We have new phone numbers at the school!

You are now able to reach us at these numbers:

Secretary Samantha Brown: 250-455-2522
Principal Merle Hubbard: 778-254-2480
Administrative Assistant Anna-Marie Adams: 778-254-1084
Stein Valley Nlakapamux School
Newsletter

## School Calendar

### 2021-2022

**February 1, 2022**

<table>
<thead>
<tr>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Calendar for July with dates" /></td>
<td><img src="image2" alt="Calendar for August with dates" /></td>
<td><img src="image3" alt="Calendar for September with dates" /></td>
<td><img src="image4" alt="Calendar for October with dates" /></td>
</tr>
</tbody>
</table>

**November**

| ![Calendar for November with dates](image5) |

**December**

| ![Calendar for December with dates](image6) |

**January**

| ![Calendar for January with dates](image7) |

**February**

| ![Calendar for February with dates](image8) |

**March**

| ![Calendar for March with dates](image9) |

**April**

| ![Calendar for April with dates](image10) |

**May**

| ![Calendar for May with dates](image11) |

**June**

| ![Calendar for June with dates](image12) |

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*Dates and events are placeholders and must be replaced with actual dates and information.*
K-4

Alphabet Jive

A says a, A says a, alligator, alligator a-a-a
B says b, B says b, bouncing ball, bouncing, b-b-b
C says c, C says c, cough and cold, cough and cold, c-c-c
D says d, D says d, down dragon, down dragon, d-d-d
E says e, E says e, elephant, elephant, e-e-e
F says f, F says f, funny fish, funny fish, f-f-f
G says g, G says g, giggling girl, giggling girl, g-g-g
H says h, H says h, huff and puff, huff and puff, h-h-h
I says i, I says i, icky ink, icky ink, i-i-i
J says j, J says j, jump and jiggle, jump and jiggle, j-j-j
K says k, K says k, kicking kangaroo, kicking kangaroo, k-k-k
L says l, L says l, lollipop, lollipop, l-l-l
M says m, M says m, marshmallow, marshmallow, m-m-m
N says n, N says n, no never, no never, n-n-n
O says o, O says o, octopus, octopus, o-o-o
P says p, P says p, purple plum, purple plum, p-p-p
Q says q, Q says q, quiet queen, quiet queen, q-q-q
R says r, R says r, run the motor, run the motor, r-r-r
S says s, S says s, slithering snake, slithering snake, s-s-s
T says t, T says t, tickle turtle, tickle turtle, t-t-t
U says u, U says u, umbrella, umbrella, u-u-u
V says v, V says v, violin, violin, v-v-v
W says w, W says w, wild wind, wild wind, w-w-w
X says x, X says x, exciting, exciting, x-x-x
Y says y, Y says y, yummy yam, yummy yam, y-y-y
Z says z, Z says z, zip the zebra, zip the zebra, z-z-z
Grade 4/5

I want to thank all the students, and their caregivers, who do their best to join daily calls and actively participate. I feel very happy when you keep your cameras on, so please let me see you :) A big thank you to Bev Swan for her help, ideas, comments, suggestions and sharing!

Science:

This month in science we are learning about solutions: types of solutions, their properties, separating solutions and where in our everyday life we use homogeneous solutions.

Social Studies:

Our focus this month is "Interactions between First Peoples and Europeans": what sources help us learn about the past, what difficulties were encountered by both the Indigenous People and the European visitors during their first contact, reasons behind European voyagers coming to Canada, we examine perspectives of both sides etc.

Language Arts:

This month we learn about perspectives (influences, shifts in perspective, open mind), building up sentences, rules of punctuation, homonyms and homophones. Also, we read Alice in Wonderland. Regularly we practice writing skills.

Visual Arts:

Often students choose their own ideas of what to draw. Also, we cut and fold Platonic solids, as well as fold napkins in fancy ways. We experimented with tin foil figurines.

Math:

We explore factors and multiples, multiplication and division of multiple digit numbers by 1 or 2 digit numbers.

Powerful understanding:

We have discussions about various topics.
Grade 4/5 Art work

Gordon's art

Kianna's art

Menan's nankin folding art

Sunshine's art

Mason's tin foil art

Zavier's tin foil art

Art by Jay
**High School**

It is nice to be back with the students after the break. It is hard to believe that half the school year is almost over.

This has been quite a year. I started teaching in 1996. Prior to accepting my first teaching position I was completely unaware of how much change could occur within the inner workings of a school setting. Just when I thought I had seen almost everything, Covid, online-learning, fire, flood, and road washouts have been added to my list. When thinking about this I am reminded that there is a purpose in everything.

But, what can I learn from all these events, most which seem to be quite negative at first glance? Well, one thing is that I likely would not have come back to teach in my home community. I always wanted to but after the fire there was a need and I happened to hear about it. I am glad that happened as in some ways it provided that little nudge that I think we all need at certain times in our lives. Secondly, I have made the acquaintance of my students and fellow staff members and that has made my life richer in many ways. I have also been introduced to the world of online learning and though I much prefer in-person learning I am learning new skills.

I am reminded of a major renovation that took place in our public-school years ago. I was so upset because we did not have access to our gym. Physical Education and sports were one of the biggest draws for me in school, so I was none too happy. We ended up spending more time outdoors in -40C; those were the days when we just bundled up and still went outside. I can still hear our teacher saying that if we would run faster in the snow that our body heat would offset the cold and windchill. He was right and as far as I know, no one suffered from hypothermia or frostbite. I think I can also hear him saying something along the lines of, “you think this is cold? I walked to school in -50C, uphill, five miles. You are getting soft. Let’s move it!”

Looking forward to better days and learning from the challenging ones.

Billy Rowluck

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For grades 8-12, Fall semester ends Friday, January 28, and Winter semester begins Monday, January 31. That means new courses, including Social Studies for our high schoolers.

In preparation for graduation festivities in June, SVNS is looking for parent and community support in any fundraising efforts. If you are able to volunteer your time for any of these activities, please contact the school at 250-455-2522 or receptionist@svns.ca to let us know you are able to help.
In regards to Williams Lake First Nations Press Release

Stein Valley Nlakapamux School sends our love and support to the members of the Williams Lake First Nation. They announced yesterday the discovery of 93 potential human burials during the first phase of its search of the former St. Joseph’s Mission Residential School. Thousands of First Nations children from the dozens of Secwepemc, Tsilhqot’ín, Stl’atl’imx, and Dakelh communities throughout the region attended the Roman Catholic school, operating on the outskirts of Williams Lake from 1891 to 1981. A National Residential School Crisis Line has been set up to provide support to former students. The 24-Hour Crisis Line can be accessed at: 1-866-925-4419.

A message from Rya Adams, K4 Teacher;

As a staff member of a First Nations school, and a woman warrior of the Nlaka’pamux Nation, it is with a heavy heart that I share the news shared from the Williams Lake First Nations.

St. Joseph’s Mission was open from 1891-1981, and housed thousands of First Nation children who were forced to attend. As with many of the other residential schools, there were reported and unreported instances of neglect, abuse, and even outright murder. We need to have colonial education practices be told truthfully, as there needs to be truth before there can be reconciliation.

Williams Lake First Nations have been working on phase 1 of their investigation; 14 hectares of land have been scanned to date. With a deep heart, I share that they have reported 93 reflections that indicate potential human remains, with 50 of those findings not associated with the cemetery that is still present.

We welcome all families to have a minute of silence for the children found, not found, and the families who had their children stolen from them.

We also would like to encourage you to send your support to the Williams Lake First Nations members, you may show it how you like. I will give the email provided from the presentation, as well as the link for those who wish to watch it.

As stated by the Chief, “We hope to heal as a Nation”

sjmission@wlfn.ca
https://www.youtube.com/watch?v=Enwq5M93EUA
QuequshchAmwuh

Rya Adams
Mental Health and Wellness Supports

MENTAL HEALTH AND CRISIS SUPPORT LINES

- **Hope for Wellness Helpline:** 1-855-242-3310
  Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

- **Indian Residential School Survivors Society:** 1-604-985-4464 or toll-free 1-800-721-0066

- **KUU-US Crisis Line Society:** 1-800-588-8717
  Indigenous crisis line in BC. Available 24 hours a day

- **Tsow-Tun Le Lum Society:** 1-250-268-2463
  24-hour support line for people struggling with addiction, substance misuse, and trauma - including residential school survivors.

DOMESTIC VIOLENCE OR ABUSE

If you are in immediate danger call 911

- **Domestic Violence Help Line:** 1-800-563-0808
  (confidential, 24 hours a day, service in multiple languages)

- **VictimLinkBC:** 1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

- **KUU-US Crisis Line Society:** 1-800-588-8717
  Indigenous crisis line in BC operates 24 hours a day

- **Hope for Wellness Helpline:** 1-855-242-3310
  Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS

- **Kids Help Line:** 1-800-668-6868
- **Adults Help Line:** 1-800-663-1441
- **Health Link BC:** 811
- **MHSU Interior Health:** 1-888-353-2283

SUPPORT FOR CHILDREN AND YOUTH

- **Kids Help Phone:** 1-800-668-8888
- **Helpline for Children in BC:** 310-1234
  (no area code needed)

- **KUU-US Crisis Line Society Child and Youth Crisis:** 1-250-723-2040 or toll free 1-800-588-8717
  Available 24 hours a day

FOR ONLINE RESOURCES FOR MENTAL HEALTH:

- **First Nations Health Authority - Mental Health and Substance Use:**

- **Canadian Mental Health Association**
  [https://cmha.ca/](https://cmha.ca/)

- **First Nations Health Authority - novel coronavirus (COVID-19)**

If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.
Dates to Remember
Feb. 4—Non I Day
Feb. 7—Report Card Day
Feb. 16—Early dismissal at 2pm
Feb. 21—Family day
Feb. 25—Pro D
April 14—Report cards go home
June 28—Report cards go home

Stein Gas Station
Temporarily Closed
Due to no gas deliveries
Sorry for any inconvenience this may cause.