

February 2026

Indigenous Education Online Newsletter



From the NIDES Indigenous Education
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Winter wishes

February marks the halfway point in the school year and the halfway point of winter. Our focus for this newsletter is on winter activity and kindness. Check out our calendar of events for some upcoming opportunities with our online support program. We hope you enjoy the February newsletter offerings. Your feedback or ideas on what to include in future newsletters 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 Strong Nations book promotion has begun and will continue until **March 20, 2026**.

Online Learners Survey (OLS): Open until **February 27, 2026**, for all parents of Navigate NIDES students K-12 and students in grades 4, 7, and 10-12. Your feedback is valued.

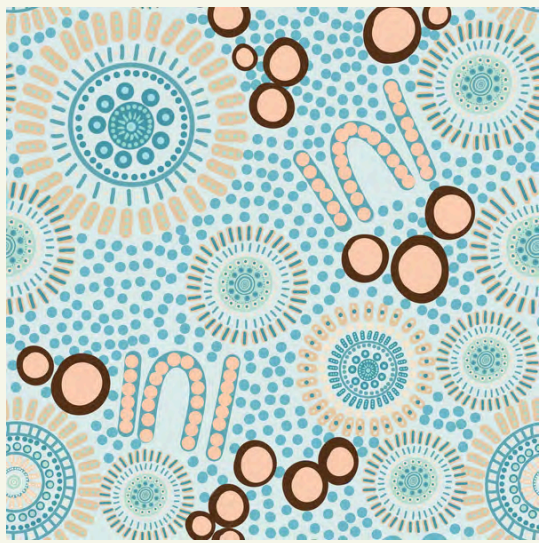
<https://www.awinfosys.com/survey3/dlsurvey/main/>

N.I.D.E.S/Heartwood Spirit Wear is available to order online for anyone interested. See this link for more information:

<https://urstore.ca/nides>

Newsletter Contents:

- ★ February calendar of events
- ★ Winter activity calendar
- ★ Kindness challenge
- ★ Métis art
- ★ Maple syrup Snow candy recipe



Upcoming events

FEBRUARY 2026

FRIDAY
FEBRUARY **6**

Star Stories with Joann Restoull

12:00-1:00

Star Stories Zoom Link

Meeting ID: 412 182 4521

FRIDAY
FEBRUARY **13**

Random Acts of Kindness- share your story

12:00-12:30

Zoom link Meeting ID: 412 182 4521

FRIDAY
FEBRUARY **20**

Body Break Yoga Stretch

12:00-12:30

Zoom link Meeting ID: 412 182 4521

FRIDAY
FEBRUARY **27**

Métis Dot Painting Craft

12:00-1:00

Zoom link Meeting ID: 412 182 4521

Every Wednesday- Open Zoom
Open Zoom Meeting ID: 683 0033 4324

February Winter Activity Challenge!

How many Can You Do?

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Backyard Olympics: Build a snow obstacle course.	3 Melting Race: Test if salt or sand melts ice faster.	4 Snow Painting: Use food colouring in spray bottles.	5 Night Walk: Spot constellations or the moon.	6 Winter Haiku: Write a 3-line poem about the cold.	7
8	9 Sledding Sprint: Find a local hill and race.	10 Frozen Bubbles: Blow bubbles when it's sub-zero.	11 Ice Lanterns: Freeze water in buckets with berries.	12 Animal Tracker: Sketch tracks found in the snow.	13 Photo Journal: Snap a pic of the prettiest frost.	14
15	16 Snowball Target: Throw snowballs at a tree target.	17 Engineering: Build a quinzee or snow fort.	18 Pinecone Art: Decorate cones with natural bits.	19 Scavenger Hunt: Find 10 signs of winter life.	20 Soundscape: Sit for 5 mins and list every sound.	21
22	23 Snow Soccer: Kick a ball through deep snow.	24 Snow Volcano: Use baking soda/vinegar in a snow mound.	25 Evergreen Mandala: Make a pattern using fallen needles.	26 Winter Picnic: Pack hot cocoa for a local park.	27 Goal Check: Count your total hours outside.	28



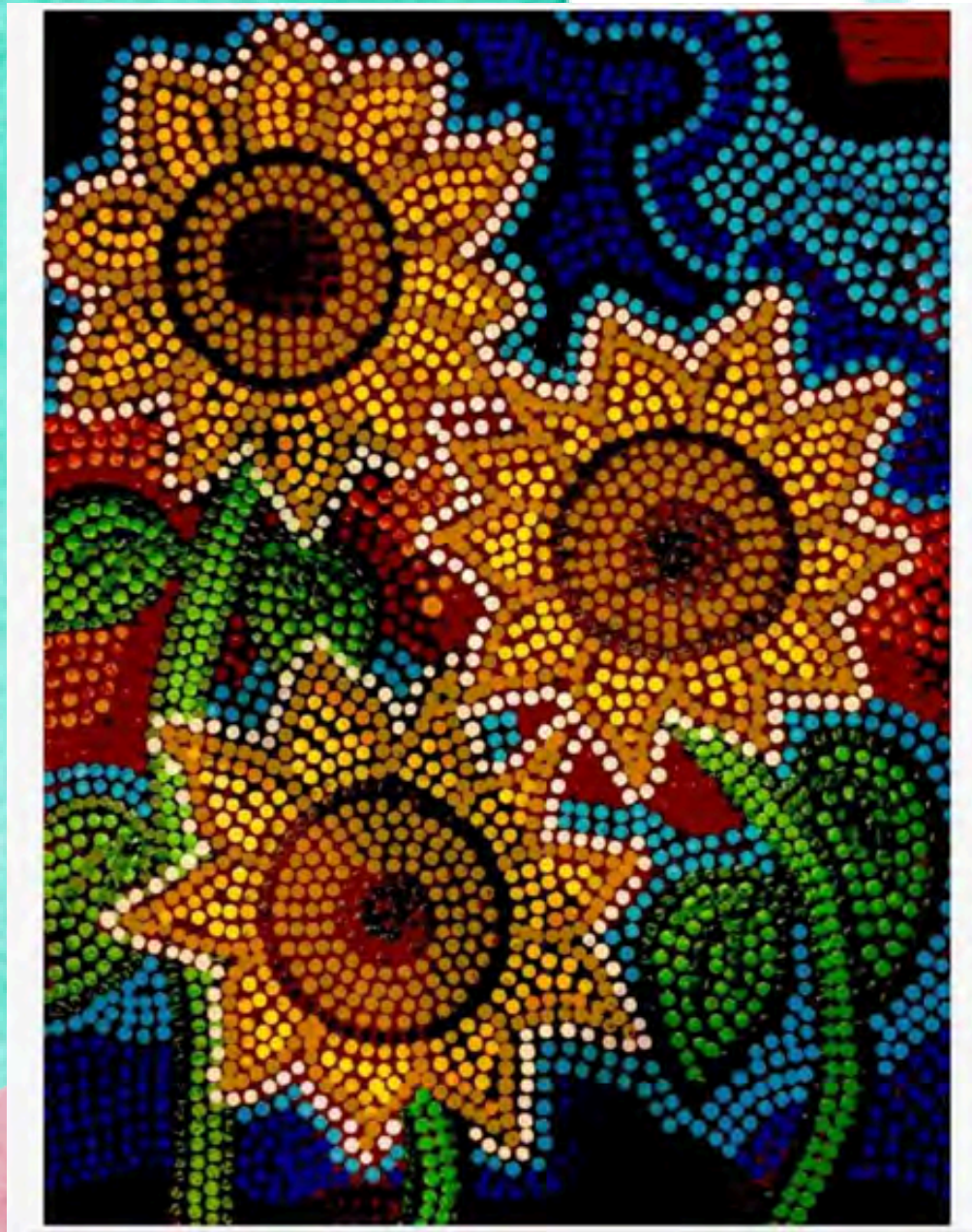
February

Kindness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>"No Act of Kindness, no matter how small, is ever wasted." - Aesop</i></p>						<p>1 Gift Cards for the homeless</p>
<p>2 Leave cookies on a neighbour's doorstep</p>	<p>3 Donate a bag of clothing to a charity</p>	<p>4 Pick up trash around your neighbourhood</p>	<p>5 Box of book to doctor's or dentist office</p>	<p>6 Leave change in a vending machine</p>	<p>7 Make "blessing bags" to keep in the car</p>	<p>8 Pay for several coffees at the coffee shop</p>
<p>9 Let someone go ahead of you in a line</p>	<p>10 Leave scarves, hats and mitts in the park</p>	<p>11 Drop off sheets/blankets at animal shelter</p>	<p>12 Adopt a soldier</p>	<p>13 Drop change into parking meters</p>	<p>14 Make a simple birdfeeder for the yard</p>	<p>15 Hand out warm socks to the homeless</p>
<p>16 Treat the car behind you at the drive-thru</p>	<p>17 Call someone you haven't spoken with in a while</p>	<p>18 Pay off someone's library fine</p>	<p>19 Inspirational sticky notes at home/office</p>	<p>20 Help someone load groceries into their car</p>	<p>21 Popcorn and a redbox code for a neighbour</p>	<p>22 Transfer your child's hot lunch to another</p>
<p>23 Give a hot chocolate to the crossing guard</p>	<p>24 Leave \$10 for next person at the gas station</p>	<p>25 Drop off baking at the police or fire station</p>	<p>26 Magazines & novels to the old folk's home</p>	<p>27 Make hot meal for a friend or neighbour</p>	<p>28 Send a 'gratitude email' to someone</p>	<p>All Rights Reserved, for personal use only.</p>

METIS DOT ART



The Metis are often referred to as the “People of the Flower Beadwork Nation” because of their mastery of floral patterns. Metis Dot Art carries this legacy forward by blending the techniques of Indigenous beadwork with the influence of European embroidery traditions brought by fur traders and settlers.

Metis Dot Art is a modern interpretation of historic floral beadwork that Metis people are very well known for. Traditionally, floral designs are hand-beaded onto clothing, sashes, and everyday items and the beadwork is often inspired by the plants, animals, and landscapes around them.

Metis Dot Art is used today to recreate the intricate shapes and textures of beadwork. For Metis people art is more than decoration, it is a way of telling stories and preserving history. Every flower, every leaf, and every pattern can hold a meaning. These meanings are often connected to the land, community and family traditions.



In our world today, Metis Dot Art stands out because of its authenticity, meaning, and cultural depth. By supporting and learning about this art form helps us ensure it continues to thrive as a living and evolving tradition.

Reference:

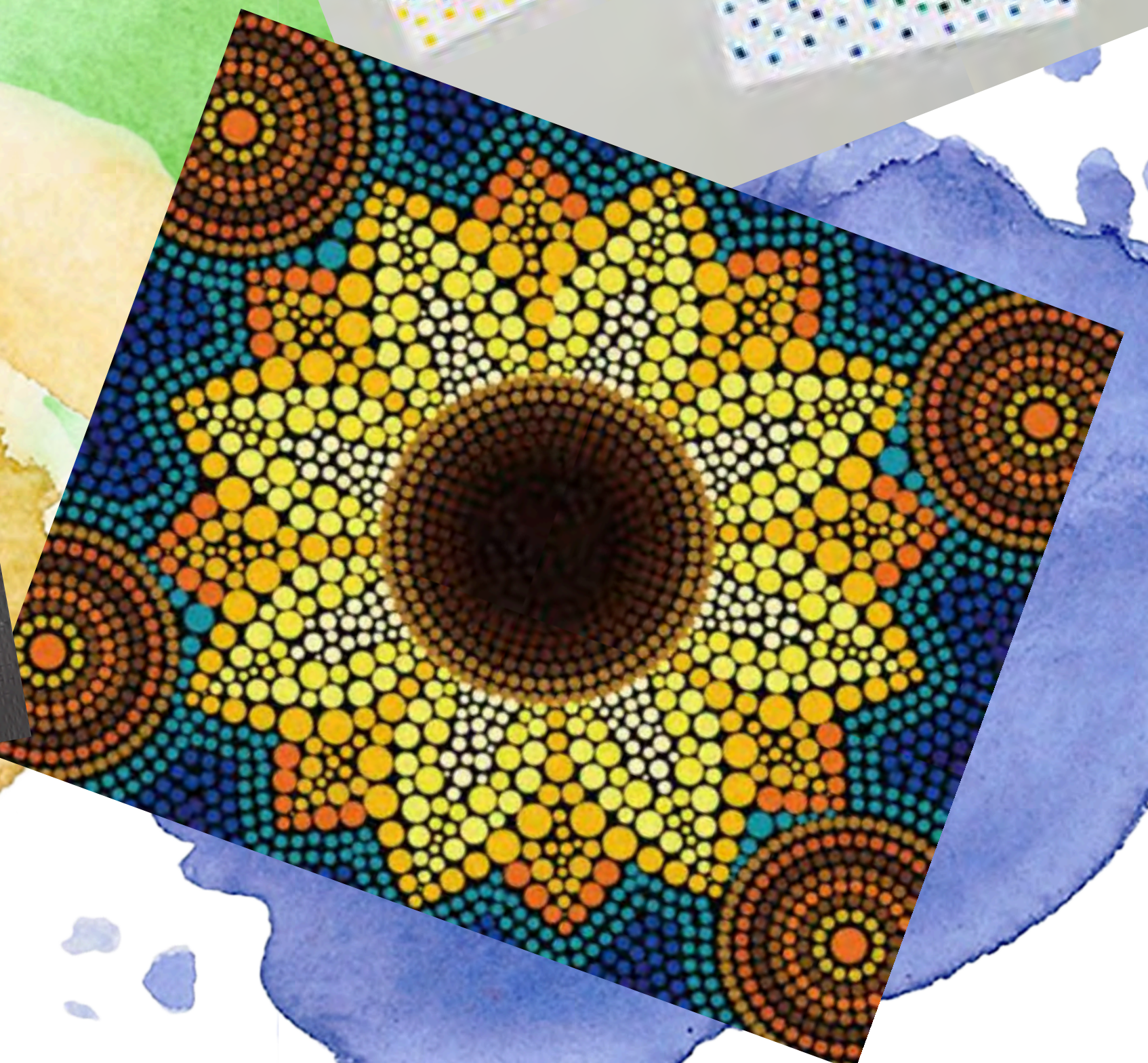
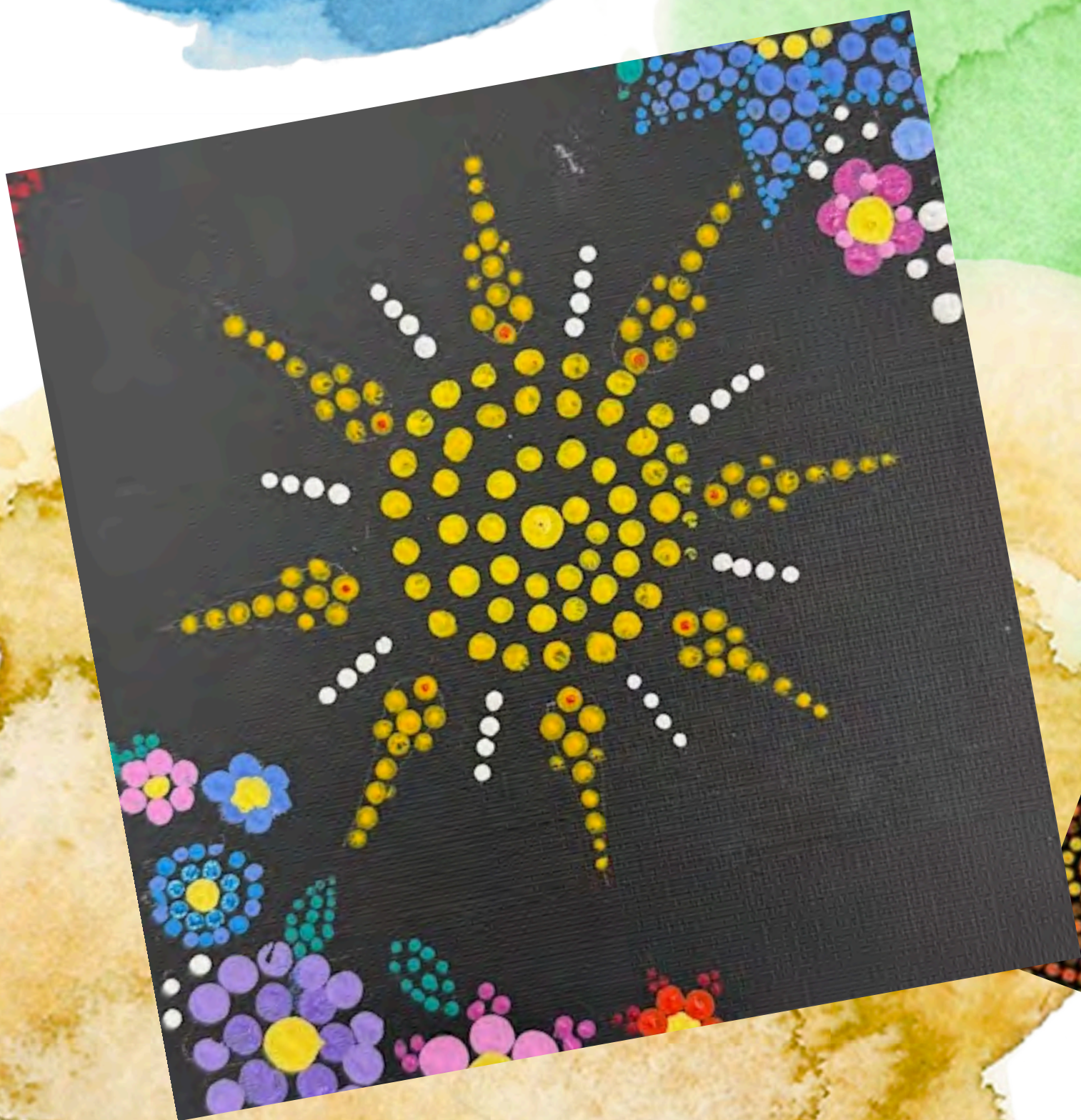
The story behind Métis Dot art. (n.d.). Turtle Island Market. <https://turtleislandmarket.com/blog/the-story-behind-mtis-dot-art/>

JOIN US

Friday February 27, 2026 on Zoom! Together we will explore our creativity and create our own Metis Dot Art inspired paintings.

What you will need:

- Black paper, canvas, heavy cardstock, wood or a rock
- Acrylic or craft paint in vibrant, diverse colors
- Stylus tools, toothpicks, Q-tips, or the end of a paintbrush
- Pencil and eraser to outline or draw the design
- Palette or plate for mixing paint
- Paper towels or a rag for cleanup.



Got
snow?



Have some Yummy Fun!

Equipment

- popsicle sticks
- baking sheet
- candy thermometer
- medium sized pot

Ingredients

- 1 cup Real Maple Syrup
- clean fresh snow

Instructions

1. Pat a layer of snow onto a baking sheet.
2. Place maple syrup in a pot on the stove, and bring to a boil.
3. Using a candy thermometer, continue to boil until syrup reaches the soft ball stage (235° -240°F).
4. Remove from heat and pour syrup over snowy baking sheet.
5. Press popsicle stick into syrup and roll it up into a candy pop.
6. Enjoy!

Maple Syrup Snow Candy



WHAT IS MAPLE SYRUP SNOW CANDY?

Maple syrup snow candy is candy in its simplest form. It's made by pouring boiling maple syrup on a clean bed of snow. The cold snow instantly stops the syrup from cooking and cools it to the consistency of taffy in seconds.

For complete instructions and more ideas, click link below!

[Maple Snow Candy recipe & info. - by HappyHooligans](#)