

Acimónis



January 2009

The FNMI School Coordinators and I are continuing to plan our Holy Family Catholic Regional Division #37 try outs for the Cultural Hand Games Tournament. The try outs on February 27, 2009, will be held at Holy Family School in Grimshaw. Teams from seven of our schools will be bringing an elementary team and a junior/senior high team. One elementary and one junior/senior high team will be chosen at the tryouts to represent the Division at the 3rd Annual Regional Cultural Hand Games Tournament to be held at Ecole Providence in McLennan on April 3, 2009.

Two teams from approximately eight school divisions in the Northern Alberta Peace Region will be participating in the tournament.

Vanessa Malegana

Falling Apart

By: Sharla Lawrence, Holy Family School

I can't believe what happened that day,
You just got up and walked away.
I didn't say a word to you,
Because what you say is never true.
You didn't even look at me,
As if I was the enemy.
When you left something died,
My heart, got stabbed when you lied.
I never felt so alone,
Sitting in this empty home.
All I did was cry,
And then just wish that you would die.
Why did I think you were the one?
All is over, we're finished, your done.
They always leave with a piece of me.
What's left of my heart now feels so empty.
I did everything right, I played it smart,
But now all I have is a broken heart.
Piece by piece I picked it up,
Only to find it falling apart.

Taken from meditation@whitebison.org

Elder's Meditation of the Day

--Eunice Baumann-Nelson, Ph.D., PENOBSCOT

Inside each of us is a voice. It is a quiet voice. It is a guiding voice. If we listen for it, it will guide us, and help us avoid disaster. It is especially active when we are afraid, when we are in doubt, when we are scared, when we need help, and when we get angry. If we are excited emotionally, it is hard to hear this voice. If we are angry, it's hard to hear this voice because it is usually quiet. The best thing we can do is to practice getting quiet. If we don't get quiet, there is another voice called the judge. It tells us to attack or say bad things to other people or to judge ourselves. This voice is loud and usually gets us into trouble.

Creator, Great Mystery, help me listen for the quiet voice. Let me know this voice of Yours. Your ways are gentle. Guide me with this voice. Thank you.

Good Shepherd School—Happy New Year and welcome back! Grade three students will be introduced to Cultural Hand Games during the month of January, as we plan to take two grade three Good Shepherd teams to Grimshaw on Friday, February 27th, for the Holy Family School Division Cultural Hand Games tournament. More information will follow soon!

The Historical Dunvegan Outreach Program is coming back to Good Shepherd! Friday, January 23rd, will have all grade four students taking part in hands-on learning activities centered on the fur trade objectives of the grade four Social Studies curriculum.

Other plans being worked on for the upcoming month include:

- grades 1L and 1C visit to the Sagitawa Friendship Center
- Kindergarten moshum (grandfather) visit
- First Nations storyteller for grades three and six students
- Inuit life presentations for grade 2G

Best Wishes for a fantastic 2009!



“Mr. Dave Cummings shared information about historical winter celebrations of the First Nations peoples with Good Shepherd School students on December 3.”

Leanne Rein

Holy Family School—“Bannock and jam, juice, and fruit lunches every Wednesday for Elementary and every Friday for Junior High.”

Maxine Elter-Fournier

Rosary School—Happy 2009!

Welcome back! I Hope that everyone had a wonderful Christmas and brought the New Year in on a great note. Maxine Elter-Fournier is coming to join us January 16th, 2009. Maxine will be bringing her tickle trunk of F.N.M.I. goodies and sharing different aspects of the culture throughout the grades. We all are looking forward to seeing her!

On a closing note, if you have any questions, concerns or an idea for something let me know. You can always get a hold of me at Rosary School.

Lynn Eldstrom

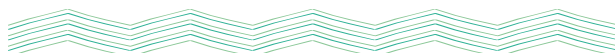
St. Stephen’s School—Happy New Year to All!!

- Dec 12 & 15 we had Joyce Hunt from High Prairie doing fish scale art with Grades 8 and Grade 2. The students loved it.
- Students in Cree class are finishing up their Cree Calendars for 2009.

*Kathleen Badger – FNMI Coordinator
Julia Okimaw-Hawryluk – Cree/Art Instructor*

Providence School—For the month of February we are making our prizes for the best shakers and movers. We are also making outfits for our dolls that will take a lot of our time. Each student has picked a dancer of their likings (hoop, fancy, etc.) and they will make an outfit for their doll. Each item that they make is sewn by hand. They are having a wonderful time doing this. We are also learning more new words and making flash cards to keep in a file. We are also making drums and getting our sticks ready for the handgames competition this month, which we will be taking two teams.

Norma Chalifoux



St. Andrew's School—Welcome back, I hope everyone had a restful holiday. We have a number of exciting events happening this month:

- Grade 6: Creation stories
- Sr. High: 22 students will be traveling to Edmonton to visit NAIT and Grant MacEwan College and attend an Edmonton Rush lacrosse game.
- Grades 3-9: will be practicing their skills in Cultural Handgames in Phys. Ed.
- Sr. High French and Aboriginal Studies classes have teamed up and are sharing a part of each others culture. They will be teaming up in the kitchen to learn how to prepare, and the history of a French dish and an Aboriginal dish. They will make crepes and stew with fried bannock.

We will also be focusing on the preparation for the upcoming FNMI Career Showcase March 10, 2009. If you have any ideas of a possible exhibitor, are interested in becoming an exhibitor, or have any questions or concerns, please contact Amanda Keay at St. Andrew's School in High Prairie, 780-523-4595.

Amanda Keay