

Howling Coyote Newsletter

April 2024

Acknowledging that we live, learn, and work in the
homelands of the Ktunaxa People.



ʔakinmi yakiʔ ʔituq 'iʔqakʕamnamki



Upcoming Dates

Welcome to the Second Semester!

April 17th- Christine Stanvick from Metis S.T.E.P.S will be in the Gathering Place over the lunch hour to answer any questions concerning citizenship and post-secondary funding.

April 19th- No School

April 22nd- No School

INFORMATION



BELL SCHEDULE

Opening warning bell	8:30 am
Class One	8:35 to 9:55 am
Class change	5 minutes
Class Two	10:00 to 11:25 am
Lunch Break	11:25 to 12:25 pm
Warning bell	12:20 pm
Class Three	12:25 to 1:48 pm
Class change	5 minutes
Class Four	1:53 to 3:15 pm

Block Rotation

Monday	1 2	Lunch 3 4
Tuesday	2 1	Lunch 4 3
Wednesday	4 3	Lunch 2 1
Thursday	3 4	Lunch 1 2
Friday	Block Rotation varies – check in the office or on the website.	

Student Handbook:

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2023-2024%20Student%20Handbook.pdf>

School Calendar:

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2023-2024%20Student-Parent%20Calendar.pdf>

Annual Calendar:

<https://www.sd5.bc.ca/AboutUs/calendar/Documents/2023.2024%20Approved%20Calendar%20May%2025%2c%202023.pdf>

Our Elders in Residence

Dorothy Ratch

Mel Ratch

Joan O'Neil

Winnie Vitaliano

Pheb Goulet



Indigenous Websites

Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuq](#)

[Yaqaan Nukiy](#)

Games:

[Indigenous Games for Children \(Youth\)](#)

[Creative Spirits](#)

Languages:

[First Voices](#)

[First Voices Kids \(Ktunaxa Songs and Stories\)](#)

[Michif](#)

Museums:

[Glenbow Museum](#)

[Museum of Anthropology](#)

Free

Prom Dresses & Suits

Grads, are you in need of a Prom dress or suit?

Indigenous Education has access to over 100 new and gently used dresses and many suits.

Please drop by the Gathering Place before April 23rd to ask how you can try one on.



Grads

MBSS Application for Local Scholarships and Bursaries 2023-2024

Follow this link for the form to apply for scholarships for the 2023-2024 school year:

<https://www.sd5.bc.ca/school/mbss/Students/Awards%20-%20Scholarships/Pages/default.aspx#/=>

External Scholarships

External Scholarship Websites to check out:

<https://www.sd5.bc.ca/school/mbss/Students/IndividualScholarships/Pages/default.aspx#/=>

University

Get Yourself Ready For University:

<https://www.sd5.bc.ca/school/mbss/Students/graduatingstudent/University%20Information/Pages/default.aspx#/=>

Graduation

Updates and Reminders:

<https://www.sd5.bc.ca/school/mbss/Students/Graduation/Pages/default.aspx#/=>

Any updates will be posted on the MBSS webpage and emailed.

Feel free to call with questions (250) 426-5241

Did you Know?

Did you know that there are three recognized Indigenous groups in Canada?

And they are First Nations, Metis, and Inuit.

Did you know that being part Indigenous does not mean you are Metis?

The Métis are a distinct Indigenous people with both First Nations and Euro-Settler ancestry. They arose out of the fur trade, in the late 1700s, in the interior of west-central North America as the children of First Nations women and Euro-Canadian/European fur trade employees. Forming the Métis Nation, these mixed heritage children developed families and communities and had their own unique culture, traditions, languages (such as Michif), and way of life.

Did you know what people mean when they say Indigenous land is unceded?

Unceded means that the land was never legally ceded, or given up to the Crown, through a treaty or other agreement.

Did you know that Metis people do have a homeland?

The Métis Nation Homeland includes Manitoba, Saskatchewan, Alberta, northwest Ontario, northeast British Columbia, the southern Northwest Territories, northern Montana and North Dakota. The Métis Nation Homeland includes the distinct Métis communities that developed along the fur trade routes and across the northwest, including wintering settlements, road allowance communities, and many towns and larger cities, such as Winnipeg and Edmonton.



Ktunaxa Kinbasket
Child & Family
Service Society

• FOUNDRY •

EAST KOOTENAY

Youth Action

Committee Meeting

Youth Ages 12 - 24

Recurring meeting

Every 3rd Thursday of
the month @5:30



We need diverse network of youth in
order to make sure all youth voices are
heard and the Foundry is a safe
environment



Scan on WhatsApp to
join the discussion

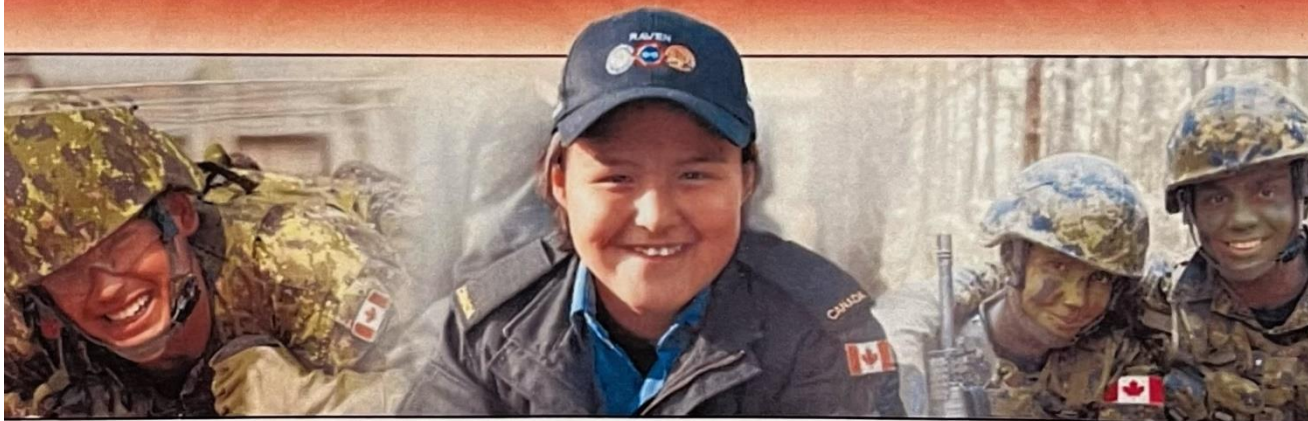
GroundFloor - #131 7th Ave South,
Cranbrook BC V1C 2J3

RAVEN



BASIC MILITARY QUALIFICATION (BMQ)
A CANADIAN ARMED FORCES INDIGENOUS INITIATIVE

Do something incredible this summer!



Are you an Indigenous Canadian?

Have you completed Grade 10 and are 16 or older?

Do you want a challenging and rewarding opportunity this summer?

Then Raven is exactly what you're looking for!

TRAINING

Raven is held at Canadian Forces Base (CFB) Esquimalt in Victoria, BC from July to August each year. It begins with a 3½ day Culture Camp where recruits learn self-discipline, teamwork, and pride through Indigenous traditions within military service.

Then a 6-week Basic Military Qualification commences which includes a day sail with one of our naval ships. The course ends with a final graduation parade and a choice to continue with the Canadian Armed Forces.

BENEFITS

Included in the course:

- all travel expenses to and from CFB Esquimalt
- meals and accommodations
- military clothing and equipment
- a salary of roughly \$4,200
- show young Indigenous people potential for part-time employment or a fulltime career with the Canadian Armed Forces.

HOW TO APPLY

Contact your nearest Recruiting Center through www.forces.ca and click "Talk to a recruiter" or call: **1-800-856-8488**.
The sooner you apply the greater chance you will have of joining Raven for an incredible summer!

Find us on Facebook:
Search Canadian Armed
Forces Raven Program




ORANGE SHIRT DAY DESIGN CONTEST

Indigenous
artists in
Canada are
invited to
submit designs
for our 2024
Every Child
Matters t-shirt!



YOUR
DESIGN
HERE!

 Strong Nations

SUBMISSION GUIDELINES

Indigenous artists in Canada are invited to submit up to 3 designs to be featured on our 2024 Every Child Matters t-shirt. All art styles and mediums welcome.

Winner will receive a \$300 cash prize and 5% royalties from t-shirt sales. T-shirts will be sold on the Strong Nations website (www.strongnations.com), and 5% of t-shirt sales will be donated to the Indian Residential School Survivor Society.

Please ensure designs meet the following requirements:

- Artwork must be an original design.
- Artwork must be black, white, or black and white.
- Artwork should be appropriate for placement on a t-shirt.
- The words Every Child Matters can be included in the design or added by our design team.

Please include with submissions a short bio containing the following:

- Your name
- Email address
- Nation affiliation or ancestry
- A short writeup about your design (200 words max)
- Whether you'd like to be considered for future projects and opportunities


Digital entries should be in jpeg, png, ai, or pdf format and emailed to:
publish@strongnations.com

To mail an entry, send submissions to:
Strong Nations Publishing
2595 McCullough Rd
Nanaimo, BC V9S 4M9

Physical submissions will NOT be returned.

Submission Deadline: April 15, 2024



 Strong Nations

MBSS MATH TUTORIAL SCHEDULE

MATH TUTORIAL SCHEDULE



	LUNCH		AFTER SCHOOL	
MONDAY				
TUESDAY	BIDDER	222	LYNES	224 1
WEDNESDAY				
THURSDAY	LYNES	224	BIDDER	222
FRIDAY				

FOOD SECURITY

Cranbrook Free Food Schedule

Drinking water is available 24/7 on the south side of the food bank building, bread shed open 24/7

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Christ Church Anglican (will be St. Aidan's Orthodox beginning Oct. 1) 7:30 – 9:30	<u>Breakfast</u> Street Angels 9 – 10	<u>Breakfast</u> Christ Church Anglican (will be St. Aidan's Orthodox beginning Oct. 1) 7:30 – 9:30 first 2 Wednesdays	<u>Breakfast</u> Street Angels 9 – 10	<u>Brunch</u> ANKORS 11:30 – 1:30
St. Mary's on the third Monday 8 – 10	<u>Beverages & Snacks</u> Salvation Army 9 – 2	<u>Beverages & Snacks</u> Salvation Army 9 – 2	<u>Beverages & Snacks</u> Salvation Army 9 – 2	<u>Beverages & Snacks</u> Salvation Army 9 – 2
<u>Beverages & Snacks</u> Salvation Army 9 – 2	ANKORS 10 – 2	<u>Beverages & Snacks</u> Salvation Army 9 – 2	ANKORS 10 – 2	Street Angels 9 – 5
ANKORS 10 – 2	Street Angels 9 – 5	ANKORS 10 – 2	Street Angels 9 – 5	<u>Lunch</u> Salvation Army 12 – 1
Street Angels 9 – 5	<u>Lunch</u> Salvation Army 12 – 1	Street Angels 9 – 5	<u>Lunch</u> Salvation Army 12 – 1	<u>Grocery Shopping</u> Food Bank 12 – 3 (Call between 9:30 – 11:30 to book an appointment)
<u>Lunch</u> Salvation Army 12 – 1	<u>Fresh Food Giveaway</u> Salvation Army 12:30	<u>Lunch</u> Salvation Army 12 – 1	<u>Fresh Food Giveaway</u> Salvation Army 12:30	<u>Fresh Food Giveaway</u> Salvation Army 12:30
<u>Grocery Shopping</u> Food Bank 12 – 3 (Call between 9:30 – 11:30 to book an appointment)	<u>Community Frozen Meals</u> (pay what you can) CCS 2 – 4 PM	<u>Grocery Shopping</u> Food Bank 12 – 3 (Call between 9:30 – 11:30 to book an appointment)	<u>Supper</u> Street Angels 5 PM \$2 or do a chore	<u>Supper</u> Street Angels 5 PM \$2 or do a chore
<u>Fresh Food Giveaway</u> Salvation Army 12:30	<u>Supper</u> Street Angels 5 PM \$2 or do a chore	<u>Fresh Food Giveaway</u> Salvation Army 12:30		

SPRING BUCKET LIST

for the whole family

- Picnic in Backyard
- Bake Cookies
- Blow Bubbles Outside
- Make Homemade Lemonade
- Go to the Zoo/Petting Farm
- Plant New Flowers
- Go Fishing
- Play with Sidewalk Chalk
- Dye Easter Eggs
- Paint Rocks
- Pick Berries
- Go on a Scavenger Hunt
- Play in the Rain
- Take Family Pictures
- Make a Bird Feeder
- Read a New Book
- Have a Board Game Night
- Ride Bikes
- Go For a Hike
- Watch the Sunset
- Write a Letter to Someone
- Pay it Forward
- Find a Rainbow
- Catch Butterflies
- Stargaze in the Backyard