

Hadih!
Here is your weekly update of SD57 events!
Mussi Cho 😊

LATEST UPDATES

Check out our updated Curriculum Innovation Hub homepage!

<https://www.sd57curriculumhub.com/>

**DLC Resources to Support
 Truth and Reconciliation**

Click here to see resources curated by SD57 to support our important Truth and Reconciliation work: lesson plans, streaming video, kits, and more!

UNBC Active Minds Programs



[Active Minds](#) offers a full slate of science, engineering, and computer camps, events, and workshops for kids ages 6 to 16.

Summer 2023 Camps: [Registration available now!](#)

2023 Northern Indigenous Youth Summer Science Camp

July 10th-14th, 2023 – Indigenous Youth grades 9-12

FREE

Through a unique collaboration between Binche Whut'En, the Health Arts Research Centre, and the University of Northern British Columbia, the 3rd annual Northern Indigenous Youth Summer Science Camp will be held at UNBC in Prince George.

For more information, submit an inquiry at: <https://forms.gle/CSiz8c95NKiUnUaR9>

Making Music Accessible to the General Classroom Teacher

May 29th (Pro-D Day): 9am to 11am, location TBD

Register on PD Reg: <https://schdist57.sharepoint.com/sites/pdhub>

- Hosted by Julie Fisher
- NO Music experience necessary.
- Designed for Elementary classroom teachers using FREE district developed resources. Come and check out the resource, try some activities, and get some ideas for incorporating music into your schedule.

SD57 District Mental Health Behaviour Symposium 2022-2023

May 29th Pro-D Day events

Register on PD Reg: <https://schdist57.sharepoint.com/sites/pdhub>

Explore Trauma Informed Kickboxing for Health and Wellness

- Morning session: 9am to 11am (FULL); afternoon session: 1pm to 3pm – **Please only sign up for ONE session**
- Presenter: Nicole Sawin, MSW, RSW (She/They), Mental Health Therapist, Connection Martial Arts
- 5531 Hartway Drive (may change; participants will be notified)
- Join in a unique experience! Mixture of Dialectical Behaviour Therapy, (Mindfulness techniques) with learning basic kickboxing skills.

Participants will:

- Learn how to wrap your hands as a mindfulness technique, a self-development practice, and as something, you can do with affirmations (how can you bring into your own life and into your student's life?).
- Learn basic punching and kicking combinations in an environment focused on play and listening to your body.
- Give participants the space to explore trauma-informed kickboxing as an option for health and wellness.

Introduction to Pickleball!!!

- 9:00am to 11:00am; Southridge Elem.
- Facilitator: Ralph Wood
- Come out, have fun, learn Pickleball. This is an introductory session. Learn the basics of Pickleball. Take the fun sport back to your school or just for yourself. Please wear comfortable clothing and bring water!!

Nature and Wellness Mountain Bike Ride (B.Y.O.Bike)

- 12:15pm to 2:00pm; meet at Otway
- Facilitated by: Kevin Prouse and Josh Van Der Meer SD57 DMHBC and DIMHDAC
- A leisurely ride down some of Otway's Green and Blue rated single track trails. This is a chance to get some fresh air, socialize with your peers and brush up on your mountain bike skills.

- Equipment needed: Mountain Bike or E mountain bike, approved bike helmet, weather appropriate clothing, water and snacks
- **Note: Riding subject to cancellation due to high winds, rain or snow**
- The riding will be along a twisty, but flat single track trail “Homerun” out to a meeting point “57 Chevy”, approx. 2.5 km. From there, the group will have the option to split off into two, with one group returning to the parking lot on green rated “Tin Can Alley”, or to do some elevation gain/descent along “Inside Passage-Midway-Twister”, before returning to the parking lot.
- The ride length will be a minimum of 6km and should take approx. 75-90 mins.
- The mental health wellness component will focus on positive stress (eustress) and the concept of heart rate variability in adapting to stressful situations. In addition, we will look at the cognitive re-structuring of negative thoughts and strategies to do so.

YOGA for Your Health: Time to Unwind (FULL)

- 1:15pm to 2:45pm, Duchess Park Library
- Presenter: Nicolle Therrien, Social Worker, Certified Yoga Teacher, 200 RYT , Trauma Informed, Kids & Family, Prenatal
- Learn and experience the benefits of yoga as facilitated by an experienced yoga teacher. Spend 90 minutes to connect with your body, relax and calm your nervous system. Practice Conscious Breathing, Mindful Movement, & Laughter.
 - No yoga experience required. Accessible for all bodies with modifications. Mats and blocks available if needed.

REMINDERS

Moose Hide Campaign – K-12 Registration and Resources



Since 2011, the Moose Hide Campaign has been a reconciliation movement calling upon all Canadians to stand together to end violence against women and children. For this year's campaign day, we are excited to offer **two free livestreams, one for elementary grades and one for middle- and upper-year grades** for K-12 schools. We will have a variety of new video workshops and lesson plans for each grade level that are focused on reconciliation and change making. All the workshops and our livestreams will be available to registrants in advance of campaign day so you can create learning opportunities that work for your students and schedule. [Educational resources for K-12](#) available here.

[K-12 Registration for Campaign Day, May 11, 2023](#)

On the day you can expect:

- Livestream options depending on grade level
- Ceremony
- Cultural performances by Indigenous artists
- Inspiring youth speakers
- Intergenerational learning
- Engaging and interactive workshop options which are pre-recorded to use as a tool leading up to Moose Hide Campaign Day, on the day, or as follow up to the event the event.

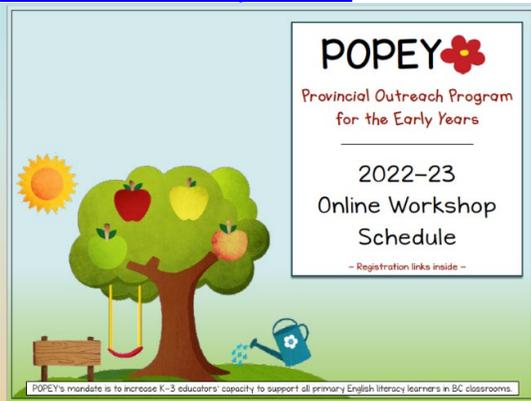
Volunteer Outdoor EDUCATOR Training Workshop with Adventure Smart BC



May 17, 2023: 6:00pm to 8:00pm
Free, on Zoom: [pre-register here](#).

POPEY Free Online Workshops

[View all workshops here!](#)



[Indigenous Education Website](#)
[Inclusive Education SharePoint](#)
[Curriculum Innovation – Curriculum Hub](#)

All weekly updates are archived here: <https://www.sd57curriculumhub.com/updates>

See all SD57 Professional Development Opportunities on [PD Req](#)



[Respecting the beautiful unceded ancestral lands, culture and people of the Lheidli T'enneh, McLeod Lake Indian Band and Simpcw First Nation.](#)