

Howling Coyote Newsletter

December 2024 & January 2025

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



ʔakinmi yakiʔ ʔituq' ʔiʔqakʕamnamki



kiʔsuk kyukyit hu sukiʔqukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

Upcoming Dates

Dec 23 to Jan 5- Winter Break

January 6- Welcome Back and Happy New Year!

Jan 6- Grad Photos all week

Jan 13- Grad Photos all week

Jan 24- Non-Instructional Day

Jan 27- Second Semester Begins

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

Student Handbook

School Calendar

Annual Calendar

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.				

Our Elders in Residence

Dorothy Ratch

Mel Ratch

Joan O'Neil

Winnie Vitaliano

Pheb Goulet



Indigenous Websites

Communities:

[?agam](#)

[Tobacco Plains](#)

[?akisgnuk](#)

[Yagan Nukiy](#)

[Metis Nation BC](#)

[Rocky Mountain Metis Association](#)

Games:

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

[Creative Spirits](#)

Languages:

[First Voices](#)

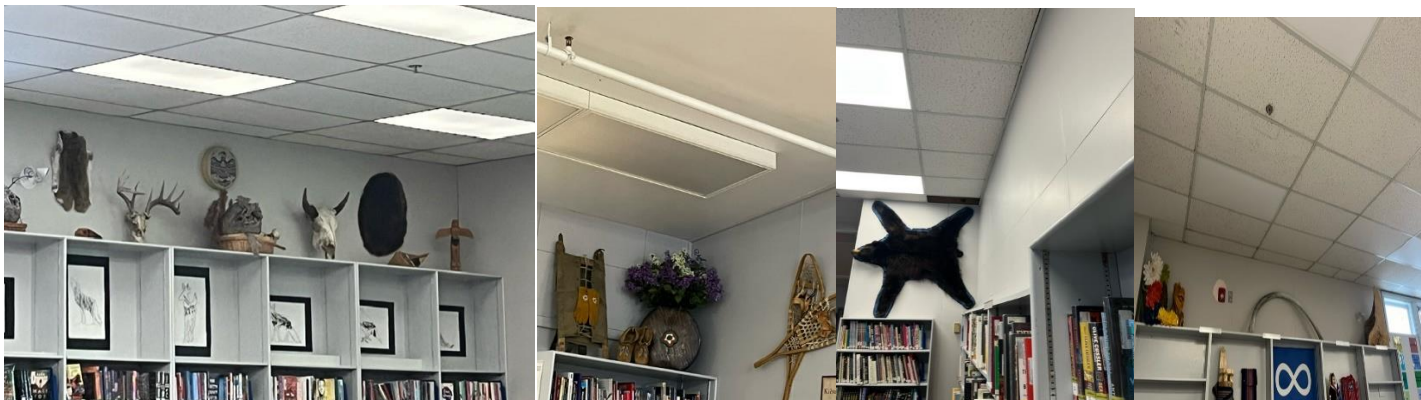
[First Voices Kids \(Ktunaxa Songs and Stories\)](#)

[Michif](#)

Museums:

[Glenbow Museum](#)

[Museum of Anthropology](#)



Meet Our Librarian!



Tera Merkel is a dedicated teacher librarian with over a decade of experience in the library field. Despite not being an avid reader, Tera is a lifelong learner who constantly seeks to improve and grow. Outside of work, Tera enjoys an active lifestyle, with a passion for skiing, camping, and biking. A true chocolate lover, Tera balances her adventurous spirit with a sweet tooth. Her commitment to education and personal development makes her a valuable asset to any learning community.



Metis Flag Raising

November 15th, 2024





Maarsii! Thank you all for attending.

Tourtière (Meat Pie)

Prep Time: 20 min

Cook Time: 2 hrs

Additional Time: 5 mins

Total Time: 2 hrs 25 mins

Servings: 8

Yield: 1 (9-inch) pie

Ingredients

Crust:

- 3 cups all-purpose flour
- 2 sticks unsalted butter, sliced, frozen
- 1 teaspoon salt
- 7 tablespoons ice-cold water, or as needed
- 2 teaspoons distilled white vinegar

Spice Blend:

- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- ½ teaspoon dried sage
- ¼ teaspoon ground mustard

Filling:

- 1 large russet potato, peeled, quartered
- 1 teaspoon salt
- 1 tablespoon butter
- 1 large onion, finely chopped
- 1 pinch salt
- ½ cup finely diced celery
- 4 cloves garlic, crushed
- 2-pound Venison or Beef
- 1 cup potato cooking water, plus more as needed

Egg Wash: 1 large egg & 1 tablespoon water

Directions

1. Gather all ingredients.
2. To make the crust: Place flour, frozen butter, and salt into the bowl of a food processor. Pulse on and off until butter breaks down to pea size, about 30 seconds. Stir together cold water and vinegar, drizzle over flour mixture. Pulse on and off until mixture is crumbly and holds together when pinched, about 10 seconds. Drizzle in more cold water if the mixture is too dry.
3. Transfer mixture to a work surface. Press together until it forms a ball. Flatten to a disc, wrap in plastic wrap, and refrigerate until chilled, about 1 hour.
4. Mix together spices and set aside.

5. To make the filling: Place potatoes and 1 teaspoon salt in a saucepan; cover with cold water. Bring to a boil, reduce heat, and simmer until tender, 10 to 15 minutes. Use a slotted spoon to transfer potatoes to a bowl, reserving potato cooking water in the saucepan. Mash potatoes with a potato masher until smooth; set aside.
6. Melt butter in a skillet over medium heat. Add chopped onion and a pinch of salt. Cook and stir until onions turn golden, 10 to 15 minutes. Stir celery, garlic, and spice blend into the skillet with onions. Stir until onion mixture is evenly coated with spices, about 30 seconds.
7. Add ground venison or beef, and about 3/4 cup potato cooking water to the skillet. Cook, stirring occasionally, until meat is brown and tender and most of the liquid has evaporated, about 45 minutes. Stir in mashed potatoes, turn off heat, and let cool to room temperature. Preheat the oven to 375 degrees F (190 degrees C).
8. Divide chilled dough into 2 pieces, one just slightly larger than the other. Roll the larger piece out on a lightly floured work surface into a 12-inch circle. Place in a 9-inch deep-dish pie plate. Roll top crust out into an 11-inch circle; set aside.
9. Fill bottom crust with meat mixture; smooth out the surface. Whisk together egg and water in a small bowl to make an egg wash. Brush egg wash over the edges of the bottom crust. Cover with top crust; press lightly around the edges to seal. Trim excess dough and crimp the edges. Cut small slits in the top crust to allow steam to escape. Brush the entire surface of pie with egg wash.
10. Bake in the preheated oven until crust is well browned, about 1 hour. Let cool to almost room temperature before serving.

Nutrition Facts (per serving)

767	Calories
47g	Fat
47g	Carbs
37g	Protein





SUPER SOFT SUGAR COOKIES



Ingredients

- 2/3 cup vegetable shortening (or use half butter, half shortening)
- 1 cup granulated sugar
- 2 large eggs
- 1/3 cup milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract (optional, but makes a great flavor)
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt

Cream Cheese Frosting

- 8 ounces cream cheese , softened
- 1/2 cup butter, softened
- 1 teaspoon vanilla extract
- 3-4 cups powdered sugar

Instructions

1. In a mixing bowl, cream together the shortening and sugar.
2. Add eggs, milk, and vanilla and mix.
3. In a separate bowl, mix dry ingredients--(flour, baking powder, and salt. Slowly mix dry ingredients into the wet mixture until you form a large dough ball. Refrigerate for 20-30 minutes.
4. Lightly flour your countertop. Roll dough ball out until 1/2 inch to 3/4 inch thick. Cut the dough into shapes with cookie cutters (or use a round drinking cup)
5. Place cookies on a parchment lined baking sheet. Bake at 350 degrees F for about 7-10 minutes. Cookies will be very light colored and just set when you take them out. They will harden as they cool, so don't over bake them.

Frosting:

1. Add the butter and cream cheese to a mixing bowl and beat well until smooth and creamy.
2. Add powdered sugar and vanilla. Add more powdered sugar, as needed.

Yield: This recipe makes about 12-15 cookies.

Storing and freezing Instructions: Sugar cookies will last for 3-5 days stored in an air-tight container at room temperature unfrosted or refrigerate if frosted. You can freeze sugar cookies with or without frosting for up to 3 months. If frosted, flash freeze them for 30 minutes and then add them to an airtight container, with parchment paper between the stacked layers and return to freezer.

Nutrition Calories: 378kcalCarbohydrates: 49gProtein: 4gFat: 18gSaturated

Fat: 7gCholesterol: 47mgSodium: 243mgPotassium: 116mgSugar: 29gVitamin A: 340IUCalcium: 52mgIron: 1.4mg

GRADS

Hey Grads!

NEED TO SEND OFFICIAL TRANSCRIPTS?



1

Find your PEN
number (on report
card). Click on
"Current Student"

2

Scroll down &
register for Basic
BCeID

3

Login to Student
Transcripts

4

Order and or print
transcripts to
Post-Secondary
Institutions

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates>

Hey Grads!

APPLYING TO POST-SECONDARY COLLEGE OR UNIVERSITY?



APPLY BC

apply.educationplannerbc.ca/



PSBC

postsecondarybc.ca



APPLY AB

apply.educationplannerbc.ca/

Note for Alberta schools:

- You need an Alberta Student Number (ASN) which can be created here:
<https://learnerregistry.ae.alberta.ca/Home/StartAsnRequest>
- Next, create a MyAlberta ID (doesn't have to be a verified account) and go ahead with application at APPLY AB.



Timeline of Important Dates:

September → October

- Alberta and BC Post Secondary Institutions visit MBSS to provide details about admissions, housing, financial aid and deadlines
- Students begin application process → many open October 1.
 - Competitive (grades) vs. general admission (first come first serve)
- Scholarship information posted in the counselling hallway, and on the MBSS website

November → January

- Deadlines for admissions, housing and scholarships vary depending on institution
- Work on brag sheets, reference letters, interim marks, and transcripts. Check MBSS website regularly for new scholarship (and grad information).
- CLC Assignments 1-8 completed by end of January (outside the timetable), unless enrolled in course second semester.
- Complete PSI Transcript Service on Ministry of Education Website (allows universities access to final transcripts once available)

February → March

- Semester one marks on transcript
- Applications for Internal Scholarships open February
- Post Secondary Institution (PSI) should be complete (BC Transcript Service)

April → June

- Mount Baker local/internal scholarship applications must be completed online before they close in April.
- Any online courses must be **75% complete by May 1st**. These are self-reported to counselling to be considered for scholarships. (Should be 100% complete June 1st)
- EXTERNAL SCHOLARSHIPS: check websites - these vary
- Register for SAT: See counselling for more information

***Reminder: All grads must have completed their Literacy 10, Numeracy 10, and Literacy 12 Assessments. Please register with Mr. Hill if you are missing any.**

SCHOLARSHIPS

Scholarships

QUICK REFERENCE GUIDE

1

MBSS SCHOLARSHIPS

Awarded to Mount Baker Students

Internal - Decided on by an MBSS team; Online application opens in Feb.

External - May have extra application; available in Feb and may have links to academics, affiliation, or subject area.

Requirement: 5 Grade 12 Academic Courses



2

ACADEMIC AVERAGES

Based on UVIC's list of grade 12 Academic Courses

Academic averages are used for many of scholarships and are based off min 5 grade 12 academic courses using UVIC list - see MBSS website)

<https://www.uvic.ca/undergraduate/admissions/how-to-apply/approved-high-school-courses/bc-yukon/index.php?ipn-academic-12>



3

SD #5 SOUTHEAST KOOTENAY & PROVINCIAL SCHOLARSHIPS

Awarded to SD5 students/students in British Columbia

(Dates are updated annually)

<https://www.sd5.bc.ca/studentparent/Scholarship/Pages/default.aspx#/>



4

ENTRANCE SCHOLARSHIPS

Available from all Post-Secondary Institutions

Look for Entrance Scholarships/Financial Aid or Bursaries (based on financial need) on individual institution websites

Example from College of the Rockies:

<https://cotr.bc.ca/student-services/student-support/financial-aid/>



5

EXTERNAL SCHOLARSHIPS

Anyone, anywhere can apply.

Posted on MBSS website, also advertised in counselling office and on scholarship bulletin board adjacent to counselling. (e.g. Scholartree)



See Counselling Office for Copies

Applying to:

COLLEGES OR UNIVERSITIES

Competitive program - entrance based on academic percentages
vs.
Non competitive program - first come first serve
Check individual institution/program websites for specific dates.

MYED BC: Your Login ID will always be the same (NOT your student number):



LOGIN: sd5stu-firstinitiallastname
e.g: Jon Smith -> sd5stu-jsmith

*Reset your password if you forgot it! After 5 attempts it will be **LOCKED**.*

SCHEDULE: Menu -> View Full Site -> My Info (top tab) -> Current Schedule (side tab)

REPORT CARDS: Menu -> View Full Site -> Published Reports (Pages tab)

BC INSTITUTIONS:

APPLY BC:
apply.educationplannerbc.ca/



PSBC:
postsecondarybc.ca



ALBERTA INSTITUTIONS:

Before you apply...

1. Create an Alberta Student Number (ASN) here



<https://learnerregistry.ae.alberta.ca/Home/StartAsnRequest>

3. Next, apply at

APPLY AB:



<https://www.applyalberta.ca/>

2. Create a MyAlberta ID (doesn't have to be a verified account)

SENDING A TRANSCRIPT?

Official transcripts are accessed from the ministry of education Transcript Service

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates>

-**PEN number** is needed and can be found on any report card
-A temporary or unofficial one can be requested from Counselling



QUESTIONS?

Reach out to a school counsellor, or visit the Career Centre Tuesdays at lunch!

jodi.lode@sd5.bc.ca (Last names A-L)
leah.draper@sd5.b.ca (Last names M-Z)
sarah.barnett@sd5.bc.ca (Student Records)



MÉTIS NATION
BRITISH COLUMBIA

Click on link for Metis Scholarships
and Bursaries.

[List of Scholarships and Bursaries.pdf.](#)

JCI Kootenay's Cranbrook Santa Claus Parade



Saturday, November 30, 2024

5:30 pm Downtown Cranbrook

Santa Claus is coming to town!

JCI Kootenay will be hosting their 52nd Annual Santa Claus Parade on Saturday, November 30, 2024 starting at 5:30 PM

The parade route will begin at Baker Street and 8th Ave South. The floats will travel from Baker Street to 12th Ave. South and back up 1st Street South to 8th Ave South.

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

100 12th Ave S, Cranbrook, BC V1C 2S1

(778) 517-8658

<https://foundrybc.ca/eastkootenay/>



**The last day of school is Friday, December 20th.
See you all on January 6th, 2025!**

