

The Moccasin Path

Wachay,
Aanii, Tansi,
Kwe! Kwe!
Welcome to
the NCDSB
Indigenous
Education
Team's Monthly
Newsletter



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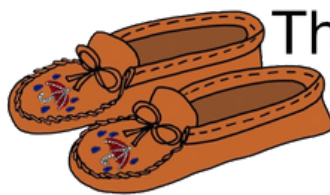
Acknowledgement of the land

"Pope Francis is located on the traditional territory of the Ojibway people of Matachewan First Nation. Our grade 3 class honors this beautiful territory we share with all Indigenous people to live, go to school and play on. We acknowledge this is the traditional Treaty 9 territory and that we are all treaty people. We respect all of the animals, natural elements and seasons that this territory offers and the abundance of activities we are provided through nature, such as fishing, swimming, camping, walking trails and star gazing. We are committed to strong relationships with our Indigenous friends"

Pope Francis School - Timmins, ON - Grade 3 Class



Photo by: JessC Photography



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Teaching of the Month
The Eagle Teaching

The Eagle is most revered of the birds as she is the highest flyer and can carry our messages to Creator; crossing between the spiritual and material worlds.

The Eagle symbolizes insight, strength and spiritual wisdom and when soaring she can see farther than the scope of any other being. It is true that the eagle sees beyond what is in front of her and so carries much more insight. In her flight path, there is a different perspective and her teachings come from Creator's intent.

Eagle reminds us that our vision is often too limited to see simple solutions. We look to her for guidance and to prepare us for what is ahead. The Eagle teaches us to face the fear of the unknown and gifts us courage to fly as high as we can. Eagle feathers are only to be gifted to someone by an Elder who understands the spiritual power.

To buy or kill an Eagle for its feathers is a dire spiritual mistake and is highly illegal. If you are making regalia and desire Eagle feathers, replicas can be purchased.

Teaching by: Dawn lehstoseranón:nha (Mohawk/Algonquin)

April 30th to May 5th

NCDSB Schools will celebrate Catholic
Education Week



Self Care Challenge

Prepare a Meal to Share

Last month you took the time to honour an elder by sitting and listening to their stories and ideas. Now, as a way to show your appreciation, it is time to give back.

Remember the first two questions from last month?

1. What is one traditional food you always looked forward to growing up?
2. Is there one special recipe you can share with me?

This month you are encouraged to make that special dish and share with the Elder who took time to share their stories and memories with you.

Tips to start your planning

- Write down your recipe
- What ingredients do you have and what ingredients do you still need to get?
- Can you trade or exchange for any ingredients that you don't have?
- If you can not get those ingredients, what else would your elder enjoy?
- Call your elder, and make a plan for when you can get together and share a special meal.



May 5th 2023

National MMIWG2S Awareness Day

May 5th is also known as Red Dress Day, the day is meant to honour the thousands of missing and murdered Indigenous women, girls, 2 spirit, and gender diverse people in Canada by encouraging learning and creating awareness around ending violence against Indigenous women, girls, 2 spirit, and gender diverse people.



National Inquiry into Missing and Murdered Indigenous Women and Girls

Creative Corner

Fun Ways to Practice Faith and Wellbeing



In Celebration of Mental Health Week (May 1-7th), check out these fun workbooks created just for children and youth by the Northeastern Ontario Mental Health Week Committee.

[Children's Book](#)
[Youth Book](#)

5 Ways to Wellbeing

Connect

Connect with your community and build connections that support and enrich your life. Connect with Mother Earth

Keep Learning

Try something new. Learn more about drumming and beading. Participate in ceremonies. Speak with an Elder or Knowledge Keeper.

Give

Do something nice for an Elder. Volunteer your time for your community. Share your smile with others around you.

Be Active

Walk through nature. Dance. Find a new activity that you enjoy and gets your body moving.

Take Notice

Be curious. Notice the beauty of nature around you. Notice how your wellbeing is linked to your daily activities.



Recipe of the Month

Oven or Stovetop Bannock

Ingredients:

- 4 cups all purpose flour
- 2 tbsp. baking powder
- 1 tsp. salt
- 1.5 - 2 cups warm water
- 1/4 cup lard or butter (for baked bannock)
- Oil for cooking (for stovetop bannock)

Directions:

1. In a large bowl, stir together the flour, baking powder and salt.

**** For baked bannock:** Make a well in the middle of the flour mixture and pour in the water, then stir just until combined. Spread the dough into a greased or parchment-lined 9x13-inch pan and drop three dollops of lard (or butter) onto the top of the batter. Bake in a preheated 400°F oven for 20-25 minutes, turning once to brown the other side.

**** For stovetop bannock:** Gradually add enough water to moisten the ingredients and bring the mixture together in a ball. Turn the dough out onto a lightly floured surface and gently knead about 10 times. Shape the dough into round patties about 1/2-inch thick. Cook on an oiled skillet for 3-4 minutes per side, until golden brown.

Enjoy!

Recipe from the Aahksoyo'p Nootski Cookbook

Monthly Tip for being an Indigenous Ally

Always Seek Consent and Permission.

Consent is a continuous process, not a one-time request.

Be sure to get permission before taking part in community events, ceremonies and feasts.

Some events will be labelled with open to all community members or everyone indicating anyone is welcome to attend and participate.



Social Influencer

Sarain Fox

Sarain is Anishinaabe from Batchawana First Nation, just outside of Sault Sainte Marie, Ontario.

Sarain is passionate about empowering Indigenous communities and amplifying their voices, especially those of the youth. She is a multifaceted artist and activist who comes from a long line of storytellers. Her mother and great aunt are the oral record keepers of the family. They have passed down traditional teachings from generations of knowledge-keepers and have raised her to be proud of her Indigenous roots. As a result, Sarain has become a powerful and vibrant voice for the Indigenous community.

Sarain is a dancer, choreographer, stylist, activist, brand ambassador, television host and content producer. A storyteller at heart, Sarain has combined these various mediums to create a compelling social platform for amplifying the voices of her people. She uses her platform to celebrate the immense knowledge and talent of Indigenous people, designers and brands.

Sarain's ability to dive into challenging social and cultural topics has gained Sarain a diverse audience. She reaches people across North America, and beyond, who share her vision for creating meaningful dialogue about Indigenous issues, resilience and resistance.

In fashion, Sarain has worked with international brands such as Sephora, Canada Goose, Nike N7 and Manitobah Mukluks. She sees each partnership and campaign as an opportunity to highlight her culture in the mainstream, share the stage with up-and-coming Indigenous talent and change the world for her people.

Sarain has trained at some of the most highly acclaimed faculties such as Quinte Ballet School, The Canadian Children's Dance Theatre and Alvin Ailey American Dance Theatre. Sarain has starred in music videos and on stage with artists such as Buffy Saint Marie, Digging Roots, A Tribe Called Red, Once a Tree, Kahawaii dance theatre (Toronto), Untid. Collective (Australia) and Ajkun Ballet Theatre (NYC). Sarain was the choreographer and lead in Theatre New Brunswick's *The Eighth Fire* and premiered her solo work, *The Red Road Block*, at Toronto's Harbourfront Centre. She works extensively with Xara Choral Theatre on works such as *Fatty Legs* and, most recently, *Rings Through Water*.

Sarain uses a various mediums and social platforms to prove that Indigenous representation matters... and is desired!

Learn more about Sarain Fox [HERE](#)



Information taken from sarainfox.com



Indigenous Education
Northeastern Catholic District School Board



Catholic Education Makes the Difference.