

“Freezing Moon” or “Beaver Moon”

“...During this moon, we share our sacred teachings and songs. This is the time for rest and reconnecting with family. We begin the winter moons by looking inward and giving appreciation for everything we have received from the previous seasons”

Cedar Tea Making

Cold and flu season is here, so why not try a natural remedy for colds. Click on the image to the right for teachings around cedar tea and why we drink it.



CEDAR TEA BREWING

THREE SIMPLE INGREDIENTS

CEDAR LEAVES
BOILING WATER
SWEETENER (OPTIONAL)

HAVE YOUR CEDAR LEAVES READY

BRING HOWEVER MUCH WATER YOU WANT TO A RAPID BOIL
PUT IN THE CEDAR LEAVES FOR ABOUT 5-10 MINUTES LONG (YOU WANT YOUR WATER THE SAME COLOUR AS THE IMAGE ABOVE (GOLDEN BROWN))

COLLECT THE CEDAR LEAVES FROM THE BOILING WATER
POUR INTO A CUP AND ADD HONEY OR MAPLE SYRUP (OPTIONAL)

Hunting History.

Antlers



Hide



Hair



Meat



Bones



No part of a moose is wasted!

Antlers: tools, jewellery, art, ornaments

Hide: clothing, footwear, sinew used for thread or bindings

Meat: feeds families and communities

Bones: tools; needles, scrapers, knives

Hair: fishing lures, can be woven like yarn, used in artwork



The Book Nook

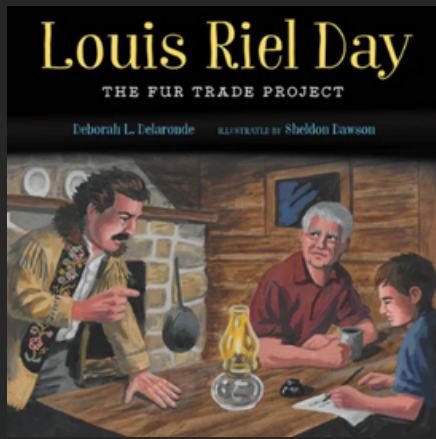


When the Spirits Dance

Following the story of the author, Larry Loyie, this book illustrates how one Cree community was changed by World War II while his father was deployed. It examines the meaning of war, and the contributions made by Indigenous veterans.

The Inuit Thought of It

This book tells us about over 40 Inuit contributions and inventions, including: kayaks, dog sleds, shelter, clothing, food, medicine, healing, and games! Also included is a map and timeline of Inuit territory and history.



Louis Riel Day: The Fur Trade Project

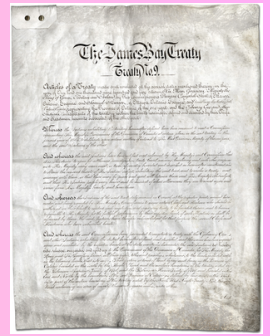
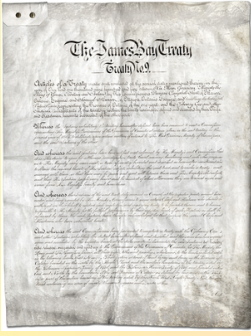
A young boy, with the help of his grandfather and the internet, travels back in time to learn about the beginning of the fur trade, Louis Riel, the Red River Rebellion, and the reason behind Louis Riel Day.

This is my Treaty

This book introduces the concept of treaties to young children, asking the question "What is a promise and what does responsibility look like?"



Treaty Week - First Week of November



Treaties Week, officially known as Treaties Recognition Week, is an annual event held during the first full week of November. Its purpose is to increase awareness and understanding of treaties between Indigenous nations and the Crown, and the ongoing treaty rights and responsibilities that are fundamental to building respectful relationships between Indigenous and non-Indigenous people in Canada.

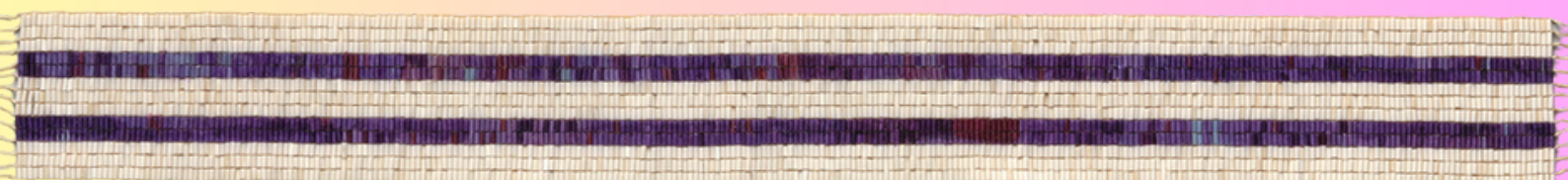


We have accumulated numerous videos, information and pictures on our landing page to really inform our staff, students, and community about the importance of Treaties and what to know about them.

Click on the image below

“as long as the sun shines, the grass grows and the river flows”

The screenshot shows the NCDSB Indigenous Education website. The header includes the logo and navigation links: Home, IEAC, Treaty Week (with a dropdown arrow), Resources (with a dropdown arrow), Educational Videos, General Information, and M.O.E Resources (with a search icon). The main banner features a background image of trees and the text "Treaties Recognition Week". Below the banner is an orange button labeled "Prayer Service - Treaty Week". The content area has an orange background and contains three informational cards, each with a yellow shield icon in the top right corner. The first card, titled "TOP 5 THINGS YOU NEED TO KNOW ABOUT TREATIES", shows a close-up of a treaty document. The second card, titled "WHAT ARE TREATIES?", explains that treaties are legally binding agreements. The third card, titled "WHY TREATIES ARE IMPORTANT?", describes the foundation of the relationship between Indigenous and non-Indigenous people. All three cards include the website URL "Ontario.ca/treaties" and the hashtag "#TreatyON".





International Inuit Day

Inuit Day is celebrated annually on November 7 to honor Inuit culture, resilience, and contributions across the circumpolar world. The date was chosen by the Inuit Circumpolar Council (ICC) to commemorate the birth date of the council's founder, Eben Hopson, Sr. It is a day for celebration and for amplifying Inuit voices and perspectives.



Inuit Inventions



Inuit Snow Goggles - designed to reduce the amount of sunlight reflecting off the snow preventing snow blindness when outdoors (snowblindness = sunburn on the eyes)

Kayaks - For over 2,000 years, the Inuit have used kayaks for traveling and hunting expeditions, except for the most northerly polar Inuit. Essentially a one-person, closed-deck hunting craft, it was employed occasionally for the transport of goods.



Qulliq - a traditional Inuit oil lamp, often made from soapstone, that provides light and heat. Historically, it was essential for survival in the Arctic, used for warmth, cooking, drying clothes, and providing light during the long periods of darkness. Today, the qulliq is often used in a ceremonial context, symbolizing strength and care, and is lit during important gatherings

Ulu - is a traditional cutting tool, a type of "woman's knife," used by various Indigenous peoples of the Arctic, including Inuit, Iñupiat, Yupik, and Aleut women. It is a multi-purpose tool with a crescent-shaped blade used for tasks like preparing food, skinning animals, and making clothes.



Dog Sled "Qamutiik" - a traditional Inuit dog sled used for travel over snow and ice, built with specific Inuit design techniques. The word is Inuktitut, and an alternate spelling is qamutik, which also refers to a single runner of the sled. While less common today due to modern vehicles like snowmobiles, they are still a significant part of Arctic culture and are used for transportation, especially in regions where modern vehicles may not be as effective.

Indigenous Veterans Day



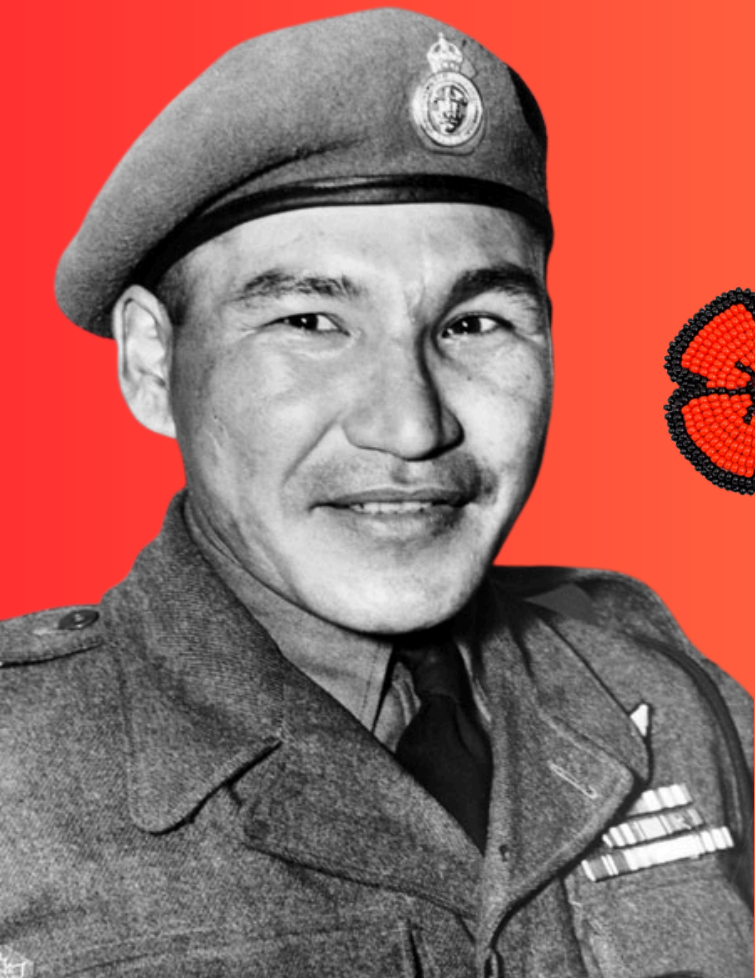
Is a day observed in Canada on November 8 to honor the contributions of First Nations, Inuit, and Métis people who have served and continue to serve in Canada's Armed Forces. The day recognizes their service in various conflicts, such as the First and Second World Wars and the Korean War, and acknowledges the unique challenges they faced while serving



Why A Separate Day?

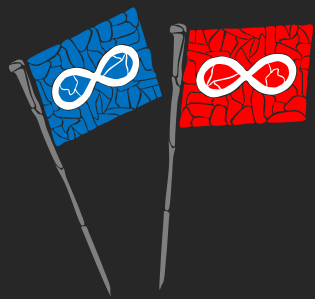
There is a separate Remembrance Day for Indigenous peoples because their contributions and sacrifices were often overlooked and they faced discrimination even after serving, so a dedicated day is needed to honor their unique history and the injustices they faced. National Indigenous Veterans Day was established in 1994 to provide a specific time to acknowledge the distinct contributions of First Nations, Métis, and Inuit veterans who served in major conflicts.

Thomas Prince



Francis “Peggy” Pegahmagabow





Louis Riel Day

November 16th

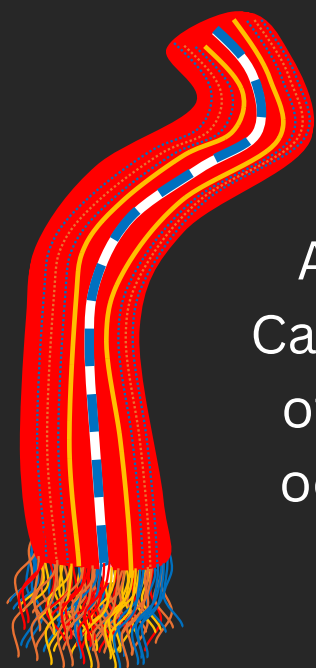
Who was Louis Riel?

Louis Riel was an elected Métis leader who fought for the rights of Métis people. He led the Red River Rebellion.



What is the Red River Rebellion?

An uprising in 1869-1870 that began when the Canadian government took control of the portion of Rupert's Land that the Red River Settlement occupied. This resulted in the Métis declaring a provisional government and ultimately, the creation of Manitoba.



Why do we celebrate?

Louis Riel Day is celebrated to commemorate Louis Riel's execution by the Canadian government on November 16, 1885. It is a celebration of Métis resilience, culture, and history.



Teaching Lodge at Holy Family



PURPOSE

THEY PROVIDE A DEDICATED SPACE FOR BOTH INDIGENOUS AND NON-INDIGENOUS PEOPLE TO CONNECT, LEARN, AND BE.

ACTIVITIES

THEY HOST A VARIETY OF EVENTS, INCLUDING CEREMONIES, CULTURAL EDUCATION, INDIGENOUS LANGUAGE CLASSES, AND LAND-BASED LEARNING.



COMMUNITY

THEY ARE DESIGNED TO BRING PEOPLE TOGETHER TO BUILD COMMUNITY, CELEBRATE INDIGENOUS IDENTITY, AND SUPPORT RECONCILIATION EFFORTS.

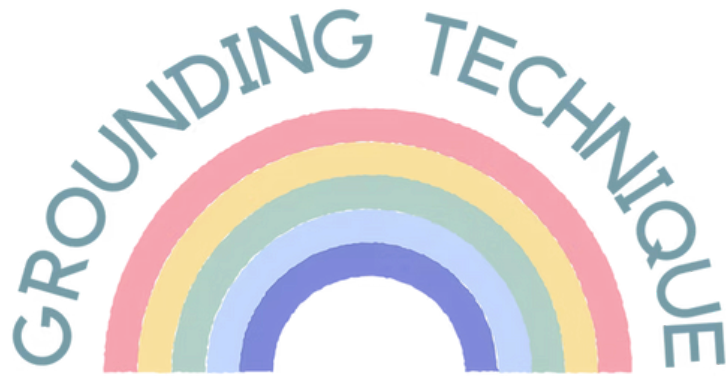
Thank you Dave and Bee from Sewn Homes for building this amazing structure for our students, staff, and community.





Take 5

Grounding Activity



- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN FEEL
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

If you're feeling stressed or anxious, step outside and take in your surroundings.

5 things you can see: details of trees, seams of your clothes

4 things you can feel: ground beneath your feet, wind

3 things you can hear: birds calling, cars/trucks driving

2 things you can smell: wet leaves, cut grass

1 thing you can taste: sour candy, minty gum

The Indigenous Education Team

INDIGENOUS EDUCATION TEAM CONTACT INFORMATION



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[Click here, this will bring you to our Indigenous Education Landing Page,](#)
which has numerous resources,
educational videos, and information
on what we do for our schools and
students.

"My mother [Eva] told me he used to go behind enemy lines, rub shoulders with the enemy forces and never get caught. He felt very strongly about his country...He was always saying how we have to live in harmony with all living things in this world."

Duncan Pegahmagabow (Son of Peter)

