



SEVENTH
GENERATION

SPRING/SUMMER 2015

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Junior club NEWSLETTER

Reflections

At the start of the year you set goals for the school year. Did you reach them? If you did then give yourself a pat on the back for your hard work! If you didn't reach all of your goals that is okay too. Think about trying new ways to reach your goals in the future. As you enjoy the summer break, think about your goals sometimes so that you can remember

them and keep working on them in the next school year.

Thank you very much for being a part of the Seventh Generation Club this year! If you have any art or photos to share with the Club, send them in soon so that we can put them in the club daytimer and future newsletters.

You asked us - "What is a Dogwood?"

A Dogwood Diploma is what you get when you graduate from high school. It shows that you finished all of the courses that you need for graduation, like English 12 or English First

Peoples 12. To get into a BC university, you need to have a Dogwood Diploma and one of those two important English courses.

"You have to take learning our language seriously because it is a part of who we are. It's not like choosing to learn art - it's learning who you are, which is why it is important."

- Willy Cohen, Student, Okanagan Indian Band Cultural Immersion School

What do elves do after school?

Gnomework!

Ask for Encouragement

Talk to your friends and family about your school life. For example, if you have a presentation due soon let them know what day it is due and how they can support you. Share good news from school too, such as a good grade or an interesting activity that you enjoyed.

Traditional stories contain lessons that can be applied to life in today's world. Think about stories from your culture. What can you learn from them?



Make your last days of the school year a huge success

- Always get a good night's sleep.
- Eat a healthy breakfast.
- Always do your homework.
- Listen to your teacher. Do not be afraid to ask questions.
- Go to school regularly. You do not want to miss anything.
- Be on time for school.
- Work with your friends. Make each other feel good.
- If you are ever worried about anything, tell an adult how you are feeling.
- Never be afraid to ask for help and try to help other people when you can.

Attendance = Success!

Make every day count! Students who attend school regularly are more likely to graduate and find good jobs. If you are having trouble getting to school – issues with transportation, bullies, etc. – tell someone, such as teacher or your parents.

Getting your Zzzzs

After a busy day of school and fun, your body needs a break! That's why sleep is so important.

Sleep gives your body and your brain the rest they need. In fact, everything that is alive needs sleep to survive.

Most kids between the ages of 5 and 12 sleep 8 to 10 hours each night. Some kids might even need a little bit more sleep. If you don't sleep enough, you may feel tired or cranky. You will also find it hard to think clearly. You might even be more clumsy than usual.

Sleep also helps kids grow tall and strong. So go to bed early to make sure you stay in top shape!

Career Quiz

Here is a quick quiz to match careers to their description:

1. Firefighter	a) A person who plays sports
2. Teacher	b) A person who fixes teeth
3. Dentist	c) A person who helps sick people
4. Vet	d) A person who puts out fires
5. Water Technician	e) A person who plays music
6. Athlete	f) A person who flies airplanes
7. Musician	g) A person who does experiments
8. Doctor	h) A person who teaches kids
9. Pilot	i) A person who helps animals
10. Scientist	j) A person who makes sure a community has clean water

(Answers on the last page)

There are so many careers! The ones above are mainly well-known ones, but there is a good chance that the job you will have is one that you have never heard about. Maybe the job doesn't even exist yet.

You would be smart to look for more information about jobs that interest you. Also try to keep all of your options open by working hard in English, math and science so when you graduate from high school, you will be ready to enter college, university or trades.

Bonus!

For a super challenge, how jobs can you think of going through each letter of the alphabet? For instance A: Architect, B: Business owner C: Chief D: ? E: ? (If you get stuck, skip the letter and keep going!)

Bullying Alert!

Bullying is wrong and it makes the person being bullied feel afraid or uncomfortable. There are many ways that people bully each other, even if they don't realize it at the time. Some of these include:

- Punching, shoving and other acts that hurt people
- Spreading bad rumours about people
- Keeping certain people out of a group
- Teasing people in a mean way
- Getting people to "gang up" on others

If you or someone you know is being bullied, tell an adult you trust. If you tell someone and they don't help you, then tell someone else until you find a person who will help. You can also call the KidsHelpPhone.ca at 1-800-668-6868.

“ You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you
Choose.
You're on your own.
And you know what you know.
And you are the guy who'll
decide where you go. ”

- Dr. Seuss, *Oh the Places You'll Go*

Contest News

Choose a word in a First Nations language and draw a picture, take a photo or write a short picture to show us what it means. Also please tell us what First Nations language it is.

Deadline **September 15, 2015**. Good luck!



Amy Woodland School Seventh Generation Club



Sardis Elementary Seventh Generation Club



A'qamnik School Seventh Generation Club



Outma Squilx School Seventh Generation Club



We Wai Kai Nursery School Seventh Generation Club



Barriere Elementary School Seventh Generation Club



Ecole Puntledge Park Elementary Seventh Generation Club



Barriere Elementary School Seventh Generation Club

Answers to Career Quiz: 1d 2h 3b 4i 5j 6a 7e 8c 9f 10g

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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