others.

“I know I can speak on behalf of all of the youth leaders and say that we are extremely grateful for this sacred experience,” said Savannah.

To learn more about the Red Road Project and its work at [www.redroadproject.ca](http://www.redroadproject.ca), and on Twitter: [@redroadproject](https://twitter.com/redroadproject).





## Dr. Stephanie Inglis Receives Educational Leadership Award

(Source: Cape Breton University)

The Association of Atlantic Universities (AAU) has recognized Dr. Stephanie Inglis with the Anne Marie MacKinnon Educational Leadership Award. Dr. Inglis is an Associate Professor of Mi'kmaq Studies, Chair of the Department of Indigenous Studies and the Director of the Kji-keptin Alexander Denny L'nui'sultimkeweyo'kuom of CBU's Unama'ki College.

She was chosen for her unwavering commitment to the improvement of university learning particularly in Mi'kmaq Studies and Mi'kmaq second language acquisition. Dr. Inglis' dedication to addressing the needs of Mi'kmaq students has led the way for the development of courses, programs and initiatives that extend from the university to First Nation communities.

"Receiving the AAU Anne Marie MacKinnon Educational Leadership Award highlights the huge strides that we've made over the past 30 years, as we moved from one Mi'kmaq Studies course in the late 1980s to CBU's new Unama'ki College. Unama'ki College is becoming a nationally recognized centre of Aboriginal

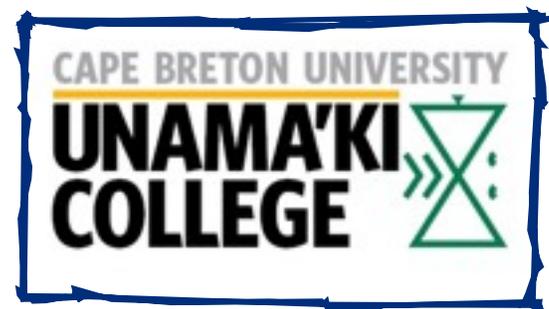
research and teaching. Over the last two decades, I have been privileged to have received support and guidance from many respected Mi'kmaq colleagues, who have been at the forefront of the development of an Aboriginal presence within the academy both at Cape Breton University and across Canada. I am very honoured to be part of that team," says Dr. Inglis.

The award is given to an individual who has provided leadership among faculty colleagues in developing structures and processes and in pursuing activities that help create an institutional environment which fosters and supports teaching excellence.

Throughout her career, Dr. Inglis has achieved many accomplishments that made her a strong candidate for the award. Of particular note is her work in establishing the Kji-keptin Alexander Denny L'nui'sultimkeweyo'kuom of Unama'ki College. Since opening, the lab has collaborated with Mi'kmaq community partners on a number of projects, hosted linguistic graduate students and provided interesting research opportunities to undergraduate students.

For more than 30 years, Dr. Inglis has been involved in the creation and development of an Indigenous academic presence at CBU, and more recently, Unama'ki College. Across the country, CBU is known as a pioneer of Aboriginal education and serves as a model for other universities who are beginning to incorporate indigenous knowledge into the curriculum of the academy.

Congratulations, Dr. Inglis!



# PSE Orientations





## Eskasoni's Shayne Stevens Plays With The Pros

Shayne Stevens of Eskasoni sat down with us recently to share, what he says, was an experience of a lifetime.

Shane began playing golf when he was fifteen and a student at Eskasoni Middle School. His Phys-Ed teacher, Kirk McCarron, was the one who first introduced him to the sport, and he says since that very day, he's been hooked.

"He would bring in his own golf clubs and golf balls for me to use after school hours," said Stevens. "It was

something I always looked forward to."

Stevens has worked as a Network Administrator with the Eskasoni Health Centre since 2001. He resides in Eskasoni with his wife, Maxine, and three girls, Neve, Shayde and Emjay (13 and 5).

Shayne says he was completely surprised at having been given the chance to play the Celtic Classic. The hype in the lead-up to the event, he says, was exciting, yet unnerving, because it was "unknown".

"I was a little nervous since this was my first pro tournament and I didn't know what to expect," admits Stevens. "I never thought that I would ever play events like these in my life, and it exceeded my expectations in every way."

Shayne said he can't put into words how much the game has given back to him in life. "It's opened so many doors and provided so many opportunities that I would not have had otherwise," said Shayne. "I make new friends every round I play and stay connected with them after the game."

Shayne's love of the game is infectious. He taught golf lessons in Eskasoni in the past, and his twin daughters even were involved in a junior program at Bell Bay Golf Club. Since hosting the Cape Breton Celtic Classic Junior Clinic in Membertou, Shayne's had the itch to get back into teaching the game and helping it grow in popularity and accessibility for Mi'kmaq youth.

He believes the game positively impacts every aspect of one's life, from providing physical activity and keeping one in shape, to teaching one to be patient, to teaching one work ethic and the importance of working towards always becoming a better version of yourself. He says the learning never stops, and he continues to learn about the game every day, especially after this tournament.

Mi'kmaw Kina'matnewey was a proud sponsor of Shayne during the Celtic Classic. He says it's important for players to focus on the game rather than finances, and he's thankful for the sponsorship to cover the cost of registration, equipment and clothing.

What's next for Shayne? He hopes to qualify in April 2014 to play full-time on the PGA Tour Canada. He believes pro-tournament experiences are vital to compete at that level, and qualifying to play full-time would give him this benefit. In the long term, he plans to help grow the game in Aboriginal communities so youth can find the confidence and skills to strive for and reach their goals.

He thanks Mi'kmaw Kina'matnewey and Eskasoni Band Council for their sponsorship, and Kevin Cameron, the tournament organizer, and Patrick Laderoude from The Lakes Golf Course, who pushed for his exemption to the PGA Tour Canada. Finally, he thanks his family, friends, and fans for all their support and for believing in him. Anything is possible if you just believe in yourself. Congratulations, Shayne!

# Upcoming Events



## 2013 Mi'kmaw Kina'matnewey Annual General Assembly

Friday, October 4 at Park Place Ramada in Dartmouth. 10 a.m.

All are welcome.

2013 Wapikawon Aboriginal Art Festival – Schedule of Activities				
Date	Activity	Location	Target Audience	Cost
Thursday, October 17 <sup>th</sup>	Opening Ceremonies – Guest speakers, Traditional Feast, Music & Dancing, Art Festival Displays Open to Public. (Starts at 11:00am)	Wapikawon Centre Great Hall	Everyone Welcomes	FREE!
Friday, October 18 <sup>th</sup> (9am-7pm)	Open Art Gallery – all day (9am-7pm). It will remain open each day from Oct. 17-30 at the same time – free admission. A Youth Art Exhibition will be included in the festival again this year. Gallery viewing is open to all.	Great Hall	Everyone Welcomes	FREE!
Saturday & Sunday, Oct. 19 <sup>th</sup> & 20 <sup>th</sup>	Aboriginal Craft Show – 30 tables will be set up for Aboriginal crafters to sell their handmade items. Saturday (10am-7pm) and Sunday (10am-4pm). Items for Sale.	Great Hall	Everyone Welcomes – Free Entrance.	Items for Sale at the Event.
Monday, October 21 <sup>st</sup> (10am-2pm)	Mi'kmaq Cultural Celebration Day – Come & Join us to learn about our history through our songs and dances. We will guide you through the explanation and history of our device and what they mean for our people.	Great Hall	Local School Groups Only – Please book ahead with WCHC.	FREE!
Tuesday, Oct. 22 <sup>nd</sup> & Wed, Oct. 23 <sup>rd</sup>	One Light Theatre Workshop – Group work with Wapikawon students... sharing knowledge on drama/theatre (develop a short play). (9:30am-2:00pm)	Wapikawon Centre (Great Hall)	Wapikawon School Students	FREE!
Thursday, Oct. 24 <sup>th</sup> (10am-12pm)	Wapikawon Lecture Series – Presentation on the "Mi'kmaq Creation Story" with Stephen Augustine, Principal of CBU's Unama'ki College (Mi'kmaq Historian & Storyteller). Time: 10:00am – 12:00pm	Wapikawon Centre (Great Hall)	Everyone Welcomes! School Groups please book ahead.	FREE!
Saturday, Oct. 26 <sup>th</sup> (1pm-3pm)	Music Workshop for Youth – featuring Alan Sylboy with Love Cloud Band (1pm-3pm)	Great Hall	Wapikawon Youth	FREE!
Saturday, Oct. 26 <sup>th</sup> (7pm-10pm)	East Coast Music Aboriginal Award Winning band "Love Cloud" in Concert from 7pm-10pm. Local Rapper Hyea Goojoo and other youth performers will join them on stage as well. Come out & enjoy!	Wapikawon Centre Great Hall	Everyone Welcomes! (Wapikawon Residents FREE)	Visitor donations at the door.
Monday, October 28 <sup>th</sup> (10am-2pm)	Local Mi'kmaq Artist "Ursula Johnson" will be working with Youth on theatre, drama, acting and introduction of the "Performing Arts".	Wapikawon Centre Great Hall	Open to Wapikawon School students	FREE!
Tuesday, October 29 <sup>th</sup> (7pm-10pm)	1 <sup>st</sup> Annual "Mi'kmaq Got Talent" Show Hosted by Dion Derry & featuring some of our best Mi'kmaq Talent across the Atlantic Region. We will see musicians, comedy acts and dancers, performers, rappers & more! Great Prizes! Register Early!	Wapikawon Centre Great Hall	Everyone Welcomes!	FREE!
Wednesday, Oct. 30 <sup>th</sup> (10am-2pm)	"Mi'kmaq Cultural & Traditional Gathering" – Sharing our traditional songs and dances, our traditional foods & stories. Official Closing Ceremonies for the 2013 Wapikawon Aboriginal Art Festival.	Wapikawon Centre Great Hall	Open to all Schools & Communities! (Register Early!)	FREE!

For more information, please visit our website at [www.wapikawoncentre.ca](http://www.wapikawoncentre.ca) or contact Robert Bernard, Festival Coordinator or Michael Bone, Manager of the Wapikawon Centre at (902) 295-0999 or [bernard@wapikawon.ca](mailto:bernard@wapikawon.ca).

Have a story or event you want featured in the October newsletter?  
Contact Meghan at [meghan@kinu.ca](mailto:meghan@kinu.ca) or 567-0336 ext.227.