

# The Cawing Crow Chronicle

**Naktaʔsuk January 2026**

**Grateful to live, learn, and work in the  
homelands of the Ktunaxa People.**



kiʔsuk kyukyit hu sukiʔq̓ukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

## Upcoming

**January 15- Pyjama Day**

**January 16- Non-Instructional Friday**

**January 20- Winter Activity Day**

**January 27- Semester 2 Begins**

# Parkland Information

## Get In Touch

1115 2nd Ave S Cranbrook, V1C 2B4

Phone: (250) 426 - 3327

Fax: (250) 426 - 6334

Email: [pms.mailing@sd5.bc.ca](mailto:pms.mailing@sd5.bc.ca)



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## Elders in Residence

Pheb Goulet  
Joan O'Neil  
Dorothy Ratch  
Mel Ratch  
Winnie Vitaliano



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## Indigenous Websites

### Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuk](#)

[Yaqan 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](#)





## **National Ribbon Skirt Day**

A day to recognize the significance of ribbon skirts as symbols of First Nations and Métis identity, resilience, and cultural connection.





NO EXPERIENCE NEEDED. JUST COME AS YOU ARE.

# TRANQUILITY TUESDAYS

3:30 PM - 4:30 PM

Learn simple tools to handle stress and anxiety,  
sleep better and feel more grounded.







# Dungeons & Dragons Group at foundry

## His Majesty the Worm TTRPG Campaign

Explore dark dungeons, uncover hidden treasures,  
and face magical creatures in His Majesty the Worm!  
Work together, solve challenges, and create your own  
fantasy adventure as a team



Every 2nd Wednesday  
3:30 PM - 5:30 PM







Ktunaxa Kinbasket  
Child & Family  
Service Society



**Paq'mi Nuq'yuk**  
Aboriginal Early Years Services



**Kitak'tikin**  
YAGAN NUP'ET INDIGENOUS FAMILY GROUP

# Winter Wellness



SUPPORTING EMOTIONAL WELLNESS AND  
CONNECTION WITH EARLY YEARS

Join us to start the new year for a gathering with our Mental Wellness team. We'll focus on care, connection, and emotional wellness during the winter season for parents, caregivers and little ones. This is a calm, welcoming space to slow down, connect, and care for one another.

**Chief Joseph Center**  
**1007 Baker St Cranbrook**  
**January 9<sup>th</sup>, 2026**  
**10:30am – 12:30pm**

Snacks and connection provided

[earlyyears@ktunaxa.org](mailto:earlyyears@ktunaxa.org)

250-489-4563





Ktunaxa Kinbasket  
Child & Family  
Service Society



# INDIGENOUS ARQ CLIMB AND PARENT CONNECTION

**Mondays | 4:00 - 5:30 PM**

January 12<sup>th</sup> - March 9<sup>th</sup>

**Arq Mountain Center**

1924 Industrial Road 2, Cranbrook, BC

**For Ages 5+**

Parents, Guardians & Caretakers Welcome!

**SNACKS PROVIDED**

**Registration:**

Starts - January 5/26

Ends - January 23/26

**To Register:**

Call or Text: 250-464-9176





# The Benefits of Journaling

Journaling offers significant mental, emotional, and even physical benefits, including reducing stress/anxiety, improving self-awareness, boosting problem-solving, enhancing memory, and helping achieve goals by providing an outlet for organizing thoughts, processing emotions, gaining perspective, and tracking progress. It's a versatile tool for self-care, fostering creativity, improving cognitive function, and promoting a calmer physiological state.

1. At the start, try not to bite off more than you can chew. Try setting a timer for just 1 or 2 minutes for your journaling session.
2. Start with whatever method is easiest to incorporate into your routine, says Romanoff, like writing in a blank doc on your laptop, using a note-taking app on your phone, or putting pen to paper.
3. Try journaling at the same time every day. You may want to write down your thoughts when you wake up or process the day before bedtime. You can also anchor your journaling to other well-established habits to increase your likelihood of sticking with it.
4. To sharpen your self-awareness, jot down your feelings around a specific situation daily. You might write: This is what happened today. I'm experiencing these feelings about it. I'm thinking these thoughts.
5. Prompts are a powerful way to get to know yourself better. They're also great when you aren't sure what to journal about. <https://www.healthline.com/health/benefits-of-journaling#simple-tools>

YouTube: **TopThink- 10 Amazing Benefits of Journaling**

<https://www.youtube.com/watch?v=fvKHjA-Rm5Y>

11 min



# Journal Prompts

How are you feeling today?

What are you grateful for?

What would make today a good day?

What would you like to accomplish today?

What would you like to make more time for?



# What Is Self Care?

Simply looking after yourself – putting time and effort into choosing to do activities that make you feel good and promote happiness and wellbeing.

## Self-Care Challenge January

set goals and  
intentions for  
the year

write down 5  
things you're  
greatful for

enjoy a home  
spa evening

listen to an  
online TED  
talk

do a home  
workout  
session

organise your  
closets and  
clothes

cook your  
favourite  
dinner

create 3  
powerful  
affirmations

get some  
me time!

drink water in  
place of soda

take an  
outdoor walk  
3-4 times a  
week

read a  
motivational  
book

journal your  
daily thoughts  
each evening

create a  
healthy  
bedtime  
routine

be sure to get  
your 5-a-day

buy yourself  
flowers

try a daily 5  
minute  
meditation

eat a healthy  
breakfast

go on a  
winter picnic  
or beach day

give  
something  
back to nature

declutter an  
area of your  
home

dance to your  
favourite  
music - 10  
mins a day

random act of  
kindness

freshen your  
space

Wellbeing - Daisies & Pie

<https://daisiesandpie.co.uk/have-a-feel-good-january/>





## BE LIKE A CROW

- collect shiny things
- hop happily down the street for no apparent reason
- scream loudly when you see your friends

~ unknown