



FALL | ʔweýst | sk'aʔáy' 2024 NEWSLETTER



IN THIS ISSUE

You will discover updates regarding our autumn activities, along with useful home safety tips for children.

Mission

We are all somebody's seventh generation. We are committed to work with our communities to create the necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.



Vision

Work collectively to exercise nte?képmx and syilx inherent rights as we empower children, young people and families.

tekm míns | tá k'wúl'əm - Our Call to Action

We are at a critical moment in time. A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children.

For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come.

Through the wisdom of our ancestors, we have been taught the ways to care for one another. We must work toward a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy, not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization to bring traditional knowledge, guidance and practices of the nte?képmx and syilx people forward in collaboration and guidance of our communities.

It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve; and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nte?képmx and syilx ancestors have anticipated this change and passed on their wisdom as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children, young people, families and communities will remain together and rekindle their cultural ways of being.

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SCFSS STRATEGIC DIRECTIONS

CULTURE OF CARING

- Communicate with one voice
- Integrate language and traditional teachings into programs and services
- Grow caregiver networks in alignment with traditional and community values
- Incorporate learning from Elders and Knowledge Keepers
- Return rights and responsibilities to our people through the development and implementation of Governance and Laws



PROTECTION TO PREVENTION

- Bring and keep our children home
- Align programs and services with our vision
- Shift our focus from fear to love
- Build community engagement and capacity
- Build trusting relationships

GROWING OUR PEOPLE

- Engage community expertise to support our vision
- Retain those committed to our vision
- Adopt, embrace, and implement cultural practice frameworks
- Acknowledge Post-traumatic Growth (PTG)
- Build professional capacity

INFRASTRUCTURE ALIGNMENT

- Realign budgets to shift from protection to prevention
- Improve Information Technology support in current and post COVID-19 environment
- Structure change management to achieve our collaborative vision
- Improve prompt management reporting
- Integrate programs and services to build community capacity



CULTURE & LANGUAGE TEAM UPDATES - SEPTEMBER



Hide stretching and scraping - Sept-4-2024



LNIB Youth Canoe Pull with LNIB Culture Team at Tunkwa Lake. Sept 13&14



CULTURE & LANGUAGE TEAM UPDATES - OCTOBER



Feel the Beat - Medicine Making Part 1- Oct-2-2024



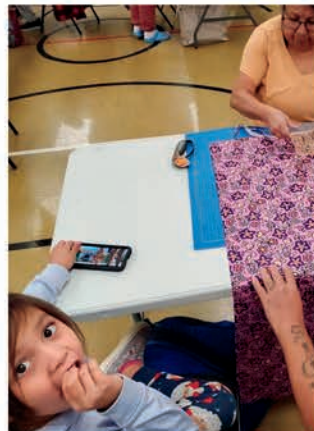
Shackan Drum Bag Making - Oct-8-2024



CULTURE & LANGUAGE TEAM UPDATES - OCTOBER



Feel The Beat - Poppy Beading Event on October 10, 2024, as shown in the photo above. The Culture & Language Team hosted a contest inviting community members to win a beaded poppy crafted by Erica Collins. Participants were encouraged to share a photo or story about an Indigenous Veteran they knew. Jamie Swakum shared a touching story and was presented with one of the beaded poppies.



Feel the Beat - Regalia Making - Oct-17-2024

CULTURE & LANGUAGE TEAM UPDATES - NOVEMBER



Drum Making with Child Wellness Team Nov-5-2024



Feel The Beat - Christmas Decorations - Nov-20-2024



CULTURE & LANGUAGE TEAM UPDATES - NOVEMBER



Feel The Beat - Christmas Decorations - Completed Ornaments Nov-20-2024



Grandfather Rock Collection for K^{wu} Stəmtíma? - collab with Community Team



Medicine Pouch Making with the Youth Team.



Corrina Manuel, Elder's Coordinator















Barbara Houston, Culture Coordinator

September Harvesting



This season, we gather the following items. Reach out to your knowledge keepers to learn about sustainable harvesting practices, how to pronounce these phrases, and the safe uses of these natural gifts. The phrases in red represent the **nle?képmxcin**, while those in turquoise are in **nsyilxcən**. Additionally, we have provided a QR code for you to listen to the accompanying audio file.

Connect with an Elder to share stories about gathering, and join us for our next "On The Land" event to reconnect with both nature and yourself.

		
Labrador Tea	k'ecé?	s'c'ris
		
Moose	syʕálxkn	paʕpaʕiʕáča?
		
Deer	smíyc	sʕ'a?cínm
		
Indian Celery (Seeds)	ćewete?	ʕ'áqwa?













*"All plants are our brothers and sisters. They talk to us and if we listen, we can hear them."
- Arapaho*

October Harvesting

This season, we gather the following items. Reach out to your knowledge keepers to learn about sustainable harvesting practices, how to pronounce these phrases, and the safe uses of these natural gifts. The phrases in red represent the **nle?képmxcin**, while those in turquoise are in **nsyilxcən**. Additionally, we have provided a QR code for you to listen to the accompanying audio file.

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Steelhead Trout	cóʔwleʔ	xʷəxʷmín'aʔ
		
Chokecherry	stəptəpúseʔ	ʔəxʷʔəxʷ
		
Mushroom	məʔqíʔ	ʔʔqin
		
Tiger Lily	céwək	stəxcin













"The Earth does not belong to man - man belongs to Earth." Native American Proverb



November Harvesting

This season, we gather the following items. Reach out to your knowledge keepers to learn about sustainable harvesting practices, how to pronounce these phrases, and the safe uses of these natural gifts. The phrases in red represent the **nle?képmxcin**, while those in turquoise are in **nsyilxcən**. Additionally, we have provided a QR code for you to listen to the accompanying audio file.

Connect with an Elder to share stories about gathering, and join us for our next "On The Land" event to reconnect with both nature and yourself.

		
Rainbow Trout	cu?xéłus	xʷəxʷmín'a?
		
Rabbit	sqʷoqʷyəc	spəplina?
		
Winter	sʔístk	?ístk
		
Gather or Cut Firewood / wood firewood	síqsiḅ	slip'

"We must protect the forests for our children, grandchildren and children yet to be born. We must protect the forests for those who can't speak for themselves such as the birds, animals, fish and trees."

- Qwatsinas (Hereditary Chief Edward Moody), Nuxalk Nation

k'cá?htán'

Time of the Snow



Upper Nicola
Language Department

Nsyilxcən words of the day

1	k'iyt	Cold
2	smik'wt	Snow
3	smq'maq'	Be snowing
4	mq'maq'	Falling snow
5	sx'ap i? sxuyant	Icicle
6	syiriwa?xn	Snowshoes
7	spikst	Glove
8	spəpikst	Gloves
9	k'ík'uíxn	Boots
10	lkapú	Coat
11	sqəqatlq's	Knitted sweater
12	q'acqn	Hat
13	nk'ca'mn	Prayers
14	ka'ncút	Pray
15	limləmt	Thank you, thanks
16	nk'nim	Sing
17	nk'ak'intn	Song
18	lwliwlx	Bell
19	liwmst	A bell rings
20	sx'ic'cx	Gift
21	ha?ntim or ha?ám	Respect
22	?alu?scút	Gather together
23	k'pu'mcnm	Honour feast
24	npilsmənt i? spúta? i? k'w isnəqsilx'	Enjoy the holidays my friends
25	ca?k'w ni'cip x'ast i? spúta?	Have a Merry Christmas
26	ca?k'w way' ti x'ast ispúta? klanwi	May Christmas be good to you
27	nsicla?x'	New ground
28	číaiq'wt	Stick game set
29	sípála?q'	Stick game stick
30	sk'w'nk'wa'nt	Stick game bones
31	xspus	Happy, at peace

December





Nicola Canoe Pull - August 20-22, 2024

The 2024 Canoe Pull was nothing short of an extraordinary experience. Many community members joined to support when available, including the RCMP, SHSS, Chief Lee Spahan, SCFSS, Highland Valley, as well as kids and staff from LNIB, Coldwater, and Nooaitch.

Traditionally, we drive the canoe into the water, but this year, we had both kids and adults carry it. When doubts arose about whether it could be done, I encouraged everyone to introduce themselves to the canoe and say, “Can you be light as a feather? I’m going to carry you to the water.” Amazingly, with everyone working together, the canoes were easily carried. It was heartwarming to witness such teamwork and unity.

The day of paddling brought warm, pleasant weather—perfect for being on the water, with just enough wind to enhance the experience for participants. I joined the paddling crew until we reached Monk Park, where I transitioned to helping with preparations for the evening meal.

The drive back to the camp turned out to be longer than expected. The paddlers arrived only moments after I did, leaving little time for the Elders to greet them. It became my honor to welcome the group and grant permission to land.

Later, I partnered with Tracey to make Bannock—our largest batch ever, prepared by estimation but still perfectly on point. A young boy from LNIB eagerly joined us to shape the Bannock, clearly enjoying the process. Special thanks to Corrina, who promptly helped by picking up yeast when I asked—her support was invaluable.

One of the highlights for me was watching the kids in the evenings. Without electronic devices, they simply played, laughed, and ran around, enjoying life as kids should. Seeing their carefree joy brought a sense of peace to my heart.

On the final day, we worked together to pack up, held a closing ceremony, and captured a group photo. Though it felt like the event ended too soon, our responsibilities back in the real world awaited us.

This experience truly showcased the power of community, collaboration, and the joy of living in the moment.

Barbara Huston, Culture Coordinator

“The youth enjoyed camping, being on the water, and being with friends! We ate delicious food, played games, and painted together. It was a wholesome experience to be a part of and we look forward to supporting the Canoe Pull next year!”

Haylee Genaille, Social Development & Education Coordinator
Sxéxn’x (Shackan) Indian Band



NICOLA CANOE PULL - AUGUST 20-22, 2024



NICOLA CANOE PULL - AUGUST 20-22, 2024



CULTURE OF CARING





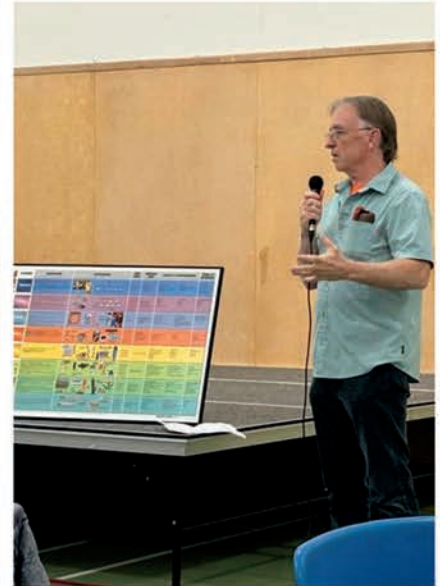
NICOLA CANOE PULL - AUGUST 20-22, 2024



COMMUNITY PREVENTION TEAM UPDATES - SEPTEMBER



Shackan Desert Hills Trip Sept-10-2024



Coldwater Speaker and Educations Series Events in collaboration with Coldwater Band, SCHSS, Day One Society, Indigenous Policing and SCFSS

Above: Drug Awareness Event Sept-23-2024

Below: Jann Derrick: "It's not just about our kids, it's about us too" Nov-26-2024





COMMUNITY PREVENTION TEAM UPDATES - SEPTEMBER



Nooaitch Back to School Event - Sept-11-2024

COMMUNITY PREVENTION TEAM UPDATES - SEPTEMBER



UNB - K^wu Stəmtíma? Baby Welcoming Celebration - Sept-14-2024



UNB Girls Trip to Kelowna Oct 25-27, 2024, The weekend included workshops facilitated by Carolyn Charleyboy, River Anderson and Willa Ermineskin. Topics included healthy self-esteem, healthy sexuality, drugs and alcohol. Along with self-care activities and cultural teachings by knowledge keepers.

COMMUNITY PREVENTION TEAM UPDATES - SEPTEMBER



National Day for Truth and Reconciliation Walk with LNIB - Sept-27-2024



COMMUNITY PREVENTION TEAM UPDATES - OCTOBER



The Community Team Ghouls Oct 2024





COMMUNITY PREVENTION TEAM UPDATES - NOVEMBER



LNIB National Addictions Awareness Week - Monday: Awareness March. Tuesday and Wednesday: Interactive Table and activities (medicine soaks, Bingo, walk the line, prize draw, grandfather rocks and medicine ties. Thursday: Healthy Living Acknowledgment Dinner



Red: A red ribbon is commonly used to raise awareness for substance abuse, including alcohol and drug dependence.

Teal: A teal ribbon is used to raise awareness for addiction recovery.





Shackan Culture Camp August 23-24, 2024

In August 2024 SCFSS supported the Shackan Culture Camp. The event included drum making, cedar bark necklace making, a youth scavenger hunt, Indian bingo, plenty of laughs and delicious food. The I.R.S.S.S. was on site to offer brushing off and an info session about smudging.

"We believe the culture camp was a great success. Many families attended, and there seemed to be activities for everyone to enjoy. While we had hoped to host it at a lake or an outdoor location, the fires and other risks made it necessary to hold the event in Shackan. Despite this, we made the best of the situation and created a memorable experience for all."

The drum-making and cedar bark necklace workshops were definite highlights, while the kids had a fantastic time with the scavenger hunt and rock painting. A special thank you goes to Darleen, who generously shared teachings on smudging to the adults and children."

**-Haylee Genaille, Social Development & Education Coordinator
Sxéxn'x (Shackan) Indian Band**



Satara Twan, Acting Community Team Leader



Harmony Williams, Community Prevention Worker



Willa Ermineskin, Community Prevention Worker



Jalissa Weymouth, Community Prevention Worker

The First Nations Child and Family Services and Jordan's Principle Settlement has been approved. This is what this means for you.



First Nations Child and Family Services and Jordan's Principle Settlement

The Court has approved the Settlement Agreement in the First Nations Child and Family Services and Jordan's Principle Class Action. This means that Canada will pay \$23.34 billion in compensation for impacted First Nations children and some of their family members.

This notice provides information about the Settlement. You can find more information and sign up for updates at www.fnchildclaims.ca or you can call 1-833-852-0755.

What's the Settlement about?

The Settlement provides compensation to First Nations children living on reserves or in the Yukon who were removed from their homes by child welfare agencies operating in First Nations communities and placed in out-of-home care between April 1, 1991 and March 31, 2022.

The Settlement also provides compensation to First Nations children who did not receive timely access to essential services and who had a confirmed need for those services between April 1, 1991 and November 2, 2017. This treatment discriminated against the children and broke a legal rule known as Jordan's Principle.



Am I included in the Settlement?

Compensation is not yet available. When it becomes available, you may be eligible for compensation if you are one or more of the following:

<p>A child removed from their home or placed off-reserve</p> <p>Removed Child Class</p>	<p>A child who had a denial or delay of an essential service</p> <p>Jordan's Principle Class Trout Child Class Essential Service Class</p>	<p>A child placed off-reserve</p> <p>Kith Child Class Kith Family Class</p>
<ul style="list-style-type: none"> • First Nations children who, while under the age of majority between April 1, 1991 and March 31, 2022, were living on a reserve and were removed from their homes by child welfare authorities or voluntarily placed into care. • The placement was funded by Indigenous Services Canada (ISC). • At least one caregiver (parents or grandparents) were resident on reserve or living in the Yukon. 	<ul style="list-style-type: none"> • First Nations children (living on-reserve or off-reserve) who were confirmed to need an essential service but faced a delay, denial or a gap in receiving that essential service between April 1, 1991 and November 2, 2017. 	<ul style="list-style-type: none"> • First Nations children placed off-reserve with a non-family caregiver. • The caregiver did not receive any funding related to the placement. • A Child Welfare Authority was involved at the time of the placement. • Caregiving parent or grandparent of children of the Kith Child Class.

The caregiving parent or grandparent of a child who experienced removal or a delay or denial of an essential service

This includes birth, adoptive and step parents.
It does not include foster parents.

Removed Child Family Class | Jordan's Principle Family Class
Trout Family Class



A fund of \$50 million will be established to assist First Nations children and families impacted by Canada's discrimination. An additional fund of \$90 million will be established to benefit high-needs Jordan's Principle class members to ensure their personal dignity and well-being.

When will I receive compensation?

The first Claim Forms will be available in several months. Please visit www.fnchildclaims.ca for more information, updates and timelines, and to find out when Claim Forms will be available.

What can I do now?

Sign up for updates at www.fnchildclaims.ca. This will ensure that you receive updates on the claims process and a copy of the Claim Forms when they are available.

There are supports and resources available to help you understand the Settlement and apply for compensation when the claims process is open.



To learn more about the Settlement and sign up for updates on the claims process, visit www.fnchildclaims.ca.



Claims support services are available by calling the Administrator at **1-833-852-0755**.



If you are experiencing emotional distress and would like to speak with a counselor, please contact the **Hope for Wellness Helpline** at **1-855-242-3310**, or visit www.hopeforwellness.ca to chat.





DECEMBER 2024



- Community Calendar -

CULTURE OF CARING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CIB - RIBBON SKIRT MAKING 5-8 PM @BAND SCHOOL	3 LNIB - BABY WELCOMING CEREMONY 5 PM @SHULUS SIB - XMAS BEADED ORNAMENTS @SHACKAN CIB - WOMEN'S GROUP INDIAN BINGO 5-8 @HEALTH BUILDING	4 SCF - FEEL THE BEAT XMAS DINNER 4-8PM @CIVIC CENTRE	5 NIB - JORDAN'S PRINCIPLE INFO SESSION @NIB HALL	6 CIB - SCHSS HEALING FROM FROM GRIEF & LOSS @HEALTH BUILDING DEC 6 (6-8PM) 7(10-3PM) 8(10-3PM) ALL DAY	7 SCF - MEN'S GROUP XMAS DINNER 4PM @CIVIC CENTRE
8 LNIB - PHOTOS W/ SANTA @ROCKY PINES CMTY CNTR 2-6PM UNB - XMAS PARTY 9AM-12PM @NKWALA SCHOOL CIB - XMAS DINNER 1-6PM @BAND SCHOOL	9	10 CIB - ELDERS LUNCH - DON BURNSTICK 11-3 @BAND SCHOOL GYM	11	12	13	14 SCF - MEN'S GROUP OUTREACH WALK 2PM @SPIRIT SQUARE
15 NIB - XMAS PARTY @NIB HALL	16 SCF - WOMEN'S GROUP 5-8PM @CIVIC CENTRE	17 LNIB - ELDERS XMAS PRTY 12-2 @SHULUS HALL	18	19 NIB - TOKEN ECONOMY EVENT @NIB HALL	20 SD58 - LAST DAY OF SCHOOL BEFORE WINTER BREAK SIB - XMAS DINNER 5-7PM @SHACKAN HALL CIB - WOMEN'S GROUP WESTBANK SHOPPING 8:30-4 CIB - SCHOOL SLEEPOVER 5PM	21
22 LNIB - COMMUNITY XMAS PRTY 1 PM DOORS OPEN @BAND SCHL	23	24	25 CHRISTMAS DAY	26 BOXING DAY CIB - ICE FISHING	27	28
29	30	31	1 NEW YEARS DAY	2	3	4

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- Coldwater:**
- Youth Drop-in | Coldwater Health Building | Tuesday | Afterschool
 - Men's Group | Coldwater Health Building | Bi-Weekly Wednesday | 6-8pm
 - Women's Group | Coldwater Health Building | Tuesday | 5:30-8pm
- LNIB:**
- Soup Kitchen - Every Wednesday
 - After School Recreation | Varies | Monday-Thursday *May change for Weekend Snowboarding | 2:30-4:45pm
- Nooaitch:**
- After School Drop In (ages 6+) | SCHSS Satellite Office (Across from Band Hall) | Varies | 3:45 - 5:30 PM | Parents please pick up from the SCHSS Satellite Office!
 - Gym Night (ages 6+) | Nicola Canford School (pick up in Nooaitch from each child's home) | Every Wednesday | 6 - 7:30 PM
 - Drum Nights | Nooaitch Band Hall | Tuesday (3rd & 10th) | 5-7pm
- *Check Sha-Noo Facebook group for December changes and Friday Skating times*

- Shackan:**
- After School Drop In (ages 6+) | SCHSS Satellite Office (Across from Nooaitch Band Hall) | Varies | 3:45 - 5:30 PM (Parents please pick up from the SCHSS Satellite Office!)
 - Gym Night (ages 6+) | Nicola Canford School | Every Wednesday! | 6 - 7:30 PM
- UNB:**
- nsyilxcn Christmas Songs | Zoom | Monday & Wednesday | 12pm & 6pm
 - Girls Group (ages 11-16) | Kwu Stemtima Office | Dec 4th & 19th | 4:30-6:30PM

Legend:

- Event Name | Location | Day | Time

YOUTH TEAM UPDATES



SCF Open House - Youth Team Station - Nov-14-2024

At the youth table, we had some exciting activities planned centered around our theme of wellness. We hosted a draw for the wellness basket. The basket was packed with hygiene and self-care goodies. Our team added in some creativity to the table by making affirmation bracelets. Together we braided friendship bracelets featuring uplifting words. Each bracelet was wrapped in a thoughtful note with a positive affirmation. The goal was to spread a little extra encouragement to everyone who stopped by the youth table.

At our table we also highlighted the work we have been doing throughout the year. We shared information about our programs and activities, including CLC Lunch-and-Learns, Gathering Our Voices, River Rafting Adventures, Cultural Activity Bingo Sheets, and so much more. Visitors got a clear picture of who we are and the meaningful day-to-day efforts we put into supporting youth in our community.

We invited one of our youth to volunteer to fry up fresh Bannock to distribute at our table. It drew people in and quickly became a crowd favorite. Everyone raved about how delicious it was with Barb's homemade huckleberry jam!



*Emilie Thurber,
Youth Wellness Coordinator*





Sept 5 2024 - CLC Youth Lunch & Learn 2024 - Back to school event.

SCFSS Youth Transition Coordinator is starting the weekly life-skills program once again at our local alternative school. On Sept 5, 2024 a back to school event was held. The lunch and learns will take place weekly, every Thursday from 11:30am to 1:00pm. Some quotes from the participants year end survey - Anonymous feedback from the Staff and youth: "I have worked in the alternate school many years and this program has connected with staff and students in a positive way. Staff are hoping this can continue next school year". "I would recommend this program because it helps broaden some aspects in life that aren't too looked into".

Some of the benefits of this program build on life skills and include the ability to manage emotions, mental and physical health, finances, relationships, and school performance. The ability to champion these things has a direct impact on how our young people feel about themselves, which helps promote emotional balance, better physical health, and ultimately independence.

Youth Resident Elder Keith Jagger will be accompanying the CLC Lunch and Learn program on Thursdays to connect with the students and staff.

If you or your agency are interested in coming and facilitating an information session or life-skills workshop for the youth, please contact Shay Lee. We are more than happy to have you share your resources and knowledge with the youth. Lunch is always provided.



Shay Lee Jack, Youth Transition Program Coordinator





Food Safe Level 1 for the Youth Team

The Youth Prevention Team, Youth TL, along with 4 of their relations all successfully passed their Food Safe Level 1. The goal of completing the Foodsafe certificate is to develop a Cooking and meal prep program where the relations can obtain kitchen life skills and experience that will support any food insecurity in the future.

Now that step one is complete (Foodsafe), the youth team can now further plan their cooking group where meals will be made for both the relations and for having emergency meal prepped dishes ready to reheat and go when needed.

It is proven that youth tend to have a higher success rate when their mentors and peer supports are actively learning beside them. Not only do the relations get a completion certificate, cooking skills and experience, some relations were even excited that they can now add their training and experience to their resumes to pursue Customer service and culinary careers.

Youth River Rafting – August 27, 2024

A total of 16, both youth workers and their relations, attended a thrill-seeking opportunity to relationship build and reconnect before back to school.

Summer months can be difficult keeping in touch with your youth. This experience gave the staff an opportunity to effectively communicate and strengthen their relationship with some of their youth who participated.

Some benefits of white-water rafting include stress management, promoting confidence, bonding, adrenaline, teamwork, exercise, reconnecting with land, and more.

Going on a wild river adventure with your teammates is perfect for building deeper and more fulfilling relationships with them. In regard to family bonding, it gives you a chance to learn more about their strengths and weaknesses, which helps each member of the family to bond. And without modern-day distractions like smartphones or other technology, families are able to have much more time to bond with each other while overcoming the rapids.



*Shay Lee Jack, Youth Transition
Program Coordinator*



Stay Safe Babysitting Course – July 9, 2024 & July 11, 2024

The two-day course was a huge success both courses were at Max capacity we are pleased to announce that everyone passed and obtained their certificates.

The goal for holding this training opportunity goes along our vision we work collectively to exercise nē?kepmx and syilx inherent rights as we empower children, young people, and families. We believe holding these types of learning opportunities empowers our younger generations towards building healthy children, healthy families, and healthy communities.

Some quotes from the participants include “The instructor was amazing my children really enjoyed her.” - Mother. “The instructor was really good with the classroom and works well with the children.” - child team staff.

Not only you are children and youth obtain their certificates and training they get a chance at earning income from future babysitting opportunities that teaches lifelong skills.



*Shay Lee Jack, Youth Transition
Program Coordinator*





Is Your Child Safe? Play Time



Download the PDF



10 General Safety Rules You Should Teach Your Children

1. Safety Rule #1 Know Your Name, Number and Address:

Your child may be small but it is important to teach basic contact details like your and your partner's name and contact number. Your child should be able to share your contact number with someone in case of an emergency. Also, knowing where home is and any nearby landmark is also important. Help your child memorize these with regular practice at home. Also, help your child memorize a backup number to call, like a grandparent, uncle or aunt.

	My Name:

	Our Address:
	_____
	Phone Number:
	_____
	In an emergency I will
	911

2. Safety Rule #2 Do NOT Eat Anything Given By A Stranger:

You need to teach your child about the dangers of eating food that is given by a stranger. No matter how tempting the treat is, if it comes from a stranger, your child should not eat it. Teach your child that it is dangerous to accept food from anyone. Ask them to politely refuse in case someone is offering food without your consent or in your absence.



3. Safety Rule #3 Do NOT Climb the Fence:

Your child may be playing ball and suddenly it bounces off to a space inside a fence. Teach your child never to try and retrieve something by climbing through a fence. If something like this happens, your child should ask the help of a grown up, but never go near a fence.



4. Safety Rule #4 Do NOT Walk out of the Yard Alone:

Similar to the point above, your child should know that it is not permissible to walk out of your yard alone. If your child needs to go out for anything, you or some known adult should be accompanying your child at all times.



5. Safety Rule #5 Playing Or Experimenting with Fire Is NOT Allowed:

Whether or not you are at home, your child should know that it is absolutely not allowed to play with fire. Only if you are around and have given your permission can your child be near fire. Make sure all fire outlets are safely out of your child's reach.



6. Safety Rule #6 Never Go Anywhere with A Stranger:

Your child should know that no matter what the reasoning, it is not safe to go anywhere with a stranger. Tell your child that if a stranger tells them something like 'Your mom asked you to come with me immediately,' they should stay where they are and shout out for help. Ensure that if there is an emergency, you will always send a family member, like grandparent or aunt, to be with your child and not a stranger.



Source: momjunction.com



10 General Safety Rules You Should Teach Your Children

7. Safety Rule #7 No One Is Allowed to Touch Your Kid's Body:

This is a very important safety rule for child and you should teach about it as soon as your kid can understand the basics. Teach about good touch and bad touch. Tell your child that no one is allowed to touch your child except mommy, and sometimes papa, if needed. If anyone else has touched your child, your child should immediately shout for help and alert people around.



8. Safety Rule #8 If You Get Lost, Stay Where You Are:

In the event that your child gets lost, tell them it is important they stay right where they are. If they see any other mom with child nearby, they can ask her for help. Your child should stay inside the place and not go out, even with the other mom. Most common places where child get lost are the super markets. Tell your child that they can walk up to the counter of the store and tell the person they are lost.



9. Safety Rule #9 Do NOT Share Address and Phone Details With

Your child should know that it is unsafe to share personal details like phone numbers, address, email ids or pictures with strangers. Any information that is shared should only be with your consent or in your presence.



10. Safety Rule #10 If I Am Uncomfortable I Will Not Do It:

No matter what your child may be asked to do, if it makes your child uncomfortable, your child should NOT do it. This could be something as simple as taking off clothes in front of others and diving in a home pool. If your child is not comfortable about it, no matter how many friends are doing it, your child should not do it at all.



It is important that you teach your child about these basic safety rules for kids as soon as they are able to understand. There are certain things that you can start teaching your child as early as three years of age. Make sure you speak to your child in an age-appropriate language. Also, always keep communication open. This will encourage your child to tell you everything.



Download
the PDF



Source: momjunction.com



EMPLOYMENT OPPORTUNITIES

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?képmx and syilx traditional knowledge and principles. SCFSS utilizes prevention and protection strategies with the collective goal to keep children with their families and communities. SCFSS recognizes historical challenges and is guided by traditional strength and wisdom to build family and community capacity in a monumental shift from protection to prevention.

As an Indigenous organization serving the nte?képmx and syilx communities, SCFSS prioritizes the hiring of nte?képmx and syilx community members. Following community member priority and pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Indigenous ancestry.

Current Postings

- Executive Administrator
- IT Technician (Tier 1)
- Social Worker
- Youth Transition Coordinator
- Youth Outreach Worker

*Check our website regularly, we will post there first!

APPLY NOW

See our full postings and apply on our website at www.scwexmx.com
Submit your cover letter and resume on our website, you can also send inquiries to: jobs@scwexmx.com



LOCAL TRAINING OPPORTUNITIES



- Basic First Aid
- Intermediate First Aid
- Advance First Aid
- Emergency First Aid
- Standard First Aid
- Transportation Endorsement
- Emergency Medical Responder
- Mental Health First Aid
- FOODSAFE Level 1
- WHMIS 2015
- CSTS-09
- Traffic Control
- OSSA Fall Protection
- OSSA Elevated Work Platform
- Confined Space Entry & Monitor
- Confined Space Rescue
- H2S Alive
- Transportation of Dangerous Goods
- Global Ground Disturbance
- Pipeline Construction Safety Training
- Forklift Training
- Intro to Grid Powered Solar PV
- Workforce Skills Training
- Cooking Class
- Gladue Writing Training
- Forestry Worker Essentials

New dates for Basic First Aid and Advanced First Aid Courses are here! Equip yourself with life-saving skills and be ready to respond confidently. Register today and make a difference!

Learn more about our First Aid courses: nvit.ca/continuingstudies.htm

Download the registration form: https://www.nvit.ca/.../cost_registration_form_fillable...



SHORT STORY WRITING CONTEST



DEADLINE OF ENTRIES:
Monday, 16th December 2024,
12:00 PM

OPEN TO:
All NVIT students

SUBMIT TO:
ymensies@nvit.ca

PRIZES

1st Runner-up: \$100.00

2nd Runner-up: \$50.00



ARTIST REQUEST FOR PROPOSAL

Nicola Native Lodge Society



We are looking for local artists to create several pieces of artwork for the Nicola Native Lodge. The artwork will serve as focal points that enhances the aesthetic of Nicola Native Lodge, providing an inviting atmosphere, and reflecting the values and identity of the local Indigenous culture.

For more information visit
www.scwexmxtribal.org
→ Department Initiatives
→ NNL Updates and scroll down

FOR MORE INFORMATION
VAUGHN SUNDAY, EXECUTIVE
DIRECTOR SCW'EXMX TRIBAL COUNCIL

250-378-4235 ext. 112
director@scwexmxtribal.org



NICOLA VALLEY INSTITUTE OF TECHNOLOGY

CHRISTMAS CRAFT FAIR

DECEMBER 12TH, 2024
2:00 PM - 8:00 PM



NVIT MERRITT CAMPUS 4155 Belshaw Street, Merritt, BC V1K 1R1

ADMISSION IS FREE. EVERYONE IS WELCOME!





FUNDING OPPORTUNITIES

Please visit one of the following links to find out more about their grant, bursary or scholarship application process. If you know of another grant opportunity not listed, please contact isparc@isparc.ca.

I-SPARC GRANTS

Equipment Grant Program

Facilitators may purchase equipment for Indigenous community group activities.

Healthy Living Community Grants

Trained AHLA leaders are eligible to receive up to \$1000 for the delivery of their community healthy living project.

First Nations Health Authority

Various funding opportunities offered by the FNHA

Active Living Grants

BCRPA – Recreation Program Support Grants

Various recreation grant opportunities.

Canadian Tire Jumpstart

Sport and physical activity funding for families who meet financial need criteria.

BC Community Gaming Grants

Grants for non-profits providing programs or services of direct benefit to the broader community.

Good Sports Equipment Grant

An equipment grant for organizations serving youth between 3-18 years old.

Kid Sport BC

Grants for children ages 18 and under to participate in a sport season of their choice.

McConnell Foundation

Grants to support innovative approaches to social, cultural, economic and environmental challenges.

Nike N7 Fund

Grants to support Indigenous sport-focused projects and activities.

Right to PLAY Program

Support and training for the Promoting Life-skills in Aboriginal Youth (PLAY) Program.

Royal Bank of Canada

A variety of community grant opportunities.

ViaSport Grant Funding Programs

Various sport-related grant opportunities.

Foundation/Community/General Grants

Canadian Women’s Foundation

Grants for programs designed for women and girls who face multiple barriers.

Civic Info Community Grants

A research tool to help you find applicable community grants by subject and grant provider.

Dreamcatcher Charitable Foundation

Supplying grants to individuals with the goal of developing First Nations youth as future community leaders.

Kitimat Foundation

Funds for projects or programs, equipment, or resources that are shown to benefit the communities of Kitimat and/or Kitimaat Village.

Island Coastal Economic Trust

Funding for communities, First Nations, and other orgs to support economic development and investment readiness.

Nanaimo Foundation

Funding for qualified community projects demonstrating basic sustainability.

New Relationship Trust

Supporting First Nations with funding in the areas of Governance, capacity, Education, Language & Culture, Youth & Elders, and Economic Development.

Northern Development Initiatives Trust

Working with communities, First Nations, and others to build a stronger North.

Plan H

Various community grant opportunities from BC Healthy Communities.

Prince George Community Foundation

Grants addressing critical issues and opportunities in Health, Art and Culture, Social Services, Environment Education, Sports and Recreation.

S’cool Life Fund

Funding projects for students aligned with DREAMS – Drama, Recreation, Extra-Curricular, Arts, Music or Sports.

Southern Interior Development Initiative

Grants to support projects that will have long-lasting and measurable regional benefits for the Southern Interior.

Terrace Community Foundation

Grants for projects that provide a service to the community, or resolve a community challenge.

TD Friends of the Environment Foundation

Grants supporting a wide range of environmental initiatives, with a primary focus on environmental education and green space programs.

United Way Lower Mainland

Various grant and funding opportunities.

Healthy Living Grants



LEARN MORE
CLICK OR SCAN





FUNDING OPPORTUNITIES

Terrace Community Foundation

Grants for projects that provide a service to the community, or resolve a community challenge.

TD Friends of the Environment Foundation

Grants supporting a wide range of environmental initiatives, with a primary focus on environmental education and green space programs.

United Way Lower Mainland

Various grant and funding opportunities.

Healthy Living Grants

Northern Indigenous Health

Supporting community-based health and wellness initiatives.

Breakfast Club of Canada

Funding for breakfast programs offered to school-aged children and youth during the school year.

DASH Healthy Living Grants

Support for school districts and First Nations and/or independent schools, based on a shared vision from DASH, Healthy Schools BC, the Ministry of Health and the Ministry of Education.

Farm to Cafeteria Canada

Farm to school grants, designed to establish or enhance efforts to bring more local harvest to schools in a salad bar meal service.

Northern Health

IMAGINE Community Grants – various community health grant opportunities.

Nutrition Link Society

Grants to support and sponsor food security projects through nutritional education and food skill building for vulnerable British Columbia residents.

Plan H

Various community grant opportunities from BC Healthy Communities.

Vancouver Coastal Health Promotion Grants

Support for not-for-profit orgs to respond to emergent community and organizational health promotion needs.

Reduction of Tobacco Misuse Grant

Tobacco Timeout Challenge

A 24-hour quitting challenge with \$250 incentive.

British Columbia

BC Gaming Grants

Community Gaming Grants support eligible not-for-profit organizations that deliver community programs that benefit the citizens of BC.

Scholarship Opportunities

Aboriginal Learning Links

Links to major scholarships and bursaries for BC First Nations Students.

Indigenous Bursaries Search Tool

A searchable list of 688 bursaries, scholarships and incentives across Canada.

New Relationship Trust Foundation

Scholarships and bursaries for Indigenous students.

Indspire

Indigenous bursaries, scholarships, and awards.

BC Scholarship Society

Offering Award programs for students who identify as Indigenous – First Nations (Status or Non-Status), Métis or Inuit and pursuing post-secondary education in BC.

Scholarships Canada

A searchable scholarships portal.

Health Sciences Association

Scholarships and bursaries in the Health Sciences field, including an Indigenous-specific stream.

Future Generations Foundation

The FG Foundation supports education programs aimed at healing, reconciliation, and knowledge building.

University of Victoria

Indigenous students can apply for financial support in the form of scholarships and bursaries.

University of British Columbia

Dedicated scholarships, bursaries, and awards for Indigenous students.

University of Northern British Columbia

Awards and financial aid for Indigenous students.

Coast Mountain College

Various awards and bursaries.

Simon Fraser University

Financial assistance opportunities for Indigenous students.

Thompson Rivers University

National, provincial, and local funding opportunities for Indigenous students.

*Many colleges and universities in BC have scholarship opportunities for Indigenous students that we've only listed one per region above.



SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!



Would you like to receive newsletters and updates from Scw'exmx Child & Family? Scan or click the QR code below to sign up for our newsletter today!



www.scwexmx.com / facebook.com/scwexmxchildandfamily / Instagram.com/scwexmxchildandfamily

Scw'exmx Child & Family

Child Wellness Concern After Hours? Please Call:

1-800-663-9122

Children's Help Line for Children and Youth

Do you need help?

If you don't feel safe or you have a concern, you can call this number 24-hours a day for free from any phone.

310-1234

Scw'exmx Child & Family Services Society

Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

Downtown Address: 1988 Quilchena Ave., Merritt, BC V1K 1B8

Mailing Address: 1750 Lindley Creek Rd, Merritt, BC V1K 0A3

Prevention Hub Address: 2475 Merritt Ave, Merritt, BC V1K 1B8

Quilchena Address: Unit #2 - 3512 Highway 5A, Quilchena, BC V0E 2R0

Telephone: 250-378-2771

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families

