

December 2025

Indigenous Education Online Newsletter



From the Nides Indigenous Education Online Support Team:

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250-898-1264

Our Website:

<https://www.comoxvalleyschools.ca/indigenous-education/online-learning/>

Winter Wishes

In the final weeks of our 2025 calendar year, we send warm winter wishes to all of our learners and families. We hope you enjoy the December newsletter offerings. Your feedback or ideas on what to include in future mailouts is welcome. Our community of learners come from across British Columbia and we hope to foster a sense of community and connection with the information and contents included in this newsletter.

Our Indigenous Support office at Nides will be closed for winter break starting on the afternoon of December 19th.

We will return from the break on **Monday, January 5th, 2026**.

Our strong Nations book promotion will be starting in January. Look for information in your email in January!

Newsletter Contents:

- ★ Winter Solstice Information
- ★ Signs of Winter Scavenger Hunt created by Megan
- ★ Winter Craft Ideas compiled by Alana
- ★ Winter Colouring sheets- Gitxsan artist Michelle Stoney has generously shared some of her designs with us to pass along to you.
- ★ List of Resources to Support Online Learners

Winter Solstice: A Time of Light and Connection



December 21 marks the **Winter Solstice**, the shortest day and longest night of the year. For many Indigenous cultures, this is a time of reflection, gratitude, and renewal. Some nations have maintained teachings around solstice time, while others may be seeking to revive the teachings, practices and ceremonies. The winter solstice reminds us that even in the darkest times, light always returns. The solstice happens when the sun reaches its lowest point in the sky. From this day forward, daylight slowly grows longer. This natural cycle teaches us about balance, resilience, and hope.

Learn more:

<https://ndncollective.org/acknowledging-the-winter-solstice-is-a-decolonial-act-for-indigenous-people/>

<https://nativenewsonline.net/currents/the-winter-solstice-begins-a-season-of-storytelling-and-ceremony-3>

There are many ways to honour the winter solstice:

- ★ Giving thanks for the sun and the gifts of the land.
- ★ Taking time to slow down and rest
- ★ Coming together in community meals to celebrate and strengthen relationships.
- ★ Reflecting on the past year
- ★ Practice self-care
- ★ Show the people who you care for that you appreciate them



Ways to Reflect:

What does the return of the sun mean to you?

How can we bring more light into our community?

Resources for Online Learners

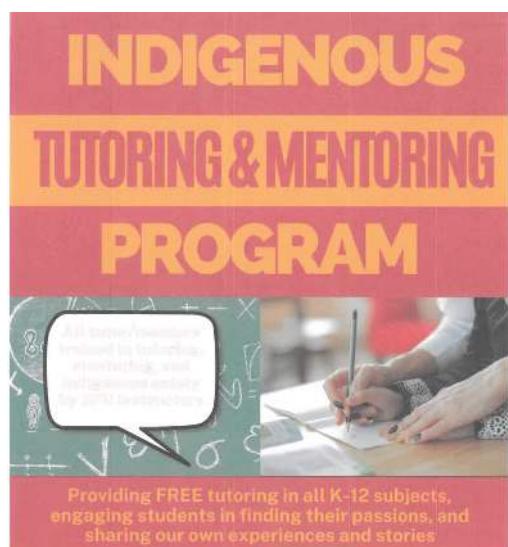
Our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports, and food security supports. Please reach out to a team member at any time.

Food support: If your family is in need or you know of another NIDES family that is facing food insecurity, please reach out to our Indigenous Support team or another NIDES staff member. We will help to connect you with support.

Academic Support:

Reach out to a member of the Indigenous Support team for personal academic support or goal-setting.

Indigenous Tutoring and Mentoring Program is available for free for all Indigenous students in British Columbia. This program is a volunteer-run organization and connects volunteer tutors with students. Visit <https://www.itmp.ca/> for more information.



Mental Health supports:

KUU-US Crisis Line Society provides crisis services for Indigenous people across BC. Phone (adults and Elders): 250-723-4050 Phone (Youth): 250-723-2040 Phone (toll-free): 1-800-588-8717 Website: www.kuu-uscrisisline.com.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Phone (toll-free): 1-855-242-3310 Website: hopeforwellness.ca.

Métis Crisis Line is a service of Métis Nation British Columbia. Phone: 1-833-MétisBC (1-833-638-4722)

Foundry virtual access provincewide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls. <https://foundrybc.ca/virtual/>

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or Text: TALK to 686868 Texting support for adults available by texting TALK to 741741

General Resources:

Métis Nation B.C. <https://www.mnbc.ca/>

First Nations Health Authority:

<https://www.fnha.ca/>