

Waciyehkew Back Students

We hope everyone had a wonderful summer filled with fun, great memories, relaxation, and plenty of time to recharge! As we begin a new school year, we're excited to reconnect and look forward to sharing our knowledge, activities, and updates with you throughout the 2026–2027 school year.





What are the *94 Calls to Actions?*



*Click the image for all Calls to Action

"The Calls to Action are an appeal to mobilize all levels of government, organizations, as well as individuals to make concrete changes in society. They list specific actions to redress the legacy of residential schools and advance the process of Canadian reconciliation. The Calls to Action were released June 2, 2015, at the Truth and Reconciliation Commission of Canada's closing event" -
National Centre for Truth and Reconciliation



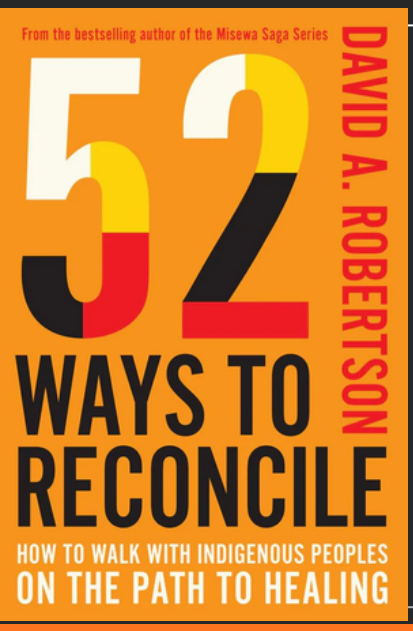
Summer Activity Contest

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 the summer months—whether you're cooking together, getting outside for a snowshoe or hike, 4wheeling, paddle boarding or kayaking.

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.

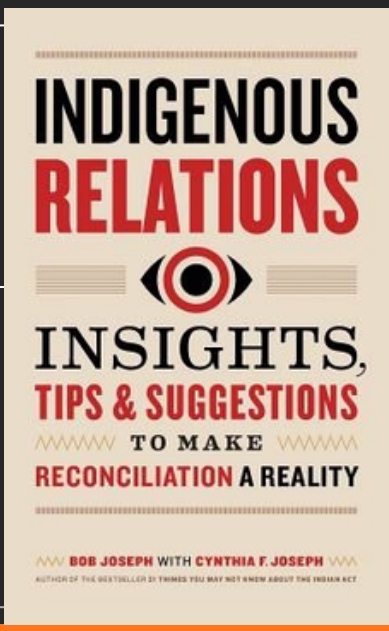
Meegwetch!

The Book Nook

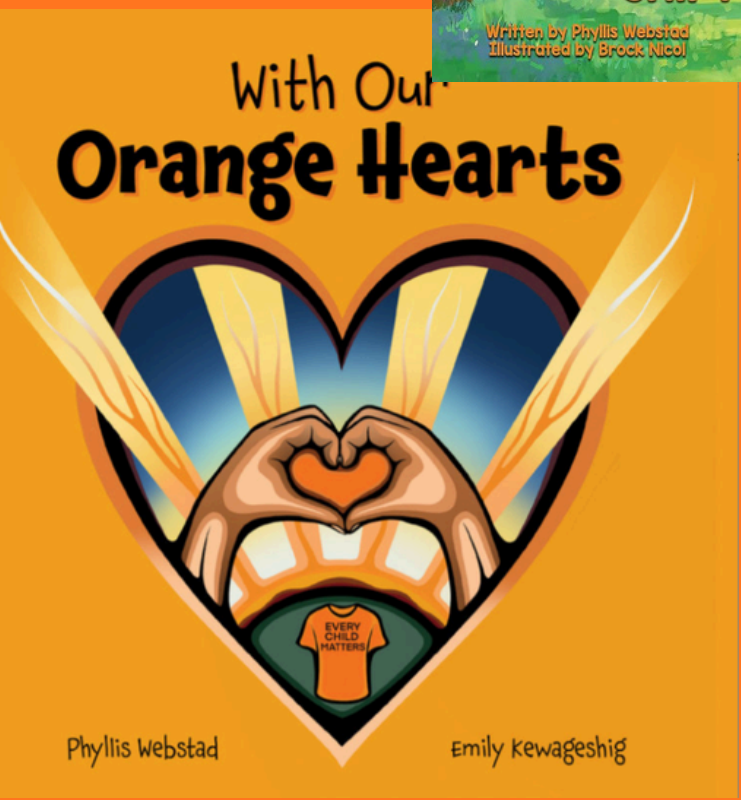


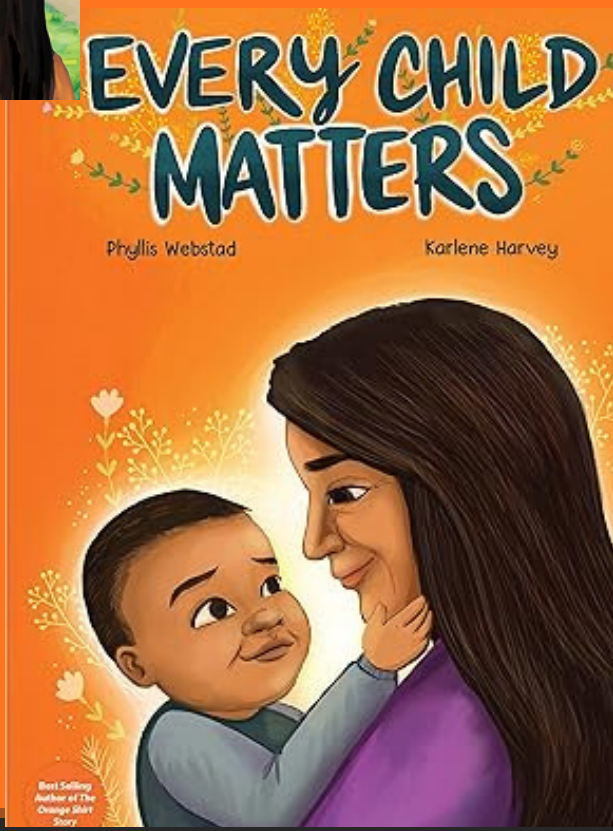
52 Ways to Reconcile is an essential guide to understand how small and attainable acts towards reconciliation can make an enormous difference in our collective efforts to build a reconciled country.

Premised on an understanding and respect of cultural differences, it frames reconciliation in a journey of learning and discovery to carry the responsibility of the legacy and outcomes of policies of the Indian Act for a better future. Indigenous Relations focuses on the 94 Calls to Action in the 2015 Truth and Reconciliation Commission of Canada Final Report, Honouring the Truth, Reconciling for the Future.









Northeastern Catholic District SCHOOL BOARD

Indigenous Education

"ROOTED IN BELONGING. GROWING TOGETHER"

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.




JANUARY
FEBRUARY
MARCH
APRIL
MAY
JUNE
JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
Aa Bb Cc Dd Ee










The Virtue of Gratitude
I am Grateful for...








Our Schedule
What's On Today?
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday

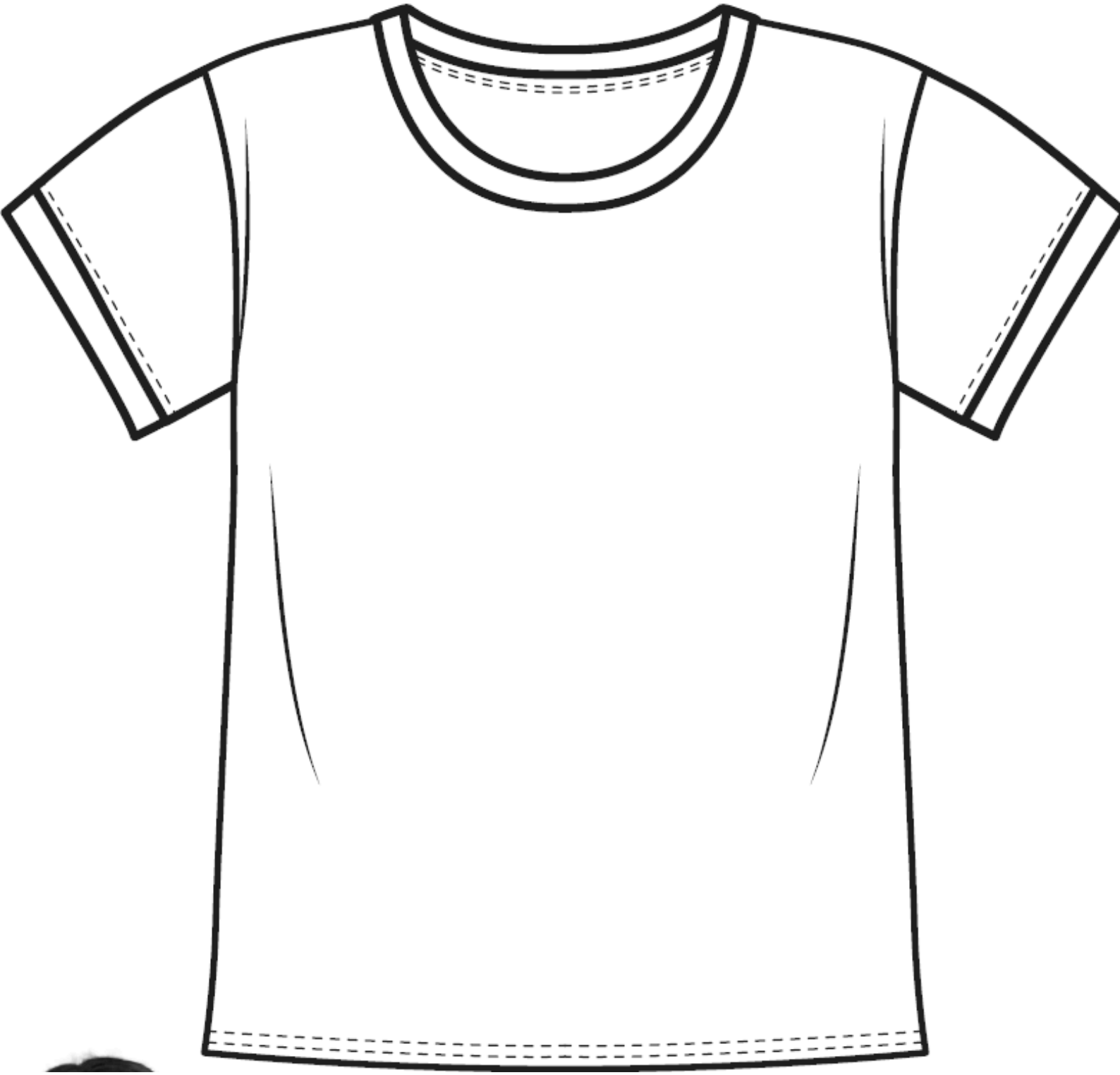

Every Child Matters





“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.

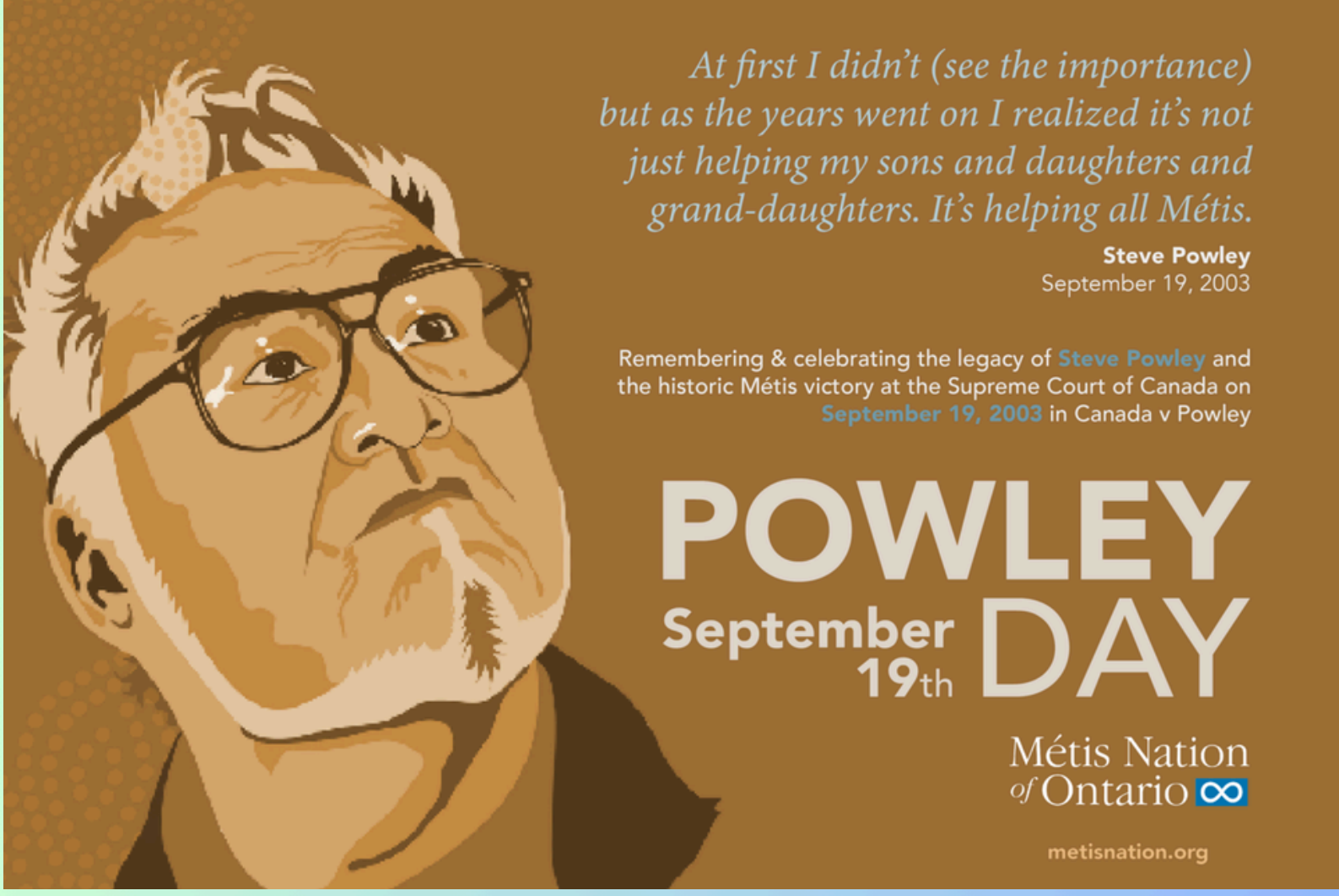



EVERY
CHILD
MATTERS
EVERY CHILD MATTERS



Illustration by Hawlii Pichette
More coloring pages at www.urbaniskwew.com/coloring-pages

Orange Shirt Day ~ National Day For Truth and Reconciliation - September 30



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!



Previous School Year Collage of Activities

























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Indigenous Education
Northeastern Catholic District School Board

"ROOTED IN BELONGING. GROWING TOGETHER"

RETURN TO SCHOOL

SCHOOL TIPS

AFTER A PROLONGED ABSENCE (EX: ILLNESS, INJURY)

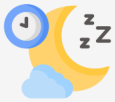


a place where we all belong
NCDSB





- Open Communication with the school to discuss your child's need
- Bring in a letter from your child's doctor outlying 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



School Lunch Ideas

Helping your child prepare their lunch the night before helps reduce morning stress, builds independence and sets your child up for a successful school day. When children help choose and pack their own lunch, they are more likely to enjoy it, eat well, and feel prepared for learning.



Wraps

- Jam & banana
- cream cheese, shredded cheese and shredded carrots
- cream cheese, turkey and cheese
- hummas, lettuce and cucumber

***Roll up and cut into “pinwheels”



Thermos

- Soup
- Pasta
- Fruit salad
- Yogurt parfait
- Milk (cereal to add)
- Rice and chicken
- Baked beans
- Left overs





English Muffins or Bagels

- Mini pizzas - tomato sauce, cheese, pepperoni
- cream cheese and cucumber
- Egg McMuffin







Lunchable/Bento Box

- Crackers
- Cheese
- Meat
- Pickles
- Veggies and dip
- fruit
- Dried fruit
- Boiled egg
- Muffins
- Granola with yogurt and berries
- Pasta salad
- Potato salad
- Coleslaw
- Garden Salad
- Gaucamole and nacho
- chips/pitas Hummas and naans











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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 youroutfit the night before. Be sure it is weather appropriate and includes everything your 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 atnight 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.

“The road we travel is equal in importance to the destination we seek. There are no shortcuts. When it comes to truth and recnciliation, we are forced to go the distance”

Honourable Justice Murray Sinclair, Truth and Reconciliation Commission of Canada

