
SAANICH ADULT EDUCATION CENTRE



OUR SCHOOL NEWSLETTER

ĆENQÁLES - Cold Earth

WINTER 2022

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In This Issue

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Director's Corner
Update from Lola Garcia
W,SENĆOFEN IST
TETÁČES - Restoring Historic
Connection
Update from Kim Linkert
Update from Shana Sylvester
Canning Workshop photos
Update from Nichola Kach
Update from Kevin Monkman
Update from Robbie Louis
Health and Wellness
Happy Retirement!
Art Classes Update
Stories Through Sound
SAEC Art Gallery
Update from Tiffany Sun
Post Secondary Update
Post Sec. Application Deadline
Camosun programs
IFS program update
Financial Hardship Support
Register at SAEC
Colour this drum design!



From our Director, Kendra Underwood

ÍY SČÁČEL HÁLE and Happy New Year! I hope our SAEC winter newsletter edition finds you well in mind, body, and spirit.

Since the Christmas break, we warmly welcomed students back to the classroom while structuring our programming in a manner that would suit all comfort levels. Since the fall, we have offered both in-person learning and the option for students to attend remotely, either through an online curriculum or paper-based packages. Learner registration has been split evenly between remote learning and in-person. Please know that our enrolment is ongoing; it is never too late in the school year to join our programming and begin courses at your earliest convenience.

(continue reading on next page...)



Director's Corner – Kendra Underwood

(continued from cover page...)

Our January 2022 restart plan included several enhanced safety elements. Along with LTS and WLSS, the SAEC established heightened safety measures for in-person learning. We held a recorded virtual assembly on January 10th to review a PowerPoint that outlined our COVID-19 prevention standards. Individual classrooms logged on, as did learners that could not be present that day. In addition to revisiting the importance of daily health checks, proper mask-wearing, spot cleaning and hand hygiene schedules, our school adjusted our school timetable. We have reduced our lunch hour to 30 minutes, from 60 minutes, to lessen the time allocated to eating in the classroom and socializing between cohorts.



WSB Managers and the WEP Committee also gave direction to hire an on-call High Touch Spot Cleaner for the winter season. This position has fallen under the supervision of the SAEC Director, with ongoing support from WEP and O&M. Our collaborative team is grateful to have this position available to rotate throughout the WSB buildings multiple times throughout the day. Duties include cleaning doorknobs, handrails, elevators buttons, high touch areas of the washrooms, photocopiers, common room areas, etc. This position is highly visible to students and staff each day and provides a much-appreciated enhanced level of comfort and safety for all on-site.

We have plenty of updates and activities to report on at this midpoint in the year, and we look forward to sharing those with you throughout this newsletter. Our team would like to thank the WSÁNEĆ communities for your continued support of our SAEC students and programming. As a community-driven school, we always appreciate the opportunity to meet with community members to seek feedback, suggestions or learn of any program needs that might exist. Please feel free to drop by for a visit, or to connect with me by telephone (778)426-7101 or email at kendra@saec.ca

WSB Support to WSÁNEĆ Afterschool Programs

In the late spring, the WSB collaborated with our Nations on a COVID-19 Potential Learning Loss grant through FNEC. This grant has allowed us to post and hire certified teachers (elementary and secondary) for the year to rotate through the four communities every week, supporting the established afterschool programs and creating an ongoing, direct link to our three WSB schools. These teaching positions support the afterschool facilitators with requested resources and assignment information and create a pathway for regular communication with classroom teachers. The groundwork for these roles occurred before the holidays and into January, and programming will begin by February 1st.

Micro-credentials

The SAEC has heard that office administration is another area of interest in our communities. Thus, we have been working with Camosun College to create accredited micro-credentials that will provide learning opportunities in the area of Indigenous Workplace Operations: file management (data storage and document sharing), document design, electronic communications, and practical office communication skills and...



Director's Corner continued

...Indigenous Workplace Leadership: trauma-informed relationships, emotional and physical safety in the workplace, and learning from conflict and crises. We hope to begin program delivery in these areas by June of this year.

Ongoing Community Partnership Work

The SAEC continues to work closely with our WSÁNEĆ communities by holding regular meetings of the WSÁNEĆ Education and Training Council-Secondary/Adult Education Focus. For the past five years, our Council has met monthly as an opportunity to share what is happening in our respective departments regarding adult education, post-secondary, employment, and training. Our meetings provide focused time to identify common areas where we might wish to work together if appropriate and establish adult programming and post-secondary needs that would benefit all four communities. This year, we have expanded our Council to include both the secondary and adult age range. SAEC is happy to continue hosting and facilitating the meetings, inviting representation from Education, Employment & Training within the Nations, SD63, WSÁNEĆ Leadership Council, CSETS, WSB Public Schools and WLSS.

Program Structure of the SAEC Adult Dogwood

SAEC courses lead toward the Adult Dogwood (BC Adult Graduation Diploma). Students who enrol with our Centre are working toward their Adult Dogwood and acquiring prerequisites for college or university programs of interest. Here is a sample of the courses available this year: First Peoples English 12, English Studies 12, Composition and Literary Studies 10, Workplace Math 11, Foundations Math 2- 5, SENĆOŦEN 11, Active Living 12, Food Studies 12, Photography 12, Work Experience 12 A and B, Career Life Education 12, Studio Arts 12: Drawing & Painting, and Studio Arts 12: Printmaking and Design.

This year, the SAEC will be granting our own Adult Dogwoods for the first time. Our team has been working closely with the FNSA to access this opportunity, and we have the structure in place for June 2022. This is a relatively new option for First Nations Adult Centres in BC, and we are grateful for the opportunity. We are FNSA certified with a new BC Ministry Code for our school, and we are enrolled with DRUMS for record-keeping and TRAX submissions.

HÍSWKE SIÁM.
SĚEMXÁMTENOT

Kendra Underwood

Phone: (250) 652-2214 ext. 238

E-mail: kendra@saec.ca



Update from Lola Garcia, Home School Coordinator

Happy New Year & Welcome back to the SAEC!!

The first semester here at the SAEC has flown by and second semester starts on Monday, 31 January 2022. If you are interested in upgrading it is not too late to start!! I can be reached on Facebook (FB name is Lola Garcia-Work), or by phone 250-652-2214 ext 7143 or in person at 7449 West Saanich Road. Feel free to contact me if you need more information or if you need help with anything.



SAEC Van

The SAEC van is available to transport SAEC Students anywhere on the peninsula, up to and including the Royal Oak bus exchange. The best and quickest way to reach me is on Facebook messenger. After each trip and return to the SAEC the handles and seatbelts are sanitized to ensure everyone's safety and health. Please remember to wear your mask on each trip.

SAEC Student Mentorship

SAEC Student Mentorship program is well under way. There is still time to sign up if you are interested. If you can bring a fellow student to partner up with you this is a great way to learn about strategies for learning and to get to know your fellow student! Please message me or Shana Sylvester on Facebook messenger to let us know that you are interested. There is an incentive for participating!!

I look forward to seeing all of the Students here at the SAEC for 2nd semester.

W,SENĆOŦEN IST - UVic Diploma in Indigenous Language Revitalization

W,SENĆOŦEN IST: "Moving the language forwards through the breath of the people", is a two year diploma partnership program (DILR) with UVic and offered primarily in community at the SAEC. After the diploma, students have an option of laddering into a Bachelor's degree program. This is the fourth cohort of the DILR program since our first graduates in 2013.

We began this year with 16 students, who are just beginning their second semester and towards becoming yet another generation of language revitalists for the SENĆOŦEN language. I must commend our students on navigating post-secondary education through this COVID environment; it is tough beginning this journey under normal circumstances. We look forward getting out and onto the land as spring comes to life.

SLÁLE SW,HÁLE – Stay safe out there.
Tye Swallow



TETÁĆES

TETÁĆES is the WSÁNEĆ name for island, or islands. Roughly translated, it means relatives of the deep, which refers to the story of how the islands got to be. It is said that long ago XÁLS (the creator) came to WSÁNEĆ to change many things about the world. He came to the territory aboard a canoe at the area known to WSÁNEĆ as TIXEN - the Cordova Spit at Saanichton Bay. XÁLS came ashore. He then walked toward the westside of the point, where he cast a black stone into the horizon, followed by another black stone, which became ŁÁUWELNEW (John Dean park, Mt. Newton). XÁLS had with him a basket, that he loaded with more black stones and then walked toward ŁÁUWELNEW. Several people had witnessed the sacred spectacle and in their curiosity followed XÁLS to the mountain. Atop the mountain XÁLS proceeded to cast more black stones, which then made the mountains. When he ran out of stones he turned toward the people who had followed him to the mountain and began to grab people who were of the greatest virtue. He cast them out into the ocean and told each of them, “QEN,T TFEN SCÁLEĆE” (look after your relatives). They then rooted themselves deep into the ocean, becoming the islands. He was done casting people to the water and turned to those who had remained with him on the mountain and told them, “I, QEN,T SE SW TFEN SCÁLEĆE” (And you will look after your relatives)”, and gestured to the TETÁĆES.

As told by PENÁĆ

Thursday July 11, 2019

WSÁNEĆ People restoring historic connection with Southern Gulf Islands

Archaeological records establish Coast Salish cultural presence in the Southern Gulf Islands spanning more than 5,000 years. WSÁNEĆ Traditional Knowledge extends that span to time immemorial through protected creation stories. The WSÁNEĆ Leadership Council (WLC) and the WSÁNEĆ School Board (WSB) in partnership with the Southern Gulf Islands Community Resources Centre (CRC) have launched the TETÁĆES Revitalization Project to help restore the WSÁNEĆ Peoples historic connection with the Southern Gulf Islands, known as TETÁĆES in the SENĆOŦEN language.

WSÁNEĆ Leadership Council Director of Operations Gord Elliott observed: “The WSÁNEĆ people have been too long separated from the Islands as a result of the oppressive impacts of colonization and the failure of the settler population to recognize our unceded inherent rights. This project supports the resurgence of the WSÁNEĆ people in our traditional Homeland.”

This project, supported by a \$75,000 matching grant from the Real Estate Foundation of BC, will provide a series of five educational videos highlighting WSÁNEĆ Traditional Knowledge and the role that TETÁĆES plays as part of WSÁNEĆ Homeland — ÁLENENEŦ. TETÁĆES translates as “Relatives of the Deep” in the WSÁNEĆ creation story for the Islands.

The videos will highlight excursions of WSÁNEĆ Elders and youth to the three Southernmost Islands - S,DÁYES/Pender; S,KŦAK/Mayne and TEKTEKSEN/Saturna on Raincoast Conservation Foundation’s 66 ft. research vessel the Achiever. Each Island will be the subject of a video providing a WSÁNEĆ perspective on that Island.



WSÁNEĆ People restoring historic connection... (continued)

A central video of the project provides an historical perspective on WSÁNEĆ Homeland focusing on the question “Whose Land is It?”. This video will be based on a recently published paper by Assistant Professor Dr. Nick Claxton and Dr. John Price Emeritus Professor of History at University of Victoria; “Whose Land Is It? “Rethinking Sovereignty in British Columbia”.[1]

A fifth video will present the TETÁĆES creation story in an animated video portraying the creation of the Islands and emphasizing the “reciprocal stewardship” role the WSÁNEĆ People have with these Islands - their “Relatives of the deep”.

These 5 videos will be owned by the WSÁNEĆ School Board and will be used in the Tribal School curriculum to support the TETÁĆES revitalization initiative. The videos will also serve as the basis for a community forum on each of three Southern Islands in 2022 focusing on the question “Whose Land Is It?” and exploring how the WSÁNEĆ reciprocal stewardship obligation can support sustainable land use and inform the Islands Trust “Preserve and Protect” mandate.

Project co-coordinator and CRC director Peter Paré said: “The TETÁĆES Revitalization Project is a community to community engagement with support from the WSÁNEĆ Leadership Council, the WSÁNEĆ School Board, Raincoast Conservation Foundation, UVic’s Living Lab Project, the SGI Community Resources Centre, the South Pender Historical Society and the Capital Regional District with matching funding from the Real Estate Foundation of BC. The TETÁĆES Revitalization Project builds on the very successful 2020 TETÁĆES Climate Action Project.”[2]

As WSÁNEĆ Leadership Council Director Gord Elliott points out: “The Islands, our relatives, have provided a way of life for our people for thousands of years and WSÁNEĆ law creates a reciprocal relationship of care and stewardship between WSÁNEĆ and TETÁĆES. This responsibility is absolute; we are obligated to care for these islands, not only through our own actions but by protecting the islands against harmful actions by others. This project supports our exercise of this deep responsibility.”

For more information contact project co-coordinators:

Tye Swallow, WSÁNEĆ School Board - tye@saec.ca

Peter Paré, Community Resources Centre - peter.pare@hli.ubc.ca - 250-222-0358

Renee SXEDFELISIYE Sampson, WSÁNEĆ School Board - 250-507-7191

Raincoast Conservation Foundation. Related story found online at:

<https://www.raincoast.org/2021/01/wsanece-youth-on-achiever-explore-the-salish-sea/>

[1]The paper “Whose Land Is It? “Rethinking Sovereignty in British Columbia.” is published in BC Studies: The British Columbia Quarterly and found online at:

<https://ojs.library.ubc.ca/index.php/bcstudies/article/view/191508/189029>

[2]Further information on the TETÁĆES Climate Action Project can be found online at:

<https://www.sgicomunityresources.ca/climate-action-project/>



Update from Kim Linkert

Happy New Year! I hope everyone had a great Christmas and got to enjoy time with family and friends. I know not everyone's a big fan of snow but I personally loved it and got to do some plowing with my quad so that was fun. It looks like we may be on our way to some warmer weather but hopefully not another heat dome!

As a reminder to anyone reading this; I am Kim Linkert and my main focus here at SAEC is to teach math. I also help out with Land Based Learning, Inclusive Education and Active Living.

Math Department

If you are considering taking a math course in the second semester here is a little information about some of the possibilities. We offer a multitude of math courses here at SAEC including online options. The goal is to place students in the course that matches their individual level so they can find success. We also make sure the courses students are placed in are appropriate for each person's career path because universities and colleges require different specific math courses for entrance into programs. This takes a little time and energy but it is well worth it.

Some of the math courses offered are:

LF 3 Math

This is one of three LF math courses that have been designed for students who want to upgrade their Math skills. It is excellent for those who need an immediate sense of accomplishment or suffer from math anxiety. This course has four units and covers learning outcomes related to number concepts, addition and subtraction, multiplication and division, and measurement.

LF 4 Math

This course has five units and covers learning outcomes related to order of operations, introduction to fractions, decimals, measurement, and relationships.

LF5 Math

This course has five units and covers learning outcomes related to integers, order of operations, factors and multiples, fractions, algebra, measurement, and relationships.

Workplace 11

This course provides a practical, contextual focus that encourages students to develop their mathematical knowledge, skills and attitudes in the context of their lives and possible careers.

Workplace 11 is organized into the following units:

- Unit 1: Graphs and Change
- Unit 2: Investing, Borrowing, and Debt
- Unit 3: Personal Finance
- Unit 4: 3D Objects
- Unit 5: Surveys



Update from Kim Linkert – Wednesday Activities



Here at SAEC we strive to provide group activities on Wednesday afternoons. The purpose is to have students and staff come together to build relationships and connections outside of the core academic courses. We try to offer a variety of opportunities that enrich and build on the learning that takes place in the classrooms.

Of course Covid has disrupted some of our plans but we were still able to get out on the land and visit a few places during the first semester. We had a great trip to Goldstream, we went to the movies and we also went skating three times. I can't believe how much our students have improved when it comes to skating. A little practice goes a long way!

We are looking forward to a trip to Vancouver, cultural sites, the museum, swimming and camping for the second semester.

Update from PÍTELÁNEWOT II (Shana Sylvester)

It was such a pleasure to co-host the Canning workshop with Robbie at SAEC. The workshop was open to all of the students who study on site. We had such a great turn out! Some of the students had never canned fish before which made this new experience exciting! Robbie and I were taught different ways of canning so we were able to teach different ways of preparing the fish, and different styles of canning. Robbie has a lot of experience canning with a pressure cooker and I have experience cooking on a burner outdoors. The students were able to get involved in all of the different tasks, from cutting the fish for the jars, to adding the ingredients into the jars prior to placing them into the pressure cooker.

We were able to watch a batch come out of the cooker before everyone left as well. The finished products were put aside so that when we were thanking Elders we were able to gift them with our home made jars of Salmon. I say a big HÍSWKE to Matt Underwood for providing us with the Salmon. I am looking forward to being able to run more canning workshops in the near future; we are thinking of making jam or canned peaches with the students next!



HÍSWKE SIÁM,

PÍTELÁNEWOT II

Shana Sylvester

Student Connections Facilitator

778-426-7143 ext. 7143



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Canning Workshop
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Update from Nichola Kach



Bob Ross Painting Session - “Happy Little Accidents”

Some of the staff and students had a chance to explore their creative side with a Bob Ross painting session. Armed with mini-easels, acrylic paints, and a Bob Ross tutorial, little did we know the many lessons in store for us that day. It became obvious rather quickly that painting a beautiful landscape is not as easy as Mr. Ross makes it out to be. It takes many years of practice to make it look effortless! Instead of feeling intimidated by his talent, however, Bob’s velvet voice soothed us into giving it our best shot.

The moment our paintings stopped looking like the one on the screen, we didn’t abandon hope, we just took it in a different direction and made it our own. “There are no mistakes, just happy little accidents” became our mantra and words to live by. As soon as we learned to let go of high expectations of ourselves and embrace the process, we saw true art emerge. We became a room full of painters and it was pretty groovy.

Photography 12

The more you look through the lens of a camera, you notice that you see the world differently. Looking at things from different perspectives takes on a whole new meaning. **Context is Everything** and it all becomes a matter of how you frame it. You see beauty everywhere and something happens when you try to capture it; you realize you are both witnessing life and making art of it at the same time. As we move into our final portfolio projects, our photographers will be showcasing all they have learned in a series titled “A Day in the Life...”. We are excited to see what they will come up with and anticipate some of the final pieces being on display in the Centre.

(NOTE - all the new black and white staff portraits in the newsletter are from Nichola and her photography students, David and Jamie! We think they’re pretty groovy too!)



English Update from Kevin Monkman



As we approach the end of semester 1, and the beginning of semester 2 (starting the first week of February), I am reminded of how resilient and strong my students have been. We are nearing the completion of Composition and Literary Studies, wherein we have covered topics ranging from grammar and sentence structure foundations, to paragraph writing, to short stories and non-fiction topics. Students will complete the course by working on an individually chosen novel study. I am proud of what so many students have accomplished. Those who have had to pause learning at times will be able to carry on with the course in a self-paced model in order to complete.

For English Studies 12, I started with a small group of students and have maintained a dedicated core. We have worked through themed units on identity, writing, oral and written language, film reviews and grammar/structure. We also read a wonderful book by Richard Wagamese titled *A Quality of Light*, which I highly recommend. Because of our delayed return after the holiday break, we will be taking an extra week or two to complete the course.

Holiday Events

Like we do every year during the last week before the holiday break, we celebrated student success by spending the afternoon going to a movie. We were lucky to have a whole theatre to ourselves for a screening of *Ghostbusters Afterlife*. The theatre was alive with laughter and yells of surprise and we had a blast.

We also continued our tradition of the staff/student holiday breakfast. On the last day of the week, staff gathered in the cafe to cook a banquet of food for students and our respected elders. The halls were filled with the smells of bacon, pancakes, coffee, hash browns and sausages. This is often a highlight of the year as we all gather together to celebrate and enjoy good food and good feelings.



Update from Robbie Louis

ÍY SÇÁCEL HÁLE!

Good day, my friends and relatives. I am Robbie Louis, the Cultural and Language facilitator here at SAEC. Our First semester was fantastic. There were numerous events and activities that came up throughout the beginning of the year that brought a lot of cultural values to the students. SAEC invited Blake Joseph to come in and share his knowledge with students to build drums; the students took part in the activity and created drums for their own use during morning protocol and any other drumming activities here at the program. Upon



completion of the drum-making workshop SAEC invited elders Doug and Kathy Lafortune to come in and guide us in a workshop to paint our drums. It was a very relaxed and happy time together! The SAEC department also invites students to the math class room to join the beading club that takes place Fridays during lunch.

There was so much offered to the students and staff in the first semester with many workshops and land based trips that will give a better cultural understanding to students and knowledge about their traditional homeland as well. Thank you SAEC for a positive and successful first semester.

ÇEÇELÁNEW
Robbie Louis

Health and Wellness Update from Ang Hamilton

ÍY SÇÁCEL SIAM,

As we embrace the winter season we are serving warm and nourishing meals from our kitchen **SKELEN, AUTW** (cooking over a small fire) to our students and staff. We have been harvesting rosemary, kale and mint from our community garden to add our lunches. It is with gratitude and appreciation that we grow and harvest from our own garden. We are looking forward to spring planting!



Kristen Bill has been helping out in the kitchen since September when she joined us in a student mentorship program. It has been wonderful to have her with us. Thank you Kristen, for your great work in the kitchen and good luck in your studies going forward!

I am really passionate about many programs that we offer at SAEC, in particular our Walking Program and visits to the Medicine Horses. The walking program has been running for many years and it is a wonderful way



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Health and Wellness Update continued

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to spend time in the afternoon being in the fresh air, walking the track, and visiting with others. I always look forward to our walks. A big thanks to Diana Henry who has helped me with this program, encourages others to participate and is always willing to walk!

We have begun visiting the Medicine Horses monthly. It is an afternoon that students and staff enjoy participating in. It is rich with connection, sharing, learning, and embracing the healing from the horses. One of our students shared that is a safe place to open up and just be. We look forward to nicer days ahead when we can sit in the pasture with the horses and maybe get a special visit from one of the horses.

Wishing you all good health and happiness.
Ang Hamilton



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Happy Retirement, Linda Gladstone!

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Linda Gladstone retired this year so we had a dinner with staff from SAEC, UVIC and Camosun College. The event was special and fun. We enjoyed being together sharing stories, memories and laughter.

We will always consider Linda as SAEC family and look forward to many more years of connection, just in a different way. We are really happy for her that she can enjoy her days as she pleases, and we're delighted that Linda will stay connected with the school as an elder of our community.

As a retirement gift Linda was given a drum made by Blake Joseph and painted by SAEC's art teacher, Caroline Stengl.



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Art Update from Caroline Stengl

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This school year we are offering art classes at SAEC on Fridays, otherwise known as FUNdays! The fall semester course is *Studio Arts 12: Printmaking and Design* and the second semester we offer *Studio Arts 12: Drawing and Painting*. No previous art experience necessary. We're having a great time so far!

David Henry and Charlie Bill have both finished stunning editions of reduction linocut prints. There's a few photos in our gallery, although I haven't photographed Charlie's work yet. Jaimie Macdonald is still working on hers but they are coming along! These prints represent many hours of work due to the many layers of colours, each layer requiring further carving of the plate. My students should be very proud of their gorgeous prints, and any one who gets a handmade card from them is very lucky indeed!



Reduction linocut prints use a single lino block. The block is carved and printed multiple times, each layer being printed on top of the last layer, making an "ink sandwich" on the paper. You can only make limited editions of these prints, making them more collectible and rare! The prints look a lot like miniature paintings, rich with multiple colours and interesting textures. Students are printing as many layers as they wish until they run out of block surface to carve away.

Our next project is also a linocut print, but this time we will focus more on creating a carefully planned image. The last project was more about patterns and organic shapes. We are just getting started on this second project but it won't take long before some beautiful work shows up in the studio! Due to the current COVID climate I am temporarily working from home, teaching on Zoom with help from on site instructors. But I hope to return soon. The future is hopeful!

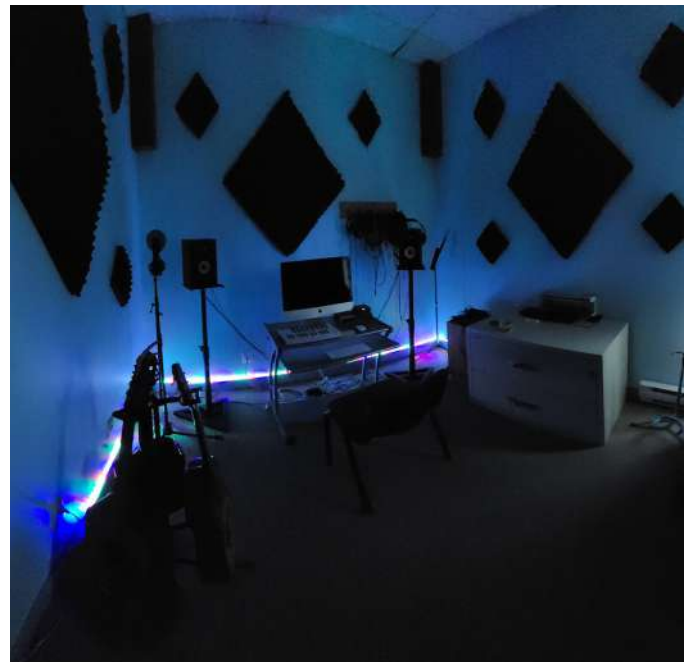
HISWKE! Caroline Stengl

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Stories Through Sound - Kevin Monkman

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In 2019, SAEC partnered with a UVic research project and recording artist/engineer Jon Epworth to offer an experiential course called *Stories Through Sound*, where students workshopped stories and storytelling techniques, learned the technical skills of recording and mixing digital audio, and combined these into personal projects. We are proud to be able to offer this course again starting the first week of February and running until June. If you or anyone you know has an interest in audio recording and engineering and/or storytelling through music and sound, contact the SAEC to register. Our recording studio is updated and ready to go!



SAEC Art Gallery



Update from Tiffany Sun – Counsellor at SAEC

Christmas Gathering

Early December, we collaborated with the Indigenous College Prep staff to bring all the students a joint Christmas party to kick off the festive season. We had Métis Elders Bertha and Joe Landrie come join us for the day, sharing their time, presence, and good medicines. We even had a surprise visit from Santa! It was lovely to see students and staff connect over food and crafts! It was really wonderful to spend the day decorating gingerbread cookies, making Christmas ornaments with traditional medicines, learning how to make mini drums, and taking holiday pictures at the photo booth! Honestly, every room smelled so good of Christmas baking and good traditional medicines. You could really feel the holiday spirit and love that day.



Day School Applications

Many thanks to Dr. Stan Bird and his colleague, Stevie Niebergal, from the First Nations Health Authority for coming into our school to share their knowledge on the Day School Application process. It was a very informative session on what to expect during the completion of applications, the necessary steps to submit, and of the available supports to community members. For those that missed the information session, there is a PowerPoint floating around on our SAEC Facebook page! There is also a talk about hosting another information session for those that may be interested to attend this time around – stay tuned!

Following up, at the end of January, Dr. Stan Bird has been kind to offer assistance to provide 1-to-1 supports with day school applications. We are so thankful for his help with this difficult process. **HÍSWKE**

If you need additional supports, Dr. Stan Bird can be reached here:

Cell: 604-341-3512

Email: Stan.Bird@fnha.ca



Update from Tiffany Sun - Counsellor at SAEC

Fred Wilson from Tsow-Tun Le Lum can also assist with day school applications. You can message him at fred@tsowtunlelum.org

These times can be overwhelming, for additional counselling and culture support call:

Tsow-Tun Le Lum Society: 1-888-403-3123

KUU-US Crisis Line: 1-800-588-8717

First Nations and Inuit Hope for Wellness Help Line and Online Counselling Service:
1-855-242-3310 (www.hopeforwellness.ca)

Mental Health Workshops

This past season, students had the opportunity to attend a self-care workshop and another on boundaries. I have always appreciated everyone's participation and engagement with mental health topics!

As a refresher, self-care is something that nourishes you - your body, spirit, and all. Self-care helps to replenish energy and decrease stress. It's difficult to support and care for others or do your work when you aren't sufficiently supported or cared for. Sometimes we can feel off when we haven't taken care of ourselves - more tired, irritable, or overwhelmed by the little things. It isn't about not helping those that need help and selfishly focusing on yourself, but tending to your needs so that you have the strength to care for others and take care of your responsibilities. What is something that you need, or feel you haven't had much opportunity to do that energizes you, nurtures your spirit and body? I encourage you to do that thing, see what happens!

Carrying on with the topic of self-care, boundaries are a part of self-care. Sometimes, we need to recognize when we need to say "no", or even "yes" to things. Boundaries are limits we put on ourselves to keep us safe and respected. When boundaries are crossed, we may get uncomfortable, squirmish maybe, and/or angry! How does your body tell you when a boundary is getting crossed? Our bodies will tell us if we just listen. Healthy boundaries can change; one day you may be okay with something but the next day you may not. This is okay. You get to decide what works for you. Sometimes we need to set boundaries for ourselves to maintain good self-care. It can be a way for us to take breaks and recharge, and a way to respect our choices and self. Honour your truths.

Some workshops to look forward to:

Anxiety 101 workshop - we will learn what anxiety is, how it can actually be helpful sometimes, and unhelpful other times, and learn some strategies to manage our anxiety.

Addiction awareness workshops

Sexual health workshops

Lots of fun topics to come! If there is a topic you'd be interested in, shoot me a message on Facebook (Tiffany Sun Saec), leave me a note on my door, or email me: tiffany@saec.ca. I would love to hear your thoughts!

HÍSWKE

HÍSWKE,

Tiffany Sun, MA, CCC

Counsellor, Saanich Adult Education Centre

WSÁNEĆ School Board



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Post Secondary Update from Denise Sam

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High School Visits

The WSB staff and Camosun College staff teamed up and went to visit the high school students in SD 63 and WLSS. We hosted several information sessions for the students attending public school and WLSS. We shared information and resources about Post-Secondary planning, future goals, and options. The WSB staff, Camosun College staff, SD 63 staff and students shared pizza and made a draw for door prizes. Door prizes included: 1st - \$50 Visa gift card; 2nd - \$25 Visa gift card and 3rd - Visa gift card.

- Parkland School 15/16 students in attendance on November 4, 2021
- Stellys School 26/54 students in attendance on November 5, 2021
- ILC School 4/14 students in attendance on December 8, 2021
- WLSS 30/38 students in attendance on December 7, 2021

Wreath Making

On December 9, 2021 we enjoyed wreath making with Deanna Petit-Gas from LaPetite Ferme Flowers and her volunteers, Donna Cottell, Madeleine Layton and Liz Lebel. The WSB hosted the workshop. Participants could make a Christmas wreath, Christmas swag or a centre piece.



WSÁNEĆ School Board Post-Secondary Application Deadline

The WSÁNEĆ School Board Post-Secondary Application deadline is coming up soon:

Monday, Feb. 28/22

Procedure

Pick up and complete funding application and policy guidelines from the post-secondary coordinator, Denise Sam. Located at 7449 West Saanich Road, Room 205

or

Email request for application to denise@saec.ca

Submit all required documents to complete application process.

Provide official transcripts from your high school/college/university.

Submit letter of acceptance from college/university.

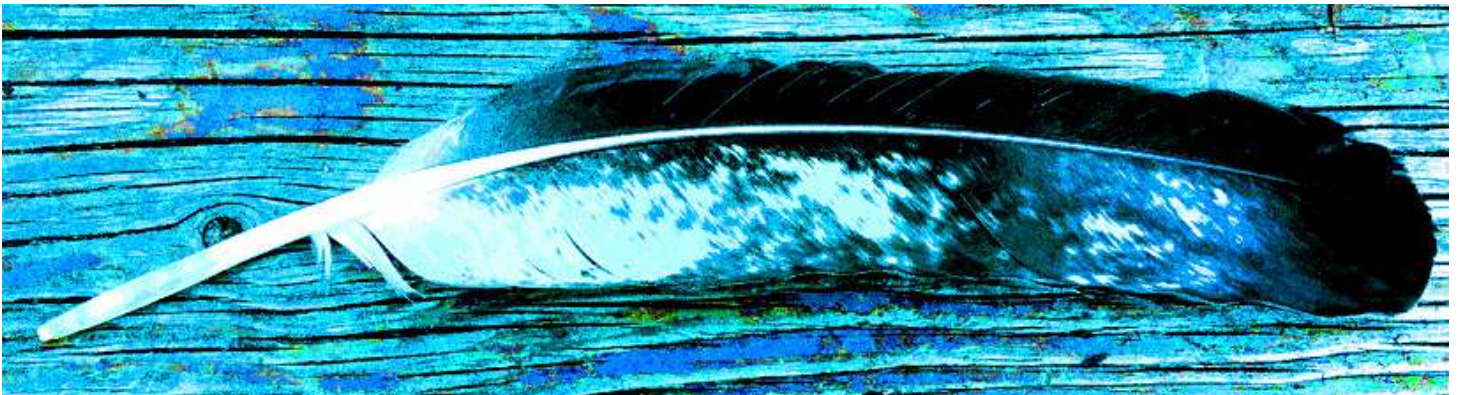
Include updated status card or letter from registry clerk from the TSARTLIP, TSAWOUT and TSEYCUM First Nations.

Provide a course/program outline.

Provide a copy of registered courses printed from college/university website.

Please note date of deadline, especially students graduating grade 12 high school in 2022.

The WSÁNEĆ School Board offers tuition, fees and living allowance to those who qualify from the TSARTLIP, TSAWOUT and TSEYCUM First Nations.





Camosun ICP and ABE programs

We have welcomed back 11 students continuing in the ICP program this term, as well as 8 students in part-time upgrading. We have more students reaching out to get registered and we are also helping students create career plans suited to their interests. We continue to offer adult upgrading in English and Math for anybody interested in going back to school or continuing their education. We offer in-person upgrading at SAEC, online instruction, and a blended approach to ensure every student can choose the method of learning that best suits their lifestyle and needs.

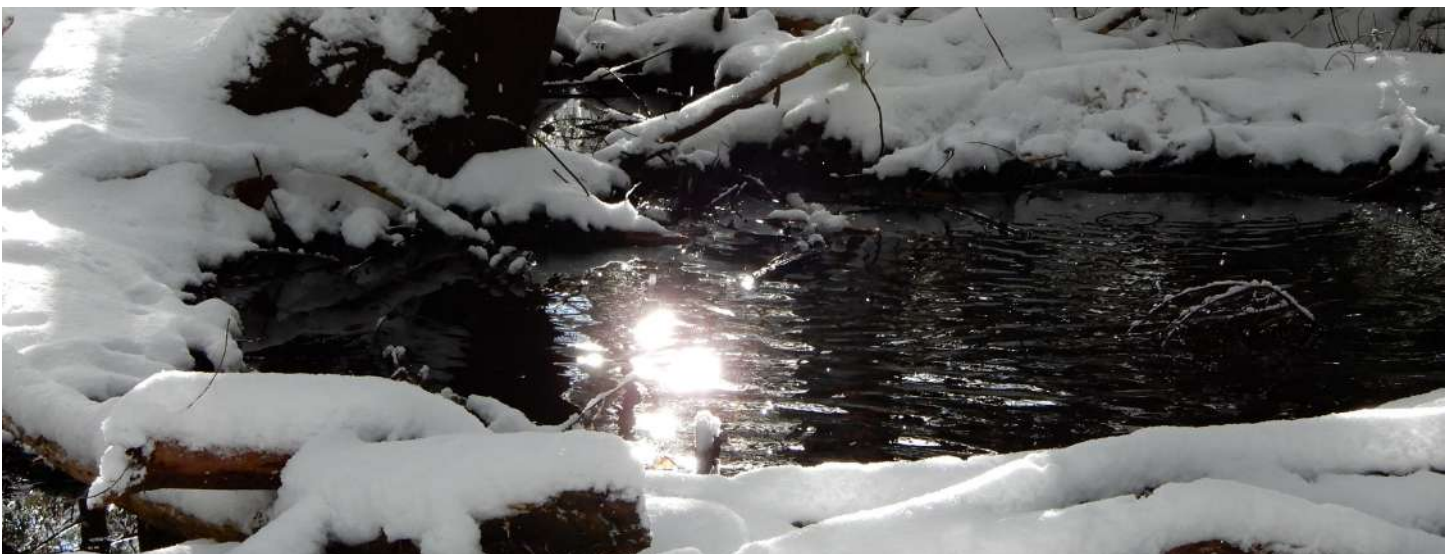
The next intake for the Indigenous College Prep program is September 2022. It is an 8–12-month full time certificate program delivered at SAEC that helps students get prepared and feel confident to enter the college program of their choosing. In the ICP program students strengthen their academic skills, build on their self-awareness, explore their strengths, and reflect on their cultural heritage. They take courses that discuss Indigenous issues, challenges, and opportunities commonly faced in communities in an inclusive, supportive environment with staff who are eager to encourage and help.

A note to current and prospective students - we encourage you to reach out to the post-secondary coordinator for your band as application deadlines for 2022 fall funding are fast approaching. If you're interested in registering for a Camosun program in the fall, you will need to get in touch with your band to secure funding in the next few weeks.

We are so thrilled to continue to support students on their educational journey. If you feel like you're ready to take the first steps towards going to college, please do not hesitate to reach out; we are here to help.

Erica Potvin

Indigenous Instructional Assistant
potvine@camosun.bc.ca
778-426-7150



Indigenous Family Support Program Update

The Indigenous Family Support (IFS) program is on hiatus this year as a program rebrand is explored. SAEC staff and community stakeholders have participated in facilitated focus groups held in late fall, contributing to a new program area: Indigenous Community Wellness Worker. This evolving certificate program is under development, and SAEC will work closely with Camosun on its advancement.

Financial Hardship Support

The Saanich Adult Education Centre is pleased to announce that we have received provincial funding this year to help students studying within the SAEC building who are experiencing short-term financial hardship. Students can apply more than once, based on a financial crisis, to a maximum of \$900.00 for the year. Emergency funds will be issued throughout the 2021-2022 academic year until the received funding amount is expended.

Eligibility criteria:

1. Attending post-secondary partnership programming on-site at the Saanich Adult Education Centre (SAEC) with Camosun College or the University of Victoria
2. Experiencing a short-term financial crisis

*Adult Dogwood students will also be considered for funding, utilizing a supplementary budget set aside for such occasions



Register at Saanich Adult Education Centre

We offer numerous courses and programs to serve the local communities, including:

- Adult upgrading leading to the Adult Dogwood and post-secondary prerequisites:

A sample of our courses: First Peoples English 12, English Studies 12, Composition and Literary Studies 10, Workplace Math 11, Foundations Math 2- 5, Active Living 12, Food Studies 12, Photography 12, Work Experience 12 A and B, Career Life Education 12, Studio Arts 12: Drawing & Painting, Studio Arts 12: Printmaking and Design

- Post-secondary programming with Camosun College and the University of Victoria
- SENĆOTEN 11: language and culture programming
- Early literacy programs and one-on-one support
- Onsite childcare services
- Weekly personal counselling appointments
- Daily hot lunch program

SAEC Learning Opportunities – Choose the model that suits you best:

- Part-time & full-time programming
- Real-time in-person instruction with your teacher and classmates
- Self-paced online learning – student laptops available on loan if needed
- Self-paced print-based courses– paper packages provided



To Register at SAEC:

Register online at:

<https://wsanecschoolboard.ca/saec/#saec-registration>

or by phone:

(250) 652-2214 ext. 5980

Or drop in and talk to Sara Thomas in the upstairs reception area at
7449 West Saanich Road



Financial Supports Available!

Weekly Stipend Program for both full-time and part-time students, based on progress:

\$75 weekly for full-time students (3- 4 courses per semester)

\$50 weekly for part-time students (1- 2 courses per semester)

Emergency Bursary Support for SAEC Students

SAEC is pleased to announce that we have added support for SAEC Students. If you feel like you are in financial hardship, please reach out to any of our staff for eligibility criteria and an application form.



Colour this drum design! – artwork by Caroline Stengl

