

Na'teliq



March 2015

Mindfulness and Wellness - Balancing the Medicine Wheel

MK Hosts Annual Planning Symposium



Educators, parents, elders, youth and other community representatives congregated at the Ramada in Dartmouth from March 11-13th, 2015, for the annual Mi'kmaw Kina'matnewey Symposium.

The theme of this year's planning session was 'Mindfulness and Wellness – Balancing the Medicine Wheel.'

The keynote speaker for the event was Stephen Augustine who spoke to the crowd about the teachings of ancestors. Augustine shared stories that had been passed down to him over the years from his parents and grandparents. He inspired educators when he spoke about how we can honour our elders by doing things even better than how they taught us.

Each community then had the opportunity to share their success stories with the group. There are many wonderful and exciting things happening in every school and community! If you want some new ideas that you might like to bring to your community, you can visit our website where most of the presentations have been posted.

On Day Two presentations began with Tara Moore speaking to the group about a provincial initiative called Schools Plus, which is a collaborative interagency approach supporting the whole child and their family with the school as the center of service delivery. Tom Fahie then introduced Active Start, a free program that is currently underway in Pictou Landing. He shared photos of their programming and informed the attendees how they can bring this to their own communities.



Rounding out the morning were Erik Koopman and Sky Perley with their interactive presentation on Elephant Thoughts at Sipeknekatik and Tobique. They captured the audience's attention with a few different science experiments that they use with the students in their communities, and introduced the type of programming they offer and explained how communities can become involved.

In the afternoon, Mike Hudson spoke about the importance of keeping kids active in sport. Dave Peters followed, providing some background information on the community profile presentation.

To end the day, Janice Ciavaglia and Blaire Gould highlighted the importance of learning through play and what is required to bring this method to each of the schools. Communities spent the rest of the afternoon developing strategic and operational plans for the upcoming school year, drawing from best practices shared over the past two days.

Later that evening at our banquet, we were fortunate to hear from Emily Pelley who spoke about resilience in youth. The night concluded with a medicine wheel workshop hosted by Cheyenne Gates and Frances Palliser, and an hour of yoga with Janean Marshall and Jackie MacLellan.

The third and final day of the Symposium kicked off with a presentation by Dawn Stevens about Wellness days in schools. She shared a video of her staff wellness day along with a photo slide show of the student wellness days.

The Red Road Project was up next with a presentation on their vision and goals for the project within each of their communities. As always, the communities love to hear ideas from their youth. The day concluded with some sharing and reflection on how we can achieve the goals we have set for the year.

Thank you all for coming together to make yet another Symposium a wonderful learning and sharing experience, and helping us make Mi'kmaw education in Nova Scotia a continued success!

MK Summer Reading Program



Plans are underway for the MK Summer Reading Program's third season, and we're currently looking for communities to be hosts. Launched in the summer of 2013, the 6-week reading program is a literacy initiative encouraging students to read outside of school and is lead by MK Literacy Programs Coordinator, Rebecca Scirocco-Paul.

Communities interested in hosting this year's program are encouraged to contact Rebecca at rebecca@kinu.ca or 902-567-0336.

Symposium Snapshots



2015 KARes Award



Are you a Grade 12 student pursuing post-secondary education in health research? You have the chance to be awarded up to \$15,000 over three years!

This one time only award is offered by the Nova Scotia Health Research Foundation (NSHRF) in celebration of the 15th anniversary of the Foundation.

The KARes Scholar Award is being offered to a grade 12 student in

each of the nine school boards who will be attending a university or community college in Nova Scotia in 2015-16.

The objective of the KARes Scholar Award is to facilitate an appreciation of the value of health research conducted in Nova Scotia and to understand the impact health research has on individuals, communities and the province. This award is intended to support students in pursuing higher education within the province.

Applicants will be required to select a health topic, conduct interviews (in person, by phone, or online) with a Nova Scotia researcher knowledgeable about a particular health topic and a Knowledge User (someone who could use this knowledge on the health topic), and then write an essay about the health topic.

The essay may address the following:

- the value of the health research conducted in Nova Scotia;
- the impact health research has on individuals, communities and or the province;
- the importance health research has or should have making decisions about health;
- a health issue in their community which has benefitted from, or could benefit from, health research; and
- how they or their community can use health research to help improve the outcomes of this health issue.

This award is an opportunity to highlight the important work happening in our province to address the health needs of Nova Scotians.

For details on how to apply, [click here](#) or browse the [NSHRF website](#).

Facilitating Independence



On Friday, March 27, approximately 70 Teachers Assistants and Student Support Workers attended the first of 4 workshops in Eskasoni on working with students who have behavioral challenges.

The theme for the series of workshops was Facilitating Independence and Supporting Behavioral Needs.

At this workshop, participants learned about the learning characteristics and challenges of students who are diagnosed with Autism, Attention

Deficit/Hyperactivity Disorder, Oppositional Defiant Disorder, and Conduct Disorder. They discussed different strategies that can be used for working with students who have behavioral challenges.

The workshop was presented by Janean Marshall, Student Services Consultant at Mi'kmaw Kina'matnewey, who told the group that, "Understanding behavior is essential to being able to support the student so that they can reach their full potential."

She went on to talk about the importance of supporting each other because, "no one person can manage students with behavioral challenges all by themselves."

There were many important discussions that day, but according to Dauphne Campbell, Student Support Worker, the most beneficial part of the workshop for her was the validation.

"So often in this job, you feel like you're the only one dealing with challenging behaviors. This workshop showed me that I'm not alone."

Another workshop will be taking place in May which will focus on supporting individual behavioral outcomes under the direction of the teacher. Two more workshops will occur in the fall.

Dare To Dance!



Dare to Dance 2015!
Take the challenge!

APRIL 22-29
NATIONAL DANCE WEEK

More information at
dancens.ca/daretodance.php
Sign up today by emailing
programs@dancens.ca

Dance! Nova Scotia
40 years on the scene 1975-2015

Take the Challenge!

D2D – It's the Nova Scotia challenge that dares your school to dance. Show us your hip hop, step dance, conga lines or just boogie on down.

You could win a free dance workshop for your school. All you need to do is dance for 20 minutes some time during National Dance Week -- April 22-29. And by dance, we mean the whole school!

It's easy! Here's how:

- Register your school by emailing Dance Nova Scotia at programs@dancens.ca.
- Tell us how many people (students and staff) are at your school.
- Tell us what you plan to do to get the whole school dancing.
- Contact DANS by May 3 to tell us how many students, teachers and staff participated.

So get your school dancing! Think sock hops, traditional, square dancing, flash mobs, folk dancing....Your options are endless. Want to bounce ideas around? Dance Nova Scotia can help. All participating D2D schools will be entered in a draw for nine hours of professional dance instruction for FREE!

For more information or to register, contact Dance Nova Scotia at: programs@dancens.ca or 902.422.1749

Eskasoni Student Receives Respectful Citizenship Award



When 17 year old Shawnee Paul, who is attending her final year at Allison Bernard Memorial High School, received the news that she was awarded the esteemed Lieutenant Governor's Respectful Citizenship Award, she was surprised and a little humbled.

The award "recognizes students in grades Primary to 12, those who attend private schools, or those that are home schooled and registered with the Nova Scotia Department of Education and Early Childhood Development, who are making a positive difference in their schools, their communities, and their province."

Shawnee would be the last person who would think she is deserving of this award, but to others, she is a positive role model in her community. Chief Leroy

Denny of Eskasoni sent a nomination letter on behalf of Shawnee, and in his letter he referred to Shawnee as a champion and a role model.

"I have known Shawnee since she was a little girl," said Chief Denny. "I have seen her mature into a great person who exemplified what it truly is to be a leader and role model for our Mi'kmaq youth of Eskasoni."

Dawna Prosper implements the NADACA youth program in Eskasoni and was asked by Shawnee if she could write a reference letter on her behalf for the award. Dawna was more than delighted. In her letter she said, "Shawnee is a highly trained and certified swim instructor and plays an integral part in the delivery of the NADACA Learn to Swim Program. She has gained the admiration of many and works extremely hard at accomplishing her goals. Over the years Shawnee has learned to incorporate healing through laughter when helping others, and empowering youth by teaching them new skills."

Dawna went on to say, "Shawnee carries great pride in being Mi'kmaq and is always eager to share her culture and language with others. She is a great community leader and role model for our youth."

High school visual arts teacher Ron Martin was also happy to write a reference letter on Shawnee's behalf. In his letter Ron says, "Right from the beginning I could detect something special about her. Her warm personality and friendly smile greeted you every morning when she entered the school. It wasn't long after that I discovered that there was much more to this young lady than meets the eye. She is intelligent, outgoing, talented, funny and a good friend to many."

Shawnee had maintained honors with distinction for the last two years at ABMHS, and in her spare time she tutors math, teaches swimming at the YMCA, and is also a musician. Her best instrument is the fiddle, but she dabbles with the guitar, piano, flute, and harmonica, and has been known to sing on occasion. Her love for music can be seen at high school and community functions.

Shawnee and her parents, George and Mary, were not able to attend the Lieutenant Governor's Respectful Citizenship Award Ceremonies on February, 25, 2015 at Nova Scotia Province House in Halifax due to inclement weather, however they hope another date will be scheduled to receive the medal.

Congratulations, Shawnee! (via proud dad, George Paul)

Hands-on, Minds-on Learning with Elephant Thoughts



Elephant Thoughts, Canada's largest charitable organization supporting Educational Outreach in First Nations communities, has been operating out of Sipeknekatik for the past year. The program provides opportunities for students in the area to develop a passion for science through interactive events.

The goal behind the programming is to make it fun, make it hands-on, celebrate and embrace the local culture, and involve the whole community. This goal is evident through all of the different events offered in the community.

Dianna Trull, educator and Elephant Thoughts program director at Sipeknekatik, is very excited about how the program is going. "We can get between 60 – 90 parents and kids for each of our weekly community events, depending on the weather. We also offer after school programming for the children in the community, which is also quite well attended."

The community is able to hire staff from the community and it helps to employ a lot of teen mentors who will eventually move up into supervisory positions. The goal of the program is that in a few years the community will take over

the staffing of the entire program and it will be run internally.

"This is the easiest program to work with," said mentor Haley Ward. "The activities are planned out and we just follow the plan. The kids love everything we do and whenever they see us outside of here they ask us about what is happening next."

Parents also really enjoy attending the community events and they love the changes they have seen in their children and grandchildren since the program began.

"This is the most amazing program we have ever had here. The kids are so excited to attend from one week to the next," explained Patricia Nicholson. "What I really found interesting is that it changed the Christmas lists at my house. The kids started asking for educationally based toys instead of the toys they used to ask for."

The students who attend the program love the community events and had nothing but good things to say about them:

"I like coming here every time because there is something fun happening each week!" -Sherona

"Lego is my favorite night that we had so far. I can't decide what my favorite part of tonight is yet. I have to try them all first!" -Carly

There are still some exciting community events coming up in the next few weeks, with a dinosaur dig happening on April 2nd, and the program finale on April 9th. For more information, please visit the [LSK school website](#).



Celebrating Student Authors



Mi'kmaw Kina'matnewey will publish its first annual anthology of Grade 7-12 student writing and artwork this spring.

The anthology will be titled A'tukowinu'k, meaning "storytellers".

Submissions of artwork which accompanies or prompts a piece of writing are requested, in particular.

Multiple genres and writing

formats will be included in the publication. Some examples include narrative or persuasive text, biographical or autobiographical pieces, letters, journal entries, poetry, comic strips, cartoons, and essays, among others. You are only limited by your imagination.

Submission process:

- Teachers are invited to choose two pieces of student writing from each of the classes they teach.
- Selections should be students' best original work.
- Pieces (and questions) should be edited and sent digitally to brenda@kinu.ca.
- Deadline for submissions is Thursday, April 30, 2015.

Work submitted will be published in a book/anthology of student writing. The title and cover page of the book will be decided via a contest. Details to follow. An event will be held in June to honour our student authors and present them with their published work. Students whose work is published, as well as their teachers, schools, and school boards, will receive a copy of the book.



**Mi'kmaw Kina'matnewey
EMPLOYMENT OPPORTUNITY
Mi'kmaq Language Teacher**

We are a unified team of chiefs, staff and educators who advocate on behalf of and represent the educational interests of our communities, and we protect the education and Mi'kmaw language rights of the Mi'kmaq people.

Mi'kmaw Kina'matnewey is currently seeking applications for the position of Mi'kmaq Language Teacher for Bear River First Nation. This position can be located in Bear River First Nation or elsewhere via video-conferencing.

Scope of Responsibilities:

The Mi'kmaq Language Teacher will be responsible for delivering Mi'kmaq as a Second Language courses with the following responsibilities:

- Prepare teaching materials and course outlines for learners of all ages (children to adults)
- Deliver courses in physical and virtual classroom settings
- Conduct course and program evaluation

Qualifications:

- Bachelor of Education or Mi'kmaq as a Second Language Certificate.
- A minimum of 1 year of relevant work experience.
- Fluency in both the English and Mi'kmaq languages.
- Ability to work days and evenings.
- Work effectively with minimum supervision.
- Excellent writing and communication skills. Ability to conduct research, problem solve, and think critically.
- Familiarity with Microsoft Word, Windows, E-mail, Internet, Excel, PowerPoint, videoconferencing, and MAC computers and software.

Term of Position: Part-time (Temporary).

Anticipated start date: As soon as possible.

Salary: Commensurate with qualifications.

CLOSING DATE FOR APPLICATIONS: **Thursday, April 30th at 4:00 p.m.**

Forward resumes and covering letter to:

Mi'kmaw Kina'matnewey
Attention: Patricia Denny
47 Maillard Street
Membertou, Nova Scotia
B1S 2P5
E-Mail: patriciadenny@kinu.ca

We thank all applicants for their interest; however, only those selected for interviews will be contacted.

Upcoming Events

L'nui'sultinej Conference

May 12, 13 and 14, 2015, in Eskasoni

This year's theme is "Partnerships for First Nation Language Revitalization". Presenter applications and early registration are now being accepted. Visit www.lnuiultinej.ca to register now.



Invitation

L'nui'sultinej Conference

Mawikwa'ti'k ta'n tl-apaja'tesnu L'nui'simk

May 13, 14, 15, 2015

Allison Bernard Memorial High School
Eskasoni, Nova Scotia

Contact Information
Patrick Johnson, Conference Coordinator
E-Mail: patrickjohnson@kinu.ca
Phone: 902-217-5442
Fax. : 902-567-0337
Web Site: <http://www.lnuiultinej.ca>

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 L'nui'sultinej

 NOVA SCOTIA

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