



Weaving Tradition with Technology



KiHS T3

Newsletter 2019~2020

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This background photo was taken by Chasity Blucoat, KiHS student.

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Message from KiHS Principal

Angela Batsford-Mermans, KiHS Principal



Booshoo! Wachiya!

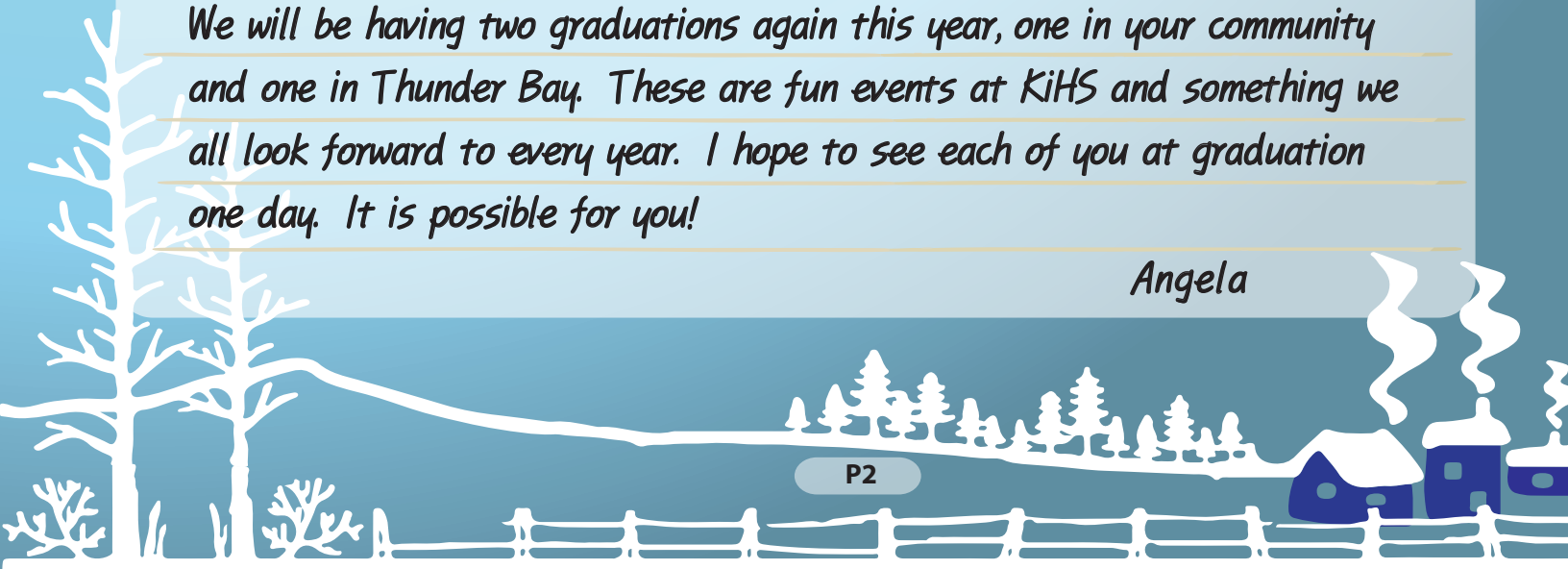
We have just finished term 3 and have had another successful term.

There has been so many exciting things happening at KiHS and in each community. One of the exciting things that we are preparing for next year is a Food and Nutrition course. Who doesn't love food?! Keep an eye out for supplies coming to your classroom to get ready for this fun course. We also have a few more surprises coming to your classroom too. Keep reading the newsletter to find out more! Also, we have a Facebook page (<https://www.facebook.com/keewatinookihs/>) where you can keep updated on the events occurring at KiHS.

With 8 weeks left of school and Easter break in there, term 4 will go by quickly. That also means in just 8 weeks you could have 2 more credits. Regular attendance is one of the best ways to help you earn those credits.

We will be having two graduations again this year, one in your community and one in Thunder Bay. These are fun events at KiHS and something we all look forward to every year. I hope to see each of you at graduation one day. It is possible for you!

Angela





POEM

Cheryssa McKay, KiHS Student

Attending KiHS led me out of the wrong path I was heading down

But was this the only right school for me because I'm brown?

Being a First Nation person showed me how hard it can be to get better

But is it only making me bitterer?

Isn't it weird that KiHS rhymes with "show me out of this" ?

KiHS helped me decide my future

KiHS helped me understand my culture with clear meaning

KiHS literally "showed me out of this" in a way no one can understand.

- Cheryssa McKay -



KiHS staff PD in Thunder Bay

Becca Letkeman, Land-Based Learning Lead

During the second week of February KiHS staff headed to Thunder Bay for some professional development. Amidst informative sessions on Ontario's Youth Employment Program (OYEP) and Best Practices in First Nations Education (Tessa Fiddler, NAN), KiHS staff took every opportunity to get to know each other and goof off a bit. This included a make-your-own-helmet competition, some delicious food (including a gorgeous chocolate birthday cake baked by Angela), informal karaoke, and painting. Linda Johnson led the group in painting their own sunset scene on canvas. Chris Koostachin brought two Caribou antlers in; one was stained with 'poor man's varnish' – instant coffee! The other was painted by KiHS staff as a collage. We also had a presentation on KiHS's new service model for language, land, and wellness, Maamow Ochinaakatwopimitiyaak. It was an awesome week of learning and laughter. Many thanks to Angela, Heather, and all other staff who made the week possible.





Native Language & Culture Update

Kathleen Koostachin, Language/Culture Lead

It is been a wonderful and busy year. The traveling I did with meeting new people and visiting the KIHS classrooms has been the best experiences, by far the best. With my travels, with some snowshoeing actions. I shall call my journeys, "Walk in my snowshoes." I learn something new with each community engagement visits. In Mattagami and Fort William, I learned about pictographs. It is amazing how I am able to see our ancestors had traveled through these lands. This has prompted me to learn more about pictographs.

01 | KIHS Staff Professional Development

The staff had an opportunity to stain a caribou antler using a natural product. Afterwards, some of the staff created their art designs onto the caribou antler. Beautifully done. JohnGeorge volunteered to lead a sewing group and to lend a hand to staff who wanted to learn to sew. Becca did a lesson with snowshoes and Linda gave an art lesson. Overall, we sometimes need to stand back and get reconnected. In the world we live in, we are busy with our lives, work, and other life responsibilities. To maintain balance, we as a team needed to reconnect and visit while we were learning. Miikwehc to Chris Koostachin for helping us with the caribou antler and with your shared knowledge about snowshoes.



02 | Moose Hide Teachings

Elder Rebecca gave her traditional knowledge teaching on how to deflesh and defur Moosehide. It is not as easy as it looks. These teachings are documented to be shared with whoever wants to learn. It is a process. The next step is to soak the hide overnight, and then stretch the hide. Afterwards, the hide is hung up onto the frame to do some scraping.





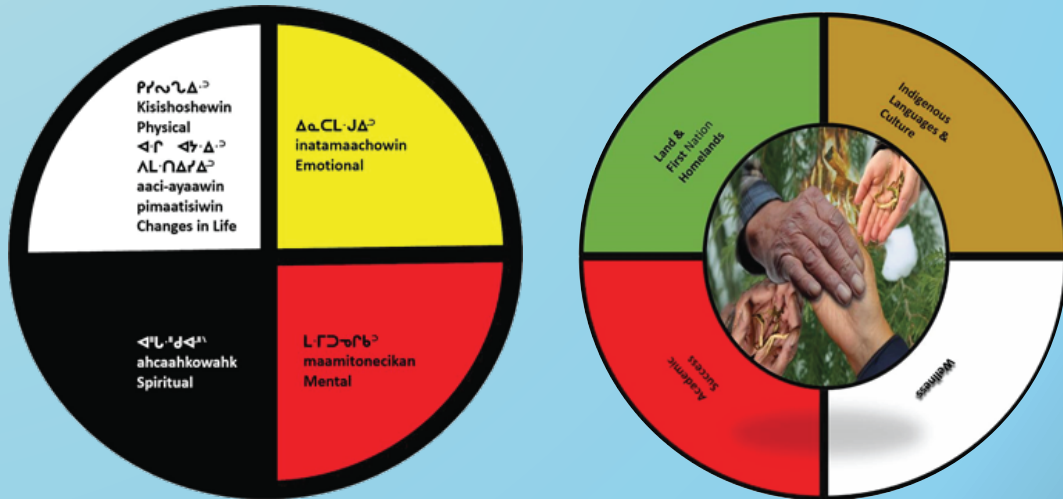
Native Language & Culture Update (Cont'd)

Kathleen Koostachin, Language/Culture Lead

03

KIHS Service model

Becca, Land Based Coordinator; Margarita, Wellness Worker; and I have been working on a KIHS Service model to bridge our programming together, called Maamow ochinaakatwo-pimitiyaak - Looking After One Another Together ᓄᓐᓄᓐ ᓄᓕᓐᓇᓕᓐᓄᓐᓄᓐ. It is about having the interconnectedness balance with the the 4 aspects of our lives: the Mind (mental), Physical (body), Spiritual (your inner self), and Emotional. It will be available to staff and students, pretty soon.



04

Poplar Hill and Mattagami travel.

I had an opportunity to learn and hear the language dialect's differences and similarities. I heard stories about maagoosak (little people). I had the opportunity to go on a medicine walk that gave me insights about traditional tobacco offerings, when you are harvesting from the land.



Fort Severn Classroom Events

Sangchul Yu / Jason Ho, Fort Severn Teacher-Mentors

During Term 3, we were kept busy with fun activities, meaningful moments, and exciting outdoor adventures. In the classroom, we shared many stories, laughs and food but we all buckled down and studied hard when necessary. As a result, many students, even adult students, earned two credits. It was another very successful term full of meaningful time spent as a class.

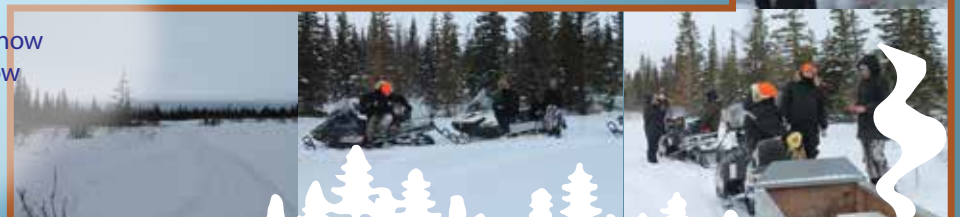
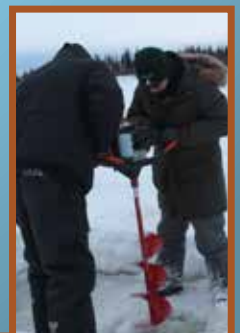
This was not like any other breakfast. It was amazing! On any special occasion like an exam or the first day of the term, John George had prepared this super breakfast in the morning with such care and love. Everybody, including the teachers, enjoyed a big breakfast. Notably, on Exam days, this helped students concentrate and focus. All members of the school appreciated this wonderful gesture. THANKS JOHN!



Principal Angela visited Fort Severn's classroom one day this term. She had a meeting with teachers and provided useful lessons to students. More importantly, she brought many homemade unique pizzas from Thunder Bay. It was so delicious that students and teachers at Fort Severn cleaned out these pizzas very quickly. THANK YOU, ANGELA

We,
standing on the white
with loved one.
The white was Endless
Finally, it was connected to white snow
Through the middle of white snow
We are running
as our ancestor living far north.

Levi Miles and Jason took some of the students and other potential students out for an afternoon of setting beaver traps and skidooing.





Fort Severn Classroom Events (Cont'd)

Sangchul Yu / Jason Ho, Fort Severn Teacher-Mentors



The Grade 9 students and Jason were testing the balloon rocket ship experiment for the science course.

We were all excellent scientists. We believe that our balloon rockets could have reached the Moon like Apollo 13 if somebody could connect the string to the Moon. There was much laughter, friendly challenges and excitement to see if their rocket was launching successfully. On top of this balloon rocket experiment, grade 9 students had lots of fun science experiments like growing plants. Many students, even teachers, had "wow!" moments throughout these experiments.



KiHS break times are a great opportunity for a walk around the community on a beautiful day!

Walking is a great way to improve or maintain overall health. However, the cold weather can make us hesitate to go outside instead of staying inside. However, here are our brave crews in Fort Severn. On a freezing yet sunny day, Jason and the grade 9 students went out for a walk around the community for 20 minutes. All our faces were tinted red, but everyone had a great time and not one person was frowning.



Sang hosts a math study group for the adult learners.

Many people think that math is a difficult course. Our adult learners were no different. However, all of the members of the study group have grown to enjoy the study group itself because we shared food and talked about daily life like family and friends. With the growing love for the group, math has also been perceived a little more positively. There were lots of laughing and teamwork. Every Saturday afternoon and Tuesday evening throughout the whole term, we have had a group study. As a result, all members could get two credits. The dedication and eagerness to learn and graduate in all of the members is the reason for this success.



Painting and Fishing in Sachigo

Mary Anne Barrett, Sachigo Teacher-Mentor

At the beginning of this term, as Kezia was waiting to hear back on her Senior PLAR Equivalency Application (which she ended up getting 7 credits from, WOO!!!), we worked on a splatter painting! By creating birch trees from painter's tape, and letting loose with different colours of tape, Kezia created a truly one of a kind piece that people have raved over when they saw it in our classroom. Great job Kezia!

Later in the term I was able to take my students out ice fishing on a frigidly cold day. As you can see in the picture, it was a lovely overcast day and we were able to enjoy the picturesque and untouched nature around us! Although some students got cold and wanted to wait in the truck, Jeremy toughed it out and caught a fish in the last half hour. It was a great opportunity for laughter and enjoying community members' company.





Climate Change Presentation in Webequie

Krystyna Villanueva-Gruszecka, Webequie Teacher-Mentor

Many KiHS students and PLAR students attended a Climate Change Adaptation presentation that was put on by Matawa Four Rivers on February 19. During this presentation, we learned about the many environmental changes that members of Webequie First Nation have seen over the years. Did you know that in Webequie, ants are getting bigger, there are more bees, and there have been stronger winds and even small twisters observed in the area? These are some of the many changes in the environment that we learned about at the presentation. We also learned about the importance of gathering local information in scientific studies and the value of the observations of hunters.



Webequie First Nation is holding a Wellness Conference and powwow from February 26 to March 2. KiHS students including many PLAR students will be attending workshops, teachings, and traditional events during and after school this week. On February 26 in the morning, KiHS students attended an Elder's teaching event in the school's gym followed by a women and girls' awareness workshop. Some of the events that students can look forward to this week include workshops on traditional teachings, gang affiliated life, and well-being and success. After school, students and everyone in the community are encouraged to attend sweats, drumming, and other fun activities! We are very lucky and thankful to have such amazing events to look forward to throughout the year here in Webequie First Nation.





Mid Winter Fair at Poplar Hill

Anita Locs, Poplar Hill Teacher-Mentor



Students Invited to Access Information about Education and Career Possibilities

Poplar Hill KIHS students were invited to a Mid Winter Fair this past Jan 30th, 2020. There were booths and representatives offering information and advice (and lots of nice SWAG – pens, knapsacks, binders...). These booths covered information on post-secondary programs, distance education, and family well-being; there was even an interactive table from Science North. Students from KIHS, while initially hesitant, gained curiosity about all the opportunities on display before them. They approached the helpful representatives at the various booths with growing interest, once they started envisioning their potential education and future careers. The world of future possibilities got a bit larger for KIHS students, thanks to the Mid Winter Fair!



Snowshoeing and Volleyball in Mattagami

Ian Vaithilingham, Mattagami Teacher-Mentor

Kathleen/Linda/Becca Visit

We were blessed to have had KiHS Land-Based Lead, Becca; Student Success Lead, Linda; and Language Lead, Kathleen join us for a few days in January to meet with students and community members. Their enthusiasm and energy helped bring life to the classroom at a time when many of us were struggling with the winter blues.



Mapping Traditional Ecological Knowledge Workshop

Mattagami Lands and Resources Coordinator Tim Harvey joined our classroom to lead a workshop on mapping traditional ecological knowledge. Tim discussed the importance of mapping in the protection of local cultural values, and demonstrated how to use a combination of GPS and Google Earth Pro to empower students to map sites of importance to them. Tim was joined by elder Leonard Naveau who brought fascinating photos of ancient pictographs found in our area, and by Councillor Devin Naveau who talked to students about joining our local Youth Council.



Medicine Walk and Cookout

Elder Leonard Naveau took students and teachers out onto the land for a medicine walk. He showed us how to harvest various traditional medicines from the land, and how to express gratitude with a tobacco offering. Leonard also taught us the Ojibwe words for many things we saw along our journey. After our walk, we celebrated by



Snowshoeing and Volleyball in Mattagami (Cont'd)

Ian Vaithilingham, Mattagami Teacher-Mentor



Grad Info Session

Our visit from Grad Coach Albee started on a great note, as he came bearing gifts of KFC for our graduation information session! Albee met with potential graduates, Max and Leiland, to answer questions they had about grad, and provided them with information and inspiration to help them get to the finish line.



Snowshoeing

We acquired a class set of beautiful traditional snowshoes that can be for land-based adventures for years to come. We were able to put them to good use when Becca took us out on the land for a walk on Mattagami Lake, and through our gorgeous old-growth stand of red and white pine.

Volleyball Night

Albee also helped host our first-ever KiHS Mattagami Volleyball Night! Turnout was better than expected, and we had enough students to form two full teams. Thanks for helping us stay healthy and balanced, Albee!





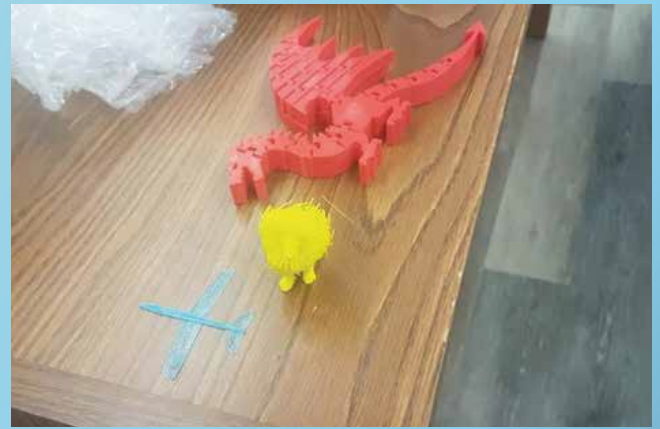
3D Printing in Mish

Tammy West, Mishkeegogamang Teacher-Mentor

Students in Mish were given a presentation about 3D Printing from James Stone of the Good Learning Anywhere (GLA) Literacy Council in the Sioux Lookout/Hudson area. We got to see the 3D printer in action as he designed a heart-infinity sign keychain for two lucky students to take with them. Students from the Confederation College classroom joined us in learning about this new technology. Thank you James!!



James demonstrating how the 3D printer worked.



The final products!

Tech. Info.



What is 3D Printing?

<https://3dprinting.com/>

3D printing or additive manufacturing is a process of making three dimensional solid objects from a digital file. The creation of a 3D printed object is achieved using additive processes. In an additive process an object is created by laying down successive layers of material until the object is created. Each of these layers can be seen as a thinly sliced horizontal cross-section of the eventual object.

3D printing is the opposite of subtractive manufacturing which is cutting out / hollowing out a piece of metal or plastic with for instance a milling machine. 3D printing enables you to produce complex shapes using less material than traditional manufacturing methods.

3D Modeling Software

There are many different 3D modeling software tools available. Industrial grade software can easily cost thousands a year per license, but there's also open source software you can get for free. We often recommend beginners to start with Tinkercad. Tinkercad is free and works in your browser, you don't have to install it on your computer. Tinkercad offers beginner lessons and has a built-in feature to get your 3D model printed via a 3D print service. Now that you have a 3D model, the next step is to prepare the file for your 3D printer. This is called slicing.



Activities with Choose Life in Weagamow

Raj Budhram, Weagamow Teacher-Mentor

The students in Weagamow participated in two days of outdoor activities in January. On January 20, the students went woodcutting to procure wood for the outdoor activity on January 21. Two staff members of Choose Life, Shawn Roundhead and Linda Kanate, demonstrated how to select the trees to cut, how to safely use a chainsaw to cut the trees, and how to determine in which direction the tree would fall. KIHS students then lifted the wood to the truck. It was laborious work but the students had fun working together.

On Jan 21, the students participated in a cookout. Shawn Roundhead demonstrated how to safely chop wood, how to make a fire, and how to cook a meal consisting of rice, moose meat, and potatoes, while Linda Kanate showed the students how to make fried bannock with raisins. While two students attended to the fire, the other students went snowshoeing. Jeremy Thomas was very good at snowshoeing so he was a great influence on the other students participating in the activity. Also, Linda Kanate was helpful in displaying her techniques in snowshoeing. The Education Director, Saul Williams, came for a visit and he had some bannock and tea. He also spoke to the students about the importance of connecting to the land. It was a fun day for the students as well as a learning experience. The moose meat and rice was absolutely delicious and the bannock was quite astounding. Moreover, it was fun trying to not fall while snowshoeing.

I want to take the opportunity to thank the assistant education director, Jayson Roundhead, for donating the moose meat for the activity.





Drum teaching in Deer Lake

Kathleen Koostachin, Language and Culture Lead

Kitchi miikwehc to Mona Meekis, KiHS mentor for inviting us to come to your community, Chief and Council and Deer Lake school for your support. Miikwehc to Cathy Rodger for her teachings and sharing her knowledge with us. We learned very important valuable teachings. KiHS students, Grades 7&8 students from the Elementary school, and community members had an opportunity to join us to learn about drum teachings and how to make drums. We also made drum sticks and designed our drums.

The teachings were about relationships with others, self, and land with the understanding that all things are related. Students also learnt about building understanding by observing and experiencing, and learning by practicing and applying their own cultural knowledge into their lives.

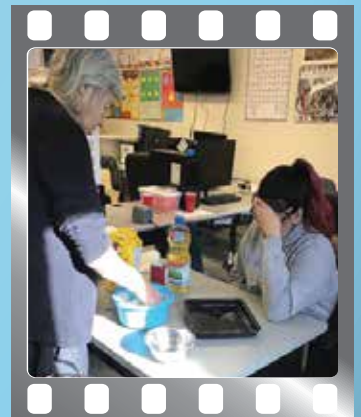
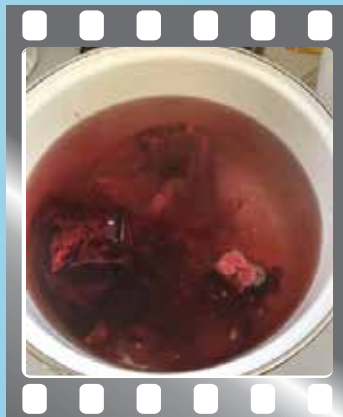
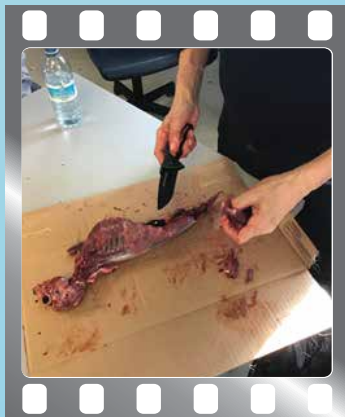
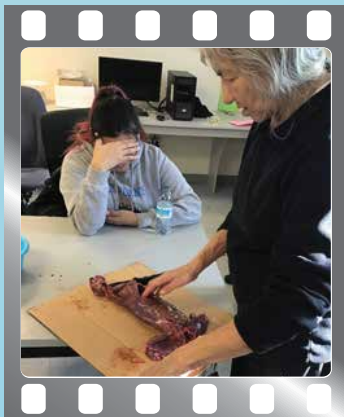




Rabbit Soup with Kalina Quill

Mona Meekis, Deer Lake Teacher-Mentor

Elder Kalina Quill came to the KiHS classroom in Deer Lake to show us how to skin a rabbit. She quickly skinned the rabbit and gutted it. She showed us what we should look out for to remove when gutting the rabbit. We enjoyed the rabbit soup and bannock she made.





Outdoor Activities in Bearskin

Thomas Choong, Bearskin Teacher-Mentor

While there have been plenty of adventures, there has been a lack of reporting of the news here in Bearskin Lake (compliments of yours truly). As such, I am pleased to FINALLY give an updated report on the different activities we have participated in here in Bearskin Lake.

First and foremost, I am proud of my students and what they have accomplished this year. As a returning guest to the community, it took some time for students to get to know me (or in some cases, get reacquainted). However, once things were flowing, we were full speed ahead.

I am quite proud of the amount of work produced by my students this year. They have worked diligently, and I hope that I have been able to support and push them in the way that we needed. In terms of extracurricular activities, I am pleased that my return to the community was accompanied by the resumption of my boxing program (which I had initially started in 2015 until I left in 2017). Returning to a familiar environment to continue running a program that I love has been a blessing.

In terms of the land connection, there's always so much to do and so little time. However, I am pleased that time has been made each term to connect to the land and enjoy being outdoors. In term 1, we went fishing, term 2 we went snaring for a few days with Choose Life, and this 3rd term we went snowshoeing one Friday afternoon. I am excited for the beginning of the 4th term as well, when we as a class have a planned carving of a donated caribou to our class. Bearskin KiHS: like a phoenix from the ashes.....

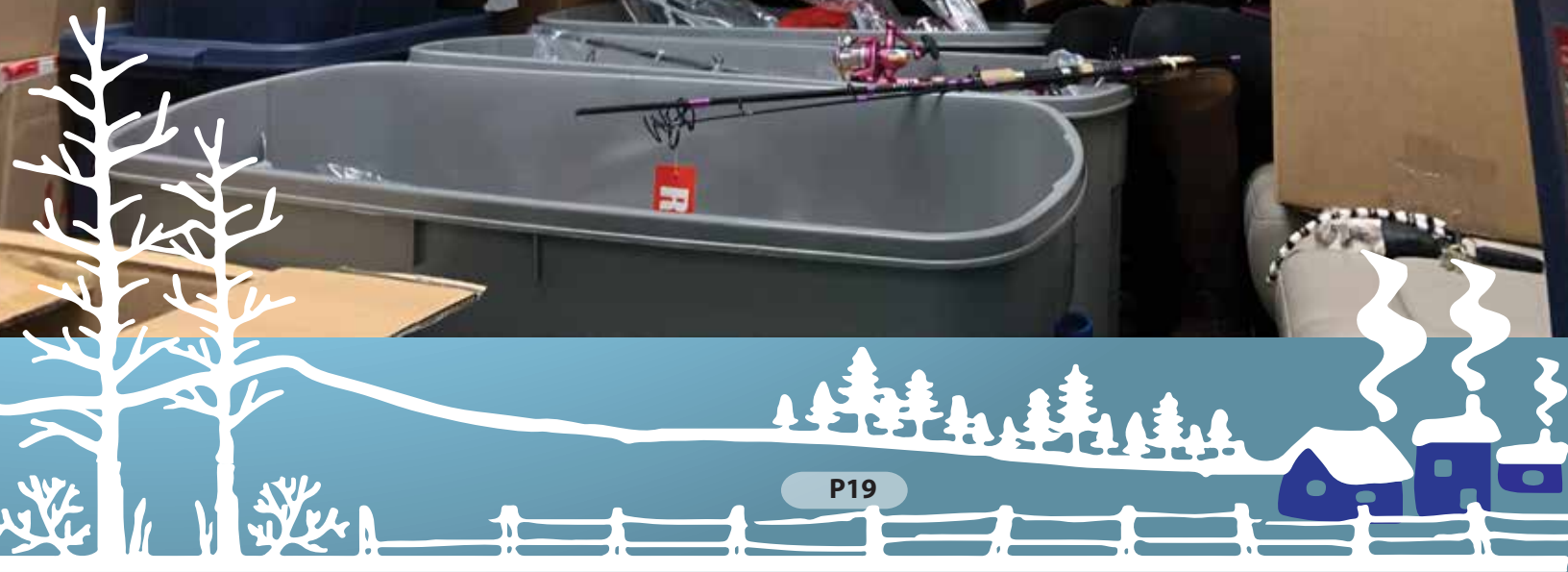
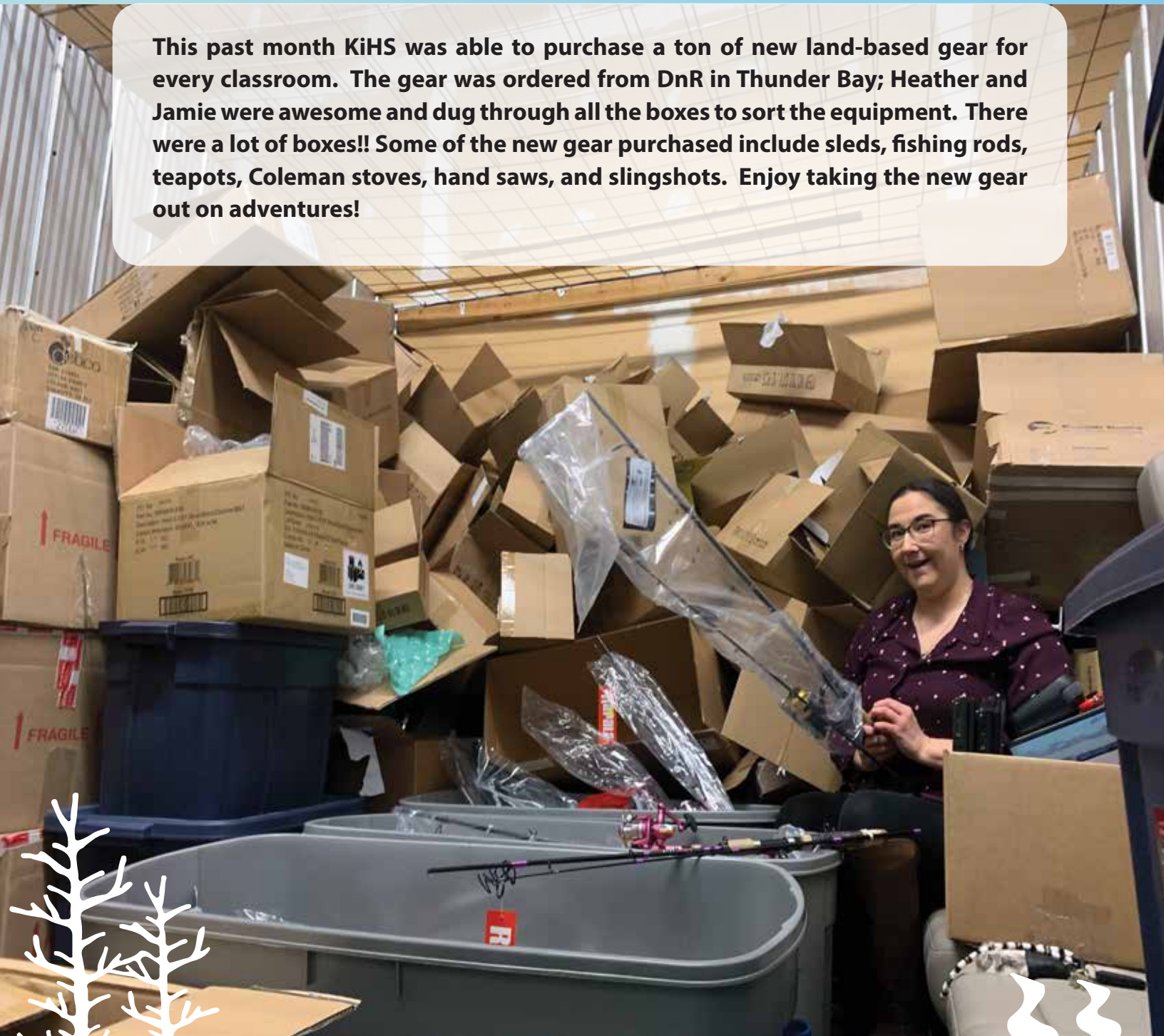




New Land-Based Gear for KiHS Classrooms

Becca Letkeman, Land-Based Learning Lead

This past month KiHS was able to purchase a ton of new land-based gear for every classroom. The gear was ordered from DnR in Thunder Bay; Heather and Jamie were awesome and dug through all the boxes to sort the equipment. There were a lot of boxes!! Some of the new gear purchased include sleds, fishing rods, teapots, Coleman stoves, hand saws, and slingshots. Enjoy taking the new gear out on adventures!





Grad Coach Update

Albee Eisbrenner, KiHS Graduation Coach



This year's Community Graduation is on Wednesday, May 20th in the morning, running from approximately 11:00 EST – 1:00 EST, where you Grads will receive your diplomas and we will all celebrate together via video conference! Then you and one guest will be flying to Thunder Bay immediately following this graduation, so make sure to have your bags packed beforehand. The Valhalla shuttle will transport you from the airport to the hotel where you will have some down time to get settled and do some shopping. The next day we will all gather at approximately 5:00PM on May 21st for our collective Graduation Celebration! Travel back to the communities will be on Friday May 22nd, where you will shuttle back to the airport via the Valhalla shuttle. There may be variances in travel times from community to community.



I am very excited to announce that this year's Keynote speaker is Jacky Chan! Jacky WL Chan was the co-founder and program director of Zen's Outdoor Leadership Camp for Youth (ZOLCY) - a volunteer-driven, Canadian, not-for-profit organization. ZOLCY's mission is to cultivate positive well-being and leadership development, and to promote cultural perspectives and social and environmental justice. Jack Chan was also the program coordinator and head instructor of the organization's international field programs.

An avid martial artist, Jacky has trained in martial arts for over twenty years, and spent several months in China where he trained with the legendary Shaolin Warrior monks. He currently holds the title of "Sensei" as a third-degree black belt in the art of Shotokan karate-do. Jacky is an advanced instructor in Control and Defense Tactical Training and is proficient in Traditional Chinese Kung Fu, Yoshinkai Aikido, and Krav Maga. He has studied Yoga and meditation in India and Nepal and is a Laughter Yoga Teacher Trainer, certified under the auspicious tutelage of Dr. Madan Kataria, the founder of Laughter Yoga.

Jacky is a graduate of the Master of Education for Change program at Lakehead University. His M.Ed. research focused on Indigenous youth well-being and resilience through an embodied healing practice of laughter-play yoga. This innovative mental health leadership for First Nation youth from remote communities has been developed through the Tikkun Youth Project: Pedagogies of Repair and Reconciliation (funded through the University of Windsor) and recognized through various national awards (3M National Student Fellowship and SSHRC). Jacky works in Thunder Bay as a land-based wellness teacher at 7th Fire Secondary School, and is currently motorbiking across South East Asia as we speak!

A more detailed program for both graduations will be released closer to the graduation date. Visit your classroom and ask your mentor what you have left to complete in order to graduate! Remember to ask yourself daily how you can maintain a **HEALTHY** and **ACTIVE LIFESTYLE** leading up to graduation. This means doing positive things for your physical health, mental health, social health, and spiritual health.



Interview with KiHS graduate

Albee Eisbrenner, KiHS Graduation Coach

Interview with Sylvia Neshinapaise who graduated in May 2019 with KiHS from Nibinamik

What was your experience during your last year of school?

It was very challenging for me, because I had to work at the store during the day, and so I would go to school during the evening. I felt like quitting twice, but Maureen kept me going.

What did it feel like for you to have graduated?

It felt great graduating, I am proud of myself for having made it. If I can do it, you can do it as well! There were many times where I felt like I wasn't going to make it. These days when you apply for a job you have to have a diploma.

What advice would you give those hoping to graduate?

Keep going! I am trying to get my daughters to go back to school. I feel like a role model for my grandchildren. One of them said she is going to be just like me when she grows up. Keep going, school is important! A big thank you to Maureen for encouraging me. Her messages would pop up in my messenger, encouraging me to finish



Sylvia Neshinapaise

