

Gwa'sala-'Nakwaxda'xw School Newsletter

Strong Together In All We Do



September, 2020

News from the Principal

Gilakas'la. Welcome to the 2020-2021 school year! I hope that our families had a safe and enjoyable summer. After having in-class instruction suspended this past spring it has been great to back in the community doing what we love to do!

While our school start up has definitely looked different, our school staff is excited to be back to work and are committed to providing quality instruction in a manner that ensures the safety and well-being of our students. With COVID-19, extensive planning went in to preparing for our students return. This included our gradual re-entry plan to allow new safety routines to be taught, enhanced cleaning protocols, increased hand washing and sanitizing, reinforcing respiratory etiquette, organizing students and staff in learning groups and implementing robust illness policies for staff and students. We know that with all these changes that it's important for us all to work together to ensure that we maintain safe learning and teaching environments. Parents and caregivers please review the **daily health assessment** on page 19 that should be completed at home before sending kids to school.



Despite all the changes, we couldn't be happier with the first month! It's been so wonderful to see so many happy faces and all the great learning happening. This year more than ever we strongly value outdoor and place-based learning. Rain or shine we are getting out to support care for self, community and the local environment, to develop a sense of connectedness to place all while remaining focused on core academic areas such as literacy and numeracy.

We know that this past week has be a difficult one in the community. As a school we remain committed to supporting our students through this time. We send our love and condolences to the Joanna's family during this time.

Please reach out if you have any questions. All the best to our families.

Reed Allen



News from Karen



Yo, nugwa'am Karen Aoki, I am very excited to be one of the new vice principals at Gwa'sala-'Nakwaxda'xw School this year. I have worked in our school for the past two years as a classroom teacher and I have been in education for the past 25 years. During the past few months, I have been learning about supporting a school during a pandemic. I am so proud of all the students and their dedication to protecting themselves, their classmates, and their families. It was great to meet many parents during our orientation week and we appreciate everyones patiences as we learn new routines and protocols.

As we move through this year we will be learning from each other and I look forward to getting to know all the students in the school. I have been working with the intermediate teachers setting up Google Classroom and ensuring that programs like Mathletics are available to our students in and out of school.



News from Shannon



Gilakas'la! I am so excited to be back at the Gwa'sala-'Nakwaxda'xw School again. Last year I worked in community in the role of Perinatal Trauma Counsellor and prior to that, I worked for 13 years as a counsellor at our school. This year I am fortunate enough to be in the roles of Vice Principal and Special Education Co-ordinator. It has been an amazing start to the year despite the many changes to our usual school

routines because of COVID 19. Thank you to everyone for doing their best to follow the new procedures. Our gradual start-up has helped all our students and families adjust to new routines and build relationships with their new teachers and education assistants. In the role of Special Education, I am currently working with Ravena to get parental consents for student services and planning for IEPs. I am really enjoying reconnecting with our staff and



students and looking forward to meeting with more parents soon! I am always available at the school to chat if you have any questions about my roles or about the Special Education Program. You can reach me through Facebook, Zoom, email, or phone at the school. I am looking forward to see what October brings this year! 🎃

News from Dianne's Grade 7 Class

Yo Family and Friends!

What a pleasure it is to be back with the sa'sam again. One thing the pandemic has taught us that being able to come together to learn is so important - we are not taking in for granted. We are grateful our community has been safe and we are doing all we can to continue keeping our sa'sam safe.

I have enjoyed getting to know the children and we have enjoyed spending time in the awi'nagwis. We adventured to Tayagut - Story's Beach, for exploring and learning canoeing skills. We are thankful for the six brand new school canoes and looking forward to using them a lot this year. We are so thankful we live in such a beautiful corner of the world.

It is hard to believe these 17 students are in Grade 7 this year! Oh... how time flies. They are a wonderful group of individuals and I look forward to getting to know them better in the coming months.

Next month we are looking forward to hopefully being able to connect with our knowledge keepers - our elders. Angela, Melanie and I are honoured to have the opportunity to spend time with your children. Take care everyone, and stay safe.

Gilakas'la,
Na'na'la'u/Dianne



Soccer game at Tayagut.



Myra's Farm Visit in Coal Harbour.

News from Allyson's Grade 6 Class

Gilakas'la! We are excited to welcome our students and their families back to school. We had the opportunity to take the new canoes on their first journey and students were excited to take part in their first Bakwamkala class of the school year. We have been fortunate to get outside no matter the weather thanks to some new rain gear. We are looking forward to our upcoming adventures! Allyson Lowery



From left to right: Hunter and Reuben inspecting the field, Brihanna perfects her canoe strokes; hide and seek, Faith and Brae and the Salish Sea.



From left to right: Tino and The Team, on their way back from a game of Rat Tails; Faith and Terrisa "raft up"; some of the gang taking a restful moment in the atli.



From left to right: First day of school photo sesh; all hands up in during our first Bakwamkala class with Robin.

News from Jen's Grade 4/5 Class



We Are Strong
We Have Dreams
We Are The Future



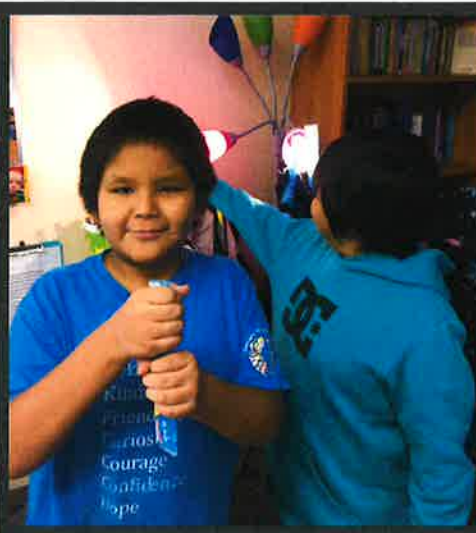
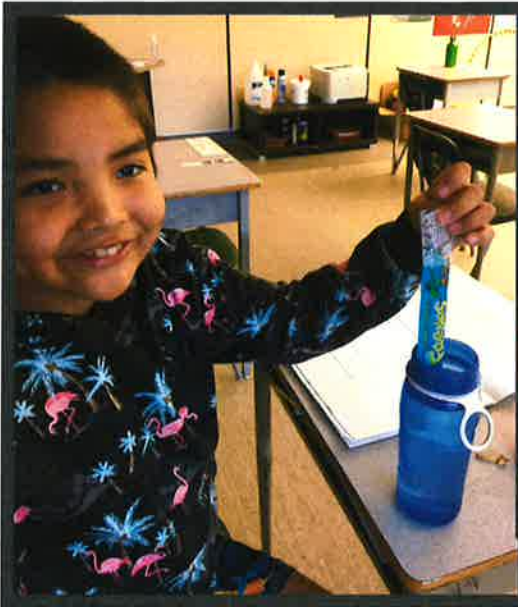
My Noke is full! I am so happy to be back in the school teaching, seeing the kids, and being a part of the school family again. Things may look and feel different but the spirit and soul of our school is alive and present. We have been taking time to build our classroom community and learn more about each other this month, insuring that we all feel a sense of **belonging** and safety. Orange Shirt Day was a very powerful day for us, where the kids discussed their feelings around residential schools. Watching stories of resilience has given us hope for the future. Words from the kids: "We are strong. We have dreams, We are the future." Jen Hunchuk

News from Jenn's Grade 4/5 Class

Yo! Gilakas'la! Welcome back. It's been an awesome month getting to know and learn with the Grade 4/5's. As I am new to an intermediate classroom I am learning alongside my students. We've been learning outdoors in good and rainy weather. We've played math games with dominoes and dice and learned about the states of matter in science. We used geometry to make stars and turned Freezies from solids to liquids! Science can be so yummy!

Another highlight this past month was when we visited Myra's farm in Coal Harbour!

Jenn Hogeweide



Warm hands and warm light!

Warm water versus Freezie!

Testing out the new rain gear!



Enjoying Bakwamkala Bingo! Thanks Teacher Robin!

Friendly gaga'o!

Icelandic sheep!

News from Jackie's Grade 2/3 Class

Gilakas'la! Nugwa'am Jackie Hunt. I am super excited to be back in the classroom teaching our sasam. We have 2 amazing EA's, Nicole and Tiffany, who have been extra busy getting our classroom prepared for the year.

We've had an engaging and awesome start to September ~ learning our new routines, exploring the outdoors, and experimenting. Group 1 enjoyed a visit to Connaty Farm where they picked berries, fed the goats and chickens, ate carrots right out of the garden ... all while learning about SUSTAINABILITY! Ask your sasam what colour is inside a cuca-melon, is it red or green???



What can you find on a foggy morning?



Learning during our Sit Spot time!



EXPLORING
OUR
BACKYARD



Thank you to Myra for inviting us to visit Connaty Farm!



Mmmm, mmm Delicious Lagu!



What surprise did Myra have for us?

News from Michelle's Grade 2/3 Class



Gilakas'la

We have had a beautiful start to our school year. It's such a good feeling to see the children each day, and finally be together again. We have visited Connaty Farm and enjoyed seeing animals and the fall harvest. We have been spending time outside, connecting with the land, speaking bakwamkala, and warming up our brains and bodies for learning. It's been a time of understanding the meaning of Orange Shirt Day, and a time of healing our hearts. We are looking forward to a safe and wonderful school year. Michelle, Hannah and Lauren



News from Erin's Grade 1 Class

Gilakas'la families! It's been so wonderful to meet and start learning together this fall. Our gradual start-up has helped all our students adjust to new routines and we're looking forward to an exciting year together. In September, we visited our outdoor classroom in the atli daily, and spent time learning about safety in all school settings. We remembered the legacy of Terry Fox with class activities and a run with the Kindergarten class and we honoured our family and community members by listening to stories of elders on Orange Shirt Day. In October, we will be working on learning to read and write colour names and we will go on field trips to the Beaver Lake trail and Tayagut (Storey's Beach). Erin Davies



So much to explore in our outdoor classroom



"I matter" on Orange Shirt



Getting ready for the Terry Fox Run



Listening for sounds in the atli

News from Sheri-An's Kindergarten Class

Gilakas'la! What a wonderful September we've had in Kindergarten. We had a gradual start to our school year which really allowed us to teach and reinforce new Covid-style routines into our day in small groups. We have had a busy month and have been spending a part of every day outdoors in nature. The children are learning how to observe their surroundings by using their senses and share what they notice in the environment. We had a blast visiting Connaty farms. The kids loved eating carrots right out of the ground and feeding and petting the farm animals. We ended the month of September remembering and honouring people who attended residential schools and hearing about their experiences. We read many books about residential schools and participated in discussions at a level appropriate for Kindergarten. We are looking forward to the excitement that October will bring.



News from Robin's Pre K Class

Yo! Nugwa'am Robin. Gayutlan lax Tsaxis. My name is Robin. I am from Fort Rupert. I have been teaching for 16 years. 13 of those years have been spent here at the Gwa'sala-'Nakwaxda'xw School. I love what I do and I'm so excited to be teaching Pre-K this year.

Yo! Nugwa'am Kristine. Gayutlan lax Gwadzi'. My name is Kristine. I am from Port Hardy and have worked at the Gwa'sala-'Nakwaxda'xw School since 2013. I love working with the gangananam and it is an honour for me to be a part of the children's learning.

One of our primary focuses this year, will be using bakwamkala to engage with students. Although we are not able to have elders in the school during the Covid crisis, we will do our best to consult with our speakers and use the language they have taught us. Circles, songs, stories and centers will be conducted in bakwamkala.



News from Culture Class

Çilakas'la to all our families and sasam.

We have been going through many changes due to covid 19. We encourage our sasam to use our Hawa'x'ala - (giving thanks) everyday. We welcomed our beautiful sasam back to school and back to cultural class.



We started our year off with our Bakwam teachings:

- ★ Maya'xala - treating self and others with respect
- ★ Hutlilala - listen
- ★ Saltidas - settle down, calm down
- ★ Dała xa ik noke - carry a good heart. We encourage our sasam to embrace and use our teachings daily.

We also had awesome discussions on Orange Shirt Day. All our sasam engaged in conversation about the history of the Residential School system. We talked about who we honour on Orange shirt day and how we want to uplift our loved ones who were sent to these schools. We talked about healing and using our Gwa'yilelas (our ways) to help heal all the generations.

Sending good health and love to all our families and sasam.

Çilakas'la Andrea & Darren



News from Physical Education with Sara

The energy in the gym and school is electric! The smiles and contagious laughter is a sure sign that we all missed being here together, and besides, we are stronger together in all we do! As for P.E. we are off to a great start. The students and staff are learning how to best use the shared space and equipment and everyone is doing their part to keep themselves and others safe. We have started the year off with familiar games from previous years, however with all the changes that comes with COVID, new games and activities have surfaced! Myself and the students are really enjoying learning new games that we can play as a group and on our own outside of school. Sara Grover



Parental and Community Engagement



Orientation week was a great way to start the school year and ensure to our parents that every safety measure possible has been put in place for their child's learning.



Our school would like to wish the Jack family and her children our sincere condolences. Joanna was a very involved parent who attended monthly meetings and volunteered.

SHARE TRADITIONS, NOT THE FLU



Children under 5 years are at higher risk of serious complications from the flu.

Contact your health centre or local healthcare provider to find out how to get your flu shot.

TO LEARN MORE, VISIT CANADA.CA/FLU

Protect yourself, your family and your community:



Get the flu vaccine every year



Clean your hands often



Cough and sneeze into your arm



Keep shared surfaces and objects clean



Stay home and away from others if you feel sick

ISBN 978-0-960-39323-6



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

THE FLU SHOT:

Protect yourself, protect your community



The flu can spread easily and quickly to anyone, even before you know you are sick. Indigenous people with chronic health conditions or living in overcrowded homes are at a higher risk of hospitalization and serious health complications from the flu.

Getting the flu shot can help keep you and your community healthy!

THE FLU SHOT CAN SAVE LIVES

- ▶ Young children, people over age 65, pregnant women, and those who are in poor health are more likely to become very sick from the flu.
- ▶ The flu shot can help protect you and your family from the flu.

THE FLU SHOT WORKS

- ▶ There are many different types of flu viruses. Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- ▶ Everyone responds differently to the flu shot. The shot can either prevent the flu entirely or reduce the severity of the sickness.
- ▶ It usually takes 2 to 4 weeks to build protection after you get the flu shot.
- ▶ The flu shot does not prevent colds because they are caused by different germs.

THE FLU SHOT IS SAFE

- ▶ You cannot get the flu virus from the flu shot.
- ▶ Most people do not have significant side effects from the flu shot.
- ▶ Serious side effects are very rare.
- ▶ If you have concerns or questions about the flu shot, talk to your nurse or doctor.

WHO SHOULD GET THE FLU SHOT

- ▶ **Everyone** 6 months of age and older.
- ▶ If you are pregnant or have an allergy to eggs, you can still safely get the flu shot.

Cat.: RS-743/2019E-PDF | ISBN: 978-0-660-32981-9

Visit your community health centre, nursing station,
or local healthcare provider to get your flu shot!

To learn more about the flu shot and other
ways to prevent the flu, visit: Canada.ca/flu



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Birthdays this Month

Happy September Birthday to
Wayllen, Stephanie, Tom, McKenzie,
Oakley, Kamaya, Kaedan, Malakai,
Faith and Jazlynn



Daily At Home Health Assessment for Students



GWA'SALA - 'NAKWAXDA'XW HEALTH & FAMILY SERVICES

BOX 998 • 403 Henderson St. • PORT HARDY, BRITISH COLUMBIA, CANADA • V0N 2P0
 PHONE: (250) 949-8131 • FAX: (250) 949-6811

Please note: below is an amended version of the daily health check list and follow up guidelines from the BC CDCs: COVID 19 Public Health Guidance for K-12 School Settings. Please see pages 16/17 of attached guidelines and Appendix C for further guidance.

Daily Health Check		YES	NO
1. Key Symptoms	<u>DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS</u>		
	Fever		
	Chills		
	New cough/worsening chronic cough		
	Short of breath		
	Runny nose/nasal congestion		
	Loss of taste or smell		
	sore throat/loss of appetite		
	headache/muscle aches		
	increased/ unusual fatigue		
	nausea/vomiting/diarrhea		
2. International Travel	Have you returned from international travel in the last 14 days?		
3. Confirmed COVID Contact	Have you been confirmed positive, or have been in direct contact with someone who has been confirmed positive for COVID19?		

If you answered "YES" to one of the questions included under 'Key Symptoms of Illness' (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough.

If the symptom persists or worsens seek a health assessment. If you answered "YES" to two or more of the questions included under 'Symptoms of Illness' or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1 or the Regional public health line at 1-844-901-8442 or your primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved. At this point you may be asked to wear a mask while at school for a certain period of time as per school policy.

Monthly Calendar



OCTOBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Div 1 Dianne Div 2 Allyson Div 3 Jen Hunchuk Div 4 Jenn Div 5 Michelle Div 6 Jackie Div 7 Erin Div 8 Sheri An Div 9 Robin				1 Div 5 Library 9:55	2 No School for Students	3
4	5 Div 5 to Storey's 9:30 am	6 Div 5 Library 9:55	7 Happy Birthday Hunter Charlie	8 Div 6 to Commuter Trall 12:45 Fire Drill Happy Birthday Kenna Charlie- Johnny Happy Birthday Rhyan Isaac	9 Div 8 to Beaver Lake 9:30 Div 1 & 2 to Beaver Lake 10:30	10
11 Happy Birthday Xanias Willie	12 Happy Thanksgiving - No School	13	14	15 BC Shakeout Drill - 10:17 Happy Birthday James Warniss-Nelson	16 Div 8 to Storey's Beach 9:30 Div 1 & 2 to Beaver Lake 10:30	17
18	19 Div 5 to Storey's 9:30 am	20	21	22 Div 6 to Commuter Trall 12:45	23 Professional Development Day No School for Students Happy Birthday Eve Dawson	24
25	26 Photo Day 	27	28 Happy Birthday Miley Walkus	29 Div 5 Library 1:40	30 Div 8 to Storey's Beach 9:30 Div 1 & 2 to Beaver Lake 10:00	31 Hallowe'en