

## SD 69 First Nations Education Services



## June 2015

### GETTING THEM UP IN THEMORNING!

Ha! Yup. Tried everything I bet...to get your teenager up in the morning!

We are promising you NO easy answers, but we're hoping to share some tips and strategies.

In most Coastal cultures, every morning after awakening with the day, people would head to the water to bathe. In streams, rivers, lakes or oceans...peoples' spirits were woken up by cold water. Today...many of us groggily turn off alarm clocks or cell phones. Teenagers in particular, seem to have this amazing ability to not even hear them ring.

Rosie's grandpa told her, "Choosing to let your children stay in bed is like choosing to deny their dreams. Getting up and getting to school will help them achieve their dreams."

So...what can we do? It's important for youth to get up in the morning. Unfortunately it also means they need to go to bed at an earlier time than they like to. Gaming screens, e-books, televisions...all work with our brainwaves and keep us out of bed even when we're very very tired. Convincing teens to go to bed earlier is near impossible because teens are more inclined to believe their friends...and not research.

Though...research also shows that teens need more sleep than adults. 8 to 9 hours a day are required for their growing bodies.

Our first piece of free advice is: Don't take it personally. Don't engage in arguments with them. Don't assume they are doing it to make you mad.

So...how can we get them up?

Well...there are some real strategies. ... check Page 2



This is an old fish weight...used to hold down the bottom side of a fish net as it floated in the water. Or a duck net as it was laid on the beach at low tide.

The groove allows it to be lashed onto something.



## DID YOU KNOW?

### Grade 5/6 Active Living Card:

Each fall, Grade 5 students will be eligible to receive a Grade 5 Active Living Card that provides free admissions to public swim and skate sessions at Ravensong Aquatic Centre and Oceanside Place Arena from Sep 1 to Aug 31.

Grade 6 students will receive a 10 visit admission to these facilities for the same time

period. For more information pick up a form at Ravensong Aquatic Centre or online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation). Bring the completed form to either recreation offices along with a birth certificate or passport. Child must be present for photo. Photo ID card will be issued.

*Macy Gervais' project...Arrowview Elementary*

### SNAW NAW AS

In Hul'qami'num the word Si'new means *inside*. Inside a box. Inside a womb.

The old village site in Nanoose Bay was at one time...into the bay...just to the inside of 'the notch' on the opposite side of where the reserve is now.

The word Snaw Naw As comes from si'new: from being inside the bay.



## STRATEGIES FOR WAKING UP TEENS:

Number one, as caregivers...we can't give up. Most parents say, "I can't get them up" or "they just won't listen," or "I've tried everything". What they really mean is, "I feel helpless, useless, and I don't know what to do."

While graduation rates of Aboriginal students continues to grow...many caregivers did not grow up in an era of successful high school completion. That means...we may have no blueprints for successfully parenting graduates. **Don't give up!**

Sometimes splashing a person's face with cold water has been used as a traditional tool. It is not meant as a punishment, but rather seen as waking up a 'lazy spirit'. A spritz of cold water in the face shocks the system and wakes up the owner of that sleepy spirit. It is used at Tsow Tun Lelum Treatment Centre as a 'last resort'. Generally they say the client only needs to feel it once. And it is important to be clear about the rules by saying, "I will call you twice and the third time we bring the water." This is a clear rule. Clear boundary. Clear outcome. It is also vital to NOT spray someone when you are angry. To NOT spray someone when you feel punitive. To NOT spray someone to hurt them.

Other strategies:

- Get a very loud alarm clock (or two) and put them across the room from the bed.
- Some parents report singing their children awake
- Text them
- Open their bedroom door and fry bacon
- Send in the dog



*Kaydence Grant's project: Arroview Elementary!*

## HULQAMINUM CHALLENGE: SPAPTITUL

9 children from Bowser Elementary, Springwood Elementary and Nanoose Bay Elementary participated in a Hul'qami'num Language Challenge hosted by SD 68 (Nanaimo-Ladysmith). The children who participated were in grades 1-4...with the exception of Sean who came along to help the adults. Joining other children from schools at Chemainus First Nation and SD 79 in Duncan, the children were put into three groups where elders quizzed them on colours, numbers, and animals. They also sang a song in Hul'qami'num to the entire auditorium with no adult help.

The results: They came in Second!

Congratulations to Leroy, Maya, Kayleigh, Reid, Emily, Elizabeth, Savannah, and Sean!



### DID YOU KNOW?

- ERRINGTON ELEMENTARY IS JUST FINISHING OFF A PROJECT, WHERE SIGNS WILL BE POSTED ALONG THEIR TRAIL THAT DESCRIBE PLANTS IN ENGLISH AND IN HUL'QAMI'NUM.
- WE ARE CURRENTLY WORKING WITH THE DEEP BAY MARINE CENTRE TO INCLUDE NAMES OF INDIENOUS ANIMALS IN HU'LQAMI'NUM, PENTLATCH, AND TLA'AMIN LANGUAGES.
- WE ARE ALSO PARTNERING WITH THE REGIONAL DISTRICT OF NANIMO TO HAVE INDIENOUS PLACE NAMES ATTACHED TO A WEBSITE DESCRIBING LOCAL WATERSHEDS. KOMOK'S, PENTLATCH, TLA'AMIN AND HUL'QAM'NUM LANGUAGES ARE ALL BEING SHOW-CASED!

Interested in  
Indigenous languages?  
Check out  
[www.firstvoices.com!](http://www.firstvoices.com!)

### Four Full Moons:

**June 2** : The berries sprout. At one time this was also known as an eulachon moon. Wild strawberries begin to have colour. Salmon berries ripen.

**July 1**: the moon of joy...a joyful moon...the time of ripening.

**July 31**: hot time!...the time of land harvesting. The rains begin again. Cod fishing is at its' height.

**August 29**: the rut of elk. The moon of cockles...and a time of mosquitoes. Spring salmon return to the earth. Deer and grouse are can be eaten once again.

## SUMMER 2015

- 39th Annual BC Elder's gathering, Sidney, BC July 7-9th, Tsaout First Nation
- Canoe Paddle to Powell River: landing on July 17th
- Canoe Paddle to Ahousaht: landing July 27th
- Walking with our Sisters: A Memorial Installation for the Missing and Murdered Indigenous Women of North America will be in the Comox Valley from July 31-Aug 15, 2015.
- Yellow Wolf Inter-tribal Pow Wow, Saanich August 2-4
- Island Cuzzins Pow wow, August 7-9th, Duncan, Siem Lelum fields



**Grade One Children at Bowser Elementary listening to story from Jessie Demerse**



Daytime PASS besties Natasha and Cassie!



PASS Field Trip to Pacheena Bay, May 2015