

## JANUARY MOON - SPIRIT MOON - JANUARY 13

Teachings we have received pertaining to this moon revolves around the season of winter. This is the time when everything is blanketed with snow to cover all the plants and life to preserve it for the following seasons. As a lot of the animals and flowers are resting, humans are doing the same. The cold weather keeps a lot of people inside their warm homes. This is when storytelling by Elders should be at its peak. Huddled together in our homes and embracing those moments with our family members. Take time to enjoy each other's company, reconnect with one another before the season ends. Once the winter season is over, everything begins to awake again. Appreciate the slowing of time when winter is here, allow it to make us feel rested and refreshed, for yet another year is upon us. Let us prepare ourselves for that, just like the animals and flowers are doing, preparing for the following season.



## What is Storytelling? Why is it important?

Indigenous stories are used to instruct and teach children about cultural values and lessons. The meaning within the stories is not always explicit, and children are expected to make their own meaning of the stories by asking questions, acting out the story, or telling smaller parts of the story themselves.





# The Book Nook



## NANABUSH and the SPIRIT of WINTER



A First Nations spirit, Nanabush was a favourite childhood character of the author. Nanabush is no saint and his unusual powers are used for both good and evil in these intriguing stories.

With winter looming, a small northern Anishinaabe community goes dark. Cut off, people become passive and confused. Panic builds as the food supply dwindles. While the band council and a pocket of community members struggle to maintain order, an unexpected visitor arrives, escaping the crumbling society to the south. Soon after, others follow.



## Building a Quinzee

**One**  
Pile snow into a large mound. Piling snow on back packs helps create the internal space that you need to make



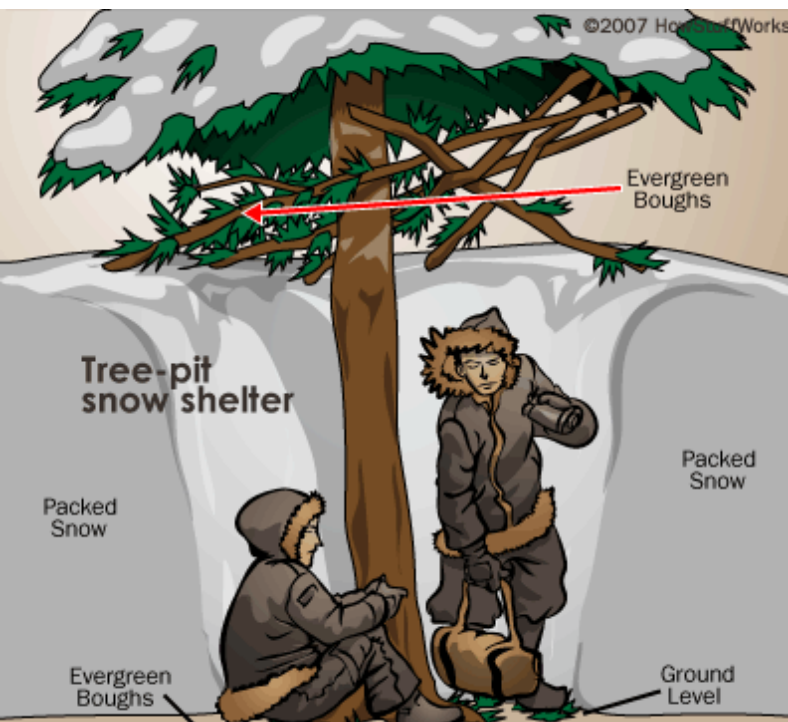
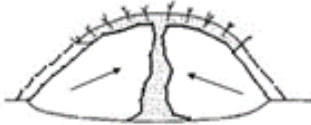
**Two**  
Push sticks 6 to 8 inch into quinzee. This measures the thickness of the walls



**Three**  
Carve out quinzee from both ends



**Four**  
Continue to carve out the inside, paying attention to the roof thickness.



## Winter Activity

One of my “go to” outdoor/landbase activities is shelter building. I find it crucially important for students to learn about the outdoor environment in our area. For example: What if a person was stuck in the middle of the bush? What would they do to survive? What shelter would they create? How would they conserve their energy? Pictures to the left are easy to do shelters - Quinzees and the Tree-Pit Snow Shelter

## Tree-Pit Snow Shelter

# National Ribbon Skirt Day - January 4th



A young girl named, Isabella Kulak, wore her Ribbon Skirt to school on a formal day. Unfortunately, she was told that it was not formal enough. This sparked a social movement, which we now have a day known as the “National Ribbon Skirt Day” every January 4th.

“The ribbon skirt represents the identity, traditions, and strength of First Nations women. It is a reminder of the importance of protecting cultural expression and ensuring that First Nations teachings and values are celebrated and understood across generations”

# Self Identification Brochure and Form

**VOLUNTARY SELF-IDENTIFICATION OF FIRST NATIONS, METIS AND INUIT STUDENTS**

Student Name: \_\_\_\_\_

School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Name of First Nation Affiliation: \_\_\_\_\_

First Nations

Metis

Inuit

It is not required to have an Indian status card, a Metis citizenship card or an Inuit identification number to self-identify as Indigenous. You only need to have Indigenous ancestors.

Please return this form to the school.

**CONTACT US**

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**Hello, Bonjour, Aanii, Wachay, Kwe, Boozhoo**

**SELF-IDENTIFICATION OF FIRST NATIONS, METIS AND INUIT STUDENTS**



The form can be filled out electronically, all you have to do is email it back to the school that your child goes to. They will make the changes within the school database.



[\*\*Self Identification Form Link\*\*](#)

**The Northeastern Catholic District School Board continues to promote and encourage self-identification of all students.**

**FOR WHO?**

All students with Indigenous roots



**WHY?**

- Allows us to increase supportive programs.
- Provide focused support to bridge achievement gaps
- Provide additional opportunities for cultural and experiential learning opportunities



**Facts**

- We have over 400 indigenous students who have self-identified.
- Our schools ensure that Indigenous students feel welcomed and supported
- Our schools have a variety of resources to assist in learning of the cultures, traditions and perspectives of First Nations, Metis and Inuit.

*"The Creator gave us everything we need to live in harmony with the earth. If we want to live well, we must live in balance" - Tawow (Cree)*

## **Indigenous Education Team**

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