Uy’ Skweyul Stz’uminus Mustimuxw,
I am so happy to report out to you all that I am just completing my first month as your new Chief of Stz’uminus First Nation.
You might be wondering what does the Chief do? So far this is what I have been doing:
• Attending the weekly “Wellness Group” this group takes place at the Stz’uminus Health Centre from 12:00pm to 2:00pm on Mondays. I thought that it was a good chance to spend my Monday lunch break at our Stz’uminus Health Centre and to be a part of this group for the month of September was really rewarding.
• I am a part of the weekly Emergency (EOC) meetings that we have every Tuesday with the Managers within Stz’uminus First Nation.
• We have had 2 Chief and Council meetings so far.
• We had a two-day Governance Session where we looked at the past, present and the future of Stz’uminus First Nation. We will be doing some strategic planning to make sure that we are still bringing the good work that was being done forward. Also, looking at what good work that we can do to continue to progress our nation forward in a good way!
• I have been in constant communication with the RCMP about how we can better our working relationship with them.
• I met our new Aboriginal RCMP member Constable Glen Martin. He is stationed out at our Stz’uminus First Nation Health Centre. I took Cst. G. Martin for tour of our beautiful Stz’uminus First Nation traditional territory!
• I have had a meeting with Brennan MacDonald the Regional Manager for the Vancouver Island Region for First Nations Health Authority.
• I went to our Primary and Stz’uminus Community School on their first day of school to see how things are going. It looks like there are very good social distancing, handwashing and lots of safety measures put into place to protect our students, staff and community. These are just a few things that I have done in my first month as your Chief.
I have already started to book many meeting dates and training opportunities in the month of October.
I am so proud be your newly elected Chief of Stz’uminus First Nation. I am truly humbled to be in this position. I will work very hard to be a great leader for each of our members.
I look forward to sharing more information and progress of our community with all of you!
Huy’ch’qu,
Roxanne Harris, B.Ed., M.Ed.
Chief of Stz’uminus First Nation

MESSAGE FROM THE CHIEF

CHIEF ROXANNE HARRIS

EVERY CHILD MATTERS
STZ’UMINUS FIRST NATION
The seasons are changing and this is a great season to get prepared in all areas of life: Spiritual, Mental, Physical and Emotional.

Kw’a’luhw Chum Salmon

The chum salmon is a species of anadromous fish in the salmon family. It is a Pacific salmon, and may also be known as dog salmon or keta salmon, and is often marketed under the name silverbrite salmon. The name chum salmon comes from the Chinook Jargon term tzum, meaning “spotted” or “marked”, while keta in the scientific name comes from the Evenki language of Eastern Siberia via Russian.
Get winter storm ready
November wind storms can easily knock out power. Check and replace the batteries in your flashlights and place them in easy-to-find areas of the home and service your backup generator system. While you’re at it, stock up on extra water and canned goods just in case.

Neighbourhood Watch
Working together as one with neighbourhood watch – let’s work together. We will be installing additional “no trespassing” signs at #11, #12, and #13 reserves. Signs will state “No Trespassing” and “Private Property”.

If you see any illegal activity or unusual activity please call the RCMP at 911.

Fire safety in your home
Being prepared is your best defense against a fire in your home. Minimize your family’s risk of fire-related injury by following these safety tips.

Smoke alarms: Smoke alarms save lives. It is important to put smoke alarms in the right places in your home. You should also test them regularly to make sure that they work properly. You can minimize your family’s risk of fire-related injury or death by installing the right number of smoke alarms in the right places in your home, and by keeping them all in good working order.

- Install smoke alarms outside each bedroom and sleeping area, and on each level of your home, including the basement.
- Read and follow every step of the manufacturer’s directions when you install your smoke alarms.
- Test your smoke alarms every month to make sure that they are working properly.
- Follow the manufacturer’s directions for cleaning your smoke alarms.
- Change the batteries as often as recommended by the manufacturer.
- Replace any smoke alarms that is more than ten years old.
- Investigate any false alarms, and have an escape plan in case of a real fire.

Fire extinguishers: Purchase a fire extinguisher for your home and keep it handy in the event of a small fire. Make sure you know what to look for when buying a fire extinguisher for your home.

- Ensure your extinguisher is labelled by a nationally recognized testing laboratory.
- The higher the number rating on the extinguisher, the more fire it puts out. It is important to make sure you can comfortably hold and operate the one you buy.
- Have your extinguisher serviced and inspected regularly, and recharge it after use.
- Install your fire extinguisher near an escape route and away from potential fire hazards.

Smoking:
Smoking is one of the leading causes of house fires. Smokers should regularly check their furniture for fallen cigarettes or embers, which can smolder for hours before bursting into flames. Make sure to properly extinguish cigarettes and never leave lit cigarettes unattended.

Electrical products: You can follow some simple rules to reduce the risk of hazards associated with electrical products.

- Check for counterfeit electrical products that do not meet Canadian electrical safety requirements. Signs of counterfeit products include poor quality, very inexpensive price, grammatical errors and unusual fonts on the product, labelling or packaging.
- Regularly check and clean appliances with filters and screens such as dishwashers and clothes dryers. In the case of clothes dryers, leftover lint in the screen and piping can ignite in high temperatures, causing fires.

Power cord safety
- Keep cords for electrical appliances, such as deep fryers, kettles, steam irons and toasters, out of the reach of children. They can be hurt or burned if they pull an appliance off a counter.
- Keep cords a safe distance from heat and water sources.
- Make sure that the proper indoor and outdoor cords are used for electrical products.
- Discard or replace worn and/or distressed cords and plugs on any electrical product. Frayed/damaged lamp cords are a fire and shock hazard.
- Never break off the third prong of a plug.
Unroll cords completely before use to avoid overheating.

Unplug heat producing electrical products when not in use, such as kettles, toasters, irons and hair dryers.

Extension cords should not be:
- Used as fixed wiring
- Permanently secured (stapled)
- Run through doors, walls, ceilings
- Run under rugs
- Run behind or on radiators or baseboards
- Used to support heavy objects
- Overly used by having multiple plugs

Read the directions to see if it is safe to use an extension cord or power bar with your electrical product.

Practices to avoid when using electrical products
- Do not place heat producing electrical products too close to flammable material.
- Do not place lamp shades too close to combustibles, including light bulbs.
- Do not bring electronic devices to bed, such as laptops and smartphones. They contain lithium batteries which can explode and cause fires when they fail.
- Do not leave cooking appliances unattended.

Lighters and Matches: Children who have access to lighters and matches risk causing fires that could lead to injuries and death. You can do the following to reduce the risk to you and your family.
- Keep lighters and matches out of the sight and reach of children at all times.
- Teach children about the dangers of lighters and matches.
- Check under beds and in closets for burnt matches.
  - Burnt matches may be evidence that your child is playing with fire.
- Keep in mind that:
  - Not all lighters are child-resistant
  - Not all child-resistant lighters are child-proof
  - Lighters that look like toys are appealing to children

Candles: Candles can be a serious fire hazard if not used properly. Some candles also have design flaws that increase the risk of fire. There are a number of things you can do to reduce health and safety risks when you burn candles.
- Extinguish all candles before going to bed or leaving the room. Never leave burning candles unattended.
- Do not burn candles on or near anything that can catch fire (like curtains, bedding, flammable decorations, and clothing).
- Keep candles out of the reach of children and pets. Place burning candles somewhere they cannot be knocked over.
- Cut candle wicks short to prevent high flames.
- Use sturdy candle holders that won’t easily tip over.

Stz’uminus Land Code Business License
Any person who carries on a business or provides a service of any kind on Stz’uminus lands is required to hold a valid license to do so. A business license must be obtained before commencement of the business or services. To obtain a business license please complete the Business License form and submit it to the Lands Office to the attention of the Thuy’she’num Property Mgmt. LP
You may also obtain the application at this link: https://sfnlandsoffice.com/wp-content/uploads/2018/03/Z-Business-License-Application-Form-2018.pdf

Home Insurance
If you home is categorized as a “private home” you are strongly encouraged to purchase home insurance for structure or for structure and contents. A good contact for insuring homes on reserve is Coast Salish Insurance.

Elders
Please work together to care for our Elders in the autumn and winter months. This is particularly important when there is a power outage, winter wind storms or snow/ice storms.

Nov 1, 2020 - Daylight Saving Time Ends
When local daylight time is about to reach Sunday, November 1, 2020, 2:00:00 am clocks are turned backward 1 hour to Sunday, November 1, 2020,
1:00:00 am local standard time. Sunrise and sunset will be about 1 hour earlier on Nov 1, 2020 than the day before. There will be more light in the morning.

3 weeks in… School
The beginning of the school year is exciting for all. Stz'uminus First Nation continues to recruit and retain the best Education Employees. We have a few new teachers and education assistants. Lesly Lorenz is the Acting Primary School Principal and GinaMae Harris is still leading as Principal for the Stz’uminus Community School. We also rely on the Bus Drivers to get our children to and from school. Thank you, Delia Johnson, for finalizing the bus schedules.

There have been a lot of changes due to COVID-19; sanitizing the busses in between routes, using hand sanitizer before getting on the bus, and the daily health check. Huy tseep q’u Sii’em for your cooperation.

COVID-19
To date, we have not had any positive cases of COVID-19 in Stz’uminus First Nation. Please continue to protect yourself and your families by using PPE, Social Distancing in town while on errands and keeping family bubbles small.

COVID-19 Pandemic and Safe Funeral Practices.
On September 22, 2020 the newly elected Chief and Council and the Health Centre have developed a procedure called “Practicing Safe Funeral Services”. The purpose of implementing the Safe Funeral Services is to allow our culture to remain strong and alive. This process that we practice for respectful mourning and allowing us to provide our last respects to our loved one.

This communication has been posted on the Stz’uminus Face Book page as well as this October edition.

We have several policies developed to protect both the Community Members and Employees during this Pandemic.

Raising Hands Huy tseep q’u Sii’em
Thank you to the Employees of Stz’uminus First Nation. We are all “essential service” workers in my eyes. All departments have been working diligently.

Raising my hands to our new Leadership for doing their very best! Stz’uminus has always had a very strong and united Leadership. Chief and Council decisions are sometimes difficult, however all decisions are considered and made in the best interest of the community. The Chief and Council attended a Governance Orientation during the last weekend of September 2020.

RCMP Officer Glen Martin
You will soon meet our new RCMP Stz’uminus First Nation Officer named Glenn Martin. Glen has an extensive background with the RCMP and he comes to us from Sechelt.

On September 22, newly elected Chief Roxanne Harris gave CST. Martin a guided tour of our territory. Please welcome Glen when your paths cross.
Good day to all our Stz’uminus members.

I want to thank the members who voted for me in our elections. I will do my best to keep you informed as to what’s happening.

We had our first meeting on September 8th. It was a meeting to go over the Oath of Office, Code of Conduct, and Policies.

We had an emergency meeting on September 22nd in regards to funerals. Direction from Chief and Council and Stz’uminus Health Centre are on page 23 of this newsletter.

On September 26th and 27th, Chief and Council attended a Governance Orientation Session. It was a lot of information. We were informed on the projects that are ongoing, projects that we hope to get going, and some band business. Sorry, I don’t have a copy of the agenda. We got a lot of information. My head is still reeling from it all.

To our membership, we are working for you as a team.

Stay safe, respect family boundaries, and be kind.

Respectfully,
Siegwulh - Gertrude Seymour

EMERGENCY FIRST AID CERTIFICATES

All Stz’uminus employees have been completing their Emergency First Aid, CPR C and transportation endorsement that goes with their Occupational First Aid certificate.

Preparing for transport
Employment Specialist Marcy Seymour is securing the head while Edna Jack prepares the patient for transport.

The Tipped Test
Receptionist Michelle Seymour and Edna test how secure Marcy is by tipping her over and hoping she doesn’t fall out.

Demonstration
Our instructor Mark is demonstrating how to secure a person to the stretcher in preparation for transportation to the hospital.
SIX ELK TAGS HAVE BEEN ALLOCATED TO THE COMMUNITY LOTTO DRAW FOR THIS YEAR

To support more Stz’uminus families during this COVID-19 pandemic, Stz’uminus has decided to reallocate some of the tags that are normally utilized for Stz’uminus programs to be used for the Stz’uminus lotto draw instead with the intention to help support more families with food sustenance for the year. This allocation is an exception for this year alone due to the pandemic and will be reviewed again if necessary.

Draw for the lotto tags took place on Monday, September 28, 2020 at the Stz’uminus Administration Office. A live video was posted to the Stz’uminus First Nation Facebook page. The 3 remaining tags will be filled for our Stz’uminus food programs.

The winners for the tags this year were: Peter Seymour Jr, Dean Wallace, Tyrone Harris, Andrew Sampson Sr, John Elliott and Barry Elliott. Wishing you luck for a successful hunt and we look forward to the photos.

If you have been successful in winning a Stz’uminus issued elk tag in the past two years you were ineligible to apply for this year’s draw.

Ineligible for the 2020/21 draw were: Danny Daniels II, Cecelia Harris, Brenddon Harris, Fred Elliott, Kelly Vincent, Jennene Harris, Della Daniels & Darren Jacobs.

SAFETY REMINDER WHEN ENTERING ANY STZ’UMINUS BUILDING—

Masks: Please wear a mask when entering any of our offices, community centre and schools. All employees are required to wear a mask while walking through the hallways. This is effective on September 17, 2020.

SOCIAL DEVELOPMENT:

Please note that our administration office is still closed to the general public. We may deal with your matters on cheque distribution day, or you can drop for window service.

Social Assistance cheque day: Wednesday September 30, 2020 at Stz’uminus Community Centre.

HYDRO Reminder: In order for us to pay your hydro bill (portion), you need to submit a current hydro bill monthly! No Bill = No Payment.

We are unable to backpay any months of missed payments. This is the responsibility of the household/SA clients, to submit bills each month.

Emergency Crisis Supplement funds for our income assistance clients on reserve, has been extended to January 2021.

Vicki Seymour -Membership Clerk/Social Assistance 250 245 7155 ext223
The day that raises awareness about residential schools was inspired by a heart-wrenching story. **Why do people wear orange shirts on September 30?** And what does this bright colour have to do with residential schools in Canada? Here’s a quick primer.

1. **Orange Shirt Day references a real orange shirt taken from a residential school survivor**

Now in her late 40s, Phyllis Webstad still remembers the new orange shirt that her grandmother bought for her when she was six years old. She wore it proudly on her first day at a church-run residential school in Williams Lake, B.C. But then school authorities stripped her of her clothes, cut her hair and took her shirt away. She never got it back.

“The colour orange has always reminded me of how my feelings didn’t matter, how no one cared,” she writes. “I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years.”

2. **The day aims to raise awareness of the residential school system in Canada**

Webstad is one of more than 150,000 First Nations, Métis and Inuit children who attended Indian residential schools in Canada between the late 1800s and 1996. These schools were operated by the Canadian government and church organizations and were part of Canada’s official policy that aimed to eliminate Indigenous Peoples’ languages and cultures and, through assimilation, cause them to cease to exist as distinct peoples.

It is estimated that between four to six thousand children died at residential schools.

3. **Wearing an orange shirt reminds us of the impact of residential schools still felt today**

Residential schools are not far in the past; the last one closed in 1996. As Webstad’s story attests, many survivors are still coping with the trauma from their time at the schools, including physical and sexual abuse. The intergenerational impact is still felt through communities.

Orange Shirt Day was created as an opportunity to discuss the effects of residential schools and their legacy. It honours the experiences of Indigenous Peoples, celebrates resilience and affirms a commitment that every child matters.
Honouring Our Residential School Survivors

SFN Admin Staff
STZ’UMINUS ORANGE SHIRT DAY 2020
ORANGE SHIRT DAY

EVERY CHILD MATTERS
STZ UMINUS FIRST NATION
PRINCIPAL’S MESSAGE

-Parents must do the “Health Checks” before going to the bus stop. If students do not pass the health checks, they will not be given access to the bus. You must pick up a ‘health check form’ if you have not received one yet. If you are able to print, we can email you one. Grades 4-7 please ask ramona.sampson@stzuminus.com to email you this form. Grades 8-12, robin.harris@stzuminus.com can email you this form. We will have copies at the schools.
-If a child becomes ill at school, they will be taken to a quiet room to wait for you to pick them up. If they do not pass the health check upon arrival, they will be required to return home.
-If you are driving your child, do not drop them off & leave. You must walk with your child to the front office and complete a health check. *Masks are not required.
-Students must be supervised while waiting at their bus stops.
-Pick up will only be on the days your child is at school (A/B groups) Please call the school if you do not know your child’s group.
-Upon arrival, students will be met at the bus by their teachers.
-grades 4, 5 & 6 have a separate entrance, your teacher will show you. Same with grades 7, 8 & 9. Grades 10-12 will not enter the school through the front door at all this year, your teachers will be there to meet you when you arrive on the bus.
-Snacks/Meal are provide. This may include: fruit, crackers, cheese to start, recess may include yogurt/fruit and lunch; sandwich (sandwich meat and/or peanut butter/jam, if no allergies in the school).
*students with special dietary needs will be required to bring their own lunch. Please do not send sugary treats, they will be sent home. There will be NO heating up of food items. Each classroom has a fridge & we will provide water (bring your own water bottle if you prefer, but cups are provided).
-Drumming & Protocol; each class are encouraged to conduct protocols within their classroom daily.
-Chrome books will be provided for each student.
-IF you do NOT have internet access at home, inform your students’ teacher.
-there will be NO lockers for any students at SCS. You will be staying in your same classroom each day, you will have your own bin of school supplies, and any belongings you keep at your desk/table.
**IF you have not registered your child(ren), you will not know your groups A or B, or what days to attend. Please register!
*Our school has a ‘wait-list’ already, and we are doing our best to accommodate all our students and families, but we need your help in keeping up with the required forms and registration.
***due to COVID, Even if your child was a student last year you MUST fill out the new registration form. No form, no schedule, no bus, etc. This is for everyone’s safety.
Huyceepqu (thank you all) for your patience, understanding and support during this new normal. We are all trying our very best.

Gina-Mae Harris
Principal
Stz’uminus Community School

It certainly has been an interesting start to our 2020/2021 school year. Due to Covid there have been numerous changes as you already know; Groups A attend Mon/Weds, Group B Tuesday/Thursday and Secondary Grades 10-12 attend Monday-Thursday and virtual learning for all students on Fridays.
Here are a few pointers to remember;
• Please call if you know that your child will be away from school (250) 245-6650
• Parking in front of the school is for buses pick up/drop off only
• Students are to bring a water bottle to stay hydrated throughout the day
• If you want to be included in our ‘One Call Now’ system we need current information (email/cell phone #. This system is what we use for newsletters, emergency situations, field trips, etc. If you want to stay updated please fill out registration, if you haven’t already done so.
• Please have your child go to bed at a reasonable time. We would like to have students at school ready & eager to learn every day.
• Secondary students should have their banking information handed into Josie Louie in order to receive monthly student allowance.
Stz’uminus Community School Staff:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Grade/Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harris, Gina Mae</td>
<td>Principal</td>
<td>EA Grade 4</td>
</tr>
<tr>
<td>Sampson, Ramona</td>
<td>Administrative Assistant</td>
<td>George, Candice</td>
</tr>
<tr>
<td></td>
<td>Elementary Grade 4-7</td>
<td>Harris, Rebecca</td>
</tr>
<tr>
<td>Harris, Robin</td>
<td>Administrative Assistant</td>
<td>Louie, Shirley A</td>
</tr>
<tr>
<td></td>
<td>High School Grades 8-12</td>
<td></td>
</tr>
<tr>
<td>Boyer, Ryan</td>
<td>School Councillor</td>
<td>Toye, Naiomi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Harris, Nathan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TEACHING STAFF</td>
</tr>
<tr>
<td>Hodgins, Jasmine</td>
<td>Grade 4 Teacher</td>
<td>Jim, Arthur</td>
</tr>
<tr>
<td>Frank, Francine</td>
<td>Grade 5 Teacher</td>
<td>Elder in residence</td>
</tr>
<tr>
<td>Rinta, Joanne</td>
<td>Grade 6 Teacher</td>
<td>Peall, Tony</td>
</tr>
<tr>
<td>David, Daniella</td>
<td>Grade 7 Teacher</td>
<td>Custodian</td>
</tr>
<tr>
<td>Brown, Sara</td>
<td>Grade 8 Teacher</td>
<td></td>
</tr>
<tr>
<td>Deal, Kelsey</td>
<td>Grade 9 Teacher</td>
<td></td>
</tr>
<tr>
<td>Price, Carly</td>
<td>Grade 10 Teacher</td>
<td></td>
</tr>
<tr>
<td>Leslie, Kaya</td>
<td>Grade 11 Teacher</td>
<td></td>
</tr>
<tr>
<td>Elliott, Bert</td>
<td>Grade 12 Teacher</td>
<td></td>
</tr>
</tbody>
</table>

REMEMBER:
SCS is a ‘JUNK FREE’ zone. Please do NOT send any sugary drinks/snacks, etc. Huy’chqa!

Bologna & Ham will be provided in each classroom as well as fruit & granola bars. Students are welcome to bring their own lunch if they prefer, but please sure it’s a healthy lunch/snack. Huy’cepqa!

We are members of:

- BCC contributes to our school to purchase healthy breakfast items for our students.
- AITC delivers BC Fruits & vegetables during the school year. We want our students to be prepared and willing to learn for the day, so breakfast & snacks are a great way to help the brain prepare for the day. A big ‘huy’chqa’ to both for their continous support!

Picture Day Information:

Group A - Sept 28th
Group B - Sept 29th
Grades 10-12 – September 28th
No need to send money on these days as the picture proofs will be sent home the following week!
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 24 – 28 (Mon-Fri)</td>
<td>All school staff Soft Start – Safety Plans &amp; Training</td>
</tr>
<tr>
<td>Aug 31 – Sept 4 (Mon-Fri)</td>
<td>Hul’qumi’num Training for all Education Staff</td>
</tr>
<tr>
<td>Sept 8 – 11th (Tues-Fri)</td>
<td>New Tech/Head Custodian orientation week</td>
</tr>
<tr>
<td>Monday, September 14-18</td>
<td>Soft Start, orientation in family groups <em>(no bus needed)</em></td>
</tr>
<tr>
<td></td>
<td>Parent Meet: with Principals, Teacher for Groups, &amp; Tech Support</td>
</tr>
<tr>
<td></td>
<td><em>Each student will be assigned a Chrome Book (laptop)</em></td>
</tr>
<tr>
<td>Monday, September 21</td>
<td>Group A K’s &amp; up to grade 9 Arrival 9am (bus schedule pending)</td>
</tr>
<tr>
<td></td>
<td>All Grade 10-12 Arrival 10am</td>
</tr>
<tr>
<td>Tuesday, September 22</td>
<td>Group B K’s &amp; up to grade 9 Arrival 9am (bus schedule pending)</td>
</tr>
<tr>
<td></td>
<td>All Grade 10-12 Arrival 10am</td>
</tr>
<tr>
<td>Wednesday, September 23</td>
<td>Group A K’s &amp; up to grade 9 Arrival 9am (bus schedule pending)</td>
</tr>
<tr>
<td></td>
<td>All Grade 10-12 Arrival 10am</td>
</tr>
<tr>
<td>Thursday, September 24</td>
<td>Group B K’s &amp; up to grade 9 Arrival 9am (bus schedule pending)</td>
</tr>
<tr>
<td></td>
<td>All Grade 10-12 Arrival 10am</td>
</tr>
<tr>
<td>Friday, September 25</td>
<td>All grades 1st Virtual Instruction at home</td>
</tr>
<tr>
<td>Thurs/Fri, October 1 &amp; 2</td>
<td>Pro D Day</td>
</tr>
<tr>
<td>Monday, October 12</td>
<td>Thanksgiving Holiday</td>
</tr>
<tr>
<td>Wednesday, November 11</td>
<td>Remembrance Day</td>
</tr>
<tr>
<td>Friday, November 13</td>
<td>HS report card #1 due - goes home Nov 17, 2020</td>
</tr>
<tr>
<td>November 16-20</td>
<td>Hul’qumi’num Pro D week- ALL Schools Closed</td>
</tr>
<tr>
<td>Friday, December 11</td>
<td>MS report card #1 due – goes home Dec. 15th, 2020</td>
</tr>
<tr>
<td>Monday, Dec 21-Jan 1</td>
<td>Winter Holidays</td>
</tr>
<tr>
<td>Monday, January 4, 2021</td>
<td>First Day of School after Winter Break</td>
</tr>
<tr>
<td>January 25 &amp; 26</td>
<td>Pro D Day</td>
</tr>
<tr>
<td>Friday, January 29</td>
<td>HS report card #2 due – goes home Feb 4, 2021</td>
</tr>
<tr>
<td>Monday, February 15</td>
<td>Family Day Holiday</td>
</tr>
<tr>
<td>Monday, March 8</td>
<td>Pro D Day – Staff Hul’qumi’num</td>
</tr>
<tr>
<td>Friday, March 12</td>
<td>MS report card #2 due – goes home April 4, 2021</td>
</tr>
<tr>
<td>Monday, March 15-26</td>
<td>Spring Break</td>
</tr>
<tr>
<td>Monday, March 29</td>
<td>First day back after Spring Break</td>
</tr>
<tr>
<td>Friday, April 2</td>
<td>Good Friday Holiday</td>
</tr>
<tr>
<td>Monday, April 5</td>
<td>Easter Monday</td>
</tr>
<tr>
<td>Wednesday, April 21</td>
<td>HS report card #3 due – goes home April 26, 2021</td>
</tr>
<tr>
<td>Monday, May 24</td>
<td>Victoria Day Holiday</td>
</tr>
<tr>
<td>Thursday, June 17</td>
<td>MS final report card due – goes home June 24th, 2021</td>
</tr>
<tr>
<td>Friday, June 18</td>
<td>HS final report card due – goes home June 24th, 2021</td>
</tr>
<tr>
<td>Monday June 21</td>
<td>Aboriginal Day Holiday</td>
</tr>
<tr>
<td>Thursday, June 24</td>
<td>Last Day of School</td>
</tr>
<tr>
<td>Friday, June 25</td>
<td>Admin Day</td>
</tr>
</tbody>
</table>
STZ’UMINUS PRIMARY SCHOOL UPDATE

Stz’uminus Primary School is happy to have our classrooms open again. Children are attending 2 days each week, so the classes are very small. 8 children in one class at the most! There is plenty of time to read one by one with the teacher, and children are enjoying the hul’qumi’num classes by zoom. This year we have a cultural mentor (CM) in each classroom. The CMs are members of the Stz’uminus community and start the day leading prayer and drumming, language and teachings. The school is a safe place for children, and we fill out a health check form for each child every day.

We are happy to introduce 3 new staff members:

Lesly Harris, Head Custodian
Kaylyn Cox, Education Assistant, Kindergarten
Brad Toporowski - Grade 3
Lesley Lorenz, the other Grade 3 teacher, is now the Acting Principal.

Lesley Lorenz
Acting Principal
Stz’uminus Primary School

.nano xexe tu saal sqwal
‘our language is sacred’

BLADE RUNNERS PROGRAM

Congratulations to the following participants, on the completion of the Landscaping/Small Engine Repair - Bladerunners Program.

Graduates:
• Marcie Mitchell
• Arthur Seymour
• Brian Seymour
• Vanessa Frenchy
• Marcel Martin
• Sean Modeste

Our participants had stopped in middle of the program due to pandemic, but thankfully six months later they resumed with the program and successfully completed with their certificates. We had a few participants who attended the program during the day and continued to their work as Community Guardians during the evening. Congratulations on your completion. Great job!

Marcy Seymour
Employment Specialist
Welcome Back to another School Year!

The transportation department has been strategically planning the bus routes for the 2020-2021 school year based on the enrollment of students and their locations. We respectfully ask for your patience in the first few weeks as we pick up and drop off students. The schedules will be estimated times, and this may change per student enrollment. The bus stops are established in accordance with the Stz’uminus First Nations Policy, taking into account terrain, population density, and safety of students and availability of space for the bus turn around. This has been a very challenging start indeed we have 9 routes and 4 buses with half the seats cordoned off and disinfecting buses after every route.

- Please assist in reminding children to sanitize their hands as they enter the bus, hand sanitizer dispensers have been installed on all buses.
- All students must be at their assigned bus stops 5 minutes prior to estimate time provided.
- It is very important that parents be waiting on time at the assigned bus stops when Primary students arrive home after school. Failure to at least be visible when the bus arrives and honks, the student will be brought back to school, and it will be the parent’s responsibility to arrange for alternate transportation home.
- No Alternate drop offs / No phone call requests: There will be no alternate drop off for students. The students will be expected to get on and off at their assigned bus stops. Buses are at capacity with COVID social distancing. It will be the responsibility of the parents or guardians to pick up or arrange to get their children to an alternate destination if needed.
- The buses are an extension of the school. This means the Bus Driver is in charge of their vehicle, and appropriate and responsible behavior is expected. Misbehavior will be referred to the school principal.
- Bus schedules with the estimated times have been posted on the School Facebook pages
- For the safety of Students and Staff, it would be greatly appreciated when the buses are loading and unloading that all vehicles stay clear of school buses and don’t allow your child to run in front of a bus by themselves. The driver cannot see a small child in front or back through the mirrors.
- Please note all buses now have cameras; parents may assist by speaking with your children about respecting their bus and making clear that if any student is proven guilty by the cameras it is you as a parent or guardian that is going to pay for the damages.

Safety concerns: when students disembark the bus they should move a safe distance away from the bus and wait for the bus to leave. Only when the road appears safe the driver will use his/her discretion and allow students to cross in front of a bus, in this situation students should learn to have eye contact with the bus driver and wait for a signal before crossing the road, for the very reason that the overhead red flashing lights give a false sense of security, people are still passing a school bus when the red lights are flashing. It is the LAW that all traffic oncoming in either direction STOP when the red lights are activated on a School Bus. For any Transportation questions or concerns, please contact Delia 250 245 8551 Ext: 106 or Mobile - 250 210-0300. Thank you.
Halloween Activities

Many traditional Halloween activities can be high-risk for spreading viruses. There are several safer, alternative ways to participate in Halloween. If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

**Lower risk activities**

These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

**Moderate risk activities**

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard)
  
  If you are preparing goodie bags, wash your hands with soap and water for at least 20 second before and after preparing the bags.
- Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart
- Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
- Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart
  
  If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Having an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart
  
  If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

**Higher risk activities**

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
Get Ready to Shake Out.

October 15

Register at
www.ShakeOutBC.ca
Seven Steps to Earthquake Safety

Follow the Seven Steps to Earthquake Safety to be prepared to survive and recover from the next damaging earthquake. More information for each step is available at EarthquakeCountry.org/sevensteps

**Step 1: Secure your space** by identifying hazards and securing moveable items.

**Step 2: Plan to be safe** by creating a disaster plan and deciding how you will communicate in an emergency.

**Step 3: Organize disaster supplies** in convenient locations.

**Step 4: Minimize financial hardship** by organizing important documents, strengthening your property, and considering insurance.

**Step 5: Drop, Cover and Hold On** when the earth shakes.

**Step 6: Improve safety** after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.

**Step 7: Reconnect and Restore** daily life by reconnecting with others, repairing damage, and rebuilding community.
Power Outages

Unplanned power outages can occur due to storms and natural disasters.

Be prepared for power outages
To keep your family safe and minimize the effects of outages on your home, take these precautions before a storm hits.
• Make a family emergency plan and share it with everyone in your household.
• Post emergency and utility contact numbers in a central place in the house.
• Prepare an emergency kit with enough supplies for at least 72 hours and store it where you can easily find it in the dark.
• Stock up on sleeping bags, blankets and extra clothing for warmth.
• Install carbon monoxide alarms for extra safety when using generators, wood stoves, propane heaters and other fuel-burning appliances for backup heating and cooking.
• Plug electronics such as TVs, cable boxes, video game consoles and computers into surge-protecting power bars.
• Try to keep phones charged and conserve your cell phone batteries when a storm is in the forecast.
• Know how to use the manual releases on automated doors.

During a power outage
• Switch off appliances, electronics and lights to prevent a power surge when service is restored. However, leaving one light on inside and one outside will help both you and us know when the power is back on.
• Don’t touch your circuit breaker or fuse panel with wet hands or while standing on a damp floor.
• If you decide to use your barbeque or propane camp stove to cook, use them outdoors only. Using them in an enclosed area could be a fire hazard and cause carbon monoxide to build up.
• A gas cooktop can be used during a power outage to prepare food, but do not use it as a heating source.
• Use wind-up or battery-powered flashlights. If you use candles, do not leave them unattended, especially around young children and pets.
• Keep refrigerator and freezer doors closed as much as possible to keep food cold. In general, a half-full freezer will keep food frozen for up to 24 hours and a full freezer will keep food frozen for up to 48 hours.
• Although a natural gas furnace will not operate during an outage, a natural gas fireplace can provide cozy warmth until the power is back on.

After the power comes back on
• Wait 10 to 15 minutes after the power has been fully restored before slowly turning everything back on. This will give the entire electrical system a chance to stabilize. This is particularly important in the winter.

Watch for downed power lines after storms
Storms can cause hazards such as trees falling on power lines. If you see a downed power line, keep at least 10 metres away (33 feet, about the length of a school bus) because it could still be live. Even wires that have been down for a few days could still be live.
If a wire falls across your vehicle, stay calm, call for help and stay in your car, unless it’s unsafe to do so. If you must get out, be careful, as you could become a path for electricity to the ground. Jump clear of the vehicle and land on both feet, and then shuffle along the ground until you’re at least 10 metres away from the vehicle.
To report electricity hazards, call our Emergency Line at 1-866-436-7847 (24 hours) or 911.
PERSONAL BASIC EMERGENCY KIT CHECKLIST

- Water – 2 liters if water per person per day (include small bottles)
- Canned food, energy bars & dried foods
- Manual can opener
- Flashlight (wind up or extra batteries)
- Radio (wind up or extra batteries)
- First Aid kit - Level I, II or III
- Extra keys for your vehicle and house
- Cash, travelers’ cheques and change
- Important family documents such as identification, insurance, and bank records.
- Emergency Plan – Include a copy in your kit as well as contact information.

ADDITIONAL EMERGENCY KIT SUPPLIES:

- 2 additional liters of water per person per day for cooking & cleaning
- Candles & Matches or a lighter (place in sturdy containers & do not burn unattended).
- Change of clothing & footwear for each household member.
- Sleeping bag or warm blanket for each household member
- Toiletries & Personal hygiene items
- Hand Sanitizer, toilet paper & garbage bags
- Prepaid phone card, mobile phone charger
- Pet food & supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates & cups
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife).
- Small fuel-operated stove & fuel
- Whistle (to attract attention) & Duct Tape

** Store in air tight plastic container in easy access location.**
Practicing Safe Funeral Protocol

Direction from Chief and Council and Stz’uminus Health Centre
For the protection of everyone during COVID-19

1. Please wear a mask
2. Please practice Social Distancing
3. Please wash and disinfect your hands regularly
4. Please limit movement around the room
5. All guests must provide their name and phone number in the Sign-in book for “contact tracing” in case a person in attendance is confirmed to have COVID-19.
6. Servers must be used for all meals – no “help-yourself” style buffets are permitted. All food and desserts to be wrapped in Saran Wrap or in Sandwich Bags. Servers to wash hands, put on gloves and wear a mask.

**Please have speakers talk to the importance of wearing masks, social distancing, and disinfecting hands for keeping our community safe.**

**Please have speakers remind everyone regularly before and after every announcement of these safety practices.**

Chief and Council endorsed on September 22, 2020

12611A Trans Canada Highway
Ladysmith, B.C. V9G 1M5
Phone: 250 245 7155
Fax: 250 245 3012
Vulnerability is Strength

Our society does not provide the same level of urgency when it comes to options for mental health and wellness healing. Over the past few years we have started to talk more about our overall wellness, so there has been some movement when it comes to mental health being normalized. I remember being told once that as people “we are as sick as our secrets”. I do not know for sure if that statement is true. What I do know is that when it comes to mental health, many people believe they must do their best to suffer in silence. The idea is, “I must be strong” and some of us have equated strength with losing touch with our heart, our spirit, our humanness... My point here is many people do not think that mental wellness issues can or should be spoken about in the same as a physical wellness issue. As a counsellor, I have met many people who experience a deep level of shame around certain mental health issues. I want to not only encourage you to reach out for support when experiencing any personal issue(s), but also invite you to do so.

Brene Brown is a Social Work Professor who has spent her career studying shame and its effects on the human condition. One of the things she has found in her many years of studying shame is that shame can be healed by one’s capacity to be vulnerable with another person (2009). Essentially what she is saying is that people heal when they feel truly connected with another person in a vulnerable way. In my experience, vulnerability can feel very uncomfortable (because society has conditioned us to feel this way), but it is also very self-empowering. For many people, the un-intended side effect of a meaningful vulnerable connection with another person is minimized shame, and an increased sense of mental wellness.

There have been many times in my own life where I did not reach out for support and now wish that I would have. Even today as a trained counsellor I find it difficult to reach out sometimes. However, when I do reach out to someone I trust, or another counsellor, I always feel better after. Society has conditioned most people to not speak about mental health issues because of how others may judge us, but we as people are society, so we can change the rules. We are born to this earth with an inherent need to connect with others. So, no matter how great or small your concern, I challenge you to reach out. That might mean reaching out to a friend, family member, Elder, teacher, counsellor, crisis line, or other. Be vulnerable and empower yourself rather than going it alone.

My role here in Stz’uminus has been the Mental Health & Wellness Counsellor over at the Community School for the past couple of years. I am still the counsellor for the school, but I am now located at the Health Centre and have some counselling slots open for anyone in the community. I believe that healing is more than solely mental wellness. I see healing as a holistic in that it encompasses the mental, physical, emotional, spiritual and cultural domains of our human experience. Again, no one needs to suffer in silence...please reach out. You are never alone.

October 4th – 10th 2020 is Mental Health Awareness Week. World Mental Health Day is October 10, 2020. You are invited to join us at the Stz’uminus Health Center on October 2, 2020 as we will be set up outside the front doors, raising awareness about mental wellness. A friendly reminder that a key part of overall wellness is respecting social distancing and handwashing protocols due to COVID-19.

Huy t’seeq q’u,
Ryan Boyer, M.Ed., C.C.C. - Mental Health & Wellness Counsellor
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
</tr>
</thead>
</table>
|     |     |     |     | 1   Elder's Fitness 10-12  
     |     |     |     | Nurse Practitioner  
     |     |     |     | 9:30– 4:00  
     |     |     |     | Foot Care 9:00-3:00 |
| 4   | 5   | 6   | 7   | 8   |
|     | Paint Day 1:00pm | Elder's Fitness 10-12  
     | Nurse Practitioner  
     | 1:50-4:30  
     | Women's Gathering  
     | 11am-3pm  
     | WOMEN'S GROUP 12:30  
|     |     | 7   | Elder's Lunch Delivery  
     |     |     | Women's Gathering  
     |     |     | 11am-3pm  
| 11  | 12  | 13  | 14  | 15  |
|     |     | Elder's Fitness 10-12  
     | Nurse Practitioner  
     | 1:50-4:30  
     | Elder's Lunch Delivery  
     |     | Pre/postnatal  
     |     | food box  
     |     | Elder's Fitness 10-12  
     |     | Nurse Practitioner  
     |     | 9:30-4:00  
| 18  | 19  | 20  | 21  | 22  |
|     |     | Elder's Fitness 10-12  
     | Nurse Practitioner  
     | 1:50-4:30  
     | Elder's Lunch Delivery  
     |     | Elder's Fitness10-12  
| 25  | 26  | 27  | 28  | 29  |
|     |     | Elder's Fitness 10-12  
     | Nurse Practitioner  
     | 1:50-4:30  
     | World Stroke Day  
     | Elder's Lunch Delivery  
     |     | Elder's Fitness 10-12  
     |     | Foot Care 9:00-3:00  
| 28  | 29  | 30  | 31  |   |
PRE/POST NATAL FOOD BOXES

The health department distributes good food box to the pre/post natal, up to 18 months unless other factors take place (i.e. participant moves off reserve). Please call us at the health centre if you need delivery 250-245-8551
If you need to be added to list please contact Cheryl or Jennifer
Your cooperation will be greatly appreciated.

WELLNESS GROUP

The Wellness group have been covering many topics every Monday such as: Self-care/Love, Stress Management, Healthy Relationships, Cultural and Traditional Practices & Ceremonies.

Mental Health & Wellness Clinician Brittany Boyer taught the group about mixing Essential Oils & creams.
Ladysmith/ Stz’uminus/ Penelakut Victim Service Worker: Catherine O’Donovan

I am excited to begin building a strong relationship with the Stz’uminus First Nation to increase access to victim service supports. I am a born and raised Yukoner, having spent my life in Whitehorse, where I completed my northern social work degree. My husband and I and our three children moved to the Island January 1st of 2020, and we are loving it here. My entire career has been focused on helping communities and individuals access resources and supports to improve their quality of life. I’m passionate about helping our most vulnerable populations and supporting individuals to live full and satisfying lives. I work closely with the RCMP to provide emotional support to victims of crime and trauma as well as crisis intervention. Victim Services are there to advocate for victims/survivors, offer open lines of communication with RCMP officers, and ensure individuals victims rights to protection, information and restitution are adhered to. I am available to anyone that would like support and can take referrals from anyone; self-referral, police, health care worker, counsellor, family member etc. My role is to help individuals through periods of trauma and crisis and ease some of the stressors on victims. I am hoping to bring energy, open communication, and respect to the role of victim services. Please do not hesitate to reach out. My number is 250-245-6061 or catherine.odonovan@rcmp-grc.gc.ca

Thank you! Looking forward to coming on Friday, Oct, 2 from 11-2 for the Mental Health week lunch.

Catherine O’Donovan • Victim Services Manager
Ladysmith RCMP Victim Services

COUGAR SIGHTINGS
The RCMP called me to advise that a cougar has been reported near the Stz’uminus Community School.

Please remind residents to report sightings to the RAPP number 1-877-952-7277.
It’s 24/7 and will avoid unnecessary delays and allow the Conservation Officers to talk directly to the witness to assess the cougar’s behaviour and specific location.

Also, several people stated that a cougar has been seen a couple weeks ago near the cemetery and that there is a feral cat colony near there. Feral cat colonies do attract cougars and you may want to think about contacting the SPCA about removal.

If you have any other questions or concerns please let me know. If you would like advice on preventing cougars from coming around Homes and schools or safety advice for Cougars, please let me know.

Stuart Bates
Conservation Officer
Nanaimo, B.C.
The FNHA/FNHC/FNHDA Urge Nations to Protect Each Other by Cancelling or Postponing Gatherings and Ceremonies

September 11, 2020

The First Nations Health Authority (FNHA), the First Nations Health Council (FNHC) and the First Nations Health Directors Association (FNHDA) wish to remind communities that they can help stop the spread of COVID-19 by cancelling or postponing large community gatherings including funerals, or alternatively finding innovative ways to gather either virtually or ensuring that attendees are able to stay two meters apart at all times.

Recent outbreaks and clusters that have occurred in some communities serve as a reminder to all of us of the ongoing risks to our communities as a result of such gatherings.

We do not make these recommendations lightly and acknowledge and understand the significance of cultural gatherings for First Nations communities, and the sacrifices this entails. From a public health standpoint, it is now important to communicate and understand the inherent risks to large gatherings.

The Public Health orders from Dr. Bonnie Henry, our Provincial Health Officer (PHO) regarding gatherings, continue to apply to all gatherings, including funerals and memorials.

We are all living through a unique and difficult time, and it is important to adapt to prevent the spread of COVID-19 to protect the vulnerable among us such as Elders, and those who are already unwell or vulnerable.

As fall approaches, we would also like to remind everyone to continue to practice the public health measures including washing hands, maintaining physical distance by keeping two meters apart from each other, wearing masks where that is not possible and where mandated, and above all to be kind, be calm and stay safe.

This is increasingly important in preparing for the influenza season ahead that may put more of us at risk. Now is the time for all of us to regroup and refocus our efforts to keep the number of new cases low and slow.
The potential start date is Oct 19/20 at VIU. Bus service available. Limited spots for Daycare available.

If you know anybody that may be interested, contact Josie or myself.

Thank you,
Marcy Seymour | Employment Specialist
250 245 7155 Ext.234
marcia.seymour@stzuminus.com

Josie Louie
250 245 7155 Ext.243
josie.louie@stzuminus.com
FNHIC-BC Photography Contest

FNHIC-BC wants to showcase your photography. What does home mean to you? Upload your photos, short videos and artwork for a chance to win.

Contest Rules
- Must be from a BC First Nation
- Submissions may include photos, artwork or short videos
- You must submit your own original work
- No photos of people
- 2 entries per person
- Must include a photography contest form (link below)

Prizes include:
10 prizes of $100

For more information:
https://www.fnhic-bc.ca/news-media

Information corner
- Housing and infrastructure has been designed and delivered by the federal government for more than 70 years
- In spite of many programs and funding opportunities, in general the system has failed to deliver satisfactory housing and infrastructure services in First Nations
- First Nations are moving towards self-determination—towards designing and delivering their own services in all aspects of their communities—education, child and family services, health and housing and infrastructure
- In 2016 INAC Minister Carolyn Bennett announced that Canada was getting out of the business of delivering services to First Nations communities. She said the authority would be transferred to First Nations institutions.
- In 2019 Indigenous Services Canada was tasked with managing those transfers.
- In 2018 the BC First Nations Leadership groups gave a mandate to FNHIC-BC to develop a First Nations organization that would take over the delivery of housing and infrastructure services to First Nations in BC. Similar groups are doing the same work all across the country.
- FNHIC-BC is building the organization—it is not the organization.

What’s happening now?
- FNHIC-BC is engaging with First Nations to find out how they want their housing and infrastructure services delivered—what sort of organization do they want

What FNHIC has heard so far?
- BC First Nations want to design and deliver their own services
- They want the First Nations organization that replaces ISC to provide the mechanisms, programs, supports and tools so they have choices and opportunities to deliver successful services

REMEMBER—FNHIC-BC IS BUILDING THE ORGANIZATION—IT IS NOT THE ORGANIZATION

Invitation to the website
Check out our engagement sessions—you are invited
www.fnhic-bc.ca
STZ’UMINUS AND KW’UMUT LELUM PRESENT

BUILDING HEALTHY RELATIONSHIPS

2-DAY WOMEN’S GATHERING

October 7th – 8th

11:00AM-3:00PM

Stz’uminus Health Centre

TO REGISTER CONTACT
Brittany Boyer | Stz’uminus Health Centre
P: (250)245-8551 | EXT 104

Child minding is not available due to COVID 19
Contact Amy Heald or Wanda Good for more information
(250)-591-0933

Connecting with others and with ourselves

Strengthening our inner wisdom around healthy relationships

Lunch and refreshments provided

Individuals and families are asked to respect physical distancing and hand-washing practices. Please stay home if you or your family are sick – let’s work together to keep each other safe and healthy!

4 SEASONS EARLY YEARS PRESENTS

BUDDING BABIES

ONLINE INTERACTIVE PROGRAM FOR PARENTS AND CAREGIVERS WITH BABIES AGES 0-2

WEDNESDAYS

OCTOBER 14 – DECEMBER 2
12:30 – 1:30pm
Participation via Zoom

For more information or to register
Contact KL Early Years at 250-714-4815 or 250-713-0364

Each participant will receive an activity kit with toys, books and materials to allow you to participate in the program with your little one.

WEEKLY SESSIONS TO PRACTICE HANDS-ON CHILD DEVELOPMENT:

- Tummy time
- Bath time and safe sleep
- Baby circle time
- Infant massage
- Nutrition
- Special needs for preemies
- Self-care for parents

Kw’umut Lelum
kwumut.org

LIMITED SPOTS AVAILABLE REGISTER NOW!
Job Posting – Education Administrator

SUMMARY:

Stz’uminus First Nation is a progressive Nation that is striving for sovereignty through economic and social independence. Stz’uminus has jurisdiction over education and the new Education Administrator role will help lead this direction in conjunction with the new Education Authority. Our mission is to inspire students to be lifelong learners while honouring Stz’uminus culture.

The Stz’uminus First Nation is seeking a permanent full-time Education Administrator.

The Education Administrator, reporting to the Education Authority, is the leader responsible for directly supervising all learning/education, instruction, human resources, facilities, and finances.

Key responsibilities include working with Stz’uminus stakeholders and various constituents to ensure that Stz’uminus Education continues to meet the Nation’s needs and priorities.

Approximately 800 of our 1400 Stz’uminus members live in the community. Stz’uminus Education spans learning for ages 0 through to adults, and 75% of Stz’uminus children attend our schools.

Stz’uminus Education takes a holistic approach to education offering childcare for children 0 – 4 years, JrK to grade 3 at our primary school, grade 4 – age 18 at our community school and post-secondary and higher education at Stz’uminus and through our educational partners Vancouver Island University, UVic, SFU more.

We believe in holistic learning and understand emotions are equally important. We are striving towards a trauma-informed practice within all of our schools.

BACKGROUND:

Stz’uminus First Nation is located on the eastern shores of spectacular Vancouver Island with over three quarters of our Nation surrounded by the beautiful waters of the Salish Sea.

We are a short distance to the Town of Ladysmith (population 8,177) featuring all the warmth and charm of small town living with affordable housing and a full range of services and amenities. The City of Nanaimo is 22 km north of Ladysmith and is known as “The Harbour City”. With a growing population of just under 100,000, Nanaimo is the second largest urban centre on Vancouver Island. Visitors and residents often comment about how amazed they are by the natural beauty of the area, mild climate and the relaxed, yet energetic pace of the city.

We believe and support a healthy work-life balance for our employees which is reflected in our HR policies. Our beautiful area is perfect to those who like to boat, kayak, hike, bike, fish and enjoy all that the beautiful west coast has to offer. A local, vibrant arts community abounds and Nanaimo’s Port Theatre presents over 250 productions each year. If you want to get away, we are close to numerous transportation routes: sea plane, ferry and Nanaimo airport provide easy access to Vancouver, the mainland, and other destinations across Canada and beyond.

2020-09-16
CANDIDATE PROFILE:

You have previous relational experience in Indigenous Education and are open-minded and receptive to new experiences and ready to embrace and lead change.

Your heart and passion are calling to work in Indigenous Education, and you embrace a holistic approach to education, recognizing that community and culture and traditions are integral to Indigenous education – you embrace this vision.

You are willing to support, learn, and be part of Hul’qumi’num language initiatives to generate language speakers.

Strong advocate for Stz’uminus in all schools.

MINIMUM QUALIFICATIONS:

- Master’s degree in Education or Education Administration or equivalent degree in a relevant field.
- School-based and leadership experience. The Education Administrator is a well-refined and experienced educator.
- Knowledge of, or willingness to learn, the 0-3 educational setting and knowledge or willingness to learn post-secondary and higher education settings and requirements.
- A proven track record of innovation and strategic decision-making, and experience in leading or assisting a district in achieving its performance goals.
- An ability to promote, support, and lead innovation and change that will result in improved success for students and staff.
- Proven ability to work effectively with a Board and across partner groups.
- A proven record and commitment to meaningful consultation, collaboration, and team building throughout the education communities.
- Fiscal responsibility and overall accountability.
- The successful candidate for this position will have had previous successful experience in an educational leadership role, as well as being able to provide evidence of:
  - Committed to equity for all learners and an advocate for inclusive practices;
  - Understanding the power of teaching and the impact a positive learning environment has on student equity and achievement;
  - Being an innovator who encourages new ideas, expects continuous improvement and seeks solutions;
  - Modelling an inspirational leadership style that instils trust and respect, puts people at ease and inspires personal commitment in the building of a shared vision;
  - Possessing superior listening and communication skills, excellent judgment and a high level of ethics, honesty and personal integrity;
  - Demonstrating vital emotional intelligence with the ability to exhibit outstanding social awareness and relationship management skills;
  - Being able to deal with competing interests and successfully come to solutions with student learning as the focus while exercising tact and diplomacy;
  - Recognizing the importance of being visible and involved with all partner groups in the district;
  - Demonstrating an excellent working knowledge of financial management principles and the importance of meeting student needs within a Board-approved budget.
Providing leadership and guidance at the Board table and ensuring sufficient information is provided to the Board for the Board to make informed decisions;
- Supports strategies based on current research data including academic, social, and career development that is up to date and conversant with educational research;
- Possesses an excellent working knowledge of the BC curriculum and current Ministry of Education initiatives;
- Experience and success with recruitment and retention practices.

- Legally eligible to work in Canada.

**DESIRED QUALIFICATIONS:**

- Training and previous experience in trauma-informed practice is an asset.
- Understanding Truth & Reconciliation Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)
- Policy development and fair implementation of Education and Personnel Policies.

Interested and qualified applicants are invited to submit a cover letter and resume via Canada Post, e-mail, or fax by the closing date of **Friday October 16, 2020 4:00 pm**, to the following:

**Attention:** Human Resources Advisor  
12611-A Trans Canada Highway  
Ladysmith, BC V9G 1M5  
Fax: 250-245-3012  
E-mail: education.resumes@stzuminus.com

*Please only forward submissions as requested above. Phone calls will not be accepted.*
Community Support Worker (On-Call) Job Posting

The Stz’uminus First Nation requires 4 On-Call Community Support Workers to start working with the Recreation Coordinator immediately.

**DUTIES include but are not limited to, the following:**

- Assisting with cleaning
- Set-up, take-down, and other miscellaneous activities in support of funeral services at the Community Centre.

**REQUIREMENTS:**

- Must be fit and able to lift 40lbs
- Must be available to work flexible hours
- Criminal Record Check
- Policy 7 applies: Hiring Practices and Recruitment

To apply, please send your resume to the Human Resources Advisor below:

Human Resources Advisor  
Stz’uminus First Nation Band Office  
12611 Trans Canada Highway, Ladysmith BC V9G 1M5  
Fax: 250-245-3012 Phone: 250-245-7155 Extension 230  
E-mail: resumes@stzuminus.com
Artwork provided by Michelle Stoney-Gitxsan artist

Every child matters
Artwork provided by Michelle Stoney-Gitxsan artist
The Stz’uminus First Nation community has been reading the Stz’uminus newsletter since the first issue was published in April 1997. The newsletter has all the features of any local newspaper. Since the beginning, every issue of Stz’uminus has been printed on our own printing press and it has been delivered to every home in our four communities. Stz’uminus is always about you: Articles about our elders; personalities and high achievers from throughout our community. Send us photos, articles, letters, greetings, and other ads.

NOTE FOR SUBMISSIONS

Please send or drop-off articles by the deadline date below. Email or drop off photographs that you would like to include. If sending an article, I would prefer the original document file. For example, the original Microsoft Word document.

The deadline for the next issue is Monday, October 26 by 4p.m.
Ph: 250 245 7155 ext283

email: damien.daniels@stzuminus.com
Website: www.stzuminus.com
FB: www.facebook.com/stzuminus