

Culture

Welcome to the first week of at home learning! Here are a few at-home Learning suggestions for the week of: April 6th to April 9th, 2020. These are activities and lessons your child may complete independently or with members of the family. If you have any questions or concerns, or would like additional First Nation and/or Culture resources for your children, please do not hesitate to contact me through email: Melissa.mountain@nbed.nb.ca or directly by phone at: (506) 457-8950. Thank you! I hope everyone is staying safe. I miss all my students and their beautiful faces! I will be in contact with some students this week. I look forward to hearing their voices again! Take care everyone!

Choice 1: Hold a Sharing Circle (Talking Circle) with your family. Before doing so, teach the members of your family about the sharing circle OR you can also teach or hold sharing circles with your stuffy's 😊 Remember to think back to a few Sharing Circles we have done in class.

*Remember to keep these 5 rules below in mind, if you decide to hold a Sharing Circle with your family:

- 1) Only one person speaks at a time - only the person holding the feather or talking stick may speak.
- 2) Introduce yourself - it is polite to introduce yourself in the first round. Some First Nation people have a spirit name they will use; otherwise, use your name at birth when introducing yourself.
- 3) Speak from the heart - when it is your turn, you should speak to the circle from the heart, and may speak for as long as you need to, while still respecting the time for others.
- 4) Listen with respect - all people except the speaker listen attentively and give support to the speaker. Remember, when you listen with your heart, it allows you to hear the true intent and feelings the speaker is trying to share. Listen in a way you expect others to hear you when you speak.

5) What is said in the circle stays in the circle - never repeat anything that is said within the circle, unless the speaker gives you permission to do so.

*Grades 4 to 6:

Fun Fact: When arranging a circle, smudging the participants with sage will help dismiss any negativity they may be carrying with them. In a way, it's like 'wiping' your spiritual 'feet' before entering the circle. As well, keeping a sage smudge burning during the circle, particularly when emotions are intense, will help keep negativity from entering.

I will post more on Smudging next week!

Choice 2:

Every morning before starting our day at school, we sing O'Canada. Many homeroom teachers use various versions of O'Canada, but all our teachers at NSEE have access to the English/Mikmaq version. I thought I would share it with all of you and I challenge you to listen to and sing the lyrics of O'Canada, at least once this week. When everyone in your family is awake, ask for assistance to play the O'Canada video. Think of this as a great educational way to start your day and to practice singing O'Canada in two different languages.

Video 1: English/Mikmaq version by Kalolin Johnson (Found on You Tube)

<https://www.youtube.com/watch?v=aOBbvkhZRSM>

*This video can also be found on my teacher page.

Video 2: Mikmaq version

<http://firstnationhelp.com/ali/okanata.php>

*This video can also be found on my teacher page and the full Mikmaq O'Canada lyrics can be found below:

Mikmaq O'Canada Lyrics:

O' Kanata
Oh Canada

Kmîtkinu kinu
Our territory

Me'ki ksite'Imulek
We feel highly for you

Nkamlamuninaq
In our hearts

Kesi ksalulek
We love you

Mekite'Imulek
We're proud of you

Kisiknewa'liek
You have given us strength

Ta'n tetutki'k
The entire area

U't maqmikew
Of this land

Melki ankweyulek
We strongly protect you

Kisu'lkw wli-anko'tj
May the Creator protect

Kmîtkinu
Our territory

O' Kanata melki ikalulek
Oh Canada we strongly protect you

O' Kanata melki ikalulek
Oh Canada we strongly protect you

Mi'kmaw	English	Slow Phonetics
Kmîtkinu.	Our land.(territory)	Kmîtkinu.
Nkamlamun	My heart.	Nkamlamun
Kesi-ksalulek.	We love you greatly.	Kesi-ksalulek.
Ankweyulek.	We take care of you.	Ankweyulek.
Kisu'lkw	Creator	Kisu'lkw
U't maqmikew.	This land.	U't maqmikew.