



November 2015

## SD 69 First Nations Education Services Newsletter

### Attachment...what is it?

Attachment is the connection between a caregiver and a child...that is so vital for their ability to be emotionally healthy adults. It is more than just bonding...it allows a child to feel safe, secure and protected and thus better able to handle situations that are not easy for them. Attachment is when a child sees their caregiver as safe...and as a place they can explore the world from. It is largely a non-verbal act and has tremendous benefits for children as they grow.

Historically, secure attachment in the Aboriginal community has been interrupted by residential schools, the 60s scoop and other aspects of our social history. What's great though, is that our family systems often allow for multiple attachments.

So there are four main types of attachment, three of which I will speak to here. (don't over analyze them I think :) You can find lots of on-line resources about attachment.

**Avoidant:** children (even as babies) often avoid the adult. Children will often go as easily to a stranger as to their own caregiver. The child can often appear to be independent or as though they are ignoring the people around them. This is often because of abusive or neglectful caregivers.

**Resistant / ambivalent:** children (even as babies) will often show anger towards their caregivers. Sometimes they waffle between being close and being angry with the caregiver. They often become very stressed when their caregiver leaves. This is mostly happening when the child cannot depend on their caregiver when they are in need. Is fairly rare. And often the result of depressed or stoned parents. (google 'still face experiment'...there's a cool video on-line that demonstrates this very well).

**Secure:** infants or children like to be near their adults—a smile or wave from across the room are often all they need. Children will seek comfort from caregiver. They trust their caregiver. If the caregiver leaves the child trusts they will return.

(continued on p.3)



This is an old maul....used as a hammer. It was 'pecked' out of basalt over years...and used for hundreds of years after it was made. They are generally between 6-8" high...and about 2" across at the base.

If you find artefacts , the Qualicum Beach museum has a list of protocols that should be followed. Or you can look on this website:  
[https://www.for.gov.bc.ca/archaeology/reporting\\_archaeological\\_artifact\\_finds/procedures\\_for\\_reporting\\_finds.htm](https://www.for.gov.bc.ca/archaeology/reporting_archaeological_artifact_finds/procedures_for_reporting_finds.htm)

## HULQAMINUM LANGUAGE STARTS!



*Props for teaching about animals. (If anyone has a crow stuffy...Coleen would be very grateful if they could donate it to the program)*

Coleen Manson starts this week, teaching Hul'qami'num language at both Nanoose Bay Elementary and Bowser Elementary.

This is the first year for the language to be formally taught in the schools at SD 69 and it's pretty exciting! All students will participate, at most grade levels.

Hul'qami'num is one of the Salish languages traditionally spoken in SD 69 and is part of a strong language revitalization process. Coleen has been taking courses in language teaching for the past several years and is

excited to be putting her training to use. She is sticking with how she knows the words to be spoken and time goes by will adjust to local 'isms'. Coleen says, "The kids so far are LOVING it...and are picking it up really fast. She told me "yesterday, before I had even started , I had four kids come up to me and want to know the numbers and we haven't even done numbers yet!"

She said: Our program wish is finally coming to life.,,to hear the language our ancestors being spoken in our schools.



Liaison Workers upgrading their first aid this past October.

**Nov 25, 2015**

### **The Cold Moon**

This moon brings the cold weather. It is often referred to as the long moon...and the moon that shakes the leaves.

The fish start to rot and the rivers smell a little funky. People traditionally started to relax into the winter...getting ready to weave , carve tools and celebrate the bounty of the year. Winter ceremonies and celebrations begin.

A securely attached child has fewer trust issues; higher self esteem; more coping strategies; less anxiety and finds life easier to manoeuver.

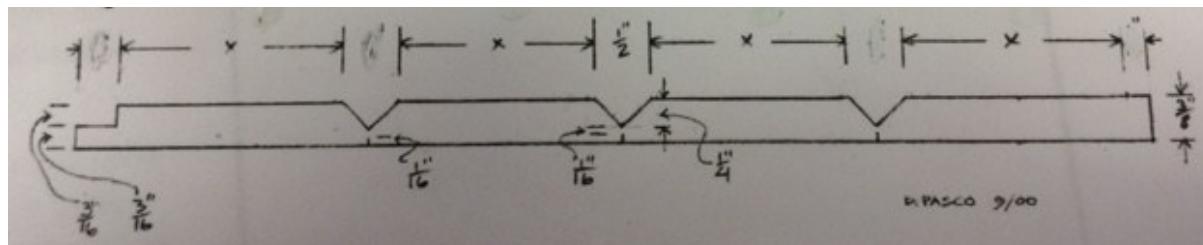
While there is no perfect way to attach, we have some suggestions :

1. Cradle left. Anxious and depressed mothers cradle left. (this study was only done on right handed people). Caregivers who cradle left speak in a softer more soothing voice.
2. Experience both positive and negative experiences with your child. Stay with them when they are having a difficult time...in the same way you can stay with them when they are celebrating. You don't have to agree. But stay present.
3. Caregivers need to find healthy ways to manage stress. Try yoga. Or dancing around your kitchen. There are many self-help ideas on the internet. The less stressed and more present a parent is...the better the long term outcomes for children are.
4. Take time to be authentically present with your child. Create art together or do crafts. Go for a walk together. Have a conversation that requires you to actually listen to their ideas or feelings about a situation.

### **Math Quiz.**

Bring your correct answer to the Winter Celebration dinner on Dec 3rd...enter it in a draw for a prize!

I have a board that is  $42 \frac{1}{16}$ " long. I want to make a bentwood box using a simple V kerf (pictured above). My board is  $\frac{3}{8}$ " thick. Tell me the missing measurements above.



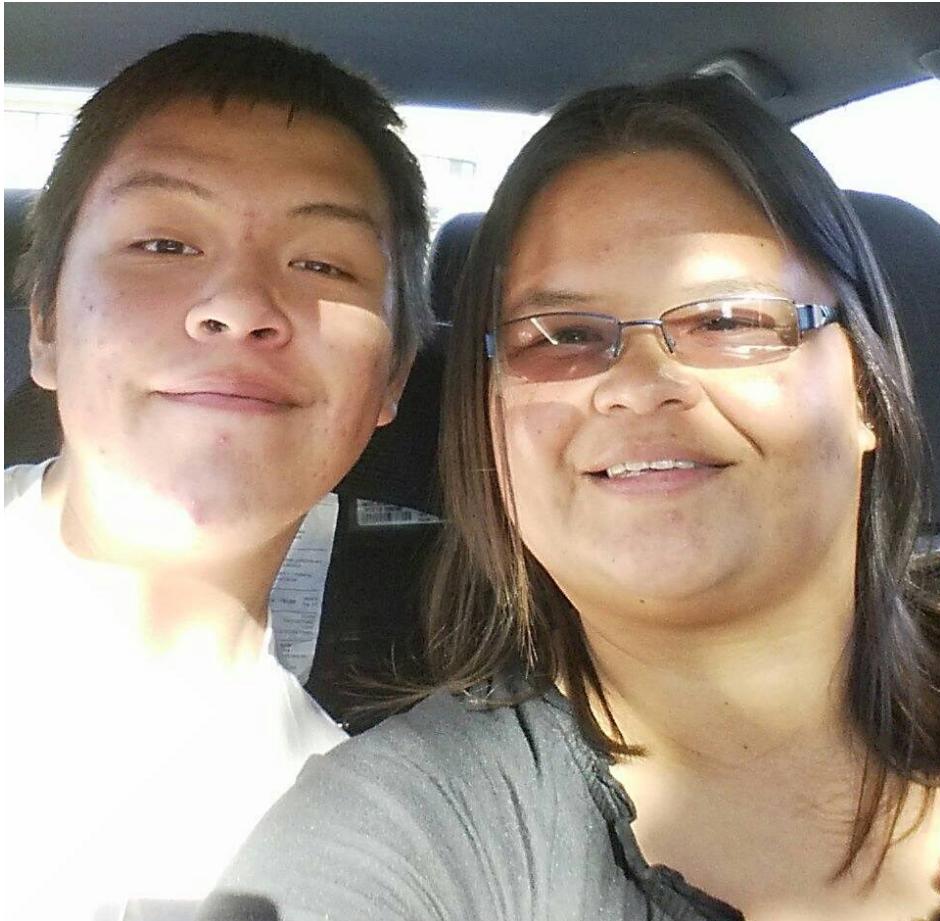
## **Past Student: Amanda Bob!**

Amanda Bob is from Nanoose First Nation (Snaw Naw As) and graduated from Parksville Alternative Secondary School in 2004.

When she was attending classes she was a single mother. "My son was tiny and in diapers" Amanda said. He was what kept her going. "He was the reason I needed to get off welfare" she said. And she did that and more!

Amanda began classes at VIU after completing PASS. There she received a Child and Youth Care Diploma and an Early Childhood Education Certificate.

Today, Amanda works at Uy' squalwan Day Care in Nanoose as an Early Childhood Educator. She lives on the reserve there with her partner Lee and their new baby Cadence...and Jamie (pictured below with her) who motivated his mom to be a better person.

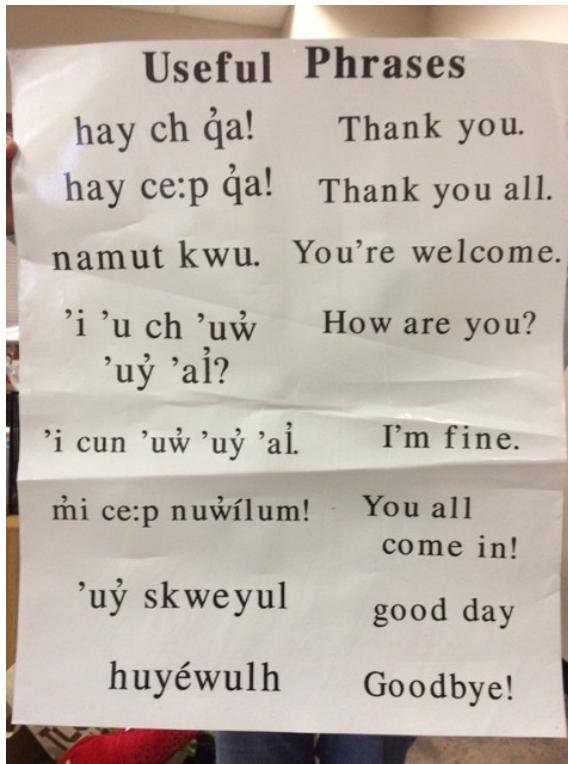


Dallas Phillips demonstrating her fried bread recipe with Linda Er-mineskin.



## Random Notes:

- Bowser Elementary is currently in the process of creating an outdoor learning space that reflects a traditional long-house style.
- There's a First Nations Artisan's Faire at Qualicum First Nation Band Hall on November 28 9-4; November 29 10-3
- The SD 69 Winter Celebration is Dec. 3, 2015 at the PCTC; doors open at 5:00.



Grade 1-2 class from OES at the Pumpkin Patch!



Hul'qami'num Words for this month!

nucu': 1

yuselu: 2

lhixw: 3

xu'athun: 4

lhq'ecus: 5

txum: 6

tha'kwus: 7

te'cus: 8

too:xw: 9

'apun: 10