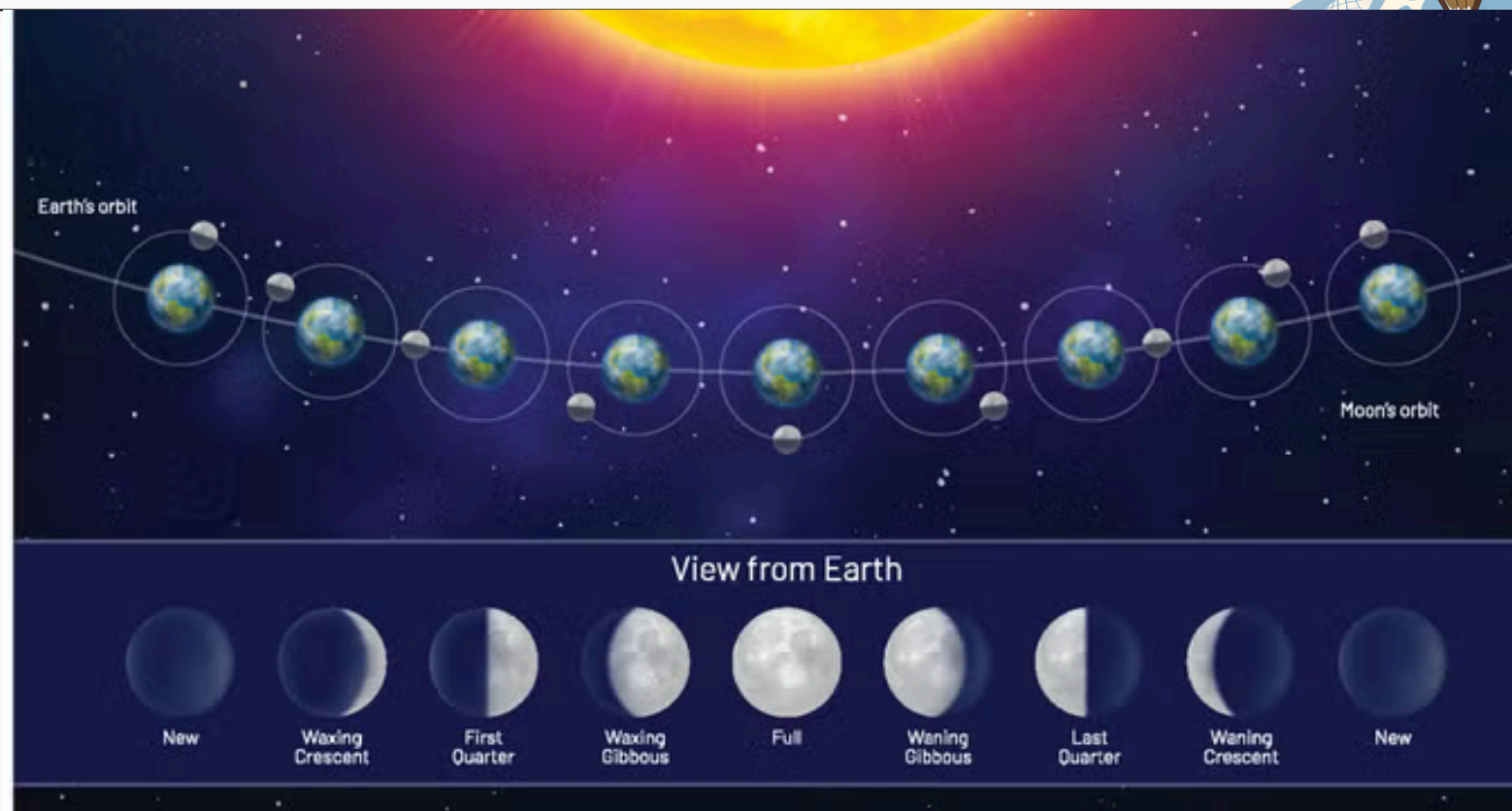
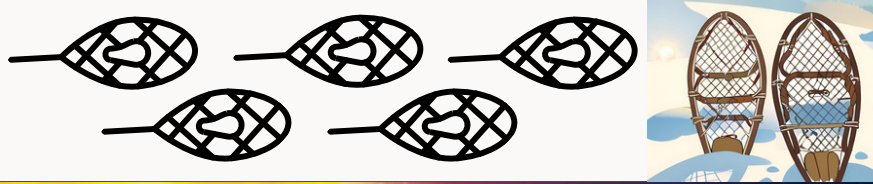


Welcome Back to School

Another school year has begun and we are back at making “The Snowshoe Trail” for our school communities. Enjoy this issue with moons from the summer, updates, the book nook and more.

Wishing you all a great school year

THE SNOWSHOE TRAIL



July Moon Berry Moon

time for fertility, growth, family, and change. We come together to gather berries and medicine to sustain us for the coming winter. During this moon, we act with kindness that reflects the appreciation we have for one another, knowing our interconnectedness with one another and all of Creation.

August Moon Ricing Moon

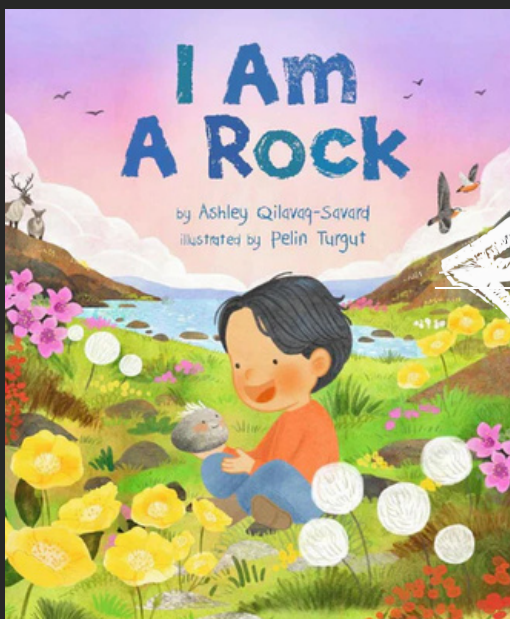
We gather the rice and medicines that sustain us through the winter. The harvest time reflects the practice of balance, taking only what is needed and leaving the rest behind; knowing we must share the bounty and leaving enough for future harvests.

September Moon Leaves Turning Moon

... is the time of retrospection, we look back to reflect on what we have learned. During this moon, we come to understand change. We bring our family back into the home, and we are thankful for the moons and what they have provided.

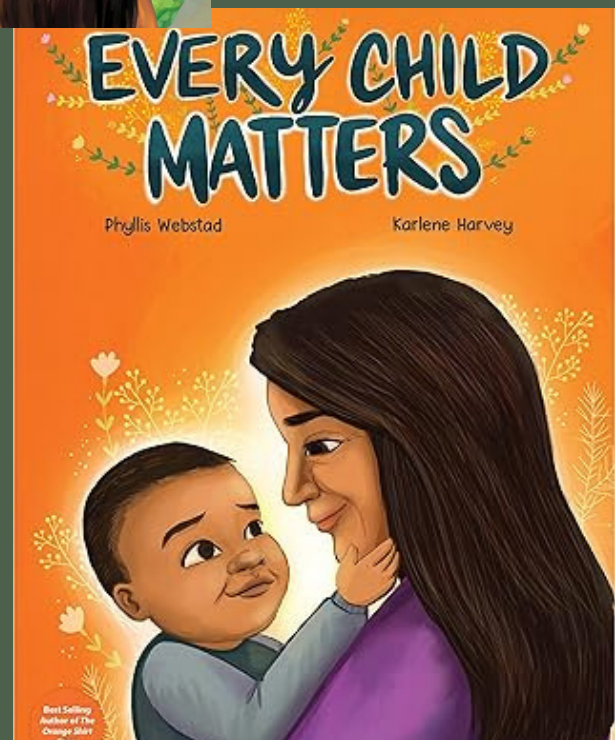
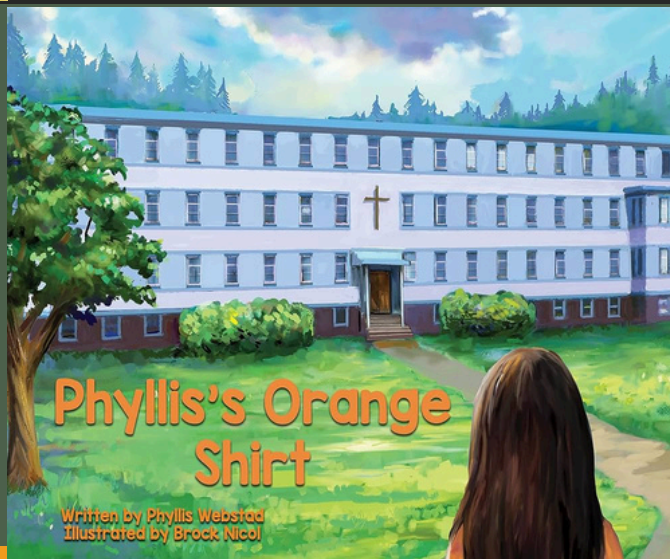
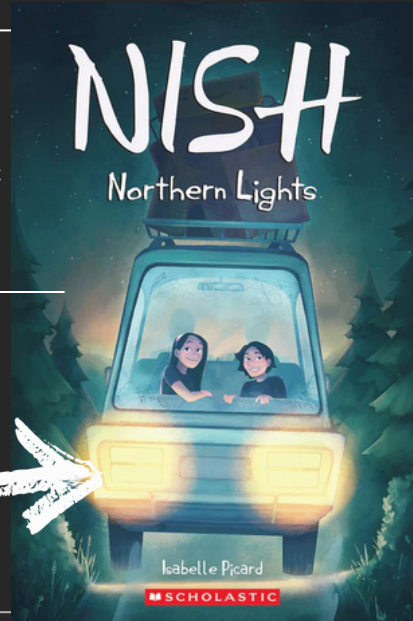


The Book Nook



Pauloosie loves his pet rock, Miki Rock. Pauloosie's Anaana, his mother, tells him a bedtime story about what Miki Rock sees, hears, and feels in his Arctic home.

The entire Mckenzie family has moved to Wendake, near Quebec City. Leaving Matimekush, nature, their friends and their school is quite a challenge for Eloise and Leon.





National Day for Truth and Reconciliation & Orange Shirt Day

The National Day for Truth and Reconciliation, observed each year on September 30th, is a solemn and significant day in Canada. It serves as a time to honor the survivors of residential schools, remember the children who never came home, and reflect on the ongoing impacts of the residential school system on Indigenous communities across the country. It is both a day of mourning and a call to action.

The creation of this day was one of the 94 Calls to Action issued by the Truth and Reconciliation Commission (TRC), which documented the history and legacy of Canada's residential school system. For more than a century, over 150,000 First Nations, Inuit, and Métis children were taken from their families and placed in government-funded, church-run schools. These institutions were designed to forcibly assimilate Indigenous children into Euro-Canadian culture. Many children experienced neglect, abuse, and cultural erasure, and thousands died while in the care of these institutions.

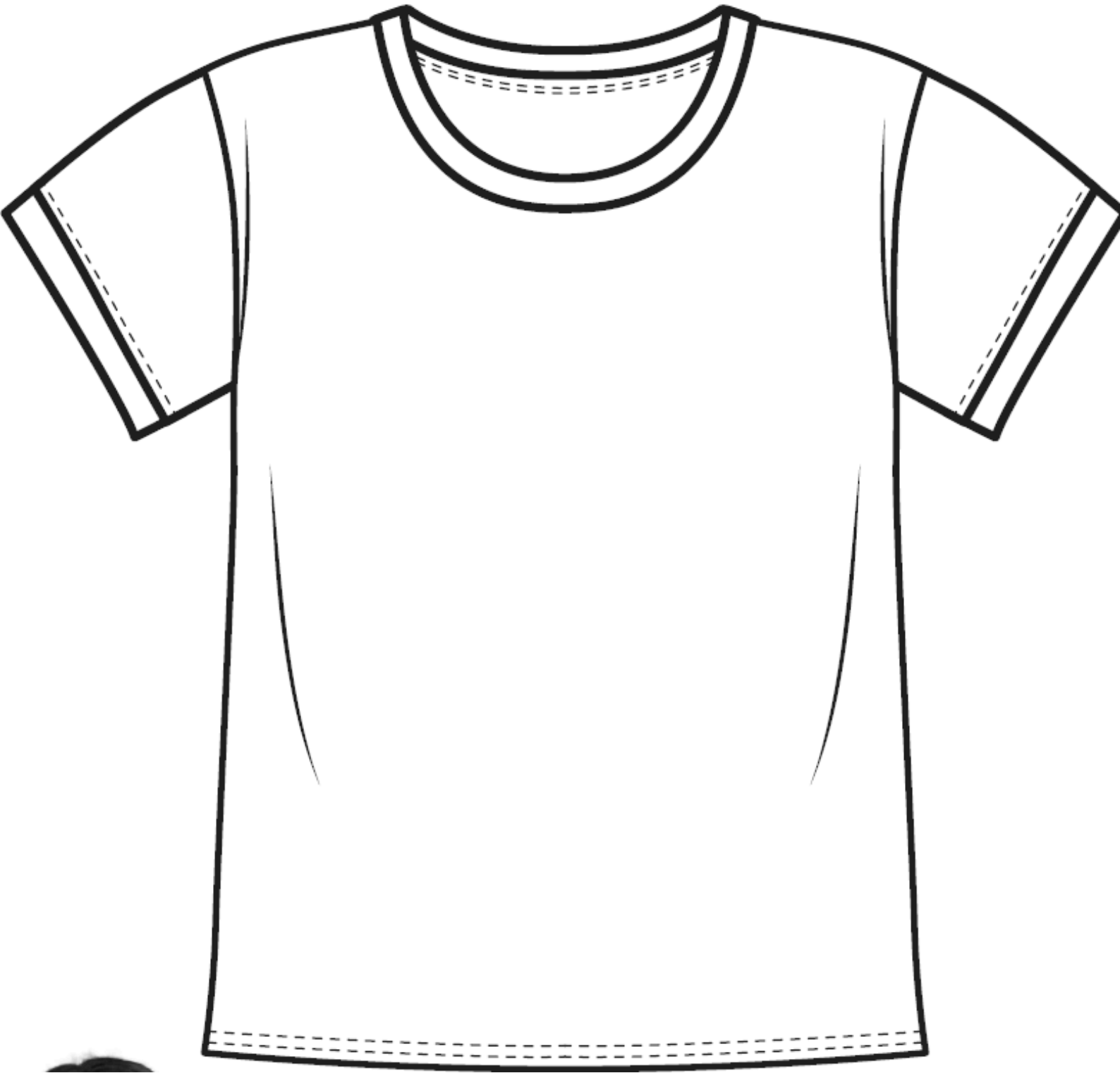
The day is important not only for acknowledging past injustices but also for encouraging all Canadians to reflect on their role in the process of reconciliation. It's a time to listen to Indigenous voices, educate oneself about Indigenous histories and cultures, and take meaningful steps toward building respectful relationships based on truth, recognition, and justice.

National Day
**for Truth and
Reconciliation**



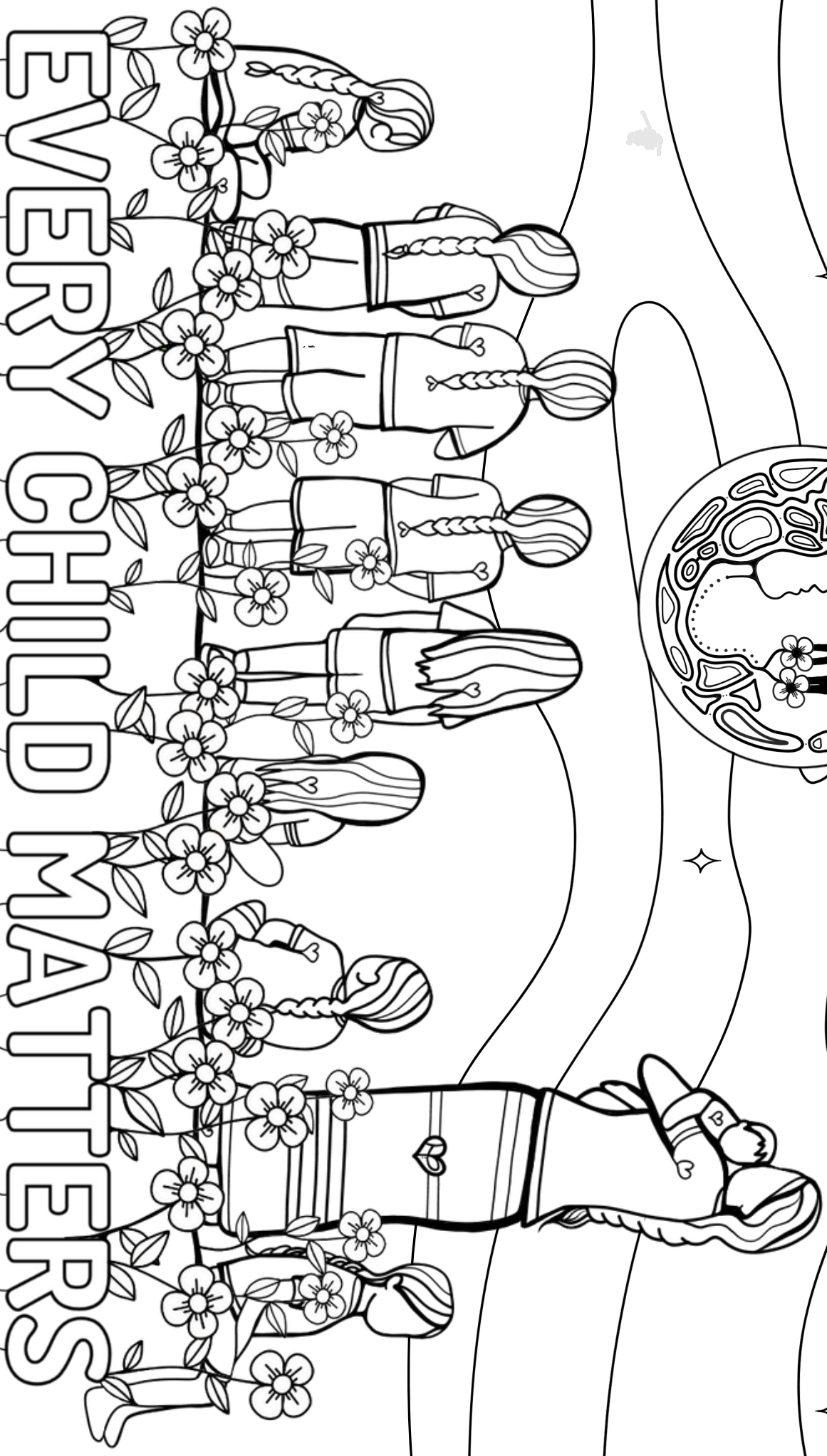
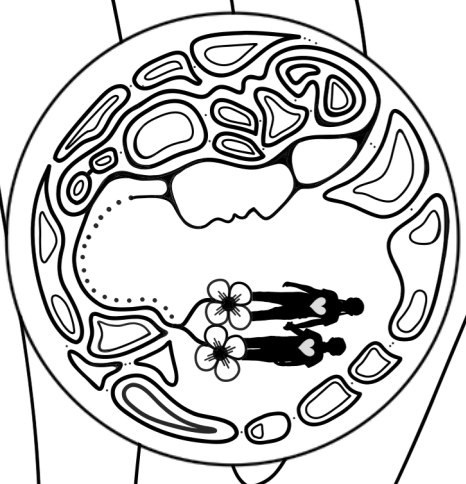
“What Does Orange Shirt Day Mean to You”

Design, draw, write poetry and colour your shirt to show what Orange Shirt Day means to you.





EVERY CHILD MATTERS



EVERY CHILD MATTERS

*At first I didn't (see the importance)
but as the years went on I realized it's not
just helping my sons and daughters and
grand-daughters. It's helping all Métis.*

Steve Powley

September 19, 2003

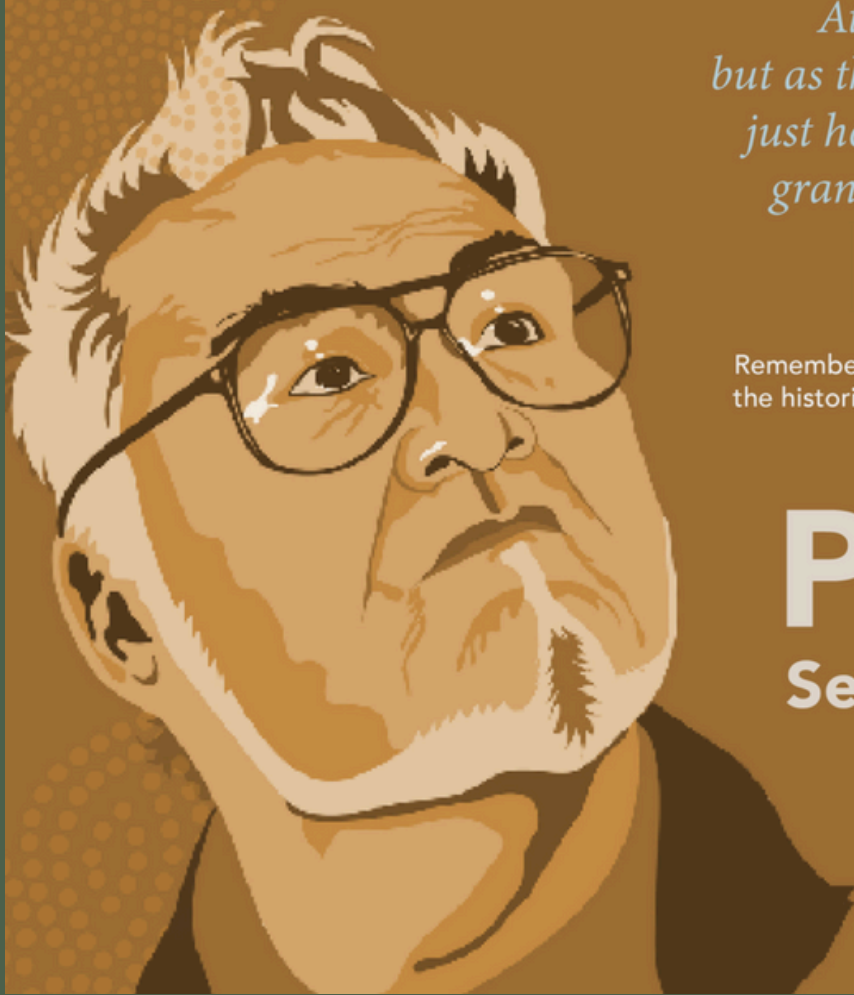
Remembering & celebrating the legacy of **Steve Powley** and
the historic Métis victory at the Supreme Court of Canada on
September 19, 2003 in Canada v Powley

POWLEY

September 19th DAY

Métis Nation
of Ontario ∞

metisnation.org



Why is Powley Day Important?

It marks a significant moment in Canadian history and in the ongoing journey toward recognition of Métis rights. It commemorates the landmark 2003 Supreme Court of Canada decision in *R. v. Powley*, which confirmed that the Métis people possess constitutionally protected Aboriginal rights under Section 35 of the Constitution Act, 1982.

The case centered around Steve and Roddy Powley, two Métis men from Sault Ste. Marie, Ontario, who were charged with hunting a moose without a license. Their defense was grounded in their Métis identity and their right to hunt for food as part of their traditional way of life. The Supreme Court ultimately ruled in their favor, recognizing that the Métis have distinct rights that must be respected and upheld. This decision was groundbreaking. It was the first time the highest court in Canada explicitly acknowledged the Métis as a distinct Indigenous people with a unique history, culture, and legal rights.

Powley Day is not just a legal anniversary—it is a day of celebration, reflection, and education. It serves as a reminder of the importance of recognition and respect for the rights of Métis people, many of whom have faced generations of exclusion and marginalization. It's also a time for the Métis Nation to come together in cultural pride, sharing their traditions, stories, and contributions with the broader Canadian public.



Hunting for Justice

For over a century, the Crown denied, disregarded, and disrespected the Métis. By the 1980s and 90s, the Métis had endured enough, seeking recognition of their rights through political channels. When these efforts failed, they turned to the courts. In 2003, the Supreme Court of Canada delivered a unanimous ruling in favour of the Powley family, paving the way for full recognition of Métis rights!



Indigenous Education Muddy Buddies

Every Junior and Senior Kindergarten class will be receiving Muddy Buddies for students. Students will be assigned a Muddy Buddy for the year, as this will alleviate students getting wet while playing in our rainy/slushy/wet seasons. If you are unsure about Muddy Buddies, please read the information below.



✓ What Muddy Buddies Rainsuits Are Used For:

Muddy Buddies rainsuits are full-body waterproof suits designed to keep young children dry and clean while they play outdoors, especially in muddy, rainy, or wet conditions.

😊 Who Uses Them:

- Toddlers and young children—especially those in outdoor preschools or forest schools.
- Parents, schools, or childcare centers that encourage outdoor play in all weather.

☂️ Common Uses:

- Playing in the rain or mud
- Forest school or outdoor learning
- Camping and hiking
- Puddle jumping
- Gardening or messy play



RETURN TO SCHOOL

SCHOOL TIPS

AFTER A PROLONGED ABSENCE (EX:
ILLNESS, INJURY)



- Open Communication with the school to discuss your child's need
- Bring in a letter from your child's doctor outlining their condition, symptoms, issues to watch for, and necessary accommodations.
- Be sure to inform the school of any medications your child takes and possible side effects.
- Prepare your child for their return by practicing what they want to say to classmates if they are asked about their absence (You can practice by role playing scenarios with your child).
- Practice your child's school routine, waking and bedtime are especially important to consider.
- Help your child identify a specific person at school they can speak to if they have any problems or concerns.
- Once your child returns to school, check in with them regularly. Allow your child some quiet time after school, so they can be relaxed and refreshed before talking. Ask what's working and what's not, or if they have any concerns. If they don't feel like talking, don't pressure them. Let them know you are there when they are ready.
- Keep in touch with your child's school regularly and monitor how your child is adjusting



www.ncdsb.on.ca





STRESS FREE MORNINGS

EAT SMART

Avoid sugary or caffeinated drinks and snacks before bed.



SET AN ALARM CLOCK



Be sure to set your alarm the night before and place the alarm clock across the room, so you have to get out of bed to turn it off!

TRANSPORTATION PLANS

Be ready to meet the bus on time. Create a back up plan! Car pool, use public transportation, walk or ride your bike or call a family member for help!



CONSIDER YOUR CLOTHING

Pick out your outfit the night before. Be sure it is weather appropriate and includes everything you will need (ex: gym clothes, spare mitts)



PACK SMART

Pack your lunch the night before and organize all the items you need for the next day. Sit them with your back pack near the door.



STAY ACTIVE

Make time in your daily routine to stay active and enjoy the outdoors.



GET A GOOD SLEEP

Stop using electronics at least an hour before bed. Pick an early bedtime, so you can get plenty of rest.



HYGIENE ROUTINE

Shower at night and do your hair (ex: curl it, braids)



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.

*“Sometimes I wish I could photosynthesize
so that just by being, just by shimmering at
the meadow's edge or floating lazily on a
pond, I could be doing the work of the world
while standing silent in the sun”*

Robin Wall Kimmerer, *Braiding Sweetgrass:
Indigenous Wisdom, Scientific Knowledge
and the Teaching of Plants*

