

May 2026

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/>

Spring Wishes

As late spring unfolds, we notice the returning warmth, the greening land, and the rhythms of growth all around us.

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 May 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.

Registration is open for the 2026-2027 school year.

<https://www.navigatenides.com/>. Please reach out if you would like support.

Activity kits- Reminder that the deadline to order is **May 29th**.

Upcoming survey- We would like to gather your valued feedback on our support program. Please watch for a short survey that will be sent by email (or mail by request) Thank you in advance.

Coming soon- Indigenous People's Day

We look forward to honouring the knowledge, stories, relationships, and contributions of our learners and communities. We hope that we can share and celebrate together in our virtual community. More details to come soon.

Newsletter Contents:

- ★ May calendar of events
- ★ Spring recipes
- ★ Crafts and spring activities
- ★ Resources to Support Online Learners



Upcoming events



LINK FOR FRIDAY ZOOMS

MAY 2026

FRIDAY
MAY

1

Story: Legend of Queneesh

Felt retelling of K'omox Flood story

12:00-12:30

Felt story

Zoom link Meeting ID: 412 182 4521

FRIDAY
MAY

8

Game day- Kahoot!

Let's play a get-to-know-you themed online quiz game

12:00-12:30

Zoom link Meeting ID: 412 182 4521

FRIDAY
MAY

22

Craft day- Clay seed bomb

Instructions/materials will be sent in May newsletter

12:00-12:30

Zoom link Meeting ID: 412 182 4521

FRIDAY
MAY

29

Activity Kit or Craft/Project sharing

Share your creations

12:00-1:00

Zoom link Meeting ID: 412 182 4521

Wednesdays- Open Zoom with Sandra, Indigenous Support teacher
Open Zoom Meeting ID: 683 0033 4324



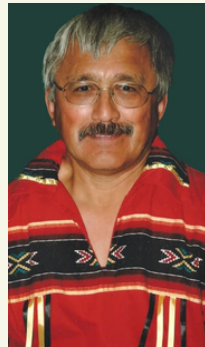
Indigenous Education Online at NIDES
invites you



CULTURAL PRESENTATION

Métis Culture and History with Bryce Mercredi

Bryce will share knowledge of Métis history and
personal stories of life in the North



SD 71 Indigenous
Education Cultural
Presenter
[Link to Biography](#)

Monday, May 11th
1:00 p.m.

[Zoom Link to Join Presentation](#)



Meeting ID: 412 182 4521



**INDIGENOUS
EDUCATION**





Counting Fruit Salad

Serves 1 or 2 children

How to:

Count out the salad ingredients into a bowl. For example:

- 1 Spoonful toasted coconut
- 2 Pieces orange
- 3 Slices apple
- 4 Small cubes of cheese
- 5 Slices banana
- 6 Pieces melon – cantaloupe, honeydew or watermelon cut into small pieces
- 7 Grapes (cut in half and remove seeds)
- 8 Stir 8 times

Try This: Children can help cut the fruit and cheese and count the pieces as they are added to the salad.

Source: 2010 Food Flair Resource, LEAP BC



Salad In A Bag

Serves 1 child

What you need:

- ½ cup Romaine lettuce or spinach leaves, chopped
- 2 tbsp. Grated carrots
- 3-4 Mandarin orange sections
- 2 tsp. Ranch or Italian salad dressing
- 1 Plastic, sealable sandwich bag

How to:

1. Set out bowls of prepared salad fixings.
2. Let each child fill their own bag.
3. Pour in salad dressing and close the bag for them.
4. Children shake their salad, then open it and eat it with their forks as a snack or to start a meal.

Which animals might like some of the vegetables in our salad?
What other vegetables could we use to make a salad next time?

Source: 2010 Food Flair Resource, LEAP BC





Baked Bannock With Berries

Makes 16 pieces

What you need:

- 3 cups Flour (use at least half whole wheat flour)
- 3 tbsp. Sugar
- 2 tbsp. Baking powder
- 1 tsp. Salt
- 1 cup Berries (*Hint: Pick seasonal berries with your child or grandchild*)
- 1 cup Water
- ¼ cup Oil or melted margarine

How to:

1. Preheat oven to 350°F.
2. In a large bowl, mix dry ingredients with a fork.
3. Stir in berries.
4. Stir together oil and water and add to the bowl with dry ingredients.
5. Work mixture together with hands to form a ball. Knead about 10 times.
6. With floured hands, pat into a circle on a greased cookie sheet.
7. Bake for 30 minutes.

Source: 2010 Food Flair Resource, LEAP BC



Salmon Patties

Makes 4 patties

What you need:

- | | | |
|-------|--------------------------------|----------------------------|
| 1 | 7.5 oz can of salmon, drained | 2 tbsp. Chopped fresh dill |
| 1 cup | Mashed potatoes | 3 tbsp. Milk |
| ¼ cup | Finely chopped green onion | 1 Egg beaten |
| ¼ cup | Finely chopped red bell pepper | Salt and pepper |

How to:

1. In a medium bowl, combine salmon, potatoes, green onions, red pepper, dill and milk. Season with salt and pepper.
2. Gently stir in the egg. Form the mixture into 4 patties.
3. Cover and refrigerate at least 30 minutes or overnight to let flavor develop.
4. Heat a large non-stick skillet over medium heat. Spray with vegetable cooking spray. Add patties and cook for 2 minutes each side or until browned on both sides and hot in the center.

Try This: You can use leftover cooked salmon with the bones removed.

Source: 2010 Food Flair Resource, LEAP BC



Spring Craft Inspiration



Make a seed bomb to add some spring colour to your garden or location of your choice! Wildflower seed bombs can provide habitat and food for our essential pollinators. When choosing seeds for your seed bombs, try to use seeds for plants that are native to your area to avoid introducing invasive plants into your garden and neighborhood.

For this craft, soil and seeds are encased in clay, which then dries and hardens. The clay layer on the outside protects the seeds from hungry critters and after some rainfall (or watering) the clay on the outside layer of the seed bomb will wash away and the moist soil inside will allow the seeds to germinate.

Materials:

- non-toxic air dry clay or powdered clay
 - native wildflower seeds
 - organic potting soil
- dried or pressed flowers (optional)



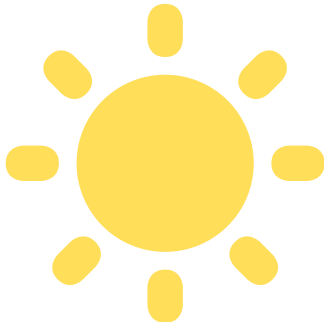
<https://woodlarkblog.com/diy-wildflower-seed-bombs/>

Steps:

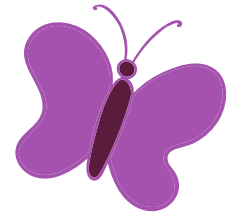
- Roll out a small amount of clay
- Add soil followed by a pinch of seeds
- Encase the soil/seed mixture by pinching clay shut and roll into a ball (add a bit of water if needed)
- Optional: add dried flowers to outside before the clay dries.



Join us at noon on Friday, May 22nd if you would like to watch a demonstration or make the craft together!

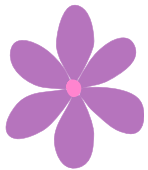


SPRING



WORD SEARCH

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



APRIL
BLOOM
BUNNY
BUTTERFLY
FLOWERS

GARDEN
KITE
MAY
NEST
RAIN

SEEDS
SPRING
SUNSHINE
WARM
WINDY



Spring Code Activity



A



B



C



D



E



F



G



H



I



J



K



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W



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Z

Decode the Question



?

Your Answer

Resources for Online Learners

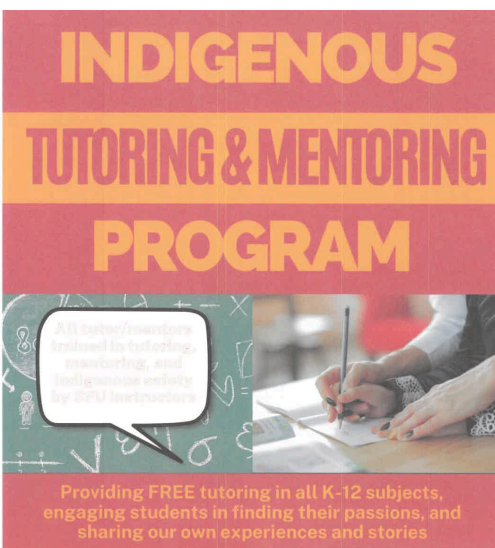
Our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports, and food security supports. Please reach out to a team member at any time.

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/>

B.C. 211: <https://bc.211.ca/>

2-1-1 connects individuals to non-emergency community programs and social services in their areas.