

June 2025

Indigenous Education Online Newsletter



From the Indigenous Education Online Support Team:

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Summer Wishes

As we close out the school year, we want to take a moment to express our gratitude to our learners, families, guardians, caregivers, and learning support teams. Thank you for your resilience, curiosity, and courage you have demonstrated in online learning. This year reminded us that learning is not confined to a classroom, it happens wherever there is connection, effort, and heart. Thank you all for being a part of this journey.

A reminder that our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports and food security supports. Please reach out to a team member at any time.

Newsletter Contents:

- Indigenous People's Day
- Indigenous Sports highlight
- Daily Buzz current events
- Summer tips- Water conservation and sun safety
- Activity- "You've Been a Star"- cut out for your family/caregivers to thank for their support

Honouring Our Stories: Indigenous History Month and National Indigenous Peoples Day June 2025

June is Indigenous History Month. It is a time for us to honour our ancestors, celebrate the cultures and contributions of First Nations, Métis, Inuit, and all Indigenous Peoples in Canada and uplift the voices of our communities. In British Columbia, this month is a powerful reminder of our strength, our stories, and our sovereignty.

This month is not just about history, it's about who we are today. It's about the languages we're revitalizing, the lands we're protecting, the youth we're raising, and the futures we're shaping.

National Indigenous Peoples Day is June 21 and coincides with the summer solstice and the beginning of a season of berry picking and fishing, powwows, and gatherings for the diverse Indigenous Peoples in Canada. Traditionally, there are significant gatherings in communities all across BC including parades, dancing, music, festivals, and food. Take time with your family, friends, and community to connect to the land and explore experiences and offerings.

Some events to explore:

[Events around British Columbia- Indigenous Tourism BC](#)
[Events near Vancouver](#)

Whether you're reconnecting with your roots, learning your language, or standing up for your Nation, your journey matters. This month, let's honour our past, celebrate our present, and keep building a future where our children walk in pride, power, and purpose.

<https://www.indigenoussbc.com/stories/national-indigenous-history-month-and-peoples-day/>

STORY OF INDIGENOUS SPORTS



Sport and physical activity have been a way of life for Indigenous People since time immemorial. Learning how to survive on the land, engaging in physical games and contests have been integral to learning how to survive on the land. Indigenous People participated in a variety of games to develop strength, speed, flexibility, and endurance. Important skills were developed to prepare individuals mentally and physically for the realities of living on the land in extreme climates.

<https://www.canadashistory.ca/explore/books/sport-and-reconciliation>



Traditional sports and games were also key sites for reinforcing social, political, economic, and spiritual aspects of life.

LACROSSE

Lacrosse originated as a sacred sport played by First Nations people for spiritual, ceremonial, and diplomatic purposes. Known as Baggataway or Tewaarathon, the game was a gift from the Creator and played across North America by various Indigenous nations. It held deep cultural meaning—played to honour elders, heal communities, and even settle disputes, often involving hundreds of players over vast distances.

<https://lacrosse.ca/history-of-lacrosse/>

STORY

The birth of lacrosse is a tale that has been passed down orally since time immemorial. It started with a game, the Great Game, between four-legged animals and birds. Children growing up around the game hear this story from their Elders and coaches from the moment they pick up a lacrosse stick. The following page has a version of a story about the origins of lacrosse.

A Lacrosse Legend

The following story is one version of a Haudenosaunee tale that teaches every creature has a purpose and importance according to the Creator's plan. Lacrosse is in the forefront of the legend.

Long ago a lacrosse game was set to be played by the four-legged animals and winged birds. Captains for the animals were: the Bear, noted for overpowering all opposition due to his girth; the Deer, known for speed and agility on the field; and the Great Turtle, who withstood harsh blows, but continued to move toward his opposition.

The winged birds' captains were: the Owl, who was wise and whose keen sight allowed him to keep his eye on the ball; and the Hawk and the Eagle, each excelling in rapid movements.

As the birds were preparing for the game they noted two little creatures, climbing up a tree to their leaders. The small animals – a mouse and squirrel – asked if they could be on the birds' team. Eagle was perplexed and asked why they did not ask the four-legged animals. The little creatures said they had but were rejected and laughed at by the other animals because they were small.

Taking pity on the small creatures, the bird captains contemplated how they could incorporate the mouse and squirrel into their team. The decision was made to make wings for the little animals. But how would they do it?

One innovative bird thought the leather used for water drums could be removed from the drumhead and attached to the legs of the little mouse. The result: the bat was created. The birds ordered the bat to catch the lacrosse ball when they threw it in the air. He showed great skill in circling and dodging and managed to keep the ball constantly in motion, never dropping it to the ground. His remarkable skill convinced the birds to allow him to play on their team.

Alas, there was no more leather to make wings for the squirrel. It had all been used for the bat's wings and there wasn't enough time to acquire more. With time running out, one bird suggested stretching the squirrel's skin in the hope of making wings. After much tugging and pulling of the fur between the front and back feet the wings were made and the flying squirrel created.

Now the game could begin.

Two of the captains – Eagle and Bear – met and a face off began. The flying squirrel caught the ball and passed it to Hawk, who kept it in the air for some time. But then, as the ball nearly hit the ground Eagle saved it and through elaborate maneuvers kept possession of the ball even saving it from the fastest of the four-legged animals – Deer. Faking a pass to Squirrel, Eagle passed it to Bat, who scored the winning goal for the birds.

The legend illustrates that everyone has qualities that can be of great help when needed – no matter how big or small you may be.

<https://www.oneidaindiannation.com/a-lacrosse-legend/>

On Vancouver Island, Young Warriors Take on the Challenge!

For over 10 years, the Nuuchahnulth Warriors program has helped boys learn survival skills, teamwork, and leadership - just like real warriors! This year, the 2025 Warrior Games brought youth together at the Ehattesaht On The Land Camp for an exciting adventure.

From fire-starting to outdoor survival, these young warriors faced challenges that tested their strength, courage, and perseverance. Interested in how they did? Click on the link to read the story!

<https://hashilthsa.com/news/2025-05-29/sandbox-safety-warrior-games-bring-youth-land-and-water>

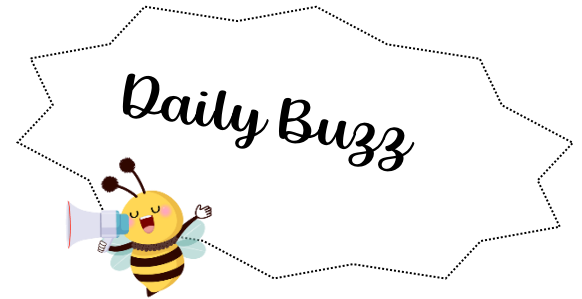


Photo credit: Eric Plummer



Keeping it Flowing: Tackling Drought

What is drought

Drought is a long period with below normal rain or snow that may result in a water shortage. It can affect the water we need to drink, grow our food, and keep our fish, animals and environment healthy.

[Learn more about drought](#)

What you can do

You can help by making small changes to use less water at home. If you're able, you can also plant drought resistant yards, invest in water efficient taps, toilets and washers, or collect rainwater – many communities offer rebates.

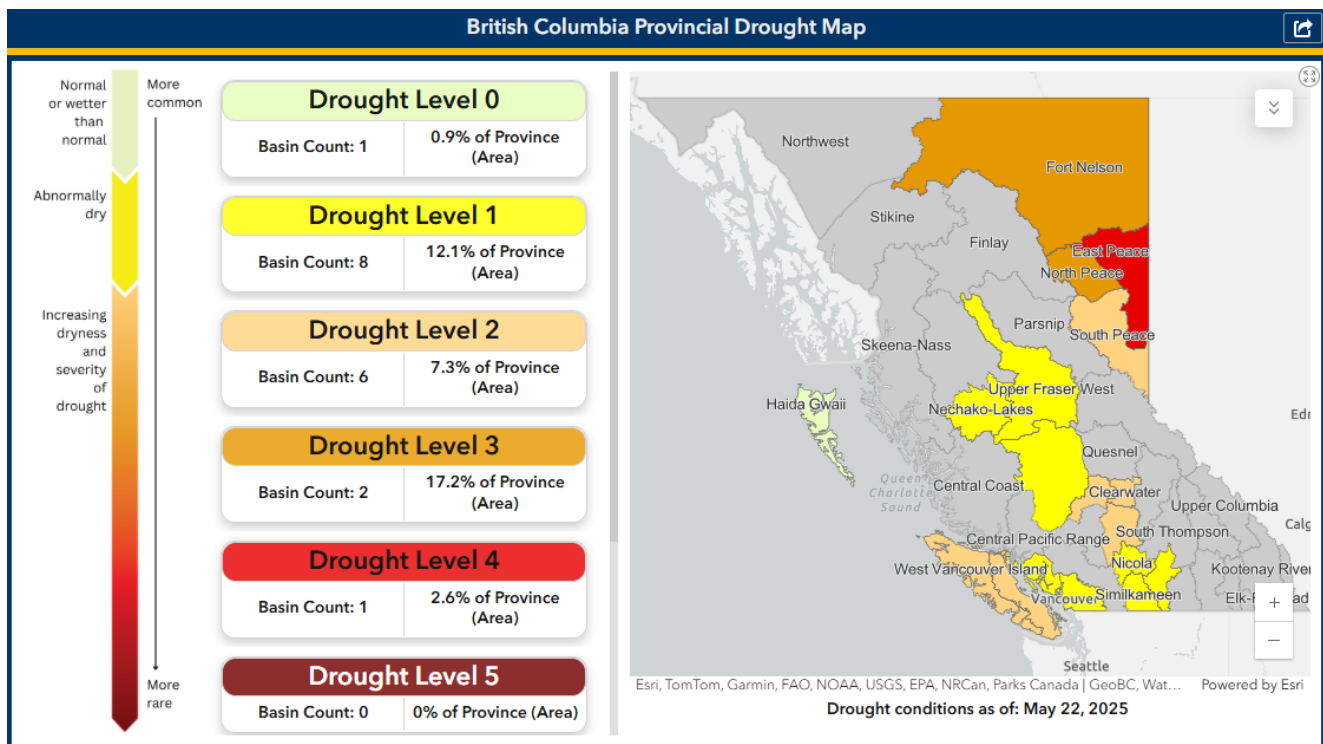
[Learn more ways to save water](#)



Communities and First Nations

We're making sure people have the water they need by building better infrastructure to manage water levels in lakes and rivers, improving drinking water systems, and keeping animals, fish and watersheds healthy.

[Find resources for communities](#)



View the interactive map or [visit the full site for detailed information.](#)

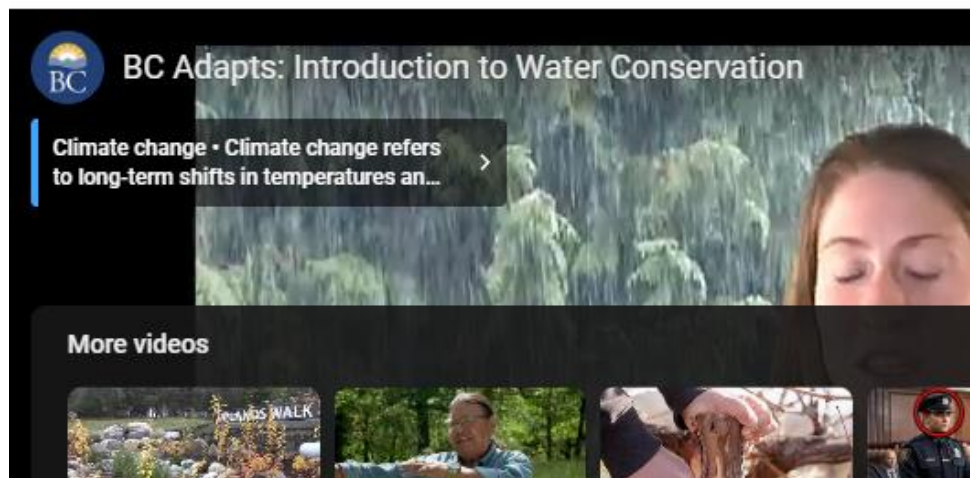
Water conservation 3: Rainwater harvesting



Check out these
videos on water
conservation! And a
Film on important
Ecosystems!

<https://youtu.be/wZSjmZ6oYdU>

Water conservation 1: Why?



https://youtu.be/U_Rl8j36ZrY



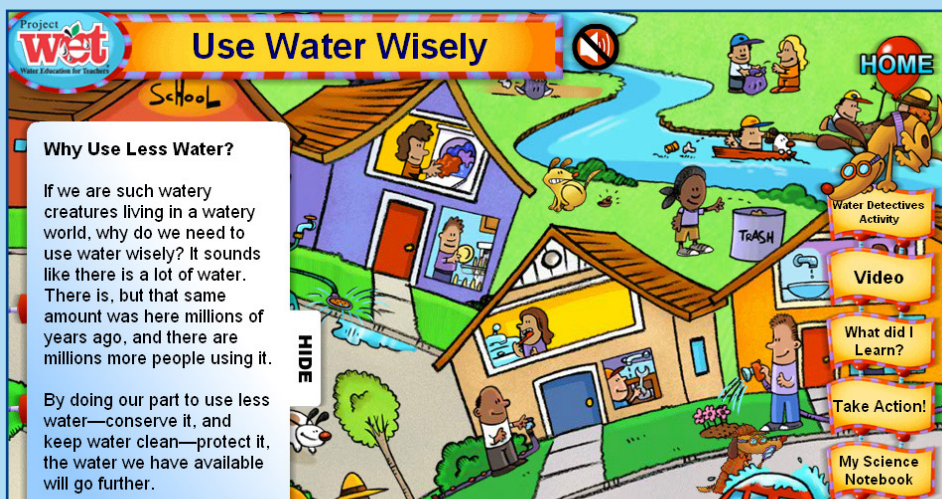
<https://youtu.be/x10JaCISa3Y?si=dnQbJ1TziLIEg-13>

Coming Home to Grandmother's Garden

EVERY DROP COUNTS: 33 WAYS TO CONSERVE WATER

1. Replace older toilets with water-efficient models.
2. Use a water-efficient showerhead.
3. While brushing your teeth, turn off the water.
4. Add water-saving aerators to your faucets.
5. Collect rain water and use it to water your garden.
6. Turn off faucets tightly.
7. To minimize evaporation, water in the morning or evening when temperatures are cooler.
8. Compost food waste rather than putting it in a garbage disposal.
9. Run the dishwasher and washing machine only when they are full.
10. Take shorter showers.
11. Bathe pets on the lawn.
12. When giving pets fresh water, use the old water for plants.
13. Add food coloring to your toilet tank. If it seeps into the toilet bowl without flushing, you have a leak that needs to be fixed.
14. Don't let the water run while you scrape pots and pans clean. Soak them instead!
15. Instead of running the tap until water gets cold, keep a pitcher of water in the refrigerator.
16. When you are washing your hands, don't let the water run while you lather.
17. After you clean your fish tank, give the nutrient-rich water to your plants.
18. Don't use running water to thaw food. Defrost food in the refrigerator for food safety and water efficiency.
19. When washing dishes, fill one sink with wash water and the other with rinse water.
20. Wash dark clothes in cold water. It saves water and energy while keeping your clothes vibrantly-colored!
21. Put your used tissues in the trash rather than flushing them down the toilet.
22. If you have a new dishwasher, cut back on rinsing. New dishwashers clean more thoroughly than older ones.
23. Collect the water you use to clean fruits and vegetables; then, use it to water houseplants.
24. Set a kitchen timer when watering your lawn or garden. It will remind you when you need to stop!
25. Learn how to shut off your automatic watering system in the event of malfunction or rain.
26. Dump leftover ice from beverages into the soil of a plant.
27. Use a nozzle for your hose that has a shut-off function or turn the hose off when washing your car.
28. Water your plants thoroughly but less often to encourage deep root growth and drought tolerance.
29. On windy days, keep from watering your lawn because the water with either blow away or evaporate.
30. Check outdoor hoses, faucets and sprinklers for leaks.
31. Use a broom to clean your driveway and sidewalks instead of a hose!
32. Spread mulch around the base of plants to retain moisture and save water, time and money.
33. Scrape uneaten food off plates instead of using water to rinse the food down the disposal.

FOR MORE WATER-SAVING TIPS, VISIT
WWW.DISCOVERWATER.ORG



Project
Wet
Water Education for Teachers

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SUN SCREEN

Tips

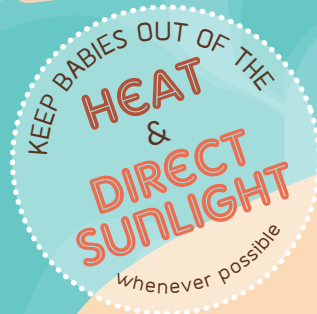


Choose a
sunscreen
with...

* CHECK THE
EXPIRY DATE



...especially if swimming,
towelling off, or sweating heavily



ASK A HEALTH
PROFESSIONAL ABOUT
USING SUNSCREEN
ON BABIES **LESS THAN
6 MONTHS OLD**

USE A
WIDE-BRIMMED
HAT

USE LOOSE,
LIGHTWEIGHT
CLOTHING

KEEP BABIES
WELL
HYDRATED

Consider **testing**
your sunscreen on a
small patch of skin



If your skin develops
a rash, becomes itchy,
or otherwise reacts:



- Stop using the product
- Talk to your health professional if you have questions or concerns **OR**
- Choose a product with different ingredients

Use *about*
7 tsp (35 ml)
for the entire
body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

DON'T FORGET often missed areas:
tops of ears, nose, shoulders,
feet, scalp (if hair-challenged)...
Use a sunscreen lip balm to
protect your lips, too!



YOU'VE BEEN A STAR!



THANK YOU!

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