



**S E V E N T H
G E N E R A T I O N**

WINTER 2015

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Junior club **NEWSLETTER**

Hello Seventh Generation Club members!

We are glad that you are part of our club and hope that you will enjoy this latest issue of the club newsletter.

Are you working hard in school and setting goals this year? Maybe your goals are to become a better student, be at school every day, or become a better artist, First Nations language speaker or athlete. In this newsletter you will find tips on setting goals and

reaching your dreams for school and career success.

We would like to hear news from your club and your school, and hope to see your entries for our latest contest (see the last page for contest news!) You can reach the club at sevengen@fnesc.ca.

Remember to use your Seventh Generation Club daytimer to keep track of the dates of tests, homework and after-school activities.

Harvesting Herring



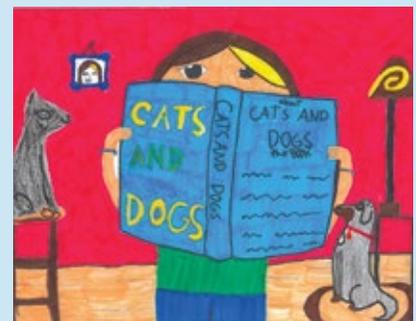
Clupea pallasii by OpenCage Wikimedia Commons

Herring and herring roe (eggs) have always been an important part of the Coastal Fishery for First Nations peoples. On the coast, herring are harvested in the late winter, into spring. Herring roe are gathered using hemlock branches, seaweed, or on kelp. They are nutritious and delicious, and on Northern Vancouver Island their roe is used at feasts.

– *First Nations Health Authority, Traditional Foods Fact Sheets*

Buddy Reading

Reading to younger family members and friends will make you a better reader. If you would like to become a better reader find a younger reading buddy and read to them.



Artwork by Kayla, a club member from Kinnikinnick Elementary School

Life Lessons

“The more you learn about our roots, the easier it will be for you to live in this world today. Then you know where you are from and who you are.”

– *Elder, Aboriginal Student Transition Handbook*

Animal Science Careers

Dr. Nicole Jamieson

Veterinarian

Lax Kw'alaams,
Tsimshian Nation

At the age of 10, Nicole decided that she would become a veterinarian so that she could work with animals. With support from her family and her community, Nicole went to college in Prince Rupert and then went on to take a wildlife degree at the University of Northern British Columbia in Prince George. She worked hard in university and eventually earned her Doctorate of Veterinary Medicine.

Her advice about choosing a career that you will love?

"Choose something that challenges you every day, and something you are passionate about."

What does a veterinarian do?

- Treats animals
- Surgery
- Emergencies
- Patient follow-ups

What skills and qualities do you need to build for this career?

- Strong math and science skills
- Love of working with animals and with people
- Love of learning

More Careers with Animals... People who like to work with animals can find hundreds of interesting careers, from farmer to zookeeper, from dog groomer to fisheries officer. Some people work with wildlife, others with domestic animals. All of these careers require an interest in animals and understanding of animal biology.

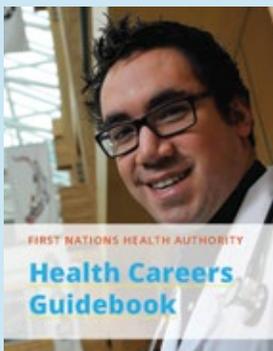
Get started today

1. Volunteer at a veterinary office or animal shelter.
2. Talk to your teacher, parents and school counsellor about becoming a vet.
3. Work hard in math and science classes.



It's My Future

You will see career tips throughout your Seventh Generation Club daytimer. Learn about becoming a nurse, like Karen Riley from Ts'kwa'aylaxw First Nation (daytimer page 32). The First Nations Health Authority website has an excellent Health Careers Guidebook with many career ideas and role models.





Canucks Corner

Set **SMART** Goals

Scoring goals is a big deal but the Canucks know that *setting* goals is important, too.

Goals can be big dreams, like winning the Stanley Cup, or they can also be small and simple, like lifting heavier weights or skating faster. Setting goals can provide direction and inspiration to get the team to wherever they need to be.

Try to make every goal you set a “SMART” goal...

Specific: What exactly do you want to happen?

Measurable: How will you know if you have reached your goal?

Action-oriented: What steps will you take to reach the goal?

Realistic: Can you achieve this goal?

Timely: What is the deadline for reaching your goal?

Which of these is a SMART goal?

1. a) “I’m going to become an better student.”
b) “I’m going to get an A grade on next week’s science test by studying every night this week for 10 minutes.”
2. a) “I’m going to learn 10 new words or phrases in my First Nations language by May 30th.”
b) “I’m going to become a better speaker of my First Nations language.”

Share your educational goals with the adults in your life including teachers, parents, aunts, uncles, grandparents, older siblings, and older cousins.

Answers 1b 2a



Sardis Elementary School club members at a Canucks Game

Shout out...

Congratulations to former Canuck hockey player Gino Odjick for winning a 2015 Indspire Award. Gino is a member of the Kitigan Zibi First Nation in Quebec. Gino is a great supporter of the Seventh Generation Club.



Club Spirit Contest

Take a photo or draw a picture to show your school's Seventh Generation Club. It can be a photo or picture that shows your club playing a sport, celebrating First Nations culture in your school, or another activity that shows your Seventh Generation Club spirit!

All entries will be placed into a draw for some great Vancouver Canucks prizes for your club!

Please include your name and grade on your entry. Good luck!

Send your entries by **March 1, 2015** to:

The Seventh Generation Club
 seventhgen@fnesc.ca
 c/o First Nations Education Steering Committee
 Suite 113-100 Park Royal South,
 West Vancouver BC V7T 1A2



Queneesh School Seventh Generation Club

RACE TO SCHOOL

Being at school every day, ready to learn is important! Race a friend to school to see who has what it takes to be an attendance star!

To move, flip a coin – for each heads move ahead 1, for each tails move ahead 2. Use any small objects as your game pieces.

Good luck!

ATTENDANCE STAR FINISH

START

Oh no! You slept in! Set your alarm tonight and go back 5 steps

Missed school today! Your classmates are getting tired of waiting for you to catch up. Go back 1 space.

So close!

Packed your lunch the night before to save time in the morning! Go ahead 2 spaces.

Your attendance has been great! That is helping you to remember what you are learning in class. Go ahead 3 spaces.

You had a fever and missed a day of school. That's okay. Just rest here! Remember to ask your teacher about what school work you missed!

You set your visit to the dentist for after school hours so that you wouldn't miss class. Smooth move!

You've made a goal to attend school every day. Great! Go ahead 1 space.

You are showing respect to your friends and teachers by being at school each day. Good for you! Go ahead 2 spaces.

The Seventh Generation Club is coordinated by the First Nations Education Steering Committee and First Nations Schools Association, in partnership with the First Nations Health Council and the Vancouver Canucks.



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