

Howling Coyote Newsletter

February & March 2025

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



ʔakinmi yakiʔ ʔituq' ʔiʔqakʕamnamki



Upcoming Dates

Report Cards- Feb 7

School not in Session- Feb 14

BC Family Day- Feb 17

Non-Instructional Day- Feb 28

Grad Photo Retakes- March 3-5

Non-instructional Day- March 7

Spring Break- March 17 to March 30th

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](#)

NEW!

The Gathering Place has a kitchen 😊



Check out The Gathering Place Community Events Board



FOUNDRY



OPEN STUDIO ART SESSIONS

At Foundry East Kootenay
3:30 PM - 5:30 PM | Thursdays

FREE
For youth
12-24

Art enhances
creative ability
& encourages
imagination
among all.

Art improves
problem
solving &
communication.

Art makes you
feel good - it
boosts your
self-esteem!

Art builds
connections
with others and
community.

 Download the app
  In a browser


Drop-in. Download and register on the Foundry APP and book in on your own, or call the centre at 778-517-8685.

FOR ALL THINGS TO BE CONNECTED

FOUNDRY

SERVICES



JANUARY

Monday 10 am – 5 pm	Tuesday 9 am – 5 pm	Wednesday 10 am – 6pm	Thursday 10 am – 6 pm	Friday 9 am – 5 pm
		1st	2nd	3rd
6th PC: 10-5 YPS: 10-5 FPS: 10:30-12	7th PC: 9-4:30 YPS: 9-5 FPS: 10:30-12 MH: 12:15-1:15/2:45-4:30	8th PC: 10-5:30 YPS: 10-5 WIC: 1:30-5:30 CYMH Int: 9-12 CBVS+SAS 3-4	9th PC: 10-5:30 YPS: 10-6 WIC: 2-6 ANKORS 12-4 PHN: 11-1 /3-4:30	10th PC: 9-5:30 YPS: 9-5 FPS: 2-2:30 WIC: 9:30-12:30 CYMH Int: 9-4
13th PC: 10-5 YPS: 10-5 FPS: 10:30-12	14th PC: 9-4:30 YPS: 9-5 FPS: 10:30-12 MH: 12:15-1:15/3:45-4:35	15th PC: 10-5:30 YPS: 10-6 WIC: 1:30-5:30 CYMH Int: 9-12 CBVS+SAS 3-4 ED Clinic 1-4	16th PC: 10-5:30 YPS: 10-6 WIC: 2-6 ANKORS 12-4 PHN: 11-1 /3-4:30	17th PC: 9-5:30 YPS: 9-5 FPS: 2-2:30 WIC: 9:30-12:30 CYMH Int: 9-5
20th PC: 10-4:30 YPS: 10-5 FPS: 10:30-12	21st PC: 9-4:30 YPS: 9-5 FPS: 3:30-4:30 MH: 12:15-1:15/3:45-4:35	22nd PC: 10-5:30 YPS: 10-6 WIC: 2-5:30 CBVS+SAS 3-4	23rd PC: 10-5:30 YPS: 10-6 WIC: 2-6 ANKORS 12-4 PHN: 11-1 /3-4:30	24th PC: 9-5:30 YPS: 9-5 FPS: 2-2:30 WIC: 9:30-12:30 CYMH Int: 9-5
27th PC: 10-4:30 YPS: 10-5 FPS: 10:30-12	28th PC: 9-4:30 YPS: 9-5 FPS: 3:30-4:30 MH: 12:15-1:15/3:45-4:35	29th PC: 10-5:30 YPS: 10-6 WIC: 2-5:30 CYMH Int: 10-12 CBVS+SAS 3-4 ED Clinic 1-4:30	30th PC: 10-5:30 YPS: 10-6 WIC: 2-6 ANKORS 12-4 PHN: 11-1 /3-4:30	31st PC: 9-5:30 YPS: 9-5 FPS: 2-2:30 WIC: 9:30-12:30 CYMH Int: 9-5

ROCKY MOUNTAIN METIS

Evening Beading

We are opening the
Community Space for 3
consecutive Tuesday
evenings!

February 11, 18, and 25th

6:30 pm - 8 pm



Come on out and enjoy some
beading & community!

108, 110 Van Horne St S.

AQAM

nupqu natanik

For the month of February,
we will be putting on a
jacket making workshop.
It is limited to 10 people.
Wednesdays the 5th, 12th and 26th.



February 19th will be Genealogy

For more info

cwilliams@aqam.net 6-9pm

ʔaqam Language & Culture

7462 Mission Rd.

Ktunaxa Nation Council



the YOUTH SUMMIT SERIES

K t u n a x a N a t i o n 2 0 2 5

Save the Dates

A CELEBRATION OF CULTURE, CREATIVITY AND CONNECTION

 **March 17-21 and April 12**
(event times TBA)

Join us for the inspiring and empowering 7th annual Youth Summit Series organized by the Ktunaxa Nation! This year, we are excited to offer access to two exciting events: Gathering Our Voices in Kamloops, BC, and our local Ktunaxa Youth Summit in Cranbrook. These events are a celebration of youth voices, culture, and community, providing a safe and welcoming space for growth, connection, and creativity!

For more event information and Gathering Our Voices applications, check out the QR code!



The Events

Gathering Our Voices (GOV)-
March 17-21 (Kamloops, BC)

An annual Indigenous youth leadership training event bringing together over 1,000 participants across Canada to engage in cultural workshops and community-building activities. Check out the QR code for more info on workshops, activities and more!

Check out the official GOV website. 



Ktunaxa Youth Summit
April 12 (Cranbrook, BC)

The 7th annual Ktunaxa Youth Summit will be doing things differently this year. Now, workshops and activities will be hosted in a cohort-style, meaning youth will be grouped based on age. More information on workshops, activities, location to be released in early January.

CONTACT US
info@ktunaxa.org



AQAM

**ʔAKMAʔIS
ʔAKŁANAŁXUʔNIYAM
FINDING PATHWAYS
TO TREATMENT
SUMMIT**

Let's unite key decision-makers and supports to address major issues, find solutions and strategies surrounding addiction and finding the appropriate pathway to treatment in the ʔamakʔis Ktunaxa.



REGISTER TODAY

healthevents@aqam.net

FEBRUARY 27, 2025

9:30 - 4:00

KTUNAXA NATION GYM

For more information contact:

Jackie: jbrown@aqam.net

Ryan: ryan.mallard@ktunaxa.or



ROCKY MOUNTAIN METIS ASSOCIATION



Rocky Mountain Métis Association presents:
FREE Core Hunter Safety Training

Course Overview

Youth, new to hunting? Make sure you possess the knowledge and skills needed to be a safe and ethical hunter by taking the CORE (Conservation and Outdoor Recreation Education) program. Complete a practical firearm handling test, as well as a written exam.



April 25, 26, 27
Friday 6 - 8 pm
Saturday 9 - 5 pm
Sunday 9 - 5 pm



This will be held at our Community Space, 110, 108 Van Horne Street
S. Cranbook, BC
Lunch and snacks provided.

MUST be able to attend ALL training.
Limited spots for Métis Youth hunters (age is 12-29).

RSVP to: rmmasec@gmail.com

Self-Love Ideas *that* Only Take 5 Minutes

Ordinary & Happy

SIMPLE

Try a Short Guided Meditation
Write in Your Journal for a Few Minutes
Practice Deep Breathing for a Few Minutes
Look at the Stars for a Few Minutes
Make Yourself Your Favorite Tea
Close Your Eyes & Imagine a Peaceful Place
Step Outside for Fresh Air
Write Down Three Things You're Grateful For

MOVE

Reach for the Sky and then Touch Your Toes
Dance to Your Favorite Song
Practice Shoulder Rolls
Hold a Power Pose for Confidence
Adjust Your Posture in Your Chair
Hold 5 Simple Yoga Poses for 1 Minute Each
Try Simple Movements like Jumping Jacks
Walk Around Your Garden
Water a Plant

CALMING

Brush Your Pet
Clean Up Your Computer
Sit in a Cozy Nook at Home and Reflect
Add a New Image to Your Vision Board
Sing a Song Out Loud
Close Your Eyes and Rest for 5 Minutes
Apply Moisturizer to Your Face and Hands
Massage Your Wrists
Doodle for a Few Minutes

ENJOYABLE

Light a Scented Candle
Listen to an Inspirational Speech
Play Your Favorite Song
Read a Motivational Quote to Yourself
Brainstorm Ideas for Your Bucket List
Sketch What You See Out of the Window
Doodle in a Notebook
Color a Page in a Coloring Book
Soak Your Feet in Warm Water

POSITIVE

Visualize Good Things in the Future
Read a Positive News Story
Write a Positive Note to Your Future Self
Recall a Happy Memory in Detail
Take a Selfie of Yourself Smiling
Look at Art that Inspires You
Sew a Button Back on a Piece of Clothing

COZY

Massage Your Palms with Your Thumbs
Put on Comfy Pajamas
Cuddle with a Hot Water Bottle
Organize Your Phone Photos to Be Printed
Update Your Playlist with a New Song
Watch a Scene from a Childhood Movie
Write a Shopping List for Comfort Foods
Put a Gift for Yourself in Your Online Basket

DECLUTTER

Make a Leftover Fruit and Greens Smoothie
Organize a Drawer
Write One Thing You Will Achieve Today
List Everything You Have Achieved Recently
Reorganize Your To-Do List
Quickly Tidy Your Desk
Write Down Everything in Your Head
Quickly Review Your Weekly Budget
Tidy Your Email Inbox
Choose One Item of Clothing to Donate

MINDFUL

Read a Few Pages of a Book
Solve Brain Teasers
Turn a Diffuser on at Home
Paint Your Nails
Listen to Ambient Sounds
Practice a New Language in an App
Take a Stroll in the Backyard
Take a Quick Stretch Break
Repeat a Personal Mantra in the Mirror

SOCIAL

Text a Friend a Sweet Message
Change Your Status to Something Positive
Send a New Song to Someone
Send a Get-Together Suggestion to Friends
Write a Kind Note for Someone
Have a 5-Min Video Chat with a Loved One
Play a Turn-Based Online Game
Share a Funny Meme with a Friend
Tell Someone You Love Them

EASY

Just Sit in Silence and Be Present
Prepare a Jug of Water with Lemon Slices
Work on a Lego Set or Model
Go for a Very Quick Walk
Cuddle with Your Pet
Buy Yourself a Pair of Soft Slippers
Write Your Name in a Cursive Font
Listen to the Sound of Running Water