

PELLTSPANTSK  
"MID-SUMMER MONTH"



Shihiya School  
Newsletter

June 2023

**Dates to Remember**

- **June 7<sup>th</sup>** - Gardom Lake Field Trip - Whole School
- **June 16<sup>th</sup>** - Father's Day Luncheon at Kingfisher
- **June 21<sup>st</sup>** - National Indigenous Peoples Day (no school)
- **June 29<sup>th</sup>** - Last day of school - Yearend Awards Celebration - Barnes Park
- **June 30<sup>th</sup>** - Last day for Shihiya Staff



**LITTLE MOUNTAIN STOMP CROSS COUNTRY EVENT!  
SHIHIYA STUDENTS WERE AMAZING!**

**News from Ms. Miller's Class**

May was such a busy and fun month! Yoga was fantastic, our field trips were fun and Mother's Day lunch was delicious!

I attended the AGM in Vancouver. It was a great experience and wonderful to have these conferences in person once again.

I went to 4 workshops, the first one was, Indigenizing the Curriculum: Nedut'en Ways. This workshop shared how Rosalie Mac Donald and Louise Lacerte are indigenizing the curriculum by teaching a community-based program. This program was based on Nedut'en Language and Culture. The second workshop was Student Attendance: What the research says and what you can do? This workshop was very informative as we all know how important regular attendance is. Our discussions led to much on Covid and trying to understand what is too sick to come to school and to work. All the research shows that there is a strong correlation between attendance and the possibility that a student will drop out of school.

The third workshop was K4 Language and Culture: Everyday Curriculum Planning and Creation. This workshop focused on how a Childcare (K3/K4) and Education Centre incorporates Language and Culture in all programming areas. The school is using a play-based learning strategy. We were shown examples of their play bins, centres and games used to incorporate their culture throughout their day.

The fourth workshop was, An Indigenous Approach to Getting Started with Physical Activity. This workshop was a lot of fun. The presenters demonstrated many ways in which we could implement movement throughout our day. We talked about why we need more movement, Indigenous perspectives around health care, fundamental movement skills and why they are important, and how we can connect learning to movement.

### News from Miss Racher's Class

As always, the month of May seems to fly by, and this year was no exception. It is amazing to look back at how much the students have grown in all areas since the beginning of the year, especially in Math and Reading. During the first 2 weeks of May we took a break from our regular routines to complete the CAT 4 (Canadian Achievement Test) during our morning academic blocks. These assessments are an excellent way for us to measure our instruction and check for understanding of key Grade-Level skills in Math and Language Arts. In addition to our regular assessments, the "CAT 4" reports provide us with good information to plan for student learning and supports as they transition from one grade to the next. We have been working very hard "playing" with our final term story "Grandmother Spider". Students really love re-telling this one and they will be excited to share their Cross-Curricular projects with you. We are creating a large sensory bin in our classroom to help us replicate the setting and re-tell the story. We had a lot of fun creating poems and sending postcards from the characters back and forth with Mrs. Miller's Class. We will be wrapping up our Science (States of Matter), Yoga and Animal Study units in the next few weeks as we finish the year in a good way. We will continue to keep our routines for Math and Reading as consistent as possible in June while also giving students opportunities to be outside learning in playful and active ways as often as possible.

I am grateful to have been able to attend the FNSA AGM in Vancouver at the end of April. It is always a fantastic opportunity to network with other educators from around the province and to re-connect with many of the remote schools I have previously worked at. I attended sessions on Technology, Outdoor Learning on the Land, Indigenizing the Curriculum, Building Resilience and BC Curriculum. I am excited to be able to apply this learning and incorporate new ideas into my current and future planning for Shihya students. Overall, it was very uplifting to once again be able to connect face to face and learn together.

### News from Mrs. Marta's Class

#### FNSA Conference: Resilience: Purpose, People and Persistence

On April 21-22, 2023, I was fortunate to go with my colleagues to the FNSA conference. The 1st workshop I did was Circles of Belonging that discussed sexual orientation and gender identity. We talked about ways to promote diversity and inclusion in the school environment. The SOGI website has more information if you are interested in learning more go to <https://www.sogieducation.org/>.

The next workshop was Rivers of resilience through song and & biting back our Cultural resilience. Tara guided us through a river song that she created and recorded with students. Then, Halfmoon Woman taught us how to do birch bark biting. Both women shared how they keep culture traditional alive.

I was able to attend the Weaving workshop where we created our own little cedar baskets and learned cedar teachings. The fourth workshop was Integrating Language and Culture within Core Curriculum: A Land Based Community Approach. The Litton school shared how their wide range of land-based activities are woven through the curriculum through out the year with the support of the community.

I am excited to bring the things I have learned into the classroom and the school.

## News from Mrs. Kopp's Class

What an amazing year we have had in Grade 5-7 for the 2022-2023 school year. Students have grown so much emotionally, socially, physically, and academically. During the month of May, we have done our Standardized assessment CAT 4 (Canadian Achievement Test) and our end of year Reading Benchmarking, which has interrupted our regular scheduled reading/Language Arts/Math blocks. We have finished May off with Mother's Day Lunch/Art, Swimming Lessons, Yoga and 2 sessions of Kayaking at Gardom Lake. Grade 3-7 have attended the Sturgeon Release in Arrow Park. We have had fun learning our last term story "Grandmother Spider" and students are working on story retell for this term. They have learned about dip netting, grizzly bears, eagles and have made dream catchers. I am excited for our three Grade 7's Jack, Vicky and Autumn that will be transitioning onto their new schools in the fall and they will be missed by all. Thank you for continuing to support your child and Shihya School. I am grateful to have had the opportunity to work with each and everyone of my students this year.

Mrs. Kopp and Danielle

### First Nations School Association (FNSA) AGM and Conference April 21-22 Resilience: Purpose, People and Persistence

I was fortunate to attend this conference as the Authorized Representative for our school, along with Amanda Miller, Amanda Racher, Ashley Marta and John Jones. Michelle Good, Author of Five Little Indians and Dr. Patricia Moakokis were the key note speakers. They had very powerful messages to relate their work with the passion, purpose and persistence that people working in our Indigenous Schools have. I attended the following workshops: Living Inquiry in Literacy Instruction: Meeting the Needs of our Students in the Face of Covid Recovery, Collegial Conversations for School Principals and Building Resilience through Regulation. I valued the opportunity to network with other Principals, teachers and representatives from First Nations Schools across BC. It has rejuvenated me and help put a little pep in my step for the final months as we close out our 2022-2023 school year. It has provided me with tools to be a leader in our school and support students and staff in ways that show self care, self-regulation and mindfulness. I also attended the FNSA AGM. These conferences support staff in attending workshops that will provide learning tools that we can all benefit from.



#### Walking woods

The forest came to downtown Enderby April 20 when M.V. Beattie Elementary and Shihya School students took part in a Walk of the Woods parade in costumes they created with help from Runaway Moon Theatre. Trees of every kind travelled to the sounds of bird calls (by Cathy Stubington) to Belvidere Park where they finished the performance. The Walk of the Woods also made Earth Day performances in Armstrong and Salmon Arm April 22. [Photo by Jette]





*Retell Story "Grandmother Spider" - Miss Racher's students build their own web!*



*Kayaking on Gardom Lake!*



**YOGA FUN!**



## News from John Jones Cultural Resource Coordinator

### Shihiya Language Program

Waytk, la7 ak tucw? Hello, how are you?

We are making some great progress this year thanks to our language mentor Donna Antoine. We are working towards fluency in Secwápmctsin. We have two classes per week and a small group session once per week. We continually do reviews on previous materials and slowly introduce new materials.

Students have started Lesson #11 Foods 2. We will be working on set questions and answers from the lesson.

We also follow the story, 'Grandmother Spider Teaches Man to Make Dipnets'. We are working on a vocabulary list and students will learn a shortened version of the story in Secwápmctsin using words from vocabulary.

In small group session we have been learning language for the game, 'Uno', we have been introducing colors and numbers, we have been introducing phrases used in the game, examples, change color, pick up one card, two cards etc., your turn. Students are getting quicker playing the game which indicates they are learning the material. We occasionally play lahal and which we use secwápmctsin words and phrases.

Students have been learning body parts and we have just started with head, eyes, nose, ears, and mouth. They have learned the word touch in Secwápmctsin.

Our ancestors are looking down on us with pride.



Hello! My name is Brenna Joseph.

I am First Nations from the Splatsin, of the Secwepemc Nation. I was raised on the Splatsin Reserve until I was 18, I then relocated to Kamloops to pursue post-secondary.

I have recently graduated from Thompson Rivers University with my Human Service Diploma. During my time in the Human Service Diploma, I was able to learn how to work with marginalized people with a strength-based and culturally safe perspective.

My long-term goal has always been to be able to bring back my education and lived experiences to my home community, I feel proud to be able to do this now as the new Parent Engagement Coordinator. I can be found in the Education Portable and reached by phone (ext. 820) or email [Brenna\\_joseph@splatsindc.com](mailto:Brenna_joseph@splatsindc.com).

# Shihiya “Couch to 5K” 5 Week Training Program / Run Walk Challenge

## What

Join Shihiya in a 5-week training program to celebrate movement and build strength and stamina in advance of the Indigenous Peoples Day 5k Run hosted by the Splatsin Education Department on June 21<sup>st</sup>, 2023.

## Why

Goal: To build strength and stamina, improve overall health and fitness while remaining injury-free. This program is suitable for novice to experienced runners, walkers or wheelers. It does not matter if you already run / walk every day or if you haven't exercised for years. The program builds slowly and is based on personal goals.

## When

Each week 3 workouts will be posted on our Facebook Page, at the Community Centre, and e-mailed out to Splatsin Staff.

## Where

Complete the workouts on your own, at the community centre or with a group of friends and family anytime or anywhere that works for you!

## Constance's Kitchen

### Banana Muffins

Yield: approximately 48 to 52 muffins

Bake time 20 minutes.

8 ripe bananas                      3 cups white sugar

3 eggs                                      2/3 cup melted butter.

3 tsp baking powder      3 tsp baking soda

1 ½ tsp salt                              4 ¼ cups flour

¾ cup baking cocoa

Pre-heat oven 350 degrees

Put muffin liners into muffin pans.

Mix bananas, sugar, egg, and butter in a separate bowl, beat with mixer.

In a larger bowl mix the dry ingredients.

Add the wet ingredients. Do not overmix the batter.

Fill muffin cups ¾ full, drop pan on the counter to remove air bubbles. Bake 20 minutes or until a toothpick comes out clean.

Cool pan for ten minutes, then transfer to a wire rack to cool.

Olive oil can be used as a substitute for butter. Nuts or raisins can also be added as well. A cup or two, for a large batch.



*Little friends the intermediate classes met while kayaking on Gardom Lake.*