

# Howling Coyote Newsletter

February/ March 2024

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



ʔakinmi yakiʔ ʔituq 'iʔqakɕamnamki



## Upcoming Dates

Welcome to the Second Semester!

February 2 - Non-Instructional Day

February 9 - Report Cards

February 16 - Non-Instructional Day

February 19 - Family Day. Non-Instructional Day

February 28 - Pink Shirt Day

March 1 - Non-Instructional Day

March 18 to April 2 - Spring Break

# 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](#)

# Natanik

at Key City Theatre  
*Day of Sunshine*



SUN'S OUT, FUN'S OUT AT KEY CITY THEATRE!  
DIVE INTO A DAY OF EXCITEMENT WITH GAMES, DJ  
WORKSHOPS, ARTS, AND ENDLESS ADVENTURE!

FEBRUARY 2, 2024 AT THE KEY CITY THEATRE

- Free to Attend
- Games & Escape Room
- Videos**
- Disc Jockey (DJ) Workshop With Registration
- Arts & Crafts
- Drone Demonstration
- Improv Workshop
- And many more!

NATANIĆ  
AT KEY CITY THEATRE

FEBRUARY 2  
10AM TO 3PM

REGISTRATION  
**\$60**

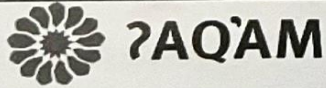


TURN UP THE  
**BEAT**

JOIN THE ELECTRIFYING DJ WORKSHOP  
AT KEY CITY THEATRE - WHERE MUSIC MEETS MAGIC!

BEST FOR AGES 12 TO 17 YEARS OLD  
REGISTRATION REQUIRED  
HURRY! LIMITED SLOTS AVAILABLE!

SCAN HERE TO REGISTER



# Call Out!

## 2024 Ktunaxa Citizens' Excellence Awards Committee

### When are the awards?

Presented at the  
2024 Ktunaxa Nation  
Building Celebration  
in May! (Date TBD)

### This is a

- Volunteer committee
- Ktunaxa-only
- Two-year term
- 3 ~ 4 meetings a year
- Collaborate
- to allocate awards

### Awards in

- Health
- Sports
- Education
- Arts & Entertainment
- Lifetime Achievement
- Entrepreneurial / Business
- Cultural Knowledge & Language

**First Meeting is  
February, 2024 (TBD)**

### To volunteer...

Send in your name and  
why you're interested by  
February 9, 2024

### Email to:

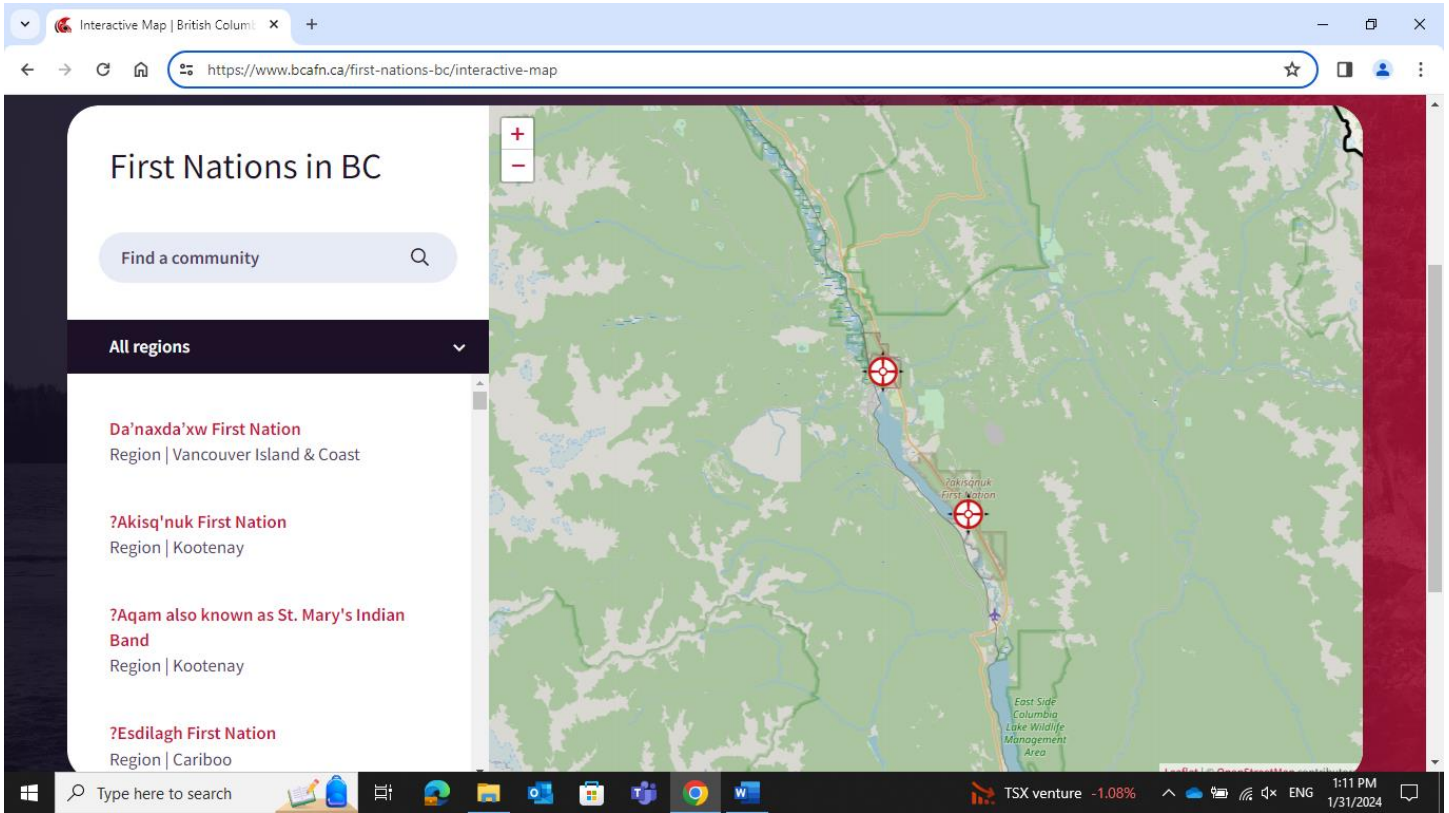
Rachelle Sebastian

[RachelleF.Sebastian@ktunaxa.org](mailto:RachelleF.Sebastian@ktunaxa.org)

### OR Drop Off:

Attention: Citizens'  
Excellence Committee  
KNC Government Building  
220 Cranbrook Street North,  
in Cranbrook, B.C.

# BC Assembly of First Nations



The British Columbia Assembly of First Nations (BCAFN) is a Provincial Territorial Organization (PTO) representing and advocating for the 203 First Nations in British Columbia. BCAFN representation and advocacy is inclusive and extends to First Nations currently engaged in the treaty process, those who have signed modern treaties, and those who fall under historic treaty agreements which include the Douglas Treaties and Treaty 8. The BCAFN also represents and advocates for First Nations in BC that are not in treaty negotiations.

<https://www.bcafn.ca/first-nations-bc/interactive-map>



## HAMBURGER SOUP

### INGREDIENTS:

- 1 tbsp. butter
- 1 lb. ground beef or venison
- 3 small onions, chopped
- 16 oz. can diced tomatoes
- Salt & Pepper to taste
- 6 cups water
- 3 large carrots, sliced
- 3 celery stalks, diced
- 3 medium potatoes, diced

### INSTRUCTIONS:

- Melt butter in a saucepan, adding ground beef and cooking until browned.
- Add onions, tomatoes, salt, pepper, and water. Bring to a boil, cover, and simmer for 1 hour.
- Add vegetables and simmer for another hour.

# BC Scholarships Society

The Society offers Indigenous Award programs for students pursuing post-secondary education in BC. They are available to students who identify as Indigenous – First Nations (Status or Non-Status), Métis or Inuit. All are renewable to provide sustained funding over multiple years.

**Indigenous Student Awards:** \$1000-\$5000 (renewable annually) for students pursuing trades training, apprenticeship, diploma, certificates, degree, or post-degree programs.

**Application Deadline: April 4, 2024**

<https://www.bcscholarshipsociety.ca/indigenous-awards/about-this-award/>







# YOU'RE INVITED!

## Events for prospective Indigenous students

### 2023-24

#### ON CAMPUS ADVISING DAYS

##### IN-PERSON

- August 10, 2023
- September 22, 2023
- October 20, 2023
- November 24, 2023
- December 8, 2023

Each Advising Days event will run from 12:00-3:00 p.m. at the Hunter Student Commons

#### START YOUR JOURNEY WITH UCALGARY FOR PROSPECTIVE INDIGENOUS STUDENTS

##### WEBINAR

- October 18, 2023
- November 23, 2023
- December 14, 2023
- January 17, 2024
- February 27, 2024

All webinars will run from 6- 7 p.m.

#### ACCEPTED TO UCALGARY? WEBINAR FOR NEWLY ADMITTED INDIGENOUS STUDENTS

##### WEBINAR

- December 14, 2023
- January 17, 2024
- February 27, 2024
- March 21, 2024

All webinars will run from 7- 8 p.m.

Note: All event times are local Calgary time (MT).

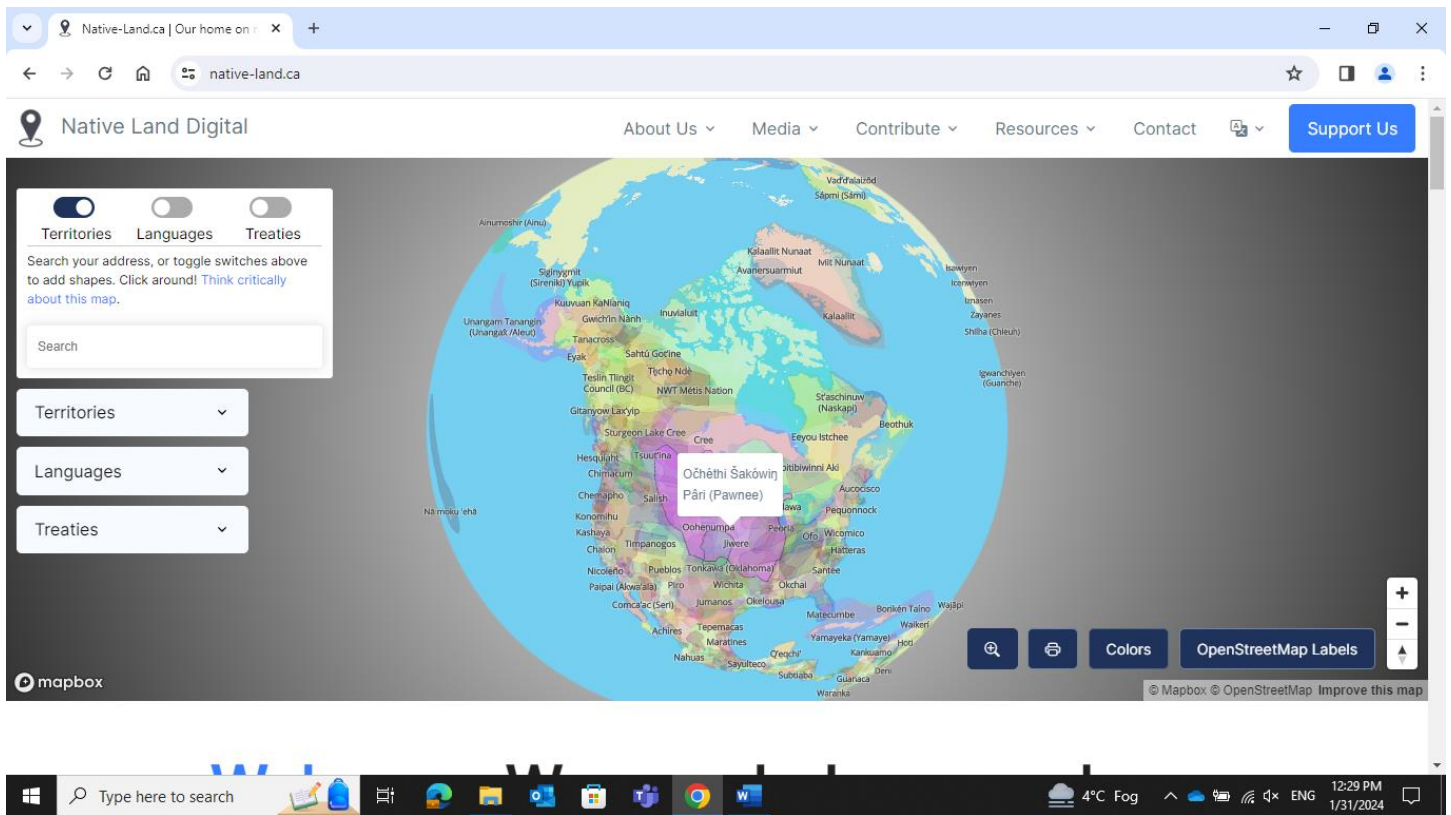


### Register today!

[ucalgary.ca/future-students/undergraduate/events](https://ucalgary.ca/future-students/undergraduate/events)

All attendees will be eligible to receive an application fee waiver. To be eligible, you must participate in the full event and submit your undergraduate application for admission within a week of the session occurring.

# NATIVE LAND DIGITAL

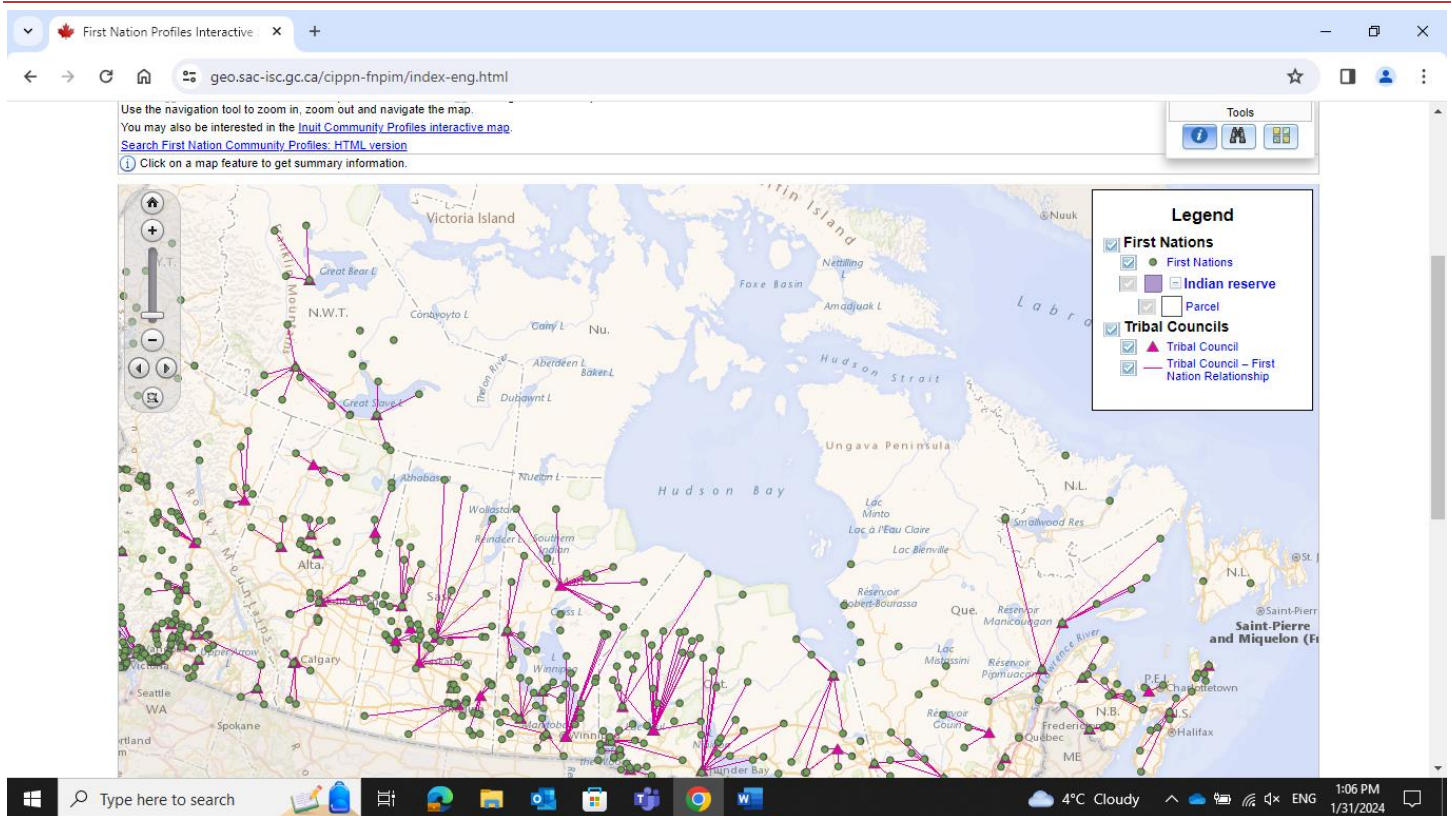


<https://native-land.ca/>

Native Land Digital strives to create and foster conversations about the history of colonialism, Indigenous ways of knowing, and settler-Indigenous relations, through educational resources such as our map and Territory Acknowledgement Guide. We strive to go beyond old ways of talking about Indigenous people and to develop a platform where Indigenous communities can represent themselves and their histories on their own terms. In doing so, Native Land Digital creates spaces where non-Indigenous people can be invited and challenged to learn more about the lands they inhabit, the history of those lands, and how to actively be part of a better future going forward together.

Territory acknowledgement is a way that people insert an awareness of Indigenous presence and land rights in everyday life. This is often done at the beginning of ceremonies, lectures, or any public event. It can be a subtle way to recognize the history of colonialism and a need for change in settler colonial societies.

# Welcome to the First Nation Profiles Interactive Map



## Indigenous peoples and communities

"Indigenous peoples" is a collective name for the original peoples of North America and their descendants.

The Canadian Constitution recognizes 3 groups of Indigenous peoples: First Nations, Inuit and Métis. These are 3 distinct peoples with unique histories, languages, cultural practices, and spiritual beliefs.

<https://geo.sac-isc.gc.ca/cippn-fnpim/index-eng.html>

## Join Rivers to Success and gain access to:

- ✓ Essential Resources
- ✓ Exclusive Events
- ✓ The chance to build meaningful relationships
- ✓ Tools that can help you get where you want to go
- ✓ A unique community of students just like you!



## Are you...

- An Indigenous student in Grades 10-12 or post-secondary studies?
- Interested in making connections with other students?
- Interested in getting tips, advice, and hints on how to succeed in your studies?
- Looking ahead to entering the workforce?

Learn more and sign up at [riverstosuccess.ca](http://riverstosuccess.ca).

## Join us virtually at 2024 Soaring on April 16 & 17!

Give your Indigenous students the chance to learn about **career and post-secondary education options** from the comfort of their own classroom.



**soaring**  
Indigenous Youth Empowerment Gathering



**essor**  
Recrutement pour l'entrepreneuriat des jeunes autochtones

## Our virtual platform will house all:

- Panel Discussions
- Performances
- Workshops
- Resources
- Tradeshow Content

Register on **Eventbrite!**



CUPE 4165  
CDTA LOCAL 02  
FDTA LOCAL 01  
SD NO. 5

PRESENTS:

# DIVERSE ARTS ART SHOW

CELEBRATING ARTISTS  
WITH DIVERSE ABILITIES



MAY 1-14 2024 | KEY CITY THEATRE, CRANBROOK

ART SUBMISSIONS DUE FEBRUARY 29, 2024

#### RECEPTION

Key City Theatre  
Lobby  
TBA

#### CLASS TOURS

Available through  
the Key City  
Theatre

#### NOMINATIONS

All artists must  
have a nominator  
to participate

REGISTRATION FORM  
ATTACHED

Registration & Information:  
250-421-6845 |  
krista.napl@gmail.com

**\*\*UPDATED\*\***

# MBSS MATH TUTORIAL SCHEDULE

## MATH TUTORIAL SCHEDULE



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

## Cranbrook Free Food Schedule

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<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 &amp; Snacks</u> Salvation Army 9 – 2	<u>Beverages &amp; Snacks</u> Salvation Army 9 – 2	<u>Beverages &amp; Snacks</u> Salvation Army 9 – 2	<u>Beverages &amp; Snacks</u> Salvation Army 9 – 2
<u>Beverages &amp; Snacks</u> Salvation Army 9 – 2	ANKORS 10 – 2	<u>Beverages &amp; 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		