

March 2026

Indigenous Education Online Newsletter



From the NIDES Indigenous Education
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<https://www.comoxvalleyschools.ca/indigenous-education/online-learning/>

Welcome Spring!

As we begin to welcome Spring, this is a time when the land begins to wake again, reminding us of renewal and new growth. We wish you continued success in your learning and would like to remind you that we are here to support your journey in any way we can.

We hope you enjoy the March newsletter offerings. 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 ends soon. There is still time to order before the deadline of **March 20, 2026**.

Our Indigenous Education Support staff will be out of the office **March 23rd- April 6th**

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:

- ★ March calendar of events
- ★ Spring seasonal information and harvesting information
- ★ Eulachon facts and activities
- ★ Indigenous Language Day
- ★ Resources to Support Online Learners



MARCH 2026

Upcoming events



LINK FOR FRIDAY ZOOMS

FRIDAY
MARCH

6

12:00-12:30 Chat and Chew
Bring a project to share

craft, art, school project, or other- in progress or in

Zoom link Meeting ID: 412 182 4521

FRIDAY
MARCH

13

12:00-12:30 Chat and Chew
Book week

Share a favourite book

Zoom link Meeting ID: 412 182 4521

FRIDAY
MARCH

20

12:00-12:30 Chat and Chew
Pet Week

Introduce your furry friends (live or bring a photo)

Zoom link Meeting ID: 412 182 4521

March 27th & April 3rd - No online events

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



Spring



“Spring is very busy. The earth wakes from its winter slumber, and we prepare to start gathering berries, roots, shoots, medicines and fish.

-Jolene Wesley, Coordinator,
Traditional wellness, FNHA.

Since time immemorial, First Nations people have not followed a paper calendar, but rather observed time based on the changing cycles of Mother Earth and the moon, and the appearance of plants and animals. The spring equinox (the day the sun crosses the celestial equator) holds cultural significance and symbolism for many communities as changing from the cold and dark winter to the warm and bright days ahead.

Spring is the “waking up” season, as the winter comes to an end and medicines begin to grow again, and fish and animals return to their usual fishing and hunting grounds.

Because of the diversity between traditional territories, different communities experience spring in different ways and at different times. While in Western cultures spring may take place officially on a certain date, for First Nations people it depends on many factors.

In the North, where the snows are later to recede and melt, spring comes much later. On the coast, where the climate is mild, spring may come early. However, whenever spring may begin, it is often treated in similar ways by communities, who start making preparation to gather the fresh bounty appearing around them.

[FNHA-Seasonal Wellness](#)



Did you know....

The freshet is an annual melting of the snowpack that causes a rise in water levels, sometimes posing a risk to individuals and communities. Find out more on how to prepare for a flooding emergency, while taking care of your wellness needs.

[More on Freshet](#)



Foods and medicines harvested in spring vary depending on the timing and location, however there are many that hold cultural or traditional significance. Find out what kinds of foods and medicines grow in the spring.

[More info.!](#)



The First Nations Health Authority (FNHA) support the revitalization of traditional health and wellness knowledge through traditional healing initiatives and land-based projects; one such project is The [Understanding Common Language project](#) -It is a toolkit for understanding and reflecting on First Nations foods and medicines from First Nations perspectives.

TRADITIONAL FOODS



FOOD SECURITY



NUTRITION

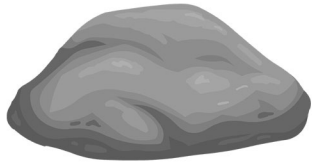


MEDICINE



Spring Scavenger Hunt

To Find



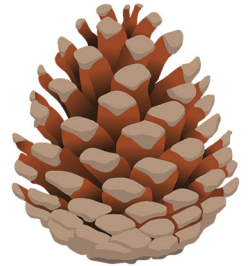
A Rock



A Feather



Lichen Or Moss
On A Twig



A Pine Cone

To Look For



Buds On A Tree



Frost



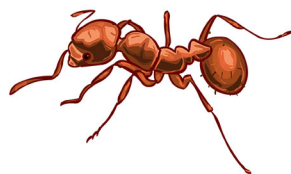
A Squirrel



Plants Poking
Throught The Soil



Boot Prints



An Insect



Your Breath



A Worm

How many things can you find if you head outside?
Pick your best grownup and go!

To Listen For



Birds Chirping



Trickling Water



Wind In The
Trees



Raindrops

To Smell



Fresh Air



Decaying
Leaves



Soil



Wood Smoke

To Feel



Sunshine On
Your Face



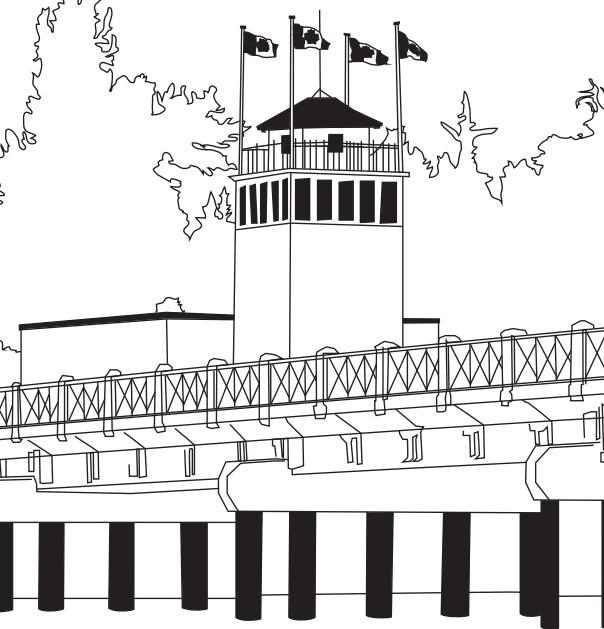
Tree Bark



Fresh Grass



A Breeze On
Your Hands



Eulachon of the Fraser River

FUN FACTS!

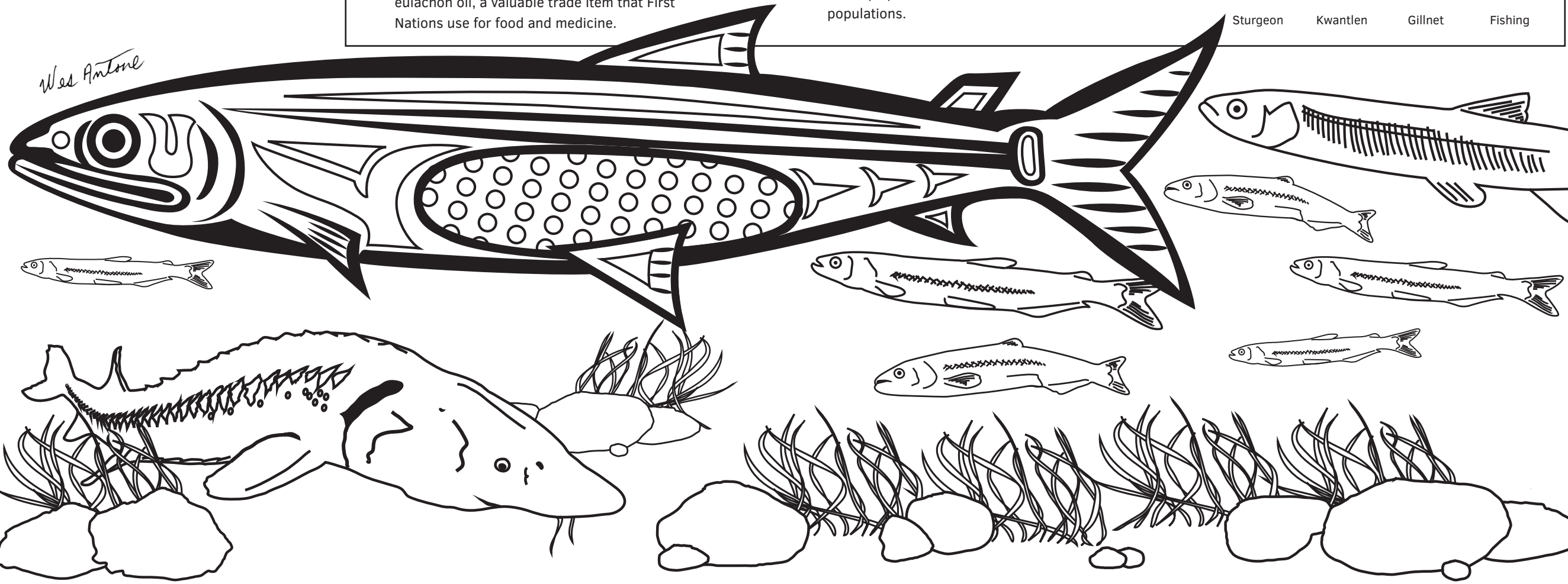
- » həŋqəmiḥəḥ is the traditional language of the Kwantlen people whose territory spans from Mission to Richmond, BC.
- » Eulachon are a small smelt fish that live in the Salish Sea for 3-5 years, and spawn upriver every spring.
- » swíwə is həŋqəmiḥəḥ for eulachon, and it refers to their shiny scales that could be seen shimmering from hilltops as they swam up the Fraser River in great numbers in the past.
- » Eulachon are a very important fish to First Nations along the coast of BC. They are a traditional food source that have been caught for thousands of years, and are the source of eulachon oil, a valuable trade item that First Nations use for food and medicine.
- » Another name for eulachon is candlefish. They got this name because of their high oil content. When they are dried and fitted with a wick they can be lit like a candle!
- » Eulachon are an endangered species and their numbers have declined in recent years. This change has impacted the entire ecosystem that relies on them for food, including the White Sturgeon.
- » It's important to take care of all the local streams in our region, from the Fraser River to small unnamed creeks. When we take care of our environment, we help species like the eulachon rebuild their populations.

WORD SEARCH

C K S I K K R D K H P K Z V G
 A W A M I T R J I H E I Y T I
 N A L H L F I S H I N G C G L
 D N I U A G V E O K A W G V L
 L T S C F E A Q Q L A D H X N
 E L H H X E U L A C H O N E
 F E S F R A S E R R I V E R T
 I N E P Z A S D N A Z M W I W
 S O A O M H R S T U R G E O N
 H N B F D J P I Y T R I J W D

Fraser River Candlefish Salish Sea Eulachon
 Sturgeon Kwantlen Gillnet Fishing

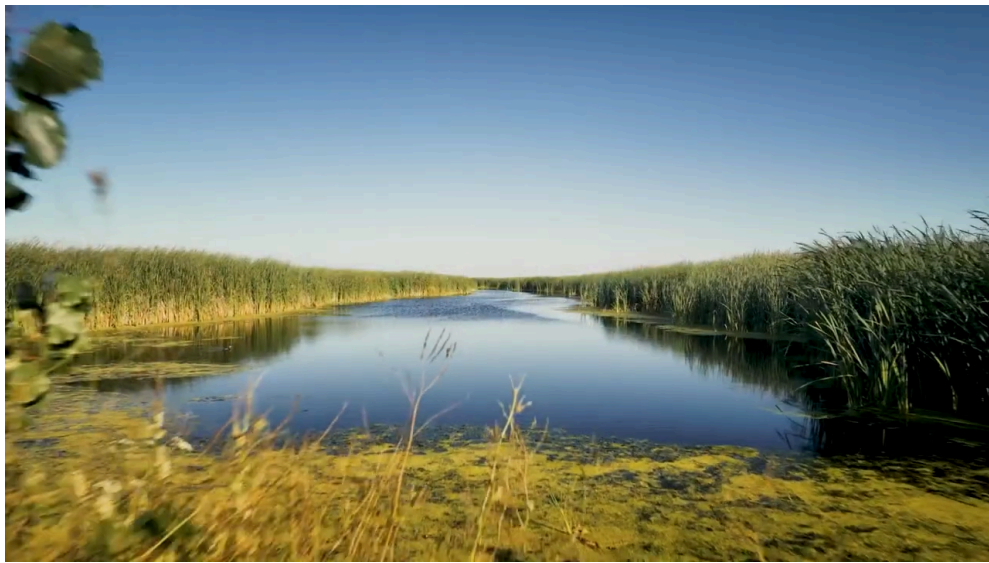
Wes Antone



National Indigenous Languages Day

March 31st, 2026

On March 31st, we recognize National Day of Indigenous Languages and honour the diverse and unique first languages of the lands now known as Canada. Indigenous languages contribute to the diversity and richness of the linguistic and cultural heritage of this country. Each language holds teachings, stories, and ways of understanding the world. Language connects us to the land, to our ancestors, and to one another.



Video: [▶ Rhythms of the Land | A Celebration of Indigenous Language, Music, and Sto...](#)

The Office of the Commissioner of Indigenous Languages proudly presents a national music documentary featuring powerful performances by Indigenous artists singing in their mother tongues, recorded in landscapes of deep personal significance.

Language learning resources:

<https://languagemuseum.ca/indigenous-language-learning-tools/>

<https://www.firstvoices.com/>

Resources for Online Learners

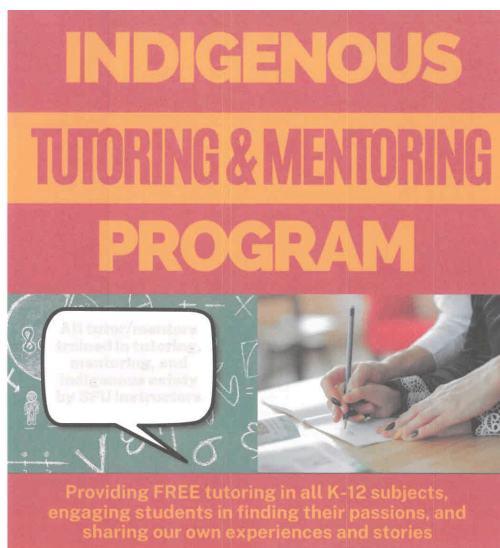
Our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports, and food security supports. Please reach out to a team member at any time.

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/>