

Howling Coyote Newsletter

March 2023

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



ʔakinmi yakiʔ ʔituq' ʔiʔqakçamnamki



Upcoming Dates

Spring Break - March 20th to April 3rd

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/2022-2023%20Student%20Handbook.pdf>

School Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Calendar.pdf>

Annual Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Fridge%20Magnet.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](#)

Languages:

[First Voices](#)

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

[Michif](#)

Games:

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

[Creative Spirits](#)

Museums:

[Glenbow Museum](#)

[Museum of Anthropology](#)

The Indigenous Education Council Needs you!



The Indigenous Education Council meets eight times per year to discuss Indigenous Education here at Mount Baker.

We would like students and parents to get involved, be informed, and make decisions regarding Indigenous Education.

Please email Marie Dawson if you are interested.

marie.dawson@sd5.bc.ca

Upcoming Meeting Dates:

April 18 th 2023
May 16 th 2023
June 13 th 2023

We meet in the Gathering Place, Room 101

11:30 am – 12:30 pm

Ktunaxa Language

Blackbird

Red-Winged Blackbird

Bluebird

Bluejay

Bohemian Waxwing/Cedar Waxwing

Yellow-headed Blackbird

Chickadee

Crow

Duck

Male Mallard

Bald Eagle

Golden Eagle

Fool's Hen

Canada Goose

Grouse

Red-Tailed Hawk

Heron

Hummingbird

Killdeer

Kingfisher

ǰat

Niṭkuṭuṭk

Yaminqan

Ququski

Wisuk

ṭa·kiṭqatukpwaṭ

Miṭqaqaṣ

Xa·xa·

Kyaṭṭa

Napṭam

ṭa·knuṭuṭam

Naṭaṭṭiṭik

Kyawaṭ

Kaxuṭuṭk

ṭanquṭ

ṭinmak

Wusaṭ

Nukṭaṭṭiṭ

ǰawiṭ

ǰapkaṭ

Cedar Waxwing



Chickadee



Cedar Plank Salmon

INGREDIENTS

West Coast Sockeye salmon filets (with skin on and bones removed)
¼ ounce fresh dill (3-4 sprigs)
½ tsp kosher salt
¼ tsp coarse peppercorns
½ cup maple syrup
1 piece cedar plank, for grilling salmon

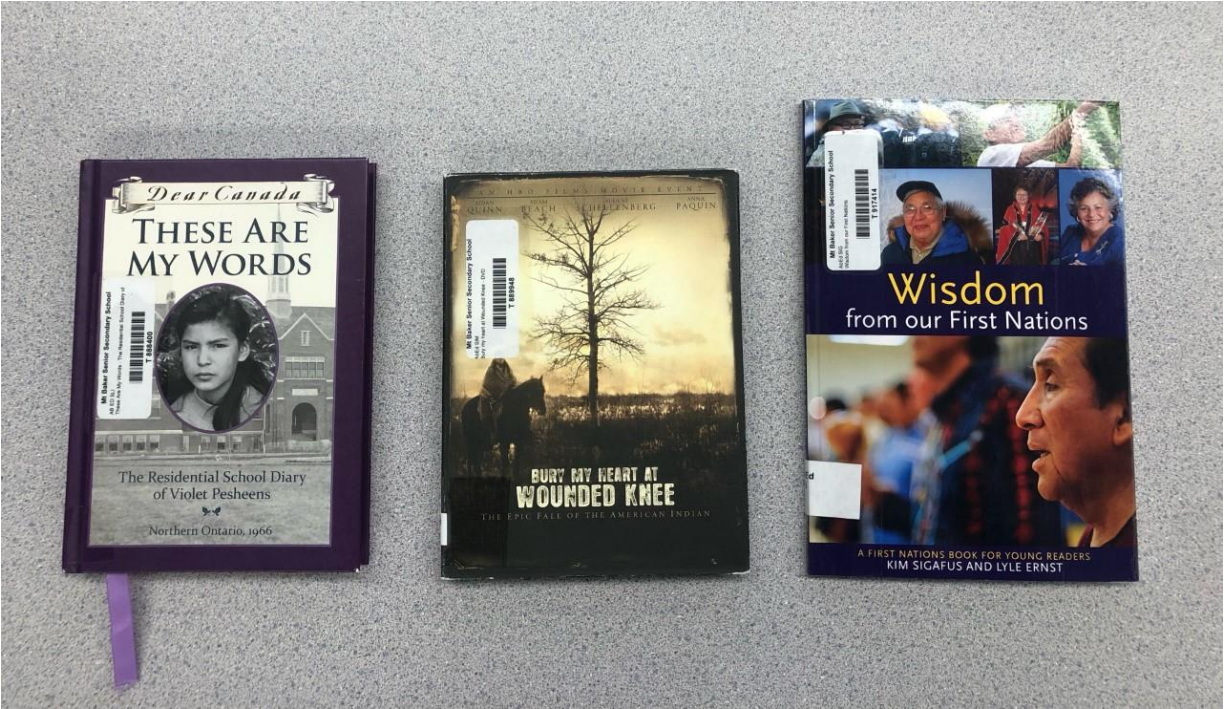
DIRECTIONS

- Step 1**-Place salmon on cedar plank skin-side down.
- Step 2**-Sprinkle with salt and coarse peppercorns.
- Step 3**-Heat BBQ to 225°F – (this can also be done in an oven).
- Step 4**-BBQ on cedar plank for 15 minutes.
- Step 5**-Brush with maple syrup and add dill on top.
- Step 6**-Continue to BBQ for 5 more minutes.
- Step 7**-Give one final brush with maple syrup prior to removing from BBQ.
- Step 8**-Remove from BBQ and service.



Recommended Reads

In the Mount Baker Library



These Are My Words: The Residential School Diary of Violet Pesheens

By Ruby Slipperjack

Drawing from her own experiences at Residential School, Ruby Slipperjack creates a brave, yet heartbreaking heroine in Violet, and lets young readers glimpse into an all-too important chapter in our nation's history.

Bury My Heart at Wounded Knee (Movie)

Screen Play by Daniel Giat, directed by Yves Simoneau, based on book by Dee Brown

A historic chronicle based on the book by Dee Brown explains how Native Americans were displaced as the United States expanded west.

Wisdom from our First Nations

by Kim Sigafus & Lyle Ernst

In Indigenous cultures, elders serve as a bridge across time: they are connected to the past, they live in the present and they offer wisdom for the future. In these fascinating biographical essays, twelve First Nation and Native American elders share stories from their lives and tell what it was like to live in a time before television, cell phones and video games. Their stories explain how their humble childhoods shaped the adults they became and the lessons they share as elders.

Check out the Indigenous Education **Community Events Board**



Located in the hallway across from
The Gathering Place, Room 101.

Updated Weekly.

Indigenous Events in B.C Over Spring Break

Indigenous Resilience Festival

Rotary Centre for the Arts
421 Cawston Avenue
Kelowna, BC V1Y 6Z1
March 26th, 2023
10 am to 9 pm
(250) 717-5304
Free



Dancers of Damelahamid is an Indigenous dance company with a rich history of masked dance which inspires compelling performances. *Spirit and Tradition* layers vibrant dances, singing, drumming, and projected imagery to immerse us in the ecosystems and culture of the Indigenous lands and waters of the Northwest Coast. Tracing themes of reciprocity and ecological sustainability, the work shares important teachings on balance, interconnectedness, and community.

Thursday March 30, 2023
12 – 1 pm
Scotiabank Dance Centre
Vancouver BC
\$13 - \$15



[BUY TICKETS](#)

Everyone Welcome!

Skates Available at Kinsmen

Family Skate and Pizza

Fridays 3:30-5:00
January 13-March 10
Kinsmen Arena
Cost is FREE

FOR MORE INFORMATION
TEXT 250-464-9365



Helmets required for anyone under 19



Ktunaxa Kinbasket
Child & Family
Services Society



Free Locker Store!

Located outside of the Gathering Place.



Updated!

Math Tutorial Schedule

MATH TUTORIAL SCHEDULE



	LUNCH		AFTER SCHOOL	
MONDAY	LYNES	(224)		
TUESDAY	BURGESS HAMILTON	(223)	PARON BIDDER	(225) (222)
WEDNESDAY				
THURSDAY	BURGESS HAMILTON LYNES	(223) (224)	PARON BIDDER	(225) (222)
FRIDAY				

New to the Gathering Place!

Where ever you come from
you are important here.

Show the best side of you
that is how you will be seen.

-Herman Alpine, Ktunaxa Elder



Artist: Sam Millard

<https://www.howoriginal.ca/shop>

THE CRANBROOK HISTORY CENTRE

New Travelling Exhibit

Created by The Legacy of Hope Foundation

Killing the Indian in the Child:
Generations Lost

Youth on Reconciliation

February 28 - April 4, 2023

Royal Alexandra Hall



CRANBROOK
HISTORY CENTRE



*Legacy of Hope
Foundation*

DETAILS

Cost: \$6.00

Royal Alexandra Hall, 57 Van Horne Street S
Cranbrook, British Columbia

Phone: 2504893918

[View Venue Website](#)