

## The Sacred Medicines - Cedar



Cedar, or giizhik, offers protection and healing. It is a strong medicine used in purification ceremonies, for protecting your space, and can be used in teas.

The most important protocol with cedar is respect. People should never overharvest and should avoid taking pieces larger than the size of their hand. When harvesting cedar, it is important to take only small amounts, to offer thanks, and to acknowledge the spirit of the tree.

## February Activity Contest

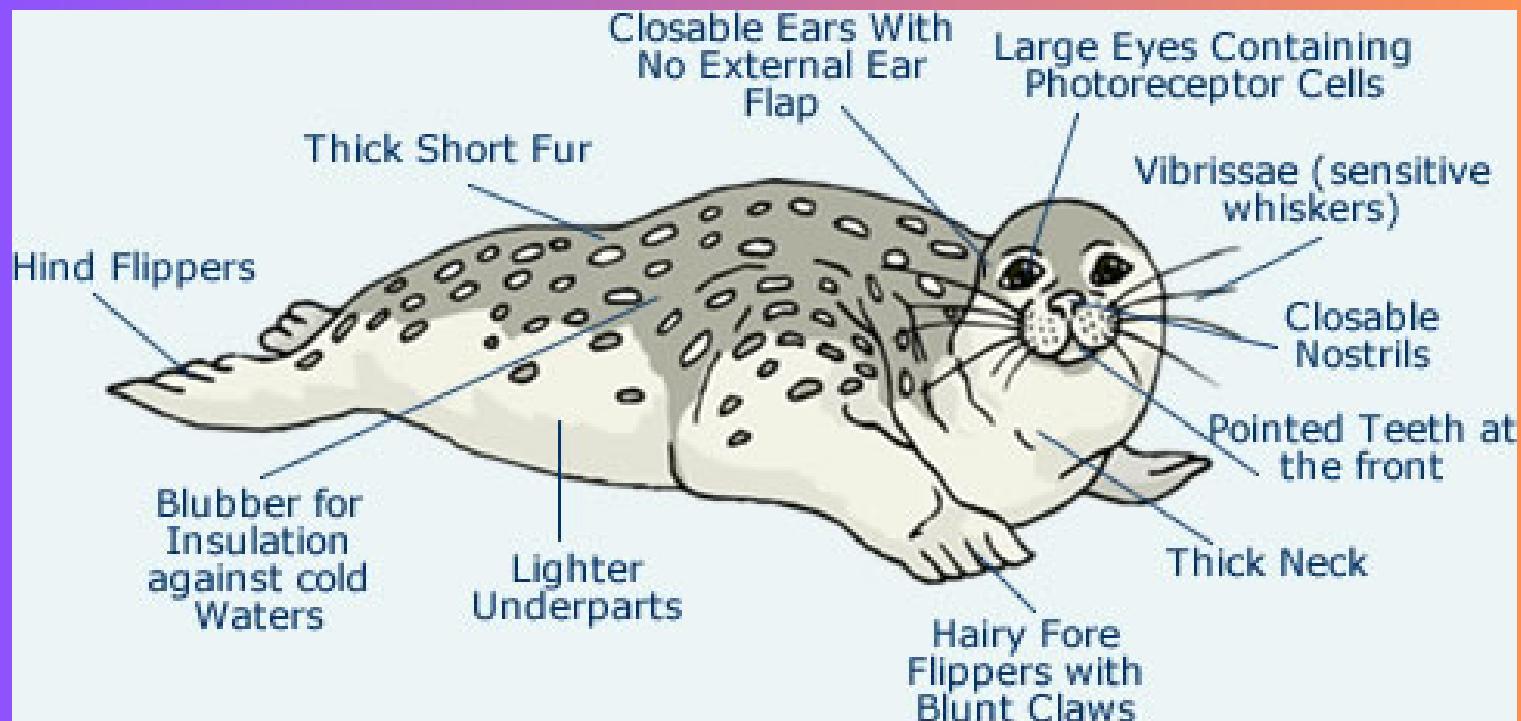
We're excited to continue a fun activity contest for our families and classrooms this month. All you need to do is snap a photo of your family or classroom enjoying any activity during February—whether you're cooking together, getting outside for a snowshoe or hike, sledding, or spending a day on the slopes.

Email your photo to the addresses listed at the bottom of this newsletter, and we'll enter your family or classroom into a prize draw. If you have any questions, feel free to reach out.

Winners will be announced in the following months newsletter.

Meegwetch!

# Hunting History: Seals



For Inuit communities, seals have long been an essential resource, and nearly every part of the seal is traditionally used. Here are the main uses:

- Meat: Seal meat is a vital food source, eaten fresh, dried, frozen, or cooked. It is rich in protein, iron, and essential nutrients.
- Blubber (fat): Used as a high-energy food and rendered into seal oil, which is important for nutrition and traditionally used for cooking, heating, and lighting (oil lamps called qulliq).
- Skin (hide): Seal skins are used to make clothing and footwear such as boots (kamiks), mittens, parkas, and pants because they are waterproof and extremely warm.
- Fur: Provides insulation for cold Arctic conditions and is often used in outer garments.
- Bones: Used to make tools, such as needles, fishing hooks, sled parts, and ornaments.
- Sinew: Used as strong thread or cord for sewing clothing and tools.
- Organs: Some organs are traditionally eaten or used for specific cultural or practical purposes.
- Teeth and claws: Used for jewelry, decoration, and tools.

Seal hunting and use are deeply tied to Inuit culture, survival, and respect for the land, emphasizing sustainability and using the animal fully to avoid waste.

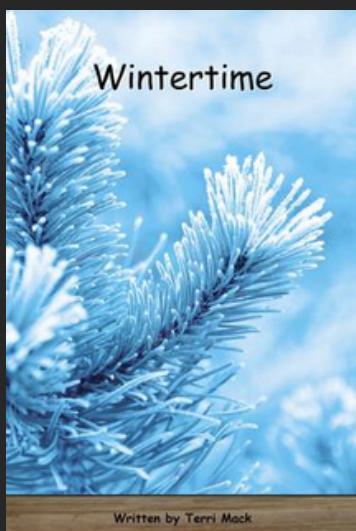
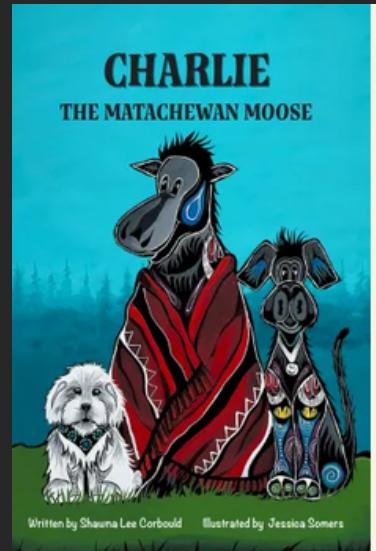


# The Book Nook



When a young moose calf gets lost in a storm, he is found by Nana and Papa, a kind couple who offer him shelter and a name: Charlie. They bring him home to Matachewan First Nation, where two dogs, Spike and Molly, happily welcome him into their pack. Together, Charlie and his friends spend their days digging holes on the beach, playing fetch, and having fun.

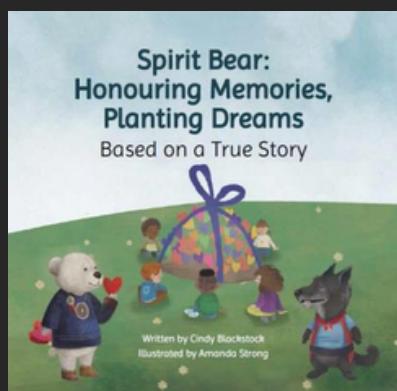
But Charlie is growing fast, and soon it will be time for him to return to the forest. With Spike and Molly by his side, Charlie sets off on an adventure to learn more about himself –and what it means to be a moose.



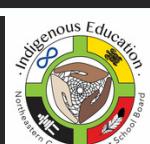
Written by Terri Mack, Kay Kwee Kway Kwa, is a member of the Da'naxda'xw Awaetlala Nation.

Winter is the season between fall and spring. The months of winter are December, January and February. What are some activities that you and your family do during the winter months?

In this story Spirit Bear is on his way home from a sacred ceremony when he meets Jake, a friendly dog, with a bag full of paper hearts attached to wood stakes. Jake tells Spirit Bear that school children and residential school survivors will plant the hearts when a big report on residential schools called the Truth and Reconciliation Commission (TRC for short) is shared.



Northeastern  
Catholic District  
SCHOOL BOARD

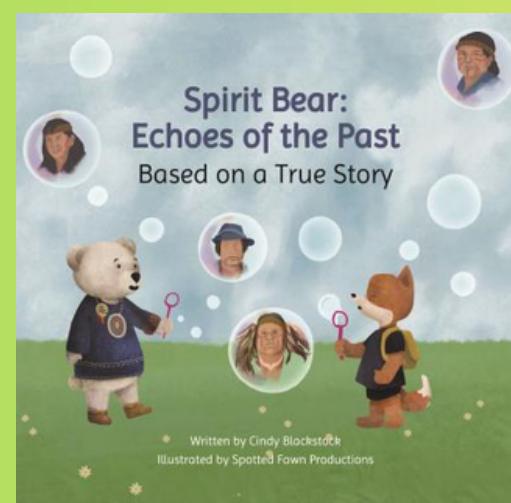
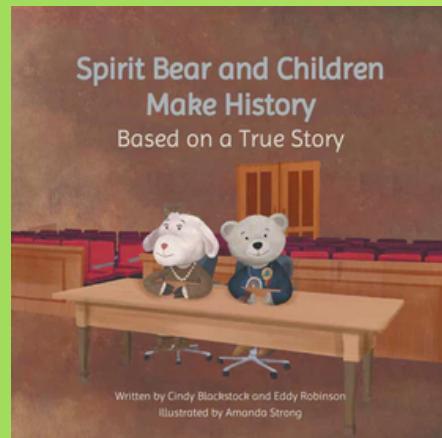
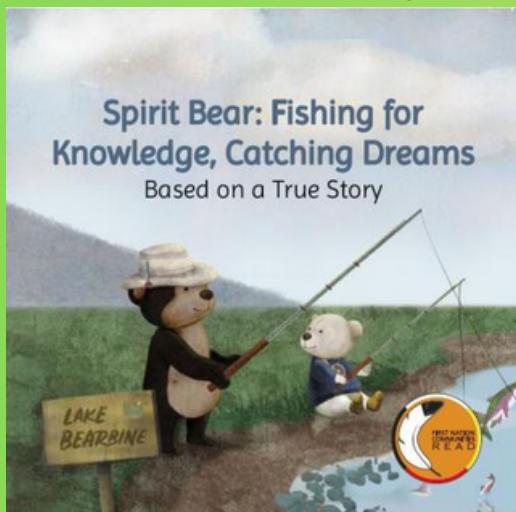


"A PLACE WHERE WE ALL BELONG"

# Have a Heart Day - February 14

Have a Heart Day, held annually on February 14th in Canada, is a child and youth-led reconciliation event by the First Nations Child & Family Caring Society, urging Canadians to support First Nations children's rights to safety, good education, health, and cultural pride, often by sending messages to officials to end systemic discrimination and ensure equitable services. To learn more, click on this link or the Spirit Bear image below to view the Spirit Bear Homepage that has numerous activities, resources and videos:

<https://fncaringsociety.com/SpiritBear>



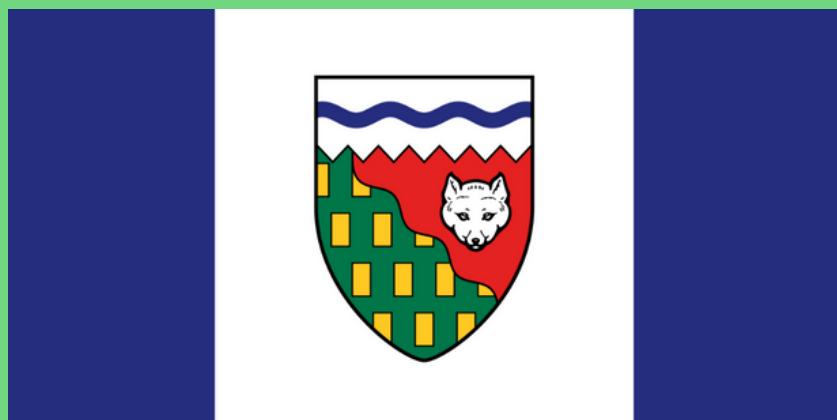
# Indigenous Languages Month

## Northwest Territories

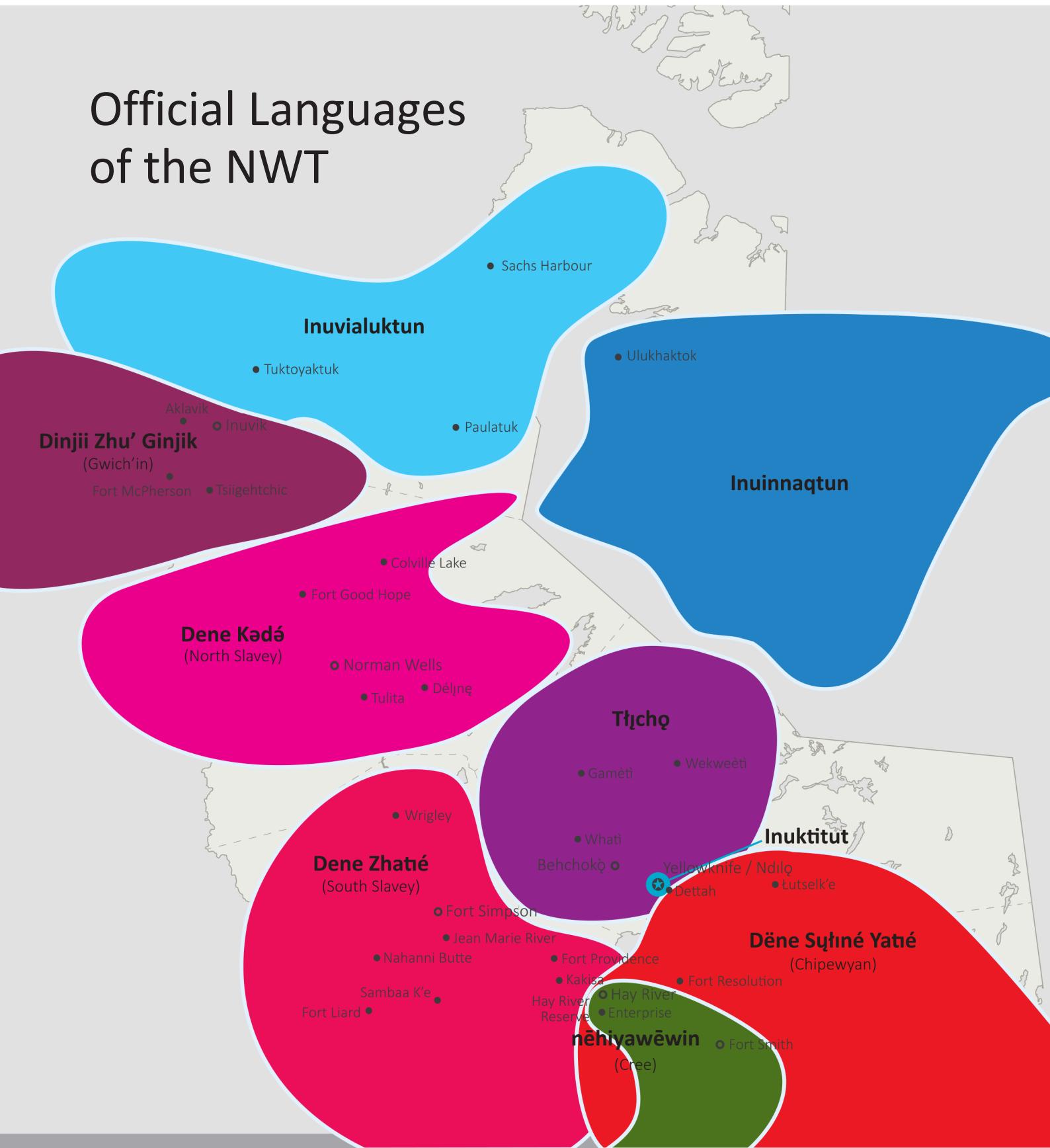
In 2018, February was declared as Indigenous Languages Month in the Northwest Territories. This was done in order to celebrate the 11 official languages of the Northwest Territories, and highlight the importance of language reclamation and preservation.

The 11 official languages are:

- Dene Kədá
- Dëne Sųłiné
- Dene Zhatié
- Dinjii Zhu' Ginjik
- English
- French
- Inuinnaqtun
- Inuktitut
- Inuvialuktun
- nēhiyawēwin
- Tłı̨chǫ



# Official Languages of the NWT



This map shows the approximate geographic areas where the NWT's various Indigenous languages have historically been spoken. Although the names of languages and dialects vary from community to community, the language regions outlined in the map represent widely used and agreed upon designations.

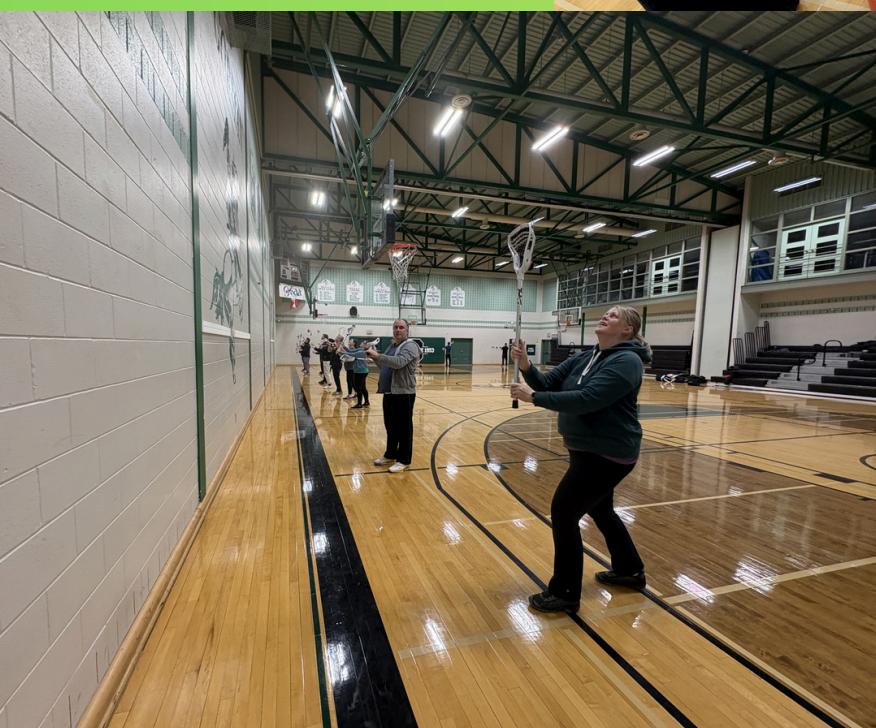
French is mostly spoken in Hay River, Fort Smith, Inuvik and Yellowknife. English is spoken throughout the NWT.



## Lacrosse PD with Mekwan Tulpin

Numerous teachers from each of our schools became “Lacrosse Champions” through our professional development session with Mekwan Tulpin. She brought exceptional energy, passion, and enthusiasm to our staff while sharing the teachings and origins of the Medicine Game, as well as meaningful strategies for incorporating this knowledge into student learning. Her presentation highlighted lacrosse as the oldest sport on Turtle Island and inspired educators to teach its cultural significance with respect and understanding.

Meegwetch, Mekwan!





Northeastern  
Catholic District  
SCHOOL BOARD

## Pine River Institute's Centre for Family Initiatives Positive Parenting Webinar Series

Northeastern Catholic District School Board in partnership with Pine River Institute, will be hosting five webinars:

1

### Building our “Stretch” Zone.

Thursday, October 9, 2025 at 7:00 p.m.

Explore comfort, stretch, and panic zones to help you and your child build resilience, improve communication, and know when to push or provide safety.



2

### Online Relationships and Crucial Conversations

Thursday, November 13, 2025 at 7:00 p.m.

More and more kids are finding connections online, and for many parents, this seems terrifying. Learn how to talk with your child about their online relationships; even when they seem to be the digital experts.



3

### Sleep and Mental Health

Thursday, December 4, 2025 at 7:00 p.m.

A good night's sleep is one of the most important things we can do for our mental and physical health. How can we help our kids, who just seem to want to stay up all night and sleep all day?



4

### Critical Thinking in an AI World

Thursday, February 12, 2026 at 7:00 p.m.

As AI becomes part of daily life, this webinar offers parents strategies to help kids stay curious, think critically, and navigate technology with confidence.



5

### Adolescence and Experimentation

Thursday, April 16, 2026 at 7:00 p.m.

Being a teen means trying new things. As parents, we need to keep kids safe while giving them space to explore. This session will share ways to talk (and listen) to your kids to help guide them through these years.



[\*\*CLICK HERE TO REGISTER\*\*](#)



# STRESS FREE MORNINGS

## EAT SMART

Avoid sugary or caffeinated drinks and snacks before bed.



## 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!



## 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.



## GET A GOOD SLEEP

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



## 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!

## 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)



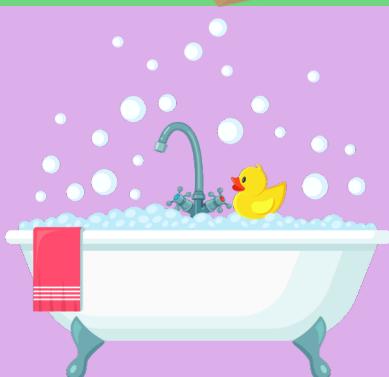
## STAY ACTIVE

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



## HYGIENE ROUTINE

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



# Be An Attendance Super Hero!

HERE  
EVERYDAY

READY TO LEARN

ON TIME



# The Indigenous Education Team

## INDIGENOUS EDUCATION TEAM CONTACT INFORMATION

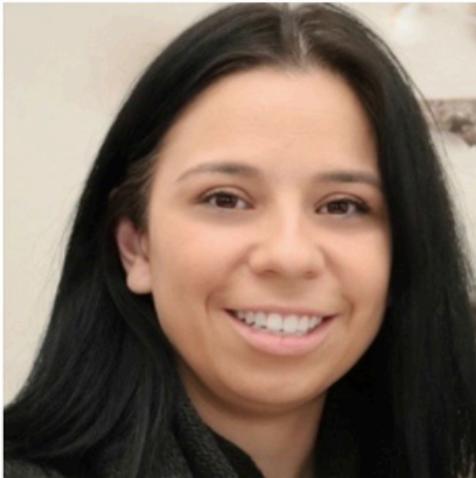


Ryan Plante *"Northern Lights in the Clouds"*

*Supervisor of Indigenous Education*

[rplante@ncdsb.on.ca](mailto:rplante@ncdsb.on.ca)

705-268-7443 Ext: 3225



Rachel Batisse

*Indigenous Support Worker - Southern Schools*

[rbatisse@ncdsb.on.ca](mailto:rbatisse@ncdsb.on.ca)

705-647-4301 EXT: 5609



Jessica Paquet

*Indigenous Support Worker - Central Schools*

[jpaquet@ncdsb.on.ca](mailto:jpaquet@ncdsb.on.ca)

705-268-7443 EXT: 3504

[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.

*“Winter is the time for comfort, for  
good food and warmth, for the  
touch of a friendly hand and for a  
talk beside the fire: it is the time for  
home.”*

*Edith Sitwell*

