



## And...it's 2016!

### THE BENEFITS OF DAYDREAMING!

I was thinking about all of the anti-cell phone anti-tablet...dangers of over screening to children's brain development. It all seemed pretty negative. So I went in search of alternatives. And then I was driving down the road listening to CBC radio...listening to woman speak about how important it is to day dream. And busy kids never get the chance to do that. And kids always on screens never get to do that. I wish I could remember the name of the show...but the number one thing I remember was her saying that boredom is the cornerstone to creativity. That without boredom...people will never be inventive. I loved that.

Heart and mine online ([heartandmind.org](http://heartandmind.org)) is one of my favorite websites...so I did a search there and of course found a whole article on daydreaming! They suggest that we give opportunities for children to do this in a number of ways:

1. Shut down the screens . Maybe for an hour. Maybe for a day. Or a week-end. Create the space for idle time.
2. Don't over-schedule.
3. Don't interrupt those moments when kids are looking out the window wondering.

Heart and mind says that daydreaming can help improve memory, improve moral reasoning and improve empathy. (The improving empathy bit I think is important because of the new studies showing that the amount of screen time children have today is drastically reducing their ability to empathize)

### GO OUTSIDE

I hear our elders say that all the time: "If you're mad: go walk outside." "If you're sad: go walk by the water." One time I went into a sauna and the salesman said...it has a 'bla bla bla' that puts ions into the air and it mimics going outside. I thought to myself...really? If they are using 'artificial outside' as a marketing tool...doesn't it make sense...to simply go outside?

Go outside. Researchers have in fact proven now the benefits to going outside for stress reduction and as a memory aid.

Modern scientist have finally caught up to our elders!



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• THIS IS THE "LOTS OF PICTURES" ISSUE...CHECK OUT PHOTOS FROM THE WINTER CELEBRATION, INSIDE!

## WELCOME BACK LUNCH AT PASS/WOODWINDS



Kylee Miller Serving salmon.



PASS/Woodwinds First Nation's program hosted a welcome back feast the first week students were back in school. Linda Ermine-skin with Elder Shirley Bob from Nanoose worked with students to help prepare a meal of salmon, clam chowder, elk stew and berries! PEP student Jaylin George performed accompanied by his dad Lawrence Mitchell.

Indigenous place names in SD 69 aren't widely known. Although some of the place names we use every day have roots in Indigenous languages. Others have nothing to do with the language.

Ajimuuxw; Uy Ajimuuxw, Tlup and Yaxw uni sa are known today as Deep Bay.

Ch'namen morphed from that to Yellow Rock to Chrome Island.

Yikwat is called today Cook Creek.

And all are in the shadow of Kwe'anum. What in English is called Mt. Schofield.



*Liaison Worker Roz Shafi was trying out some new Indigenous Math games. Here the students at Errington are playing tic tac toe.*

## JANUARY 23

### MOON OF THE LITTLE CHILD

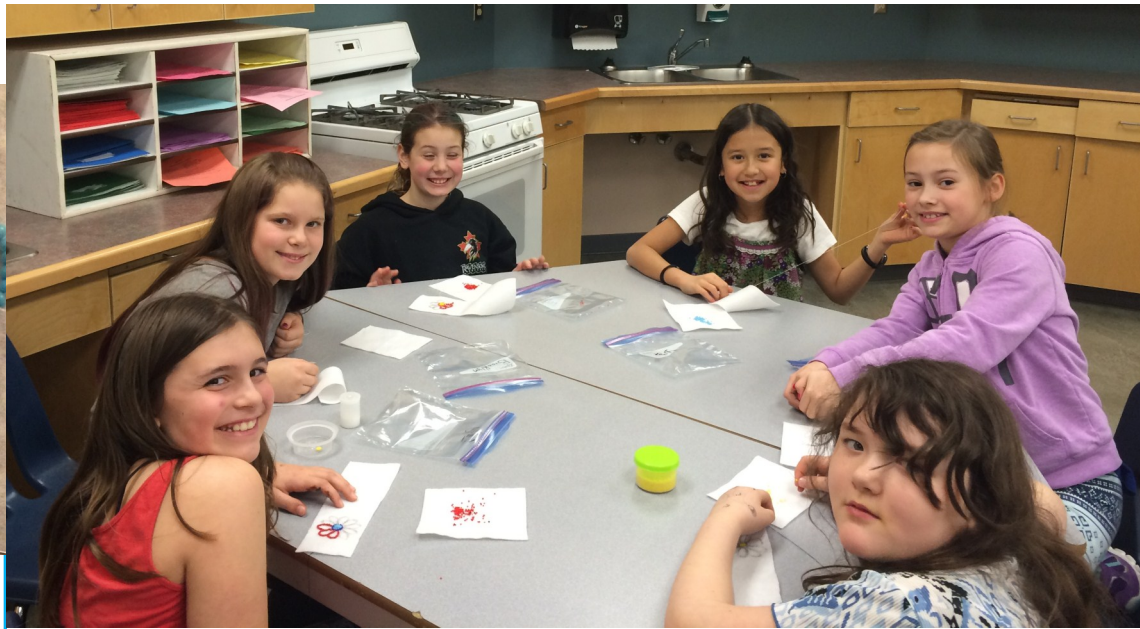
This moon is also known as the Child Moon and the Eagle Moon. It is often seen as a 'short' moon. It's a time for hunting grouse...Eagles lay their eggs. Does are pregnant. Most years it signals the people to begin preparation for the herring spawn. But every few years there is an extra full moon. So...most years have 12 moons...and some have 13. 2016 has 13 moons. The moon following this one translates to mean "The second box of food is used". It is a longer winter. People can be prepared for this.

And...Lawrence also went into Nanoose Bay Elementary where he and Jaylin shared songs and dances in Kyrrah's class.

If you are a parent, grandparent or caregiver of a child in SD 69, and are interested in serving on the School District's First Nations' Advisory Committee...please contact:

Rosie McLeod-Shannon at  
250-954-3041





Metis Beadwork Project at Springwood Elementary

## LANGUAGES

There were 6 languages originally spoken in SD 69...woven in and around each other there are words that are totally different and words that are the same in all languages.

- Swalh:ullh
- Tla'amin
- She Shashishalhem
- Snunaymuxw
- Puntlatch
- Hul'qami'num

Today, Pentlatch and Snunaymuxw languages are sleeping although work is being done to wake up words in both of those languages.

## Artifact

The fish weight shown here is currently housed at the Smithsonian but was taken from the Comox area. The weight holds nets or boughs. If it held a net...wooden floats were attached to the opposite end to allow the net to float open in the water. If it held hemlock or cedar boughs, the wood would float on its own.



## PEWI

The word for Halibut is the same in

Salish

Kwakwaka'wakw  
and

Nuu chah nulth  
languages.





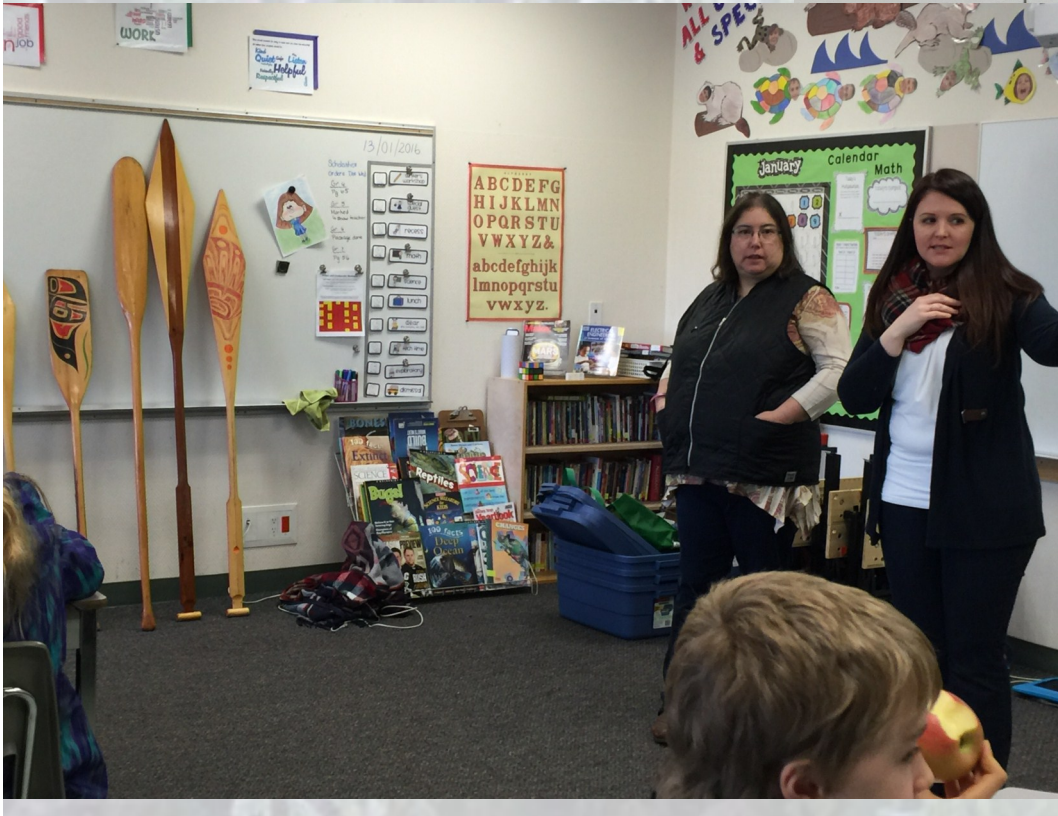
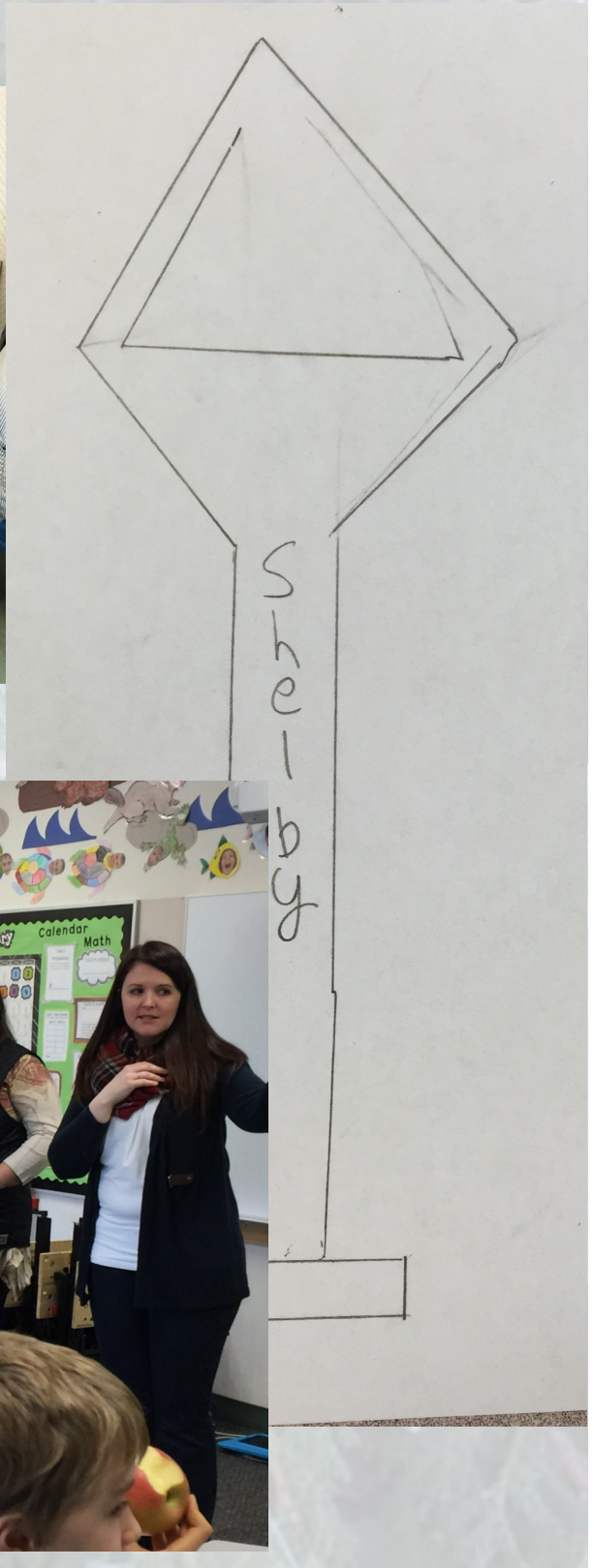
# winter celebration 2015



# STREAM PROGRAM AT AES LOOKS AT THE PHYSICS OF PADDLES



Cedar boards donated by Aquila Cedar



# Saturday BREAKFAST CLUB with Mother Goose

Can't make it to our  
weekday programs?

Join us **Saturdays**  
**for songs, stories and**  
**breakfast!**

**9:30 to 11:30 am**

(for pre-school children aged 0-6 and their caregivers)



## LOCATION

Munchkinland  
Family Place  
495 Bay Ave., Parksville

## DATES

JAN 30  
FEB 6, 13, 20, 27  
MAR 5

**FREE!**

**PLEASE REGISTER!**

By phone,  
email or online.

250-947-8252  
admin@oblt.ca  
www.oblt.ca/bc



Child and Youth Mental Health presents:

# Understanding Your Child's Anxiety

A two part information session to help you deal with your son or daughter's anxiety:

- Learn information about childhood and adolescent anxiety
- Learn strategies to help your son or daughter cope in stressful situations

Date: Thursday nights  
Feb. 25 & March 10  
Time: 6:30 – 8:00 pm  
Where: Family Place  
494 Bay Ave,  
Parksville, BC

