



*“The Feather”, our AbEd memo, keeps you up-to-date on events and news related to our department. Submissions are accepted ([hummel\\_lisa@surreyschools.ca](mailto:hummel_lisa@surreyschools.ca)) up to noon on the previous Friday.*

## **Indigenous Arts & Stories, Art and writing competition – Deadline March 31st**

The deadline for this art and writing competition for self-identified Indigenous youth ages 6-29 in Canada is fast approaching. Youth are encouraged to submit pieces exploring Indigenous heritage, culture, or identity. Prizes include up to \$2000 in cash and a trip to Ottawa to be honoured at the Governor General’s History Awards. Youth are free to submit works they have created already and it may consist of 3D works like beading, sculpture, etc. so long as they submit a photograph of their work.

For more information, please see: [English poster](#), [French poster](#), [Teachers Kit](#) or contact Shannon Goodman: Tel 416-506-1867 x246 | email: [sgoodman@historicacanada.ca](mailto:sgoodman@historicacanada.ca)

## **List of FREE ISPARC Sports Camps and Coaching Clinics in the Fraser Region for March**

Here is a list of all the upcoming **Youth Sports Camps, Coaching Clinics, and Provincial Camps** that are happening in the Fraser Region during the month of March, as well as their registration links.

**Youth Sports Camps:** All camps are free for self-identified Indigenous youth! Please check to see what attire is required, and whether the camp is intended for youth ages 6-12, 13-17, or all-inclusive. Finally, please Pre-Register your youth before the event:

**Rifle Shooting with Fraser Valley Metis Association (March 4, 11, 18, 25, April 1, 8) in Abbotsford**

**Archery with Fraser Valley Metis Association (March 5, 12, 19, 26, April 2, 9) in Abbotsford**

**Basketball with Burnaby Indigenous Education (March 18, 19, 20, 21) in Burnaby**

**Teen Soccer with Cheam First Nation (March 19th) in Rosedale**

**Lacrosse with Cheam First Nation (March 20th) in Rosedale**

**Youth Soccer with Cheam First Nation (March 22nd) in Rosedale**

**Strength and Conditioning/Winter Fitness Training with Scowlitz First Nation (March 23rd) in Deroche**

**Coaching Clinics:** All coaching clinics are free for anyone age sixteen and older who is Indigenous or who works/coaches in an Indigenous community. Please Pre-Register before the event:

**Aboriginal Communities: Active for Life with Sts'ailes (March 19th) in Agassiz**

This link is not prepared yet, but if you are interested in registering for this course please email [acook@isparc.ca](mailto:acook@isparc.ca)

**Please note: Information about camps and other news (such as Team BC and NAIG updates) is also available on the [website](#)**

## **Drivers License Opportunity**

Please see the [poster](#) for ACCESS "What the L" program. This is a two day session to assist clients to obtain their Learners license at no cost to them.

There are limited seats, so first come first serve. Students need to see an Employment Advisor to apply to the program. Additionally, students will need a valid SIN, photo ID, and current resume.

March 14, 2019 9:30 am - 1:00 pm study session

March 21, 2019 9:30 am - 1:00 pm study session

March 21, 2019 1:00 pm - 4:00 pm travel to ICBC and take test at no cost.

## **Big Brothers – looking for volunteer mentors**

If you know men aged 18+ who would be interested in volunteering to support youth, please pass this information along. There is a particular need for Aboriginal people in this work.

[Big Brothers General](#)

[Big Brothers Volunteer](#)

[In School Mentoring Volunteer](#)

## **Native Education College Practicum Student**

A former student of Kwantlen Park Secondary School needs to do a practicum of 200 hours starting in April/May going until July, 26/2019. The student said, “the Aboriginal workers there and counselor Nancy Arends, have really inspired me to get out there, and help others, the way they helped me while I was in high School. It took me a few years to get where I am today, but I made it and would love to do my practicum with a school in the surrey district”.

Contact Lyn Daniels if you would like to have this practicum student by email or by phone – [daniels\\_lyn@surreyschools.ca](mailto:daniels_lyn@surreyschools.ca) 604-595-6109.

## **Calendar of groups/events for Indigenous Youth. (Mar-June)**

[Here](#) is a list of upcoming groups and events for Indigenous Youth (ICYMH). (Art drop-in, Skateboarding, Walking group, Writing Workshop, etc.) Contact Faith Wilkes if you have a youth in mind who might benefit. (Faith Wilkes - Outreach /Group Clinician - Indigenous Child and Youth Mental Health - Circle 5 (Surrey /Delta) (604) 374-2984

## **Spring Break Bowling Tournament for Youth - Abbotsford**

“Visions and Voices” is hosting a Bowling Tournament during Spring Break on March 20 12:00-4:00pm at Galaxy Bowl in Abbotsford. Event is free and open to any youth in care or previously in care ages 12 years and older! There will be prizes, food, and transportation if needed.

Please see the [poster](#) and [registration](#) for the event. Registration required by March 15. Registrations and questions can be sent to

[Registration@Xyolhemeylh.bc.ca](mailto:Registration@Xyolhemeylh.bc.ca)

## **ASER Region - Sport for Life Workshop - March 19<sup>th</sup>**

You are invited to attend the Aboriginal Communities: Active for Life Workshop. This is the first time the Fraser Region has hosted this workshop and they are very excited to have a large group to spark discussion and take part in meaningful dialogue.

### **What is the Aboriginal Communities Active for Life Workshop?**

This physical activity workshop was created with the purpose of enhancing existing programs, or creating new programs within your home community. Each session of the workshop is introduced in a unique ‘storybook’ format where you will hear real stories which were collected from community leaders within Indigenous communities throughout the country. The workshop is also accompanied by group activities where you get to have fun and interact with fellow participants while learning new tools in program development. You will also get to go home with a brand new Active for Life program guide!

The *Aboriginal Communities: Active for Life* resource and accompanying full-day workshop were created with guidance from Indigenous leaders throughout the country, with the purpose of inspiring community leaders looking for culturally tailored resources that act as a vehicle toward individual and community holistic development.

The resource and workshop supports these individual champions as they embark on a journey to develop sustainable quality sport and physical activity programs, build collaborative relationships, and re-engage their

community members into active and healthy lifestyles. The resource provides participants with:

- An understanding of the importance of physical activity, and an introduction to the concept of *physical literacy*, which is the development of movement skills, confidence to participate, and motivation and enjoyment to be Active for Life!
- A feeling of empowerment to support and deliver quality sport and physical literacy enriched programs in their communities
- Tools, resources, and action plans to help get their communities more active

**Who is the workshop for?**

Whether you're a coach, recreation coordinator, youth worker, teacher, etc. this workshop will help you enhance your physical activity programming with new games, techniques, and strategies to keep your groups moving!

Any questions, please visit this [link](#) or [register](#) today for the upcoming March 19<sup>th</sup> workshop in the Fraser Region.

[Resource and Workshop Overview](#)  
[Aboriginal Communities: Active for Life Poster](#)

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