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Helping you to grow to be your best!

LDSS News

Principal – H. Grant

Vice-Principal – T. Frachineaud

Counsellors – T. Brown and K. Dezamits

Wednesday January 11th, 2023

Our Principal's Message



Happy New Year to all our families and community partners. January is both a busy and a settled time in schools. Everyone tends to return rested and understanding expectations. The next few months are generally the most productive of the school year. We are in the final weeks of semester one and will be starting semester two on January 31st. Now is an excellent time for senior students to check in with counsellors to make sure they have all the courses they need on their schedules. There is time for changes if they are needed to meet grad requirements. The main focus for the next few weeks will be on course completion, school, district, and ministry **assessments**. the schedule for the final week of the semester is within this newsletter. In addition, this

Friday, our PAC is hosting the second dance of the year. This one is billed as a Winter Formal. Students are encouraged to dress up, but it is not required.

With regard to **Social Emotional Learning**, I would like to focus on two things this month. First, I conducted some focus groups in December around some of our survey data. The data about whether students feel safe at school is not consistent. We score high on some measures and low on others, so we decided to use focus groups to better understand their responses. What we learned was that rambunctious behaviour and foul language are major contributors to students feeling unsafe. The other key finding was that our female students feel uncomfortable going into the common bathrooms that are often full of students hanging out. Students were able to make a long list of people and places that made them feel safe. In response to these findings, we are doing a couple of things. First, we will be holding some grade meetings to share these findings and explain why we are having renewed focus on calm behaviour and appropriate language. Also, when staffing levels permit, we have increased our frequency of checking washrooms. Finally, January 26th is Bell's "Let's Talk" Day. It is a campaign created by Bell Canada in an effort to raise awareness and combat stigma surrounding mental illness in Canada. Google it for ideas.

Finally, please remember to call if you have any questions or concerns. We cannot work together to solve problems we do not know about.

LDSS UPCOMING DATES AND EVENTS

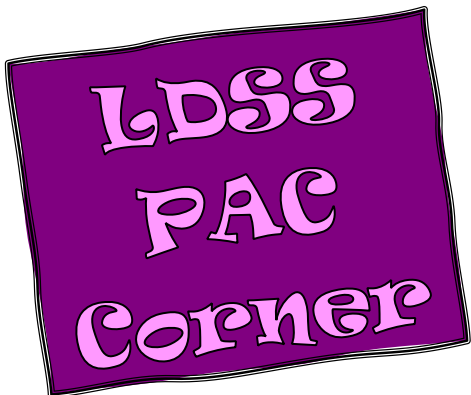
Janaury 13 th	Winter Formal
January 23 rd	Board Meeting
January 23 rd – 27 th	Assessment Week
January 27 th	Last day of Term Two and Semester One
Janaury 30 th	Semester Turnaround Day – NO CLASSES
January 31 st	Semester 2 Begins
February 7 th	Report Cards Mailed Home
February 9 th	Mental Health Presentation by Corey Hirsch 1:00 pm
February 10 th	Pro-D Day – NO CLASSES
February 14 th – 16 th	Grad Photos
Febrruary 20 th	Family Day – NO CLASSES
March 18 th – April 2 nd	Spring Break
April 5 th	Grad Photo Retakes
April 7 th	Good Friday – NO CLASSES
April 10 th	Easter Monday – NO CLASSES
April 28 th	Pro-D Day – NO CLASSES
May 2 nd	Report Cards Mailed Home
May 12 th	Pro-D Day – NO CLASSES
May 22 nd	Victoria Day – NO CLASSES
June 6 th	7-Up Day – Grade 8's Stay Home
	7-Up Day Parent Meeting in Evening
June 16 th	Commencement Ceremony

Assessment Week Schedule

Monday, January 23 rd	Regular Classes Literacy 12 Assessment – 9:00 am
Tuesday, January 24 th	Regular Classes Numeracy 10 Assessment – 9:00 am
Wednesday, January 25 th	Tutorial – 8:45 AM - Block C Assessment – 9:45 am PM – Block D Assessment – 12:45 pm
Thursday, January 26 th	Tutorial – 8:45 am Literacy 10 Assessment – 9:00 am AM – Block B Assessment 9:45 am PM – Block A Assessment – 12:45 pm
Friday, January 27 th	“I” Completion and missed assessments
Tuesday, January 31 st	Semester 2 starts

SCHOOL CONTACTS OF NOTE

Athletics – Patti Dube (she can direct you to individual coaches)
Book Club – Karen Isaak
Careers – Patti Dube
Counselling – Kim Dezamits or Tracey Brown
Discipline – Tim Fraychineaud
Guitar Club – Steve Wilejto
Inclusive Education – Stacie Gray
Lakes Learning Centre – Danny Dell
Student Voice – Amy Dash
Transcripts – TJ Pelletier



Next PAC Meeting:
Tuesday, January 31st @ 6:30 pm

Contact the PAC Chair (Pam Higginson) at:
ldsspacchair@gmail.com
ldsspacfacebook@gmail.com

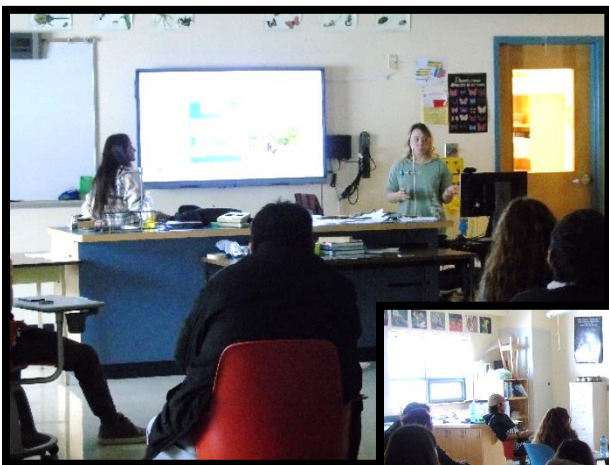
Mental Health Speaker Corey Hirsch Coming to LDSS

Former NHL Goalie Corey Hirsch will be speaking to our students on Thursday, February 9th. Corey will be speaking on several topics including mental health and motivation. He will also be speaking about his personal journey with mental health struggles. Corey has also written a book on this topic: "The Save of My Life: My Journey Out of the Dark".



KDL Resource Management Gives Presentation to Grade 12 Students

Earlier this week our grade 12 students were given the opportunity to attend a presentation given by KDL Resource Management. The presentation was about a two-year training and paid employment opportunity in forestry. Successful applicants would be working with KDL Resource Management, Blue Collar Silviculture, Woodmere Nursery Ltd. And YLP gaining skills and job experience in the forest industry. If you would like more information, please contact the school.



RCMP Youth Academy

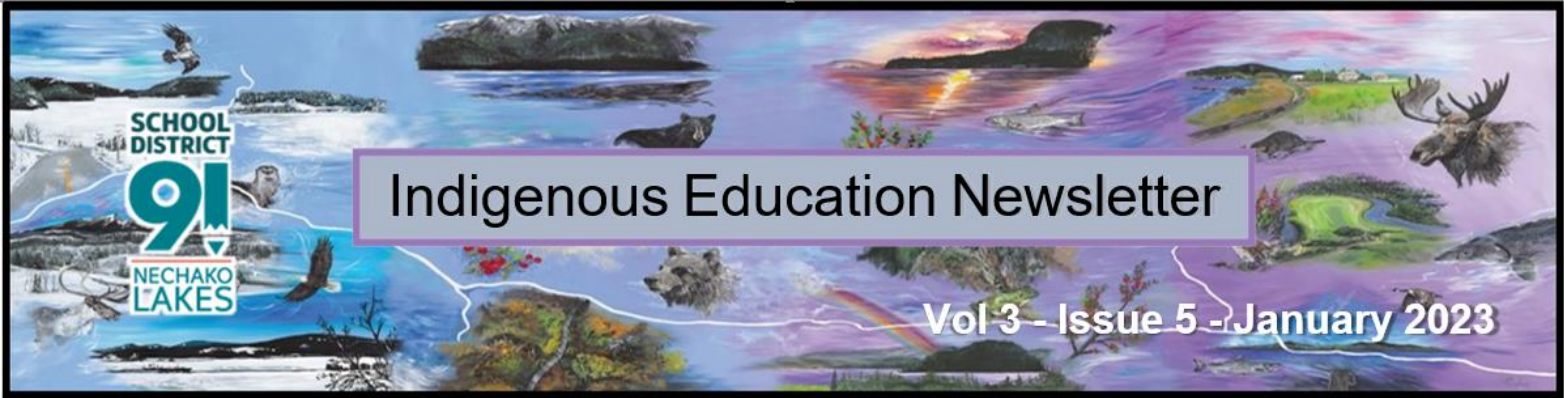
1. Are you in Grade 11 or 12 and will be between 16 and 18 years of age?
2. Are you in good standing in all of your classes?
3. Are you physically and medically fit?
4. Are you a non-smoker or vaper?
5. Are you interested in becoming an RCMP member?

See Mrs. Dubé for an opportunity to participate in a week-long RCMP Youth Training camp in Prince George.

Date of Camp: March 12th -18th
Cost: \$300

Applications due by: January 16th which will be followed by an interview with the RCMP.

Successful applicants will be notified by February 5th.



Student Role Models for December



Bailey— Grade 8
Saik'uz First Nation

Bailey is very giving and incredibly humorous, She has a smile that brings joy around her. She is on task and doing her work. She has no problem asking for help when needed.



Tyrease— Grade 8
Lake Babine First Nation

Tyrease is consistently a role model of empathy for his peers. He is a great listener, very supportive of his classmates, and encouraging of the younger students who look up to him.



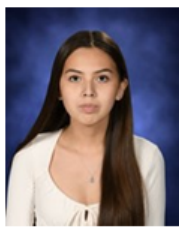
Sarah— Grade 11
Metis

Sarah works diligently in English First Peoples 11 on a daily basis. She always follows up with the teacher when she has missed class/work; participates in discussions; and is thoughtful in her work.



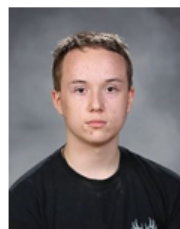
Darius— Grade 8
Nadleh Whut'en

Darius is a hard working young man that tries his hardest in all he does. He is an all around athlete and has recently been invited to play in the Super Hockey League in Vancouver BC. He will go far in sports and anything he sets his mind to.



Jayla— Grade 12
Binche Whut'en

Jayla is an honour role student that is highly academic and committed. She is a very hard working and motivated student a pleasure to learn with. She is very polite and can be seen happily in the halls with many friends. Her teacher created a Criminology extension of law so she could engage further in legal studies. A fantastic student and person with a bright future ahead.



Travis— Grade 12
Hagwilget Nation

Travis has a strong work ethic and is organized. This is evidenced by his preparation, completion and performance on assignments, quizzes and tests. Travis has a team-work /Attitude to class activities and is very respectful of others.

National Ribbon Skirt Day

January 4, is National Ribbon Skirt Day, a day where Indigenous women across the country are encouraged to wear their traditional regalia to celebrate their culture, their strength and their connection as women. National Ribbon Skirt Day originates with the story of Isabella Kulak. A member of Cote First Nation, Saskatchewan, Isabella was shamed for wearing her handmade ribbon skirt to a formal wear day at her elementary school. Traditionally worn by First Nations and Métis peoples, ribbon skirts are a centuries-old symbol of identity, adaptation, and survival for Indigenous women, girls, and gender-diverse people, and represents a direct connection to Mother Earth.'

Ribbon skirts have different meanings for each person who wears them, but for many, the skirt is a symbol of resilience. In the 1800s, some Indigenous ceremonies — and the clothing and ceremonial items associated with them — were banned by the Canadian government under the terms of what was known as the Potlatch Law. Ceremonies wouldn't be legal again until 1951.' Ribbon Skirts are powerful ceremony and should be respected as such. Skirts can be offered as gifts. If you are a non-Indigenous person wishing to wear a ribbon skirt, it is strongly recommended that you take a moment to think about; why is that and is it the most considered course of action? Is it the best way you can support the resilience of Indigenous peoples and cultures and work towards reconciliation?



Isabella Kulak, sporting a large 'S' on her shirt, poses in a ribbon skirt she made herself. (Submitted by Lana Kulak)



Did you know?



Jan 29 – Feb 4, 2023

The Arctic Winter Games are being held in Wood Buffalo, Alberta from January 29– February 4, 2023. Every two years, athletes gather from across the world’s northern circumpolar regions to compete and share their cultures. One of the main goals of the Arctic Winter Games (the Olympics of the North) is to involve as many athletes as possible from northern regions and provide them with a venue to compete. The first Arctic Winter Games took place for a week in 1970 in Yellowknife, the capital of the North-west Territories. They were a great success with about 500 athletes, coaches and officials participating from the Yukon, the Northwest Territories and Alaska.

Over the years, the games have not only grown in the number of arctic countries participating, but they have also increased in the number of sports, participants, and cultural experiences.

To compete, athletes must qualify through two competitions:

- 1. Regional trials
- 2. Territorial trials

While competing, athletes have an opportunity to learn about the cultures and values of other northern regions in the world. Northern artists and performers provide entertainment through cultural programs that are held each evening. There could be Inuit throat-singing, Dene drumming, fast-paced Metis fiddling and other exciting artistic performances.

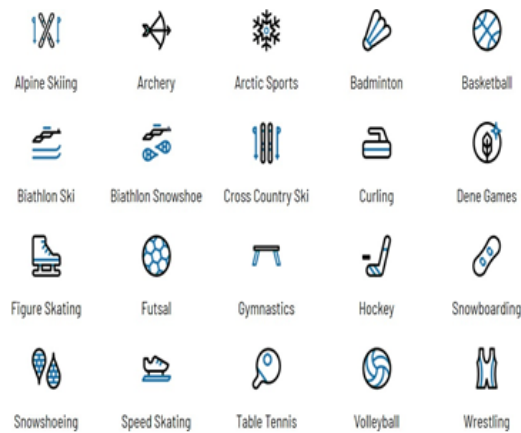
The games include:

- * Athletic competition, Cultural exhibition, and Social interactions

Each of these themes is represented in the three interlocking rings of the Arctic Winter Games International Committee’s logo.

Sports played and what makes the Arctic Winter Games different from other multi-sport games?

There are many sporting events that are unique to northern cultures, such as dog mushing, arctic sports and Dene games.



Arctic sports include: Dene Games Include:

- * The kneel jump
- * The one-foot high kick
- * The two –foot high kick
- * The airplane
- * The knuckle hop
- * The Alaskan high kick
- * The one hand reach
- * The head pull
- * The arm pull
- * The sledge jump
- * The triple jump
- * The Finger Pull
- * The Snowsnake
- * The Stick pull
- * The hand Games (team)
- * The Pole Push (team)

Ceremonies and medals:



Like any major sporting competition, the Arctic Winter Games start with an opening ceremony where the host city has the chance to showcase itself to the participating athletes and the world. At the end of the games, award ceremonies are held to present athletes with their winning medals. The games have a unique medal called the “Ulu”. It is modeled on the all-purpose knife traditionally used by Inuit women.

Athletes are awarded gold, silver and bronze Ulu medals for winning first, second and third in their sporting events. At the end of the games, a trophy is also awarded to the team that best displays the spirit and values of the games. The games are closed with an official ceremony that celebrates the achievements of athletes, volunteers, sponsors and the host community.

Useful links:

- ♦ [Happy National Ribbon Skirt Day 2023 – Indigenous Perspectives Society \(ipsociety.ca\)](#)
- ♦ [What the first National Ribbon Skirt Day means for the founder of Vancouver Indigenous Fashion Week | CBC News](#)
- ♦ [What is a Ribbon Skirt? — The Ribbon Skirt Project - from Indigenous Nouveau](#)
- ♦ [All About Ribbon Skirts - How To Make Ribbon Skirts - PowWows.com](#)
- ♦ [Arctic Winter Games International Website Home](#)
- ♦ [Arctic Winter Games 2023 – Wood Buffalo, Alberta \(awg2023.org\)](#)
- ♦ [Arctic Winter Games 2023 | Sport North Federation](#)
- ♦ [DO Dene Hand Games Now! \(denegames.ca\)](#)
- ♦ [#Next150 Challenge "Inuit Games" \(indianhorse.ca\)](#)
- ♦ [Inuit games | Indigenous Peoples Atlas of Canada](#)