

Howling Coyote Newsletter

March/April 2022

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



ʔakinmi yakiʔ ʔituq ʔiʔqakcamnamki



Reminders

- Attendance is very important at the high school level. If you are away, please see your teachers for missed instruction and assignments.
- Spring Break begins Monday, March 14, and back to school on Monday, March 28th.
- Moosehide Campaign postponed until May 12th.

INFORMATION



BELL SCHEDULE

Opening warning bell	8:25 am
Class One	8:30 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 3:16 pm

School Calendar Links:

[Student Handbook 2021/2022](#)

[Student/Parent Calendar 2021/2022](#)

[Mount Baker Secondary School Website](#)

[School District 5 Website](#)

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



Aboriginal Websites

Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisgnuk](#)

[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](#)

GRADS

Awards & Scholarships



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

Graduation Updates & Reminders



Grad Check Video: <https://www.youtube.com/watch?v=d8TNirwNyok>

Watch this video to understand your Diploma Verification Report and make sure you have what you need to graduate!!

Grad Information Flyer Click here to see the Grad Information Flyer for 2021/2022: [Grad Information Flyer 2022.pdf](#)

Post-Secondary Selections (PSI's)

Grade 12 and adult students can view and order their transcripts to be sent to PSIs, prospective employers and themselves on the Student Transcripts Service at: www.studenttranscripts.gov.bc.ca/. Students must create a Basic BCeID account to access their information. Students need only complete their PSI selections once in the current school year. Students should make their PSI selections by **April 15, 2022**, but if needed, may add to their selections at any time through July 10, 2022.

For more updates and reminders

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

Metis SKILLS TRAINING, EMPLOYMENT, POST- SECONDARY (STEPS)



Cranbrook Metis Employment and Training:

Derek Lacey & Christine Stanvick

240-1113 Baker St, Cranbrook, BC V1C 1A7

8:30 am- 4:30 pm (Mon-Fri)

(250) 417-3305

<https://www.mnbc.ca/mnbc-ministries/steps/>

Citizenship Application: <https://www.mnbc.ca/mnbc-ministries/citizenship-info/>

MNBC Scholarship Info: <https://www.mnbc.ca/news/2022/metis-nation-british-columbia-announces-improvement-to-skills-training-employment-and-post-secondary-steps-program/>.

Metis Community Navigator:

Chelsey McGee rmnavigator@gmail.com

Address - Ground Floor Co-Work Centre

#100-131 7th Ave S

Rocky Mountain Metis Association (RMMA)

1-250-489-8960

Email - rockymtnmetis@gmail.com

Facebook - <https://www.facebook.com/cranbrook.metisevents>

Metis Genealogy Websites:

<https://www.bac-lac.gc.ca/eng/census/1926/Pages/search.aspx>

<https://www.metismuseum.ca/browse/index.php/13056>

<https://www.redriverancestry.ca/ancestors.php>

<https://www.gov.mb.ca/chc/archives/hbca/biographical/index.html>

<http://www.biographi.ca/en/results.php?ft=Bird>

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

<https://www.scribd.com/doc/18197649/Metis-Rights-and-Land-Claims-in-Canada>

https://www.myheritage.com/research?formId=trees&formMode=1&action=query&exactSearch=0&useTranslation=1&colId=40000&qname=Name+fn.Raymond+ln.Bird+fnmo.1&qbirth=Event+et.birth+ey.1943+epmo.similar&qdeath=Event+et.death+ey.2015+ep.Golden+epmo.similar&csrf_token=D_0c63ff6g4a3f1251_5f16fvy8261331pk.1643426161.8bfeb1b4a7f4639c3f6e2e24e41f7572&tr_id=f58161wxlff39f81

Mount Baker Tutor List

View our tutor list at [PDF TUTORING 2021-2022.pdf](#)

All Tutors must complete a criminal record check to be placed on our list. Contact Ms. Barnett in the Counselling Office for more information - sarah.barnett@sd5.bc.ca



MATH TUTORIAL SCHEDULE:

Teachers will provide tutorial options for their individual classes for the 2021/2022 school year.

DAY:	BEFORE SCHOOL:	LUNCH:	AFTER SCHOOL:
MONDAY	No Tutorial	Burgess - Room 223 Hamilton - Room 223 Bidder - Room 222	Lynes - Room 224 Paron - Room 225
TUESDAY	No Tutorial	Burgess - Room 223 Hamilton - Room 223 Lynes - Room 224	Paron - Room 225
WEDNESDAY	No Tutorial	Burgess - Room 223 Hamilton - 223 Bidder - Room 222	No Tutorial
THURSDAY	No Tutorial	Burgess - Room 223 Hamilton - Room 223 Lynes - Room 224	Paron - 225
FRIDAY	No Tutorial	No Tutorial	Paron - Room 225



PROGRAMS FOR INDIGENOUS PEOPLES

SUMMER TRAINING PROGRAMS

Are you an Indigenous person living in Canada looking for a challenging and rewarding experience for the summer? Do you like to make new friends, enjoy doing physical activities and being outdoors? Then our Summer Programs may be exactly what you are looking for.

The Canadian Armed Forces (CAF) offers five summer training programs that are six weeks in duration, combining a variety of Military training and Indigenous cultural teachings. These programs will help you develop valuable skills such as self-confidence, self-discipline, teamwork, time management, respect, and fitness. This opportunity will allow you to find out more about yourself and what you are capable of achieving through hard work, perseverance and teamwork.

The CAF will arrange your travel to and from the program, living accommodations, food, clothing, and all equipment. While you are in the program, you are a temporary CAF member and will be paid during your participation in the program.

<https://forces.ca/en/programs-for-indigenous-peoples/summer-programs/>

THE CROCUS



Crocuses are one of the first flowers to bloom each spring. In cold climates, their cheery blossoms that often open when there's still snow on the ground. Crocus flowers come in colors of purple, yellow, lavender, cream and white.

Crocus flowers have a rich symbolism of rebirth, innocence, joy, and new beginnings.

Pick a spot in your garden that has well-draining soil and gets full sun or partial shade. Plant the crocus bulbs about 2-3" deep and 3" apart, placing them in the ground with their pointy ends up. Water well once and wait for spring. After the crocuses have bloomed don't cut off the foliage.

CONTEST CORNER

February Winner: Annika Baker!

Question: ʔumayitnamu, is the Ktunaxa word for?

Contest Closes: March 11th

All **MBSS/KES students** to email an answer will receive a Landmark Cinema Movie Ticket.



Please email your answer to Marie Dawson at
marie.dawson@sd5.bc.ca

Winners will be announced in May.

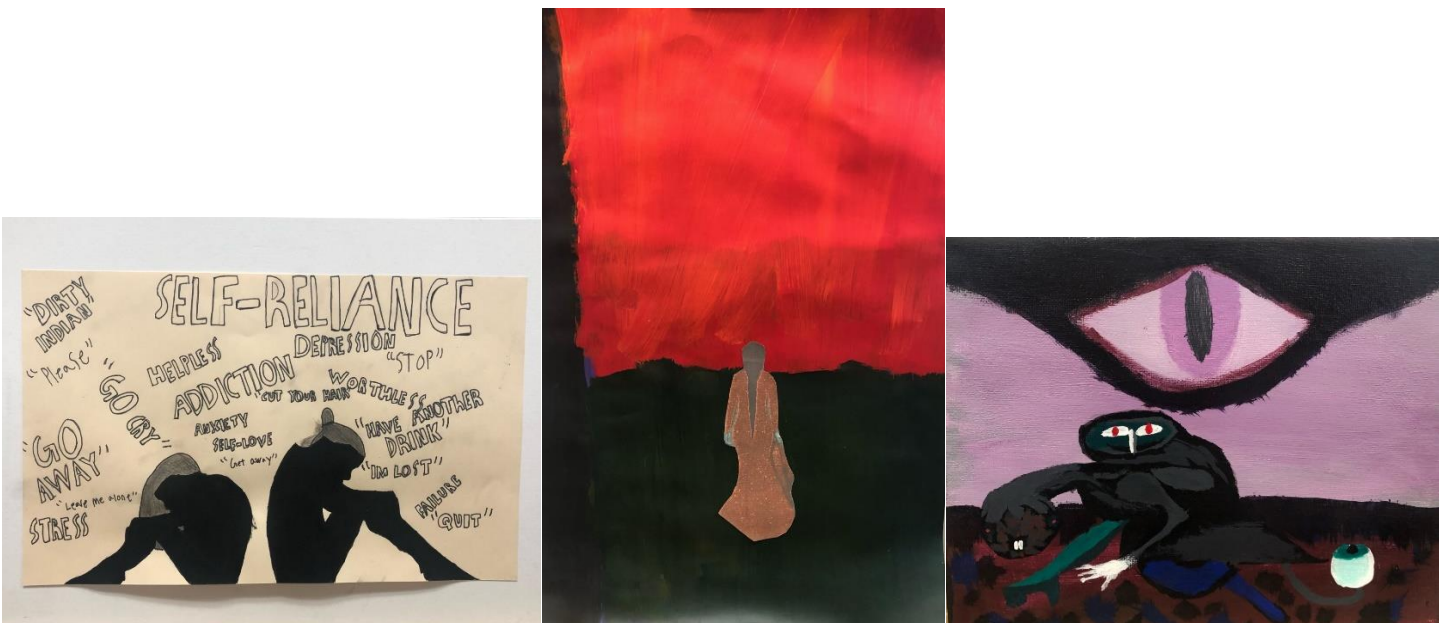
Highlighting

Indigenous Students

Kat Jimmy is a grade 11, Ktunaxa Fancy Dancer. Her goal is to become an artist and model after she graduates.



Izzy Shepperd is a grade 12, Ktunaxa Artist. His goal is to pursue a career as an artist and musician after he graduates.



COTR offering Women in Trades Sampler program

The 12-week tuition-free program will allow females to gain experience in six different trades

College of the Rockies (COTR) will once again be offering a tuition-free Women in Trades Sampler program. From April 4 to June 24, participants will explore the Industrial Mechanic (Millwright), Electrician, Carpenter, Piping, Welder, and Automotive trades.

“Skilled tradespeople are in high demand which makes it the perfect time for women to consider a career in this rewarding industry,” said Joy Brown, College of the Rockies Trades Department Head. “Participants will take part in hands-on learning in our trades shops which will help them develop a better understanding of each trade and to get a sense whether a career in a particular trade is the right choice for them.”

In addition to the introduction to the six trades, women enrolled in the program will have the opportunity to complete workforce certificates, including Occupational First Aid Level 1, WHMIS, Fall Protection, and Forklift Training. Students will also be introduced to Occupational Health and Safety standards, WorkSafe BC, and the BC apprenticeship system. Worksite visits and guest speakers will round out the program.

Applications for the 16 available seats are now being accepted. Contact Joy Brown at jbrown3@cotr.bc.ca or 250-417-7125.

Learn more about the Women in Trades Sampler program at: cotr.ca/WITT



Drumming

Numa Ka.Kin Drum Group

Upcoming Drum dates: March 10th

Everyone is welcome to watch and participate.



ABED Council

We are looking for a parent volunteer to attend AbEd Council.

The ABED Council meets on Tuesdays over lunch.

Currently via TEAMS. 11:25 am - 12:25 pm.

We meet eight times per year to discuss Aboriginal Education.

Upcoming Meeting Dates:

April 19th
May 17th
June 14th



MOOSE HIDE CAMPAIGN

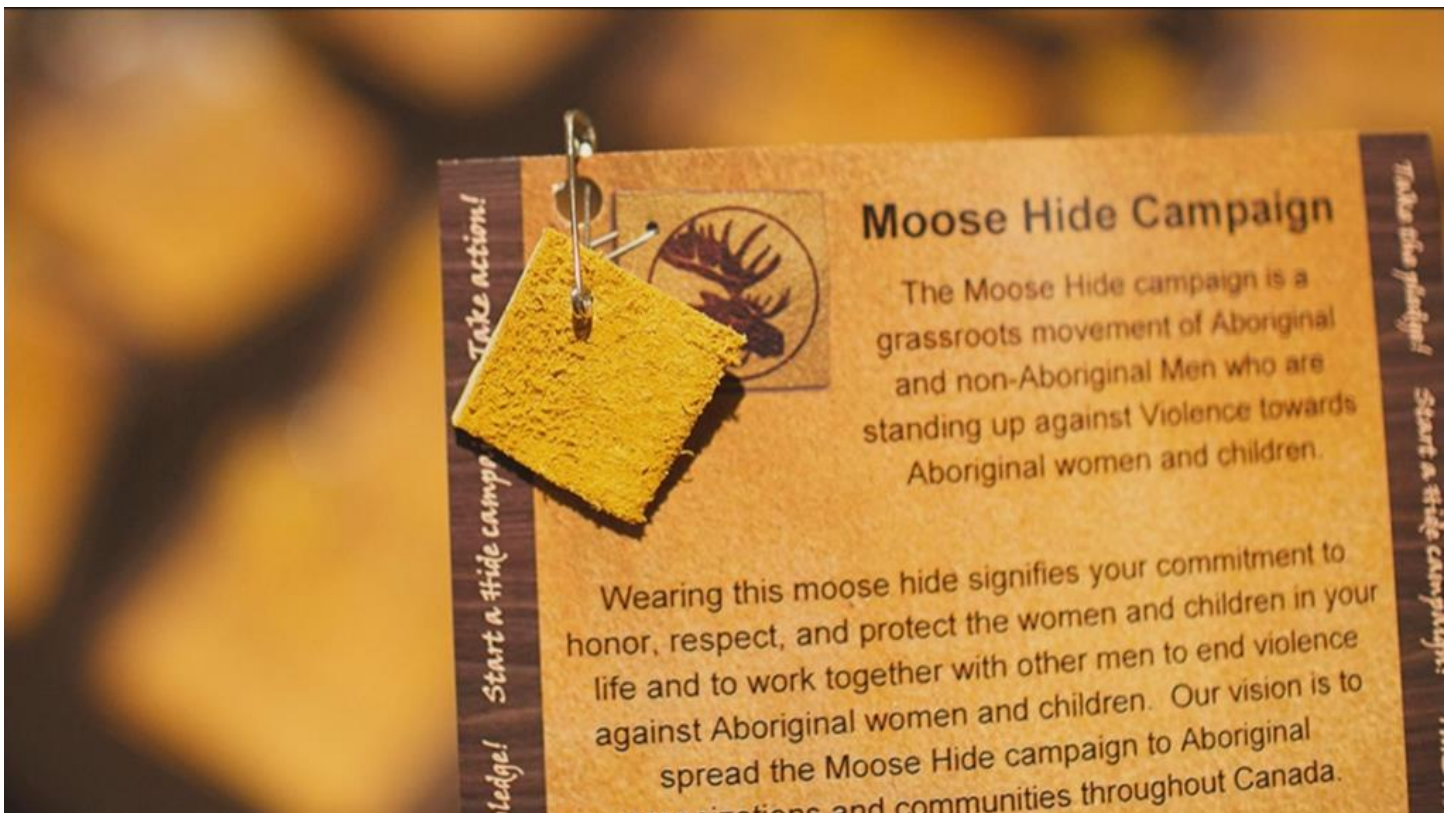
POSTPONED DUE TO COVID UNTIL MAY 12TH, 2022

STANDING UP AGAINST VIOLENCE

Towards Women and Children

An Indigenous-led grassroots movement of men, boys and all Canadians - standing up to end violence against women and children.

<https://moosehidecampaign.ca/>



Students, please see your Indigenous Support Workers in room 101 for Moosehide.

Hamburger Soup



Hamburger Soup is a classic comfort food, hearty, healthy and satisfying. Perfect on a cool evening to warm your belly from the inside out.

Ingredients

- 1-pound lean ground beef
- 1 onion *diced*
- 2 cloves garlic *minced*
- 2 medium potatoes *peeled and diced*
- 3 ½ cups beef broth
- 28 ounces diced tomatoes with juice
- 1 can condensed tomato soup
- 2 teaspoons Worcestershire sauce
- 1 bay leaf
- salt and pepper to taste
- 3 cups mixed vegetables *fresh or frozen*

Instructions

1. Brown onion, ground beef and garlic until no pink remains. Drain any fat.
2. Add potatoes, broth, tomatoes, tomato soup, Worcestershire sauce, seasoning and bay leaves. Simmer covered 10 minutes.
3. Stir in vegetables. Simmer 15-20 minutes or until potatoes are tender.

NUTRITION INFORMATION

Serving: 1.5cup, Calories: 245, Carbohydrates: 25g, Protein: 16g, Fat: 9g, Saturated Fat: 3g, Cholesterol: 38mg, Sodium: 692mg, Potassium: 923mg, Fiber: 5g, Sugar: 4g, Vitamin A: 3670IU, Vitamin C: 24.2mg, Calcium: 79mg, Iron: 4.6mg