

SD57 Indigenous Education Weekly Planner 2020-2021



**SCHOOL DISTRICT NO. 57 (PRINCE GEORGE)
INDIGENOUS EDUCATION**

#102 - 155 McDERMID DRIVE, PRINCE GEORGE, B.C. V2M 4T8
PHONE: 250-562-4843 • FAX: 250-561-2520

WWW.SD57.BC.CA/IE/IEK_A/IEI



Important DATES

2020-2021

Date	Event	Location

AUGUST

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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August 3: BC Day

SEPTEMBER

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September 7: Labour Day
 September 10: First day of school
 September 23: First full day of Kindergarten
 September 25: Non Instructional Day

OCTOBER

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October 12: Thanksgiving
 October 23: Non Instructional Day

NOVEMBER

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November 11: Remembrance Day
 November 20: Non Instructional Day

DECEMBER

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Dec. 21 - Jan. 1: Winter Break
 December 25: Christmas Day
 December 28: Boxing day stat

JANUARY

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January 1: New Years Day
 January 4: Back to school

FEBRUARY

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February 5: Non Instructional Day
 February 15: Family Day

MARCH

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March 22- April 1: Spring Break

APRIL

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April 2: Good Friday
 April 5: Easter Monday
 April 23: Non Instructional Day

MAY

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May 24: Victoria Day

JUNE

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June 4: Non Instructional Day
 June 25: Last day of school
 June 28: Administrative day

JULY

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July 1: Canada Day

LEGEND: School/Statutory Holiday
 Non Instructional Day

LEARNING TEAM GRANT

NOTES

This is for your tracking only. Contact the Indigenous Education Office for the Learning Team Grant Application

School

Details

Resources

Team Meeting Dates & Times

Project Team Names	Contact Info	Assignment Responsibility	Due Date
1.			
2.			
3.			
4.			
5.			
6.			

NOTE: Wherever possible we have included the local Indigenous languages (Dakelh | English | Tse'khene) linked to known audio sources where available. These languages are inherently oral so there may be variations in spelling and dialects used. This documents contains a [Lheidli Dialect](#) of Dakelh. The Tse'khene words can be found at [First Voices](#) but it is not possible to create direct links for this document. The Tse'khene also do not have words for days of the week; the Dakelh days provided would have been developed post-contact. Digital copies of this planner are available in Teams: **Indigenous Ed. Resources and Pro-D**. Please send any corrections or additions for future calendars to: jpighin@sd57.bc.ca

Nadleh Cho Nun - Time of the Big Salmon Run | August | Sa Tsutle Inza - Time of the Bear Guts and Fat

2020

Reminders:

SEPTEMBER 2020

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Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
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2	3 Bisidzen BC DAY	4	5	6	7	8
9 Int'l. Day of the World's Indigenous People	10	11	12 International Youth Day	13	14	15 National Acadian Day
16	17	18	19 World Humanitarian Day	20	21	22
23	24	25	26	27	28	29
30	31	Authentic First Peoples Resources for K-9 - www.fnesc.ca/authenticresources/ Authentic First Peoples Resources Wordpress - firstpeoplesprinciplesoflearning.wordpress.com/authentic-resources/ Indian Residential Schools & Reconciliation Teachers Resource Guides Gr 5, 10, 11/12 - www.fnesc.ca/irsr/ SetBC Classroom Technologies and First Peoples Principles of Learning Course - www.setbc.org/2018/07/classroom-technologies-and-first-peoples-principles-of-learning/				

2020

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
		1	2	3	4 Yunka 'Ukoh Dzen World Rivers Day	5
6	7 'Ut'en-a dzen Labour Day Remaining Lheidli Members forced from homes and village burned in 1913	8 First Day Back Ts'uhoont'i Whuzadelh - We are happy you have come (welcome) (add <i>Dzen</i> =today) International Literacy Day	9 IEW 2:30PM ZOOM	10 World Suicide Prevention Day	11	12
13 UNDRIP adopted by the UN 2007	14	15 International Day of Democracy	16 IEW Mtg. @ Ind. Ed. Office Elementary 9am Secondary 12pm	17	18	19
20 National Forest Week Sept 20-26	21 Full Day Kindergarten; UN International Day of Peace; Indigenous Education Advisory Committee 9-11; Indigenous Elders Advisory Council 1pm	22	23	24	25 NID Lhul'uts'ut'en - Indigenous Pro-D: including RRP Training, Changing Engagement for Indigenous Learners Middle Years Series, and much more!	26
27	28 MLIB LEA @11	29 LTFN LEA @10	30 Dzoozt'an Kwund'ot'en Dzen ORANGE SHIRT DAY			

International Literacy Day - en.unesco.org/commemorations/literacyday	Take Back The Night - takebackthenight.org/
International Association for Suicide Prevention www.iasp.info	World Suicide Prevention Day - suicideprevention.ca/WSPD
International Day of Democracy - www.un.org/en/observances/democracy-day	National Forest Week - www.bcnfw.ca/
Orange Shirt Day - www.orangeshirtday.org/	UNDRIP & Canada's Bill 41

OCTOBER 2020						
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Nadleh Yaz Nun - Time of the Small Salmon Run | September | Khuda Inza - Time of the Moose

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Nadleh Yaz Nun](#) - Time of the Small Salmon Run / September
[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Nadleh Yaz Nun - Time of the Small Salmon Run | September | Khuda Inza - Time of the Moose

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: 'udzi ['ultus](#) - strong-hearted / can be used for Courage

[Dak'et](#) | **Autumn** | [Udontl'oh](#)

Tse'khene Word of the Week:

Nadleh Yaz Nun - Time of the Small Salmon Run | September | Khuda Inza - Time of the Moose

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Sus](#) - Bear
[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Nadleh Yaz Nun - Time of the Small Salmon Run | September | Khuda Inza - Time of the Moose

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Word of the Week:
[Dak'et](#) | **Autmn** | [Udontl'oh](#)

Nadleh Yaz Nun - Time of the Small Salmon Run | September | Khuda Inza - Time of the Moose

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week:
[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Lewh Nadleh Nun - Time of the Whitefish Run | October | Uk'a Ghu'i Inza - Time of the Fat

2020

Reminders:

<u>Jimosdzen</u> Sunday	<u>Jimosdzen hook'elh'az</u> Monday	<u>Whulhnatdzen</u> Tuesday	<u>Whulhtatdzen</u> Wednesday	<u>Whulhditdzen</u> Thursday	<u>'Utsunts'uziyhdzen</u> Friday	<u>Sumdidzen</u> Saturday
				1 <u>Hoonyanke Dzen</u> International Day of Elders	2	3
4 MMIWG Awareness Day & Sisters in Spirit Vigil	5 WORLD TEACHERS DAY	6	7 IEW Zoom Mtg. 9:00-11:30	8	9	10 World Mental Health Day
11	12 <u>Nenuchailya Dzen</u> <u>Hoont'i</u> Happy Thanksgiving Day	13 Indigenous Education Advisory Committee 9-11	14 Grad Coaches 3:30	15 AM&PM Equity Awareness Sessions	16 World Food Day	17 International Day for the Eradication of Poverty
18	19 Indigenous Elders Advisory Council 1pm	20 Changing Engagement for Indigenous Learners Early Years Series 3-5pm	21	22	23 NID Classrooms to Communities Provincial Conference; Connecting Leaders Provincial Conference	24
25	26	27	28	29	30	31

NOVEMBER 2020

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Sisters in Spirit MMIWG Resources - www.trentu.ca/education/sites/trentu.ca.education/files/documents/SistersinSpirit_Handout_0.pdf
Their Voices Will Guide Us - MMIWG [Resource](#) **Indspire** - <https://indspire.ca/programs/educators/>
BC Poverty Reduction Resources for Teachers - bctf.ca/SocialJustice.aspx?id=21358&libID=21348 **Think Indigenous** - <https://www.thinkindigenouspodcast.com/>
Learning About Walking in Beauty - www.crrf-fcrr.ca/en/resources/research-projects/item/23526-learning-about-walking-in-beauty-placing-aboriginal-perspectives-in-canadian-classrooms
Classrooms to Communities Annual PSA Conference - c2c-bc.org/conference/ **Connecting Leaders Annual BCPVPA Conference** - bcpvpa.bc.ca/connectingleaders-3/

Lewh Nadleh Nun - Time of the Whitefish Run | October | Uk'a Ghu'i Inza - Time of the Fat

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Lewh Nadleh Nun](#) - Time of the Whitefish Run
[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Lewh Nadleh Nun - Time of the Whitefish Run | October | Uk'a Ghu'i Inza - Time of the Fat

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: 'uts'odelhti - we honour / can be used for Respect

[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Lewh Nadleh Nun - Time of the Whitefish Run | October | Uk'a Ghu'i Inza - Time of the Fat

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: Hoogha'onlih - giving or they are giving
[Dak'et](#) | **Autumn** | [Udontl'oh](#)

Tse'khene Word of the Week:

Lewh Nadleh Nun - Time of the Whitefish Run | October | Uk'a Ghu'i Inza - Time of the Fat

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Dakelh Word of the Week: Mussih Cho - big thank you

[Dak'et](#) | **Autumn** | [Udontl'oh](#)

Tse'khene Word of the Week:

2020

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
1 Treaties Recognition Week	2	3	4 IEW Zoom Mtg. 9:00-11:30	5 Media Club: nîpawistamâsowin: We Will Stand Up 3:30-5:30	6	7 Inuit Day
8	9 Indigenous Education Advisory Committee 9-11	10	11 Whunalhunih Dzen Remembrance Day	12	13	14
15	16 Indigenous Elders Advisory Council 1pm	17 Shannen's Dream campaign launched by children in Attawapikat 2010 Changing Engagement for Indigenous Learners Early Years Series 3-5p	18 Anniversary of the controversial sale of Lheidli IR#1 in 1911	19	20 NID Universal Children's Day AM&PM Equity Awareness Sessions with Transportation	21
22	23	24	25 Indspire Ntnl. Gathering International Day for the Elimination of Violence Against Women RRP Training Changing Engagement for Indigenous Learners - Middle Years Series	26 LTFN LEA @10	27 MLIB LEA @11	28 Buy Nothing Day
29	30					

DECEMBER 2020

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27	28	29	30	31		

Treaties Recognition Resource: www.trentu.ca/education/sites/trentu.ca.education/files/documents/TrentUSchoolofEd_TreatiesWeek_ResourcePackage.pdf
 International Inuit Day Resource - www.trentu.ca/education/sites/trentu.ca.education/files/documents/InuitDay_Nov7_Resources.pdf
 Through Mala's Eyes: Life in an Inuit Community - www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/ach_lr_ks_rrds_mala_1302786861588_eng.pdf
 Shannen's Dream fncaringociety.com/shannens-dream Empowering the Spirit: Educational Resources to Support Reconciliation - empoweringthespirit.ca/
 Dak'et | Autumn | Udontl'oh

Benats'ukuih Nun - Time of the Landing of the Boats | November | Meh Tun Tun Tsudle - Time of the Ice Starting to Form

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Benats'ukuih Nun](#) - Time of the landing of the Boats
[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Benats'ukuih Nun - Time of the Landing of the Boats | November | Meh Tun Tun Tsudle - Time of the Ice Starting to Form

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Dakelh Word of the Week: [Whunalhunih](#) - to remember
[Dak'et](#) | **Autumn** | [Udontl'oh](#)

Tse'khene Word of the Week:

Benats'ukuih Nun - Time of the Landing of the Boats | November | Meh Tun Tun Tsudle - Time of the Ice Starting to Form

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Dakelh Word of the Week: [Whunih](#) - wisdom
[Dak'et](#) | Autumn | [Udontl'oh](#)

Tse'khene Word of the Week:

Benats'ukuih Nun - Time of the Landing of the Boats | November | Meh Tun Tun Tsudle - Time of the Ice Starting to Form

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Dakelh Word of the Week: Hooghahoonli - be careful

[Dak'et](#) | **Autumn** | [Udontl'oh](#)

Tse'khene Word of the Week:

'Eldzi Yaz Nun - Time of the Small Moon | December | Meh Tun Tun Chi - Time of the Ice Getting Thicker

2020

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
		1 World Aids Day	2 IEW Mtg. @ Ind. Ed. Office Family of Schools: PGSS/DPSS/CHSS 9am STSSKRSS/DPTodd 12pm	3 International Day of Person with Disabilities	4	5 International Volunteer Day
6 National Day of membrance & Action on Violence Against Women	7	8	9 Grad Coaches 3:30	10 International Human Rights Day	11	12 Jordan's Principal passes 2007
13	14 Indigenous Education Advisory Committee 9-11 Indigenous Elders Advisory Council 1pm	15	16	17	18 International Migrants Day	19
20	21 Khui Noye Winter Vacation Begins	22	23	24	25	26
27	28	29	30	31		

16 Days of Activicim Against Gender-Based Violence - cfc-swc.gc.ca/commemoration/vaw-vff/index-en.html
Human Rights Activities - hrlibrary.umn.edu/edumat/activities.shtm
First Nations Child & Family Caring Society Resources - fncaringsociety.com/welcome
First Nations Health Authority - www.fnha.ca/what-we-do/maternal-child-and-family-health/jordans-principle

[Khui](#) | **Winter** | [Yask'eh](#)

JANUARY 2021

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'Eldzi Yaz Nun - Time of the Small Moon | December | Meh Tun Tun Chi - Time of the Ice Getting Thicker

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Dakelh Word of the Week: ['Eldzi Yaz Nun](#) - time of the small moon
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

'Eldzi Yaz Nun - Time of the Small Moon | December | Meh Tun Tun Chi - Time of the Ice Getting Thicker

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: Bedzinzo - they(1) have a good heart - it takes a good heart to have humility **Tse'khene Word of the Week:**

[Khui](#) | **Winter** | [Yask'eh](#)

'Eldzi Yaz Nun - Time of the Small Moon | December | Meh Tun Tun Chi - Time of the Ice Getting Thicker

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Yus](#) - wolf
[Khui](#) | Winter | [Yask'eh](#)

Tse'khene Word of the Week:

'Eldzi Yaz Nun - Time of the Small Moon | December | Meh Tun Tun Chi - Time of the Ice Getting Thicker

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Khui](#) Noye- winter fun
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

'Eldzi Yaz Nun - Time of the Small Moon | December | Meh Tun Tun Chi - Time of the Ice Getting Thicker

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [yus](#) - snow
[Khui](#) | Winter | [Yask'eh](#)

Tse'khene Word of the Week:

'Eldzi Cho Nun - Time of the Big Moon | January | Tli Che Usdats - Singed Dog Tail

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: ['Eldzi Cho Nun](#) - time of the big moon
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

'Eldzi Cho Nun - Time of the Big Moon | January | Tli Che Usdats - Singed Dog Tail

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatzen Tuesday	Whulhtatzen Wednesday	Whulhditzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: N'unwhutulhdelh - something you throw away - can be used for forgiveness **Tse'khene Word of the Week:** [Khui](#) | **Winter** | [Yask'eh](#)

'Eldzi Cho Nun - Time of the Big Moon | January | Tli Che Usdats - Singed Dog Tail

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatzen Tuesday	Whulhtatzen Wednesday	Whulhditzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Chuntulhi](#) - Coyote
[Khui](#) | Winter | [Yask'eh](#)

Tse'khene Word of the Week:

'Eldzi Cho Nun - Time of the Big Moon | January | Tli Che Usdats - Singed Dog Tail

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Khui](#) - winter
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

Yussul Nun - Time of the Small Snowflake | February | Tat'ah Sas Azi - Baby Bears are Being Born

2021

Reminders:

mosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
	1	2 Dutni Dzen Groundhog Day	3 IEW Zoom Mtg. 9:00-11:30	4	5 NID Changing Engagement for Indigenous Learners - Middle Years Series, RRP Training	6
7	8 Indigenous Education Advisory Committee 9-11am MLIB LEA @1	9 LTFN LEA @10	10 Grad Coaches 3:30	11 Moose Hide Campaign Day	12	13
14 K'ets'udutsuiyaz dzen Valentines Day; 'udzi Dzen Have A Heart Day; Day to Honour MMIWG	15 Family Day Louis Riel Day; BC Heritage Week	16 Indigenous Elders Advisory Council 1pm	17	18 AM&PM Equity Awareness Sessions	19	20 World Day of Social Justice
21 International Mother Language Day Freedom to Read Week	22	23 Changing Engagement for Indigenous Learners Early Years Series 3-5pm	24 Dzoozt'an Dunulk'un Dzen Pink Shirt Day; Changing Engagement for Indigenous Learners - Middle Years Series	25	26	27 Motion supporting Shannen's Dream passes unanimously in House of Commons 2012
28						
Louis Riel Day - www.edu.gov.mb.ca/k12/cur/socstud/riel/				Moose Hide Campaign - www.mooshidecampaign.ca/		
World Day of Social Justice - www.un.org/en/observances/social-justice-day			Pink Shirt Day - www.pinkshirtday.ca/			
International Mother Languages Day - www.unesco.org/new/en/international-mother-language-day			Learn Métis Michif - www.learnmichif.com/home		Learn Lheidli Dakelh - www.billposer.org/LheidliCarrierDictionary/index.html	
		Learn Tse'khene & other BC Indigenous Languages - www.firstvoices.com/home				
Shannen's Dream fncaringociety.com/shannens-dream						

MARCH 2021						
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Yussul Nun - Time of the Small Snowflake | February | Tat'ah Sas Azi - Baby Bears are Being Born

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Yussul Nun](#) - time of the small snowflake
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

Yussul Nun - Time of the Small Snowflake | February | Tat'ah Sas Azi - Baby Bears are Being Born

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Ts'ih'un](#) 'unt'oh - he is straightforward - can be used for honesty
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

Yussul Nun - Time of the Small Snowflake | February | Tat'ah Sas Azi - Baby Bears are Being Born

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Ts'esdlos](#) - bigfoot/sasquatch
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

Yussul Nun - Time of the Small Snowflake | February | Tat'ah Sas Azi - Baby Bears are Being Born

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: Nawhulnuk - storytelling
[Khui](#) | **Winter** | [Yask'eh](#)

Tse'khene Word of the Week:

[Datsan Nandel Nun](#) - Time When the Crows Return | March | [Ahda Inza](#) - Time of the Eagle

2021

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
	1	2	3 IEW Zoom Mtg. 9:00-11:30	4	5	6
7 Intl. Women's Week	8 International Women's Day Indigenous Education Advisory Committee 9-11	9	10	11	12	13
14	15 Indigenous Elders Advisory Council 1pm	16	17 Gr. 9 Student Leadership Conference with Youth RRP Training	18	19	20
21 Week of Solidarity & Intl. Day for the Elimination of Racial Discrimination	22 'Olulh Noye Spring Break Begins World Water Day	23	24	25 Intl. Day of the Remembrance of Victims of Slavery & Transatlantic Slave Trade	26	27
28	29	30	31 Transgender Day of Visibility Equal Pay Day			

- International Women's Day** - www.internationalwomensday.com/Resources
- International Day for the Elimination of Racial Discrimination** - www.un.org/en/events/racialdiscriminationday/resources.shtml
- World Water Day** - www.un.org/en/events/waterday/resources.shtml
- Transgender Day of Visibility** - www.hrc.org/resources/international-transgender-day-of-visibility
- In Our Own Words K-3 Authentic Resources** - www.fnesc.ca/math-first-peoples/

APRIL 2021

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Datsan Nandel Nun - Time When the Crows Return | March | Ahda Inza - Time of the Eagle

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Dakelh Word of the Week: [Datsan Nandel Nun](#) - time when the crows return

Tse'khene Word of the Week:

['olulh](#) | Spring | [Whutukek'ah](#)

Datsan Nandel Nun - Time When the Crows Return | March | Ahda Inza - Time of the Eagle

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatzen Tuesday	Whulhtatzen Wednesday	Whulhditzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: ['unk'essi](#) - love
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Datsan Nandel Nun - Time When the Crows Return | March | Ahda Inza - Time of the Eagle

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatzen Tuesday	Whulhtatzen Wednesday	Whulhditzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Tsibalyan](#) - eagle
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Datsan Nandel Nun - Time When the Crows Return | March | Ahda Inza - Time of the Eagle

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatzen Tuesday	Whulhtatzen Wednesday	Whulhditzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: ['olulh](#) noye - spring fun

Tse'khene Word of the Week:

['olulh](#) | **Spring** | [Whutukek'ah](#)

Datsan Nandel Nun - Time When the Crows Return | March | Ahda Inza - Time of the Eagle

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatzen Tuesday	Whulhtatzen Wednesday	Whulhditzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: ['olulh](#) noye - spring fun
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dulats'ek Nun - Time the Cottonwood Buds | April | Sas Inza - Time of the Bear

2021

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
				1 Whudzehdadzen or Nune'uh Dzen April Fools Day	2 Neba Dazsai Good Friday	3
4 Refugee Rights Day	5 Easter Monday	6	7 IEW Mtg. @ Ind. Ed. Office Elementary 9am Secondary 12pm World Health Day	8	9	10 National Wildlife Week
11	12 Indigenous Education Advisory Committee 9-11	13	14 Grad Coaches 3:30	15 AM&PM Equity Awareness Sessions Internatinoal Day of Pink	16	17
18	19 Indigenous Elders Advisory Council 1pm	20 Changing Engagement for Indigenous Learners Early Years Series 3-5pm	21	22 Yunka Dzen - EARTH DAY Changing Engagement for Indigenous Learners - Middle Years Series, Media Club -Potlatch to Pedagogy 3:30-5:30	23 NID Spring Fling 'Olulh Noye	24 National Day of Silence
25	26	27	28 National Day of Mourning	29 LTFN LEA @10	30 MLIB LEA @11	

National Day of Silence - raising awareness about effects of LGBTQ name calling/bullying - www.glsen.org/day-of-silence

Career Journeys First Nations Career Role Model Program - www.fnesc.ca/careerjourneys-2/

BC First Nations Land, Title, and Governance Teacher Resource Guide - www.fnesc.ca/governance-2/

Métis Nation of BC Grade 7 Cross Curricular Teacher Guide - 22.files.edl.io/bf6f/12/19/18/223430-6396ec3f-ce1c-49e5-a52d-5170fff8b21d.pdf

Northern Health Indigenous Health Local Cultural Resources - www.indigenoushealthnh.ca/resources/local-cultural-resources

['olulh](#) | [Spring](#) | [Whutukek'ah](#)

MAY 2021

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Dulats'ek Nun - Time the Cottonwood Buds | April | Sas Inza - Time of the Bear

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Dakelh Word of the Week: [Dulats'ek Nun](#) - time of the cottonwood buds

Tse'khene Word of the Week:

['olulh](#) | Spring | [Whutukek'ah](#)

Dulats'ek Nun - Time the Cottonwood Buds | April | Sas Inza - Time of the Bear

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: Ndaja ts'ut'en - can be used for compromise

['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dulats'ek Nun - Time the Cottonwood Buds | April | Sas Inza - Time of the Bear

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Whudzih](#) - caribou
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dulats'ek Nun - Time the Cottonwood Buds | April | Sas Inza - Time of the Bear

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: ['olulh](#) - spring
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dugoos Nandel Nun - Time of the Sucker Fish Run | May | Ut'o Inza - Time of the Leaves

2021

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uzyihdzen Friday	Sumdidzen Saturday
						1 Intl. Worker's Day
2	3 World Press Freedom Day	4	5 IEW Zoom Mtg. 9:00-11:30	6	7	8
9 'Uloo Dzen Mother's Day	10 Bear Witness Day Indigenous Education Advisory Committee 9-11	11 Changing Engagement for Indigenous Learners - Middle Years Series 3:30-5:30	12	13	14	15 Intl. Day of Families
16	17 Intl. Day Against Homophobia and Transphobia; Indigenous Elders Advisory Council 1pm	18	19	20 AM & PM Equity Awareness Sessions	21 World Day for Cultural Dialogue and Development	22
23	24 Victoria Day	25 Elders Camp	26 Elders Camp	27 Elders Camp	28 Elders Camp	29
30	31	Full Circle: First Nations, Métis, Inuit Ways of Knowing - www.osstf.on.ca/full-circle-first-nations-metis-inuit-ways-of-knowing Four Must Watch Movies filmed in Canada's North - www.cbc.ca/2017/truenorthcalling/7-must-watch-movies-filmed-in-canada-s-north-1.4013813 Reconciliation Through Indigenous Education UNBC MOOC Traditional Inuit Games - www.athropolis.com/news-upload/master/11-frames.htm?utm_source=PPW+Newsletter&utm_campaign=c4d81fa773-PPW_October_2014_10_07_2014&utm_medium=email&utm_term=0_99e6a8710d-c4d81fa773-120558317				

JUNE 2021						
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Dugoos Nandel Nun - Time of the Sucker Fish Run | May | Ut'o Inza - Time of the Leaves

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Dugoos Nandel Nun](#) - time fo the succerfish
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dugoos Nandel Nun - Time of the Sucker Fish Run | May | Ut'o Inza - Time of the Leaves

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: 'uchah - hope
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dugoos Nandel Nun - Time of the Sucker Fish Run | May | Ut'o Inza - Time of the Leaves

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Tsagwelht'a](#) - butterfly
['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dugoos Nandel Nun - Time of the Sucker Fish Run | May | Ut'o Inza - Time of the Leaves

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: Ts'unawhule - harvesting

['olulh](#) | **Spring** | [Whutukek'ah](#)

Tse'khene Word of the Week:

Dai Nun - Time of High Summer when the Food Depletes | June | **Lhoowe Inza** - Time of the Fish

2021

Reminders:

JULY 2021						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
	Indigenous History Month	1 Injured Workers Day	2 IEW Mtg. @ Ind. Ed. Office PGSS/DPSS/CHSS 9am STSSKRSS/DPTodd 12pm	3 TRC closing ceremonies 2015	4 NID Lheidli T'enneh Tour; Changing Engagement for Indigenous Learners - Middle Years Series 8:30-3; Media Club: 3:30-5:30	5 World Environment Day
6	7	8 World Oceans Day	9 Grad Coaches 3:30; Release of Our Dreams Matter Too report by FN Children to UN 2011	10 Ts'udelhti - We Honour: Indigenous Student Celebration 10am - 12pm	11 Anniversary of Prime Minister's Apology for Residential Schools 2008	12 World Day Against Child Labour
13	14 Indigenous Education Advisory Committee 9-11; Indigenous Elders Advisory Council 1pm	15	16	17	18 Indigenous Games Dakelh Noye	19 First Lheidli Contact with Alexander Mackenzie who took the grease trail in 1793.
20 'Uba Hubudzen Father's Day; World Refugee Day	21 Dakelh Dzen National Indigenous Peoples Day	22 LTFN LEA 10	23 MLIB LEA BBQ	24	25 Last Day of School	26
27 Canadian Multicultural Day	28 Admin. Day Indigenous Education Year End Celebration	29	30			

National Indigenous Peoples Day - www.rcaanc-cirnac.gc.ca/eng/1100100013248/1534872397533
Truth and Reconciliation Commission of Canada Final Report - www.trc.ca/about-us/trc-findings.html
Truth and Reconciliation Commission of Canada Calls to Action - www.trc.ca/assets/pdf/Calls_to_Action_English2.pdf
Education for Reconciliation - www.rcaanc-cirnac.gc.ca/eng/1524504501233/1557513602139
Inuit History 5000 Years of Heritage - aned.public.sd61.bc.ca/wp-content/uploads/sites/112/2019/02/Inuit_History_5000_Year_Heritage.pdf

Dai Nun - Time of High Summer when the Food Depletes | June | Lhoowe Inza - Time of the Fish

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Dai Nun](#) - time when the food runs out
[Shen](#) | **Summer** | [Ut'onle](#)

Tse'khene Word of the Week:

Dai Nun - Time of High Summer when the Food Depletes | June | Lhoowe Inza - Time of the Fish

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Beni 'ulhtus](#) - determination / strong mind
[Shen](#) | **Summer** | [Ut'onle](#)

Tse'khene Word of the Week:

Dai Nun - Time of High Summer when the Food Depletes | June | Lhoowe Inza - Time of the Fish

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Lhukw](#) / [Talukw](#) - Fish / Sockeye Salmon
[Shen](#) | **Summer** | [Ut'onle](#)

Tse'khene Word of the Week:

Dai Nun - Time of High Summer when the Food Depletes | June | Lhoowe Inza - Time of the Fish

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Shen](#) - Summer
[Shen](#) | **Summer** | [Ut'onle](#)

Tse'khene Word of the Week:

Dai Nun - Time of High Summer when the Food Depletes | June | Lhoowe Inza - Time of the Fish

	Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
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Dakelh Word of the Week: [Keyoh](#) - territory, village, trapline
[Shen](#) | **Summer** | [Ut'onle](#)

Tse'khene Word of the Week:

Ges Nandel Nun - Time of the Spring Salmon Run | July | Jeje Inza - Time of the Berries

2021

Reminders:

Jimosdzen Sunday	Jimosdzen hook'elh'az Monday	Whulhnatdzen Tuesday	Whulhtatdzen Wednesday	Whulhditdzen Thursday	'Utsunts'uziyhdzen Friday	Sumdidzen Saturday
				1 Canada Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Canada Parks Day, Nelson Mandela International Day	19	20	21	22	23	24
25	26	27	28	29	30 World Day Against Trafficking in Persons	31

AUGUST 2021

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PGDTA Indigenous Education (News, Resources, Highlightes, Scholarships, etc) - <http://www.pgdt.ca/indigenous.html>
Dakelh Holistic Lifelong Learning Model - www.pgdt.ca/uploads/2/4/1/7/24178565/dakelh_wholistic_lifelong_learning_model.pdf
Assembly of First Nations Education Toolkit - <https://education.afn.ca/afntoolkit/learning-modules/>
Legacy of Hope Foundation Resources - legacyofhope.ca/english/education/
Shared Learnings: Integrating BC Aboriginal Content K-10 - www2.gov.bc.ca/assets/gov/education/kindergarten-to-grade-12/teach/teaching-tools/aboriginal-education/shared_learning.pdf

Dakelh Words of the Week

Month	Week 1 (month)	Week 2	Week 3	Week 4
September	Nadleh Yaz Nun "Time of the Small Sockeye Run"	'udzi 'ulhtus "strong-hearted" can be used for Courage	Sus "bear"	Dak'et "Fall"
October	Lhewh Nadleh Nun "Time of the Whitefish Run"	'uts'odelhti "we honour" can be used for Respect	Hoogha'onlih "giving or they are giving"	Mussih Cho "big thank you"
November	Benats'ukuiah Nun "Time of the Landing of the Boats"	Whunalhunih "to remember"	Whunih "wisdom"	Hooghahoonli "be careful"
December	'Eldzi Yaz Nun "time of the small moon"	Bedzinzoo "they (1) have a good heart." It takes a good heart to have Humility	Yus "wolf"	Christmas Break Khui Noye "Winter Fun"
January	'Eldzi Cho Nun "time of the big moon"	N'unwhutulhdelh "something you throw away" can be used for Forgiveness	Chuntulhi "Coyote"	Khui "Winter"
February	Yussul Nun "time of the Small Snowflake"	Ts'ih'un 'unt'oh "he is straightforward" can be used for Honesty	Ts'esdlos "Bigfoot/Sasquatch"	Nawhulnuk "storytelling"
March	Datsan Nandel Nun "time When the Crows Return"	'unk'essi' "Love"	Tsibalyan "Eagle"	Spring Break 'olulh noye "spring fun"
April	Dulats'ek Nun "time the Cottonwood Buds"	Ndaja ts'ut'en can be used for Compromise	Whudzih "caribou"	'olulh "Spring"
May	Dugoos Nandel Nun "Time of The Suckerfish Run"	'uchah "Hope"	Tsagwelht'ah "Butterfly"	Ts'unawhule "harvesting"
June	Dai Nun "time When the Food Runs Out"	Beni 'ulhtus "Determination/Strong Mind"	Lhukw / Talukw "Fish / Salmon"	Shen "Summer"

Frequent Words and Phrases Dakelh | English | Tse'khene

[Hadih](#) | **Hello** | *Danachea*
Bunda hoonzoo | **Good Morning** | TBA
Dzenis Hoonzoo | **Good Day** | TBA
Hulgha Hoonzoo | **Good Night** | TBA
Danint'oh | **How are you?** | *Dan'che'a*
Soo'nust'oh | **I am well** | *Sasch'e*
Dawhut'en | **What is happening?** | *Da wu'ja*
'anih | **Come here** | *gwudzuh*
sinda | **Sit down** | TBA
sinyen | **Stand up** | TBA
Mussih | **Thank You** | *Mussi*
Mussicho | **Thank you very much** | *Mussi Cho*
Nanyoost'en | **See you later** | TBA
Dzen Hoonzoo Hoont'i | **Happy Birthday** | TBA
a | **yes, okay** | *a'ha*
'andooh | **no** | *Ye'kha*
'ilhuk'ui | **One** | *lhughe*
nankoh | **Two** | *okch'ee*
tagi | **Three** | *taduch'ee*
dunghi | **Four** | *jinch'ee*
skwunlai | **Five** | *tlahajo ch'ee*
lhk'utagi | **Six** | *ihtsa taduch'ee*
lhtak'alt'i | **Seven** | *ihtsataduch'ee lhughe mutah su'bee*
lhk'utdunghi | **Eight** | *ihtsa jinch'ee*
lhuk'ui hooloh | **Nine** | *intsa jinch'ee lhuge mutah su'bee*
lanezi | **Ten** | *k'enech'ee*
Dulk'un | **Red** | *Duduli*
Kwun dot'en | **Orange** | *Kwun'ehch'i*
Dultso | **Yellow** | *Dunatso'i*
Dutl'uz | **Green** | *Dutl'udzi*
Mai dot'en | **Blue** | *Dubedzi*
Maitoo dot'en | **Violet** | *Dujili*
Dulhgus | **Black** | *Dah'gasi*
Yun dot'en | **Brown** | *Dah'jidi*
Lhuyul | **White** | *Duk'ali*
Dulgui | **Grey** | *Dudle'dzi*
'awet zeh | **That is all** | TBA

CLICK ON THE WORD FOR THE LINK TO THE AUDIO FILE FOR PRONUNCIATION

Additional Community Service Providers

Aboriginal Business & Community Development Centre	250-562-6325 www.abdc.bc.ca
Aboriginal Patient Liaison Worker - Carol Ryan	778-349-1348 cryan@csfs.org www.indigenoushealthnh.ca/initiatives/APLs
Aboriginal Resource Centre - College of New Caledonia	250-562-2131 arc@cnc.bc.ca www.cnc.bc.ca
Association Advocating for Women and Community	250-563-5531 www.awacshelter.org info@awacshelter.org
Carrier Sekani Family Services	250-562-3591 www.csfs.org
Carrier Sekani Tribal Council	250-562-6279 reception@cstc.bc.ca www.carriersekani.ca
Central Interior Native Health Society	250-564-4422 info@cinhs.org www.cinhs.org
Crisis Line for Northern BC 24hr.	1-888-562-1214
Youth Crisis Line for Northern BC 24hr.	1-888-564-8336
	Text 4-10pm only 520-564-8336
Crisis Services Canada 24hr	1-833-456-4566
	Text "Start" to 45645 4pm - midnight
Crisis Intervention and Suicide Prevention Centre of BC	1-800-SUICIDE (1-800-784-2433)
Kid's Help Phone	1-800-668-6868
Seniors Distress Line	1-604-872-1234
First Nations Centre - University of Northern British Columbia	250-960-5772 www.unbc.ca/aboriginal-resource-dati/first-nations-centre
First Nations Health Authority	www.fnha.ca
Foundry	236-423-1571 foundrybc.ca/princegeorge
Hadih house	250-563-7976
Kikino Métis Children & Family Services	250-563-1663 www.kikino.org
Métis North Central Employment & Training Office	250-561-2754 www.mnbc.ca kerickson@mnbc.ca aogden@mnbc.ca
Native Courtworkers & Counseling Association of BC	250-562-9513 www.nccabc.ca
Nezul Be Hunuyeh Child & Family Services Society	250-561-0790 www.nezulbehunuyeh.ca
Northern Health - Indigenous Health	250-649-7226 Indigenous.Health@northernhealth.ca www.indigenoushealthnh.ca
Parent Support Services Society of BC	250-962-0600 parentnorth@shaw.ca www.parentsupportbc.ca
PG Native Friendship Centre / Healing Centre	250-564-3568 / 250-564-3568 www.pgnfc.com
PG Nechako Aboriginal Employment & Training Association (PGNAETA)	250-561-1199 pgnaeta.bc.ca
Phoenix Transition House 24hr.	250-563-7305 Phoenix@shaw.ca
Positive Living North - No Kheyah T'sih'en T'sehena Society	250-562-1172 www.positivelivingnorth.org
Salvation Army	250-564-4000 www.sapg.ca
St. Vincent's	250-564-7871 ssvdppg.com/home.html
PG Urban Aboriginal Justice Society (PGUAJS)	250-596-7928 pguajs.ca pguajs@shaw.ca