



KWAYACIIWIN TABAAHCHIMOWIN

Kwayaciiwin Education Resource Centre

FALL 2017

What's Inside?

Kwayaciiwin thanks outgoing Executive Director

Summer Institute brings educators together

Transforming the on-reserve school system

Bringing nutrition to the schools

Stay Connected!



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www.kwayaciiwin.com

Kwayaciiwin lands new Executive Director



Kwayaciiwin Education Resource Centre is pleased to announce the hiring of Jeannie Beardy as Executive Director.

Jeannie, whose maiden name is Cutfeet, brings many years of experience working for her home community of Kitchenuhmaykoosib Inninuwug. She is an educator, mother, grandmother, and a fluent speaker in English and Oji-Cree. She has served as Curriculum Developer for Native Language for her community and has worked on numerous grassroots projects related to social issues that incorporated Elder women's knowledge and wisdom.

As Executive Director, Beardy wants to ensure Kwayaciiwin is a relevant and effective organization for the people it serves by ensuring its services and resources are accessible and utilized at the grassroots level.

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**KWAYACIIWIN
TABAAHCHIMOWIN**

Fall 2017

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KWAYACIIWIN
Education Resource Centre

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UPCOMING ISSUES:

Winter 2017/18
December 2017

Spring 2018
March 2018

**Submissions and ideas
are welcome!**

Submit to:
Brent Wesley
bwesley@kerc.ca

KERC board thanks outgoing Executive Director



Former Executive Director Matthew Angees welcomes delegates to the 2017 Summer Institute Aug. 28 in Sioux Lookout, Ont.

The Kwayaciiwin Education Resource Centre's Board of Directors announces the departure of Matthew Angees as Executive Director.

Since 2013, Matthew has played a critical role in the development and success of the organization.

While we will miss his leadership, we wish him the best of luck in his new endeavour as Executive Director at Shibogama First Nations Council.

The KERC board and staff want to thank Matthew for his five years of dedicated service which involved many significant accomplishments, including:

- The comprehensive Kwayaciiwin Grassroots Exploratory Process (2014), which identified the need for change through the development of a regional education system.
- Increased communication with our community partners.
- The completion of KERC's first 5-year strategic plan, a key document guiding the board, management, and staff into the future.

Matthew whole-heartedly believes in the strong partnerships between KERC and the community schools with the goal of developing effective education standards and consistency leading to greater student success. We appreciate his hard work and commitment in building and growing KERC to what it is today.

Staff Updates

Departing Staff

Kwayaciiwin wishes to thank **Brooke Skene, Bronwyn MacDonald, and Sandra Bighead** for their contributions to the organization. We wish them all the best in their new endeavours.

New Staff

We are proud to welcome the following new staff to the Kwayaciiwin team:

Jeannie Beardy
Executive Director

Loretta Mickenack
Student Support Coordinator

Colleen Cremer
Literacy Coach

Brent Wesley
Communications Outreach Coordinator

Shelby Semple
Production Admin. Clerk

Klaus Rossler
Graphic Artist / Illustrator

KEKEENAMAKAYO EDUCATION CONFERENCE

RESURGENCE: Empowering Indigenous Values in Modern Education

SAVE THE DATE

February 13-15, 2018

Delta Hotels Winnipeg
350 St. Mary, Ave. Winnipeg, Man.

What's New for 2018

- New & returning “most requested” presenters
- Interactive format with opportunities to:
 - Collaborate with other teachers & leaders
 - Share best practices and discuss challenges



Join the ongoing conversation on our Facebook group:

IndigenEd - Community of Innovators

Brought to you by:



KWAYACIIWIN
EDUCATION RESOURCE CENTRE

conference@kerc.ca

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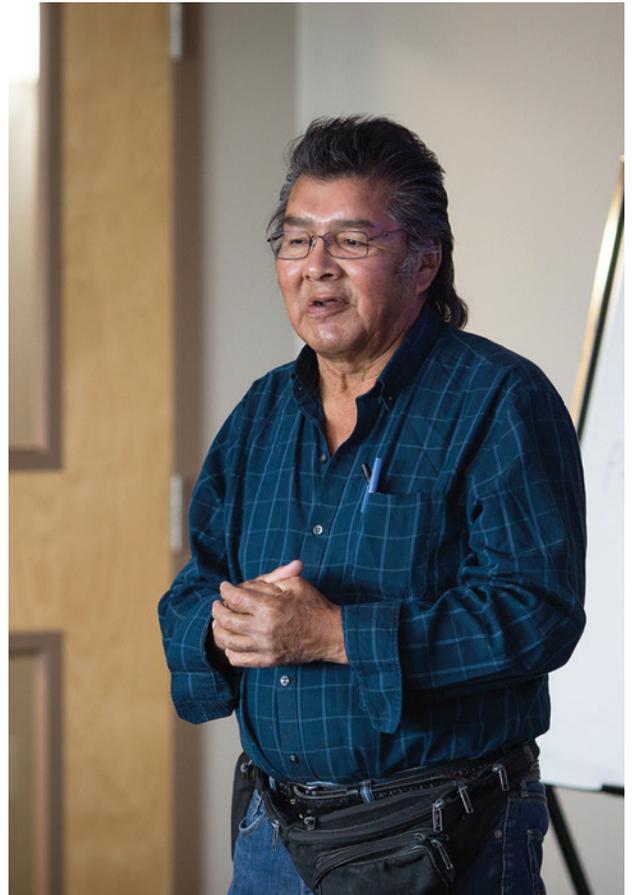
Kicking off the school year at the KERC Summer Institute!



Just before educators made their way back into the classrooms, three days of professional development took place at Kwayaciiwin's Summer Institute in Sioux Lookout, Ont., Aug. 28-30.

It was a chance for teachers, principals, classroom assistants, education directors, special education support workers, and social counsellors to gain insightful knowledge in key areas suited to their backgrounds.

Sessions included: Trauma Informed Practice, Mental Health & Wellbeing, Lions Quest Training, Technology in the Classroom, plus many others.





During the 2017 Summer Institute Aug. 29 in Sioux Lookout, Ont., Kwayaciiwin presented its concept paper on exploring ideas for a regional school board.

Exploring the transformation of the on-reserve school system

A preliminary round of grassroots community consultations took place from January to March. Based on feedback from Managers, Teachers and community members and when possible, Band Council members, Brian Hawker prepared a Concept Paper on options for developing a Regional School Board. The report outlines the advantages and disadvantages for three different options for transforming the current system from stand-alone schools into a regional school board.

The three options are:

1. Status Quo.
2. District School Board.
3. Fee for Service.

The Concept Paper also describes several different existing First Nations school systems that operate outside of the Indian Act.

Kwayaciiwin is now in the process of a second round of community engagement consultations to determine which of the three options is preferred.

To explain the rationale for changing the current system and how a regional school board would be accountable to parents and promote both local flexibility and regional standards, teams of Kwayaciiwin staff show a 60-slide presentation and provide an opportunity for questions and comments. Following each presentation, the Kwayaciiwin staff distribute surveys to those in attendance. Once this process is complete, the results will be compiled into a report which will be presented to the area Chiefs at the next KERC Annual General Meeting.

Information is being collected from all 13 participating KERC communities.

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Time to reclaim culture and language: New ED

from page 1

"Most of all, I want to continue to see Kwayaciiwin as a respected and growing organization, a living mechanism and a vehicle of Native language and culture," she says.

Beardy believes it's a critical time for First Nations people in the Sioux Lookout area, especially as the Elder population continues to decline, as it is the Elders who are the knowledge keepers of this land and the communities.

"Now is the time, more than ever, in the crossroads, to make and take the essential and necessary choice of restoration, reclaiming, and immersion of language and culture for the young and future generations," Beardy says.

The Executive Director is responsible for carrying out policies, directives, and strategic plans established by the Board of Directors, as well as to supervise the overall operations and daily management of the organization.



SHARE YOUR STORIES!

Principals, Teachers, Education Directors.

We are looking for stories from your schools to feature in upcoming issues of our newsletter.

Highlight a community/school event or activity. Or feature student achievements by showcasing their academic successes or creative pieces of art (story, photo, visual art).

Let's share our successes with others!

For more information, or to submit a story, contact:

Brent Wesley, Communications Outreach Coordinor
(807) 737-7373 ext. 52 | bwesley@kerc.ca

Student Nutrition Program Update

The First Nation Student Nutrition Program (SNP), funded by the Ministry of Children and Youth Services (MCYS), has entered its third school year of funding. The SNP funding is used to purchase and serve nutritious food, transport food, hire cooks, and provide cultural activities to students in 12 communities: Bearskin Lake, Cat Lake, Kasabonika Lake, Kingfisher Lake, Kitchenuhmaykoosib Inninuwug, Mishkeegogamang, Muskrat Dam, North Caribou, Sachigo Lake, Slate Falls, Wapekeka and Wunnumin Lake.

This September, Kanina Terry began working as the SNP Coordinator at Kwayaciiwin. Kanina is a trained chef, has experience as a caterer and culinary arts instructor and is a mother to a boy in Grade 2. She was involved in writing the SNP proposal for funding in 2015 and has worked since last November on a part-time basis on the project. In her expanded role as the Coordi-

nator, she joins Monika Orzechowska at Kwayaciiwin. Kanina looks forward to working with education and cooking staff on implementing, growing and improving the SNP in the schools.

This autumn, Kanina will spend time traveling to communities and schools. In September, Kanina and Candace AQUI, from the Nutrition Resource Centre in Toronto, went to Bearskin Lake to visit the Michikan Lake School and experience the Severn Fall Hunt. The first week of October, Kanina was at the Aglace Chapman Education Centre in Kitchenuhmaykoosib Inninuwug working with the new SNP cook and cooking with the Grade 6 students. Other trips are planned.

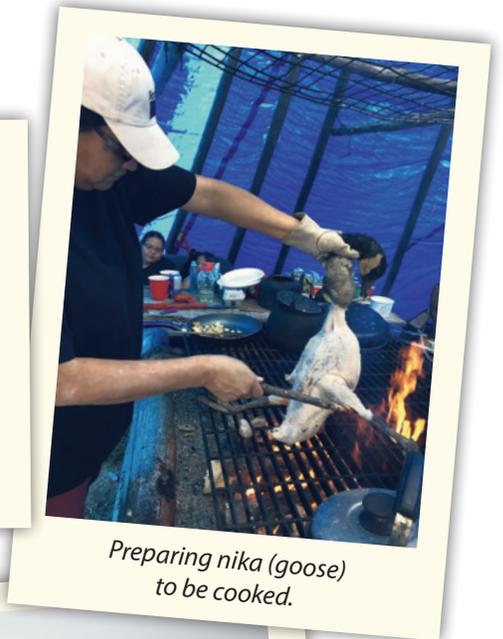
Contact Kanina (kanina.terry@kerc.ca or 807-737-7373) if you have questions about the SNP.



Candace and Kanina at the Feast Grounds during the Severn Fall Hunt.



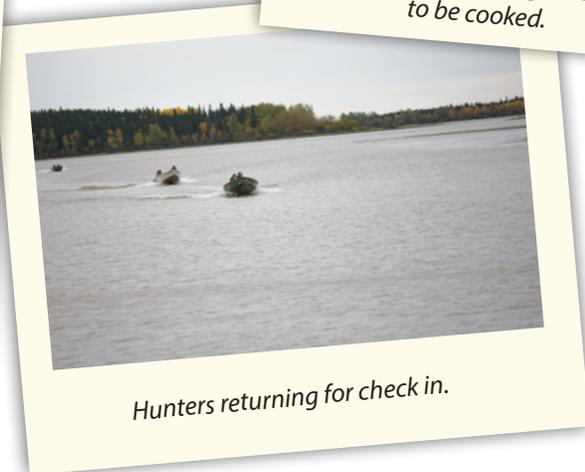
Checking in during the Severn Fall Hunt in Bearskin Lake.



Preparing nika (goose) to be cooked.



Bearskin Lake feast grounds.



Hunters returning for check in.

QUIZ TIME!

Food affects us in many ways - it gives us energy, feeds our body and brain, and affects our mood.

Most store bought food have Nutrition Facts and an ingredient list printed on their packaging. Label reading gives you a quick peek at what is in the food you eat.

For the Student Nutrition Program, MCYS recommends serving cereals that have **8 grams (2 teaspoons) of sugar or less for a 30 gram serving (approximately ¼ cup)** and a whole grain listed as the first ingredient.

Of these 5 common cereals, which two meet MCYS nutritional recommendations?

Please note, some math calculation is required.

Nutrition Facts		Serving 3/4 cup (27 g)	
Amount per serving	Cereal	With 1/2 Cup 1% Milk	
Calories	100	160	
% Daily Value			
Fat 1 g [†]	2%	3%	
Saturated 0.5 g + Trans 0 g	2%	4%	
Cholesterol 0 mg	0%	2%	
Sodium 105 mg	4%	7%	
Potassium 40 mg	1%	7%	
Carbohydrate 24 g	8%	10%	
Fibre 2 g	8%	8%	
Sugars 10 g			
Protein 1 g			
Vitamin A	0%	8%	
Vitamin C	0%	0%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	20%	45%	
Thiamine	40%	45%	
Niacin	6%	10%	
Vitamin B ₆	10%	10%	
Folate	8%	10%	
Pantothenate	6%	15%	
Zinc	10%	15%	

[†] Amount in cereal.

INGREDIENTS:
SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT HULL FIBRE, CORN BRAN, MODIFIED POTATO STARCH, HYDROGENATED COCONUT AND VEGETABLE OIL, COLOUR, SALT, NATURAL FLAVOUR, BHT.

VITAMINS AND MINERALS: IRON, NIACINAMIDE, ZINC OXIDE, THIAMINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D₃), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆).

Fruit Loops

Nutrition Facts		Serving 1 cup (55 g)	
Amount per serving	Cereal	With 1/2 Cup 1% Milk	
Calories	180	240	
% Daily Value			
Fat 1 g [†]	2%	4%	
Saturated 0.2 g + Trans 0 g	1%	3%	
Cholesterol 0 mg	0%	2%	
Sodium 240 mg	10%	12%	
Potassium 290 mg	8%	14%	
Carbohydrate 44 g	15%	17%	
Fibre 6 g	24%	24%	
Sugars ^{††} 15 g			
Protein 4 g			
Vitamin A	0%	8%	
Vitamin C	0%	0%	
Calcium	2%	15%	
Iron	50%	50%	
Thiamine	80%	90%	
Riboflavin	6%	20%	
Niacin	15%	20%	
Vitamin B ₆	20%	20%	
Folate	15%	20%	
Pantothenate	15%	20%	
Phosphorus	20%	30%	
Magnesium	30%	35%	
Zinc	20%	25%	
Manganese	90%	90%	

[†] Amount in cereal.
^{††} Approximately half of the sugars occur naturally in the raisins.

INGREDIENTS:
WHOLE GRAIN WHEAT, RAISINS (RAISIN), SUGAR, MODIFIED PALM OIL, WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

VITAMINS AND MINERALS: IRON, THIAMINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, HYDROXYCHOLECALCIFEROL (VITAMIN D₃).

Raisin Bran

Nutrition Facts		Per 1 cup (55 g)	
Amount	Cereal	With 1/2 cup skim milk	
Calories	200	240	
% Daily Value			
Fat 1 g*	2%	2%	
Saturated 0.2 g + Trans 0 g	1%	2%	
Cholesterol 0 mg	0%	1%	
Sodium 200 mg	8%	11%	
Carbohydrate 45 g	15%	17%	
Fibre 6 g	24%	24%	
Sugars 9 g			
Protein 6 g			
Vitamin A	0%	8%	
Vitamin C	0%	0%	
Calcium	2%	15%	
Iron	50%	50%	
Vitamin D	0%	25%	
Thiamin	80%	90%	
Riboflavin	4%	20%	
Niacin	15%	25%	
Vitamin B ₆	20%	20%	
Folate	15%	20%	
Vitamin B ₁₂	0%	35%	
Pantothenate	15%	20%	
Phosphorus	15%	30%	
Magnesium	30%	35%	
Zinc	15%	20%	

* Amount in 55 g cereal

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, SALT, BARLEY MALT EXTRACT

VITAMINS AND MINERALS: THIAMINE MONONITRATE (B₁), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (B₆), CALCIUM PANTOTHENATE, FOLIC ACID, IRON. BHT IS ADDED TO PACKAGE MATERIAL TO HELP MAINTAIN PRODUCT FRESHNESS. (GMS#)

CONTAINS: WHEAT & BARLEY

Shreddies

Nutrition Facts		Serving 1 cup (32 g)	
Amount per serving	Cereal	With 1/2 Cup 1% Milk	
Calories / Calories	120	170	
% Daily Value / % valeur quotidienne			
Fat / Lipides 0 g [†]	0%	2%	
Saturated / saturés 0 g + Trans / trans 0 g	0%	2%	
Cholesterol / Cholestérol 0 mg	0%	2%	
Sodium / Sodium 150 mg	6%	9%	
Potassium / Potassium 25 mg	1%	6%	
Carbohydrate / Glucides 29 g	10%	12%	
Fibre / Fibres 3 g	12%	12%	
Sugars / Sucres 10 g			
Protein / Protéines 1 g			
Vitamin A / Vitamine A	2%	10%	
Vitamin C / Vitamine C	0%	0%	
Calcium / Calcium	0%	15%	
Iron / Fer	30%	30%	
Vitamin D / Vitamine D	20%	45%	
Thiamine / Thiamine	50%	50%	
Niacin / Niacine	8%	10%	
Vitamin B ₆ / Vitamine B ₆	10%	15%	
Folate / Folate	8%	10%	
Pantothenate / Pantothénate	8%	15%	
Zinc / Zinc	10%	20%	

[†] Amount in cereal / Dans les céréales.

INGREDIENTS / INGRÉDIENTS:
CORN MEAL, SUGAR, CORN BRAN, CORN SYRUP, MALTODEXTRIN, FRUCTO OLIGOSACCHARIDES, SALT, WHOLE OAT FLOUR, BAKING SODA, NATURAL FLAVOUR, COLOUR (CAROTENE).

VITAMINS AND MINERALS: IRON, ZINC OXIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, THIAMINE HYDROCHLORIDE, CHOLECALCIFEROL (VITAMIN D₃), PYRIDOXINE HYDROCHLORIDE, FOLIC ACID.

CONTAINS OAT INGREDIENTS. MAY CONTAIN SOY.

Corn Pops

Nutrition Facts		Serving 21 biscuits (54 g)	
Amount per serving	Cereal	With 1/2 Cup 1% Milk	
Calories	190	250	
% Daily Value			
Fat 1 g [†]	2%	3%	
Saturated 0 g + Trans 0 g	1%	3%	
Cholesterol 0 mg	0%	2%	
Sodium 0 mg	0%	3%	
Potassium 200 mg	6%	11%	
Carbohydrate 45 g	15%	17%	
Fibre 6 g	24%	24%	
Sugars 10 g			
Protein 5 g			
Vitamin A	0%	8%	
Vitamin C	0%	0%	
Calcium	2%	15%	
Iron	50%	50%	
Thiamine	80%	90%	
Niacin	15%	20%	
Vitamin B ₆	20%	20%	
Folate	15%	20%	
Pantothenate	10%	20%	
Phosphorus	20%	30%	
Magnesium	20%	25%	
Zinc	20%	25%	

[†] Amount in cereal.

INGREDIENTS:
WHOLE GRAIN WHEAT, ICING SUGAR, GLYCERIN, GELATIN, BHT.

VITAMINS AND MINERALS: IRON, THIAMINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID.

Mini Wheats

CONTEST TIME!

Send us a photo of you with a cereal that meets the nutritional recommendations as outlined in the quiz above!

You'll be entered into a draw to win 2 boxes of that cereal and some fresh fruit (max \$30 value).

Two prizes to be won! Contest open to all community members.

Send photos to Kanina Terry at kanina.terry@kerc.ca

Deadline: Dec. 8, 2017

Special Education Workshop

The Special Education Working Group convened in Sioux Lookout from September 19-21. The group consisted of teachers and teacher assistants from nine of the Kwayaciiwin communities. Those participating received hands-on training from Anderson Speech in the use of the Board-maker program for Speech and Language, they explored the Zones of Regulation program and how it can be used to support students' development of Self Regulation, and they gained an understanding of some of the assessments and how to support students with differences.

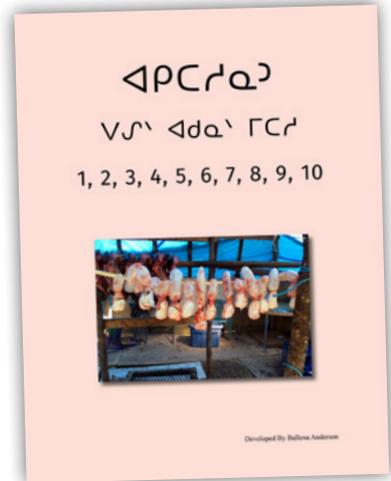
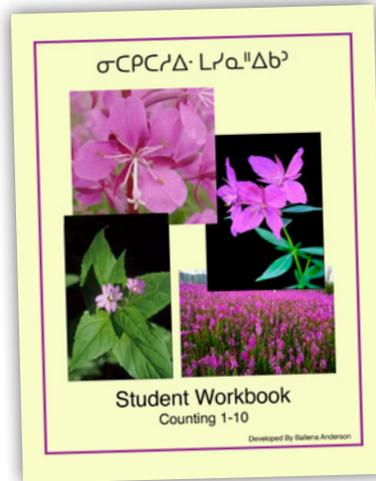
Each community also received a laptop designated to the Special Education department containing information about Special Education and how to manage the guidelines from the government. In this way, there is consistency and accuracy in how materials and documents are handled.

The workshops were well attended and participants commented that the information was useful and needed.

All in all a good three days!



Latest Resources



Kwayaciiwin is always working on new materials for schools. Our First Nation languages are at the core of what we do and we have plenty of books and materials for teachers to use. And our staff are always available to help implement language curriculum.

These materials are available free to the communities we work with. However, if you're interested in ordering copies for your community or school, please contact us at (807) 737-7373.

New videos on YouTube!



Our favourite Kookum, Kitch Shaanut, has been dropping by the Kwayaciiwin office to share language lessons in Anihshininimowin. Visit our YouTube channel to watch the latest videos (search for **Kwayaciiwin Education Resource Centre** on YouTube).

Upcoming Events

Kindergarten Conference

November 14-16, 2017
Sioux Lookout, Ontario

Kekeenamakayo Education Conference

February 13-15, 2018
Winnipeg, Manitoba
conference@kerc.ca

Now Available

Kwayaciiwin's Ojibwe & Ojicree Dictionary

Parts 1 and 2

\$75.00 each
\$150 for the set

For more information
contact:

Kwayaciiwin Education Resource Centre
43 Queen St., Sioux Lookout, ON
Tel: (807) 737-7373
csemples@kerc.ca or nmakooop@kerc.ca

