

# FN NEWSLETTER

SD 69 First Nations Services Newsletter

Feb 2016

## What is an empty threat?

For the most part, an empty threat is a blustering consequence you have no intention to ever carry out...but you use it in an attempt to stop a child from doing something...or to try and get them to do something they're not. Things like: "I will ground you for a month!" Or "You're going to have to pay for that". Seriously, we're not likely ever going to ground our child for a whole month. And where are they going to get the money to pay for things? That's what makes them empty threats. You have no real intention of carrying them out.

## The consequences?

Children learn pretty quickly to not take you at your word. They will keep doing things as they wish what their parents say is not respectable. So, behavior never changes and parents just get more and more frustrated. And perhaps they yell more. Or they make more empty threats. Generally no one is happy.

## Strategies to fix the pattern

1. Plan ahead. Don't ever threaten by saying "Santa won't bring you a present", unless you're seriously okay carrying the threat out and nixing Christmas gifts this year. Make sure you have a consequence that you intend to carry out. Like...'you'll have to go to your room' perhaps. Or 'no internet for a week.' those possibilities are fairly easy to carry out. However...be careful...make sure it is something you can carry through with.
2. Make sure you don't punish yourself too. Like say..."we won't be going to the beach today!" when you really want to go to the beach. Or you have no babysitter lined up to leave the child with.
3. Be strong. If you make the threat...carry it out. Pack up the kids and leave the store if you have to ...even if it means going home without what you went for. The long term benefits will outweigh the moment of annoyance.
4. Don't threaten violence. It is not good for both child and parent. Talk with your child and reason with them. If they are not ready to cooperate then give them time out until they are ready to talk.

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*"Is it feeling like there are SO many Pro-D days this year? It's because there are. The new BC curriculum means that teachers have to take time to learn the new ropes.*

*What is great is that Aboriginal content is in every grade now in most subject areas!*

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Wisdom from our children:

"I think I was made to be outside in the woods cuz I very love it"

-Grade one student

"It was the mean people. They're the ones that tortured the earth"

-Kindergarten student

Photo Caption



## Traditional Fir Bark Harvest

Students from PASS/Woodwinds went out to Qualicum Bay at the beginning of February to harvest bark from old growth fir.

This practice was more common 50 years ago than today...but is an environmentally friendly way of harvesting fire wood. A piece of bark is removed from the tree in such a way that does not kill the tree. Fir bark will burn long and hot. It can keep a house warm over night.

The students delivered the fir to an elder when they were done...for her to use during next winter's cold spells

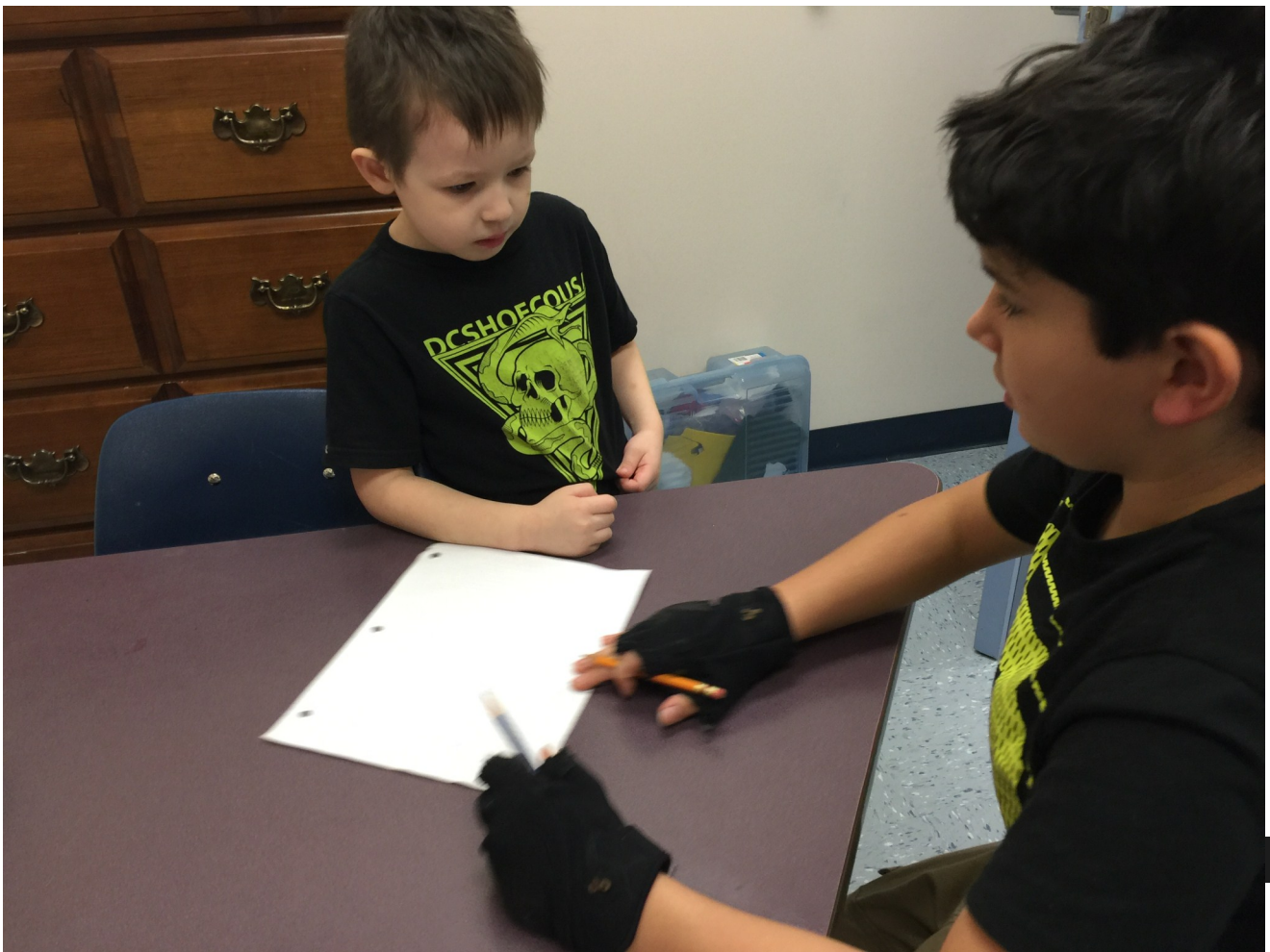
On the right is a Culturally Modified Fir Tree. The bark was harvested off of it over 150 years ago. Generally a tree is considered culturally modified, if it was modified before 1846...according to the Heritage Conservation Act.



## Green Screen and Hul'qami'num

Bowser Elementary had some fun this winter...experimenting with "Green Screen" technology! Students from Kindergarten to grade 4 counted to 10 in Hul'qami'num using puppets in front of a green screen. Once completed, the green was 'removed' from the background and pictures of sky or forest were placed in its stead. The result: amazing puppets counting to 10 in the forest...or flying in the sky! Big thanks to Maureen LaFleche (the district tech teacher) for coming out to help!



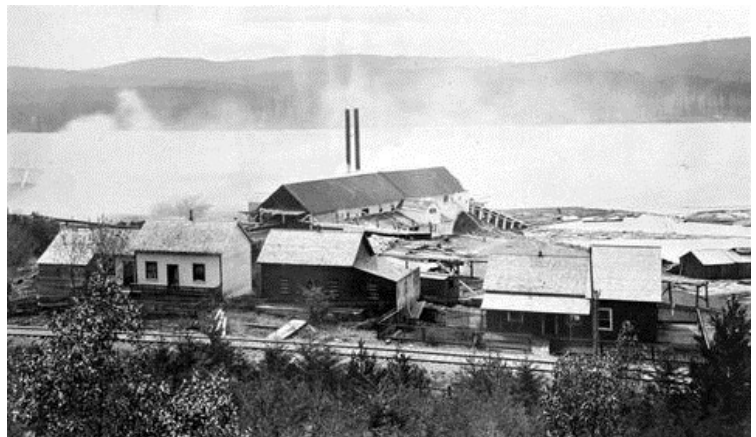


**This picture was sent to us from Errington Elementary with the following comment:**

This is Ashton teaching Lucas letters. He did such a good job. He said to Lucas do you know how to hold a pencil? Let's start with the letter a. Then he dotted out an a for Lucas to trace.

It was such a touching example of how kind our people are...and continue to be.

tselkwosem is today called Northwest Bay.  
tselkwosem translates into English to mean: facing the island.  
The photo below is from 1911...from the archives...showing the saw mill that at one time took over the bay.



# Bowser Elementary Project

Bowser Elementary is currently embarking on the first phase of their Outdoor Learning Space. The project will encompass a fire pit, a native plants garden and a shelter designed after a traditional longhouse. The project is happening over two years and grant applications are out everywhere. The first phase of the project is the native plants garden. Ideas for fundraising are always welcome. In addition...the school is looking for donations of:

- Logs (some big some small)
- Cement
- Gardening equipment such as wheel barrows, shovels, rakes, hoes (some on a long term loan...others permanent)

## Yesalu'qinum

The next full moon is on Feb 22nd. This calendar year brings us 13 moons. And the extra moon translates into "the second box of food is used" meaning the winter carries on a little longer. It is time now to be preparing for herring. The roe harvest is a big joy along the coast of Vancouver Island...carried out by all three nations.



## Contact Us

We are always looking for new members for the First Nations Education Advisory Committee. It is a volunteer position for family members of students in SD 69. If you are interested please contact Rosie Mcleod-Shannon at : 250-954-3041

Or email at

[rmcleods@sd69.bc.ca](mailto:rmcleods@sd69.bc.ca)

### Looking for More help!

We're embarking on a project where we are taking historical pictures of places in SD 69...then comparing them with how they looked as they began being industrialized. And then how they look today. We're looking hard but would love to know of anyone open to sharing pictures of landscapes in the district that we could use for the project. If you are able to help...please call Carrie at 250-954-3045 or email [creid@sd69.bc.ca](mailto:creid@sd69.bc.ca).

In addition we are actively seeking pictures of the 'old' Bowser school. (The second and the third schools actually.)