



BLSD Monthly Newsletter – September 2023

Another school year begins! September is many things: The start of the new school year, the beginning of autumn, the time of leaves changing and crisp apples... In Canada it is the month when we honour the experience of Indigenous Canadians who were sent away from their families to residential boarding schools. We honour the courage of the survivors and think about what we can do to make sure every Canadian child has a beautiful, supported, and respectful experience at school.



Basic Bannock Recipe

- 1 cup flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3 tbsp margarine/butter



Sift together the dry ingredients. Cut in the margarine until the mixture resembles a coarse meal. Grease and heat a frying pan. Working quickly, add enough COLD water to the dry mix to make a firm dough. Once the water is thoroughly mixed into the dough, form the dough into cakes about 1/2 inch thick. Dust the cakes lightly with flour to make them easier to handle. Lay the bannock cakes in the warm frying pan. Hold them over the heat, rotating the pan a little. Once a bottom crust has formed and the dough has hardened enough to hold together, you can turn the bannock cakes. Cooking takes 12-15 minutes.

Source: <https://www.for.gov.bc.ca/rsi/fnb/fnb.htm>

Border Land School Division schools sit on Treaty 1 and Treaty 3 land. The division respects the Anishinaabe peoples and the Metis nation, the original peoples of these areas. Reconciliation means working for mutual healing and building relations to live on the land respectfully together.

A SIMPLE WAY TO PRACTICE RECONCILIATION

- 1) On cardstock or blank paper, help your child trace their hand.
- 2) After reading a book and/or watching a video and talking about reconciliation, talk about the things we can do to help others feel like they matter.
- 3) Write some of their ideas in the traced handprint.

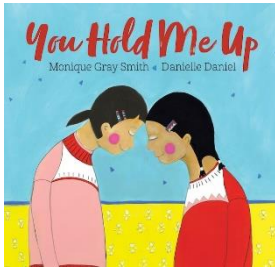
See reverse side of this sheet for some information on the background and meaning of reconciliation work.



SEPTEMBER BOOK PICK:

You Hold Me Up

By Monique Gray Smith



This gentle and beautiful book teaches children about empathy and the things we can do to hold each other up. Find it on [You Tube](#) as a read-aloud.

Big Question to ask while reading:
What does "You hold me up" mean?
How do we hold each other up?

My Heart Soars

By Chief Dan George

The beauty of the trees,
the softness of the air,
the fragrance of the grass,
speaks to me.

The summit of the mountain,
the thunder of the sky,
the rhythm of the sea,
speaks to me.

The faintness of the stars,
the freshness of the morning,
the dew drop on the flower,
speaks to me.

The strength of fire,
the taste of salmon,
the trail of the sun,
and the life that never goes away,
They speak to me.

And my heart soars.

Make the 1st day of school special:

Put a little note or drawing in your child's lunch kit to remind them that you love them!



The Story of Orange Shirt Day (for parents)

Schools across Canada commemorate Orange Shirt Day on September 30th each year. On this day, students and school staff wear orange shirts to school to remember the more than 150,000 Indigenous children who were forcibly taken away from their homes and families and sent to boarding schools between 1831 and 1996. This was done to separate them from their communities, culture, and languages because the Canadian government wanted to make them be more like non-Indigenous Canadians and "fit into" Canadian Society. But for the children, residential school was filled with homesickness, punishment, confusion, and often terrible mistreatment and abuse.

We commemorate Orange Shirt Day to honour these children and make sure nothing like this ever happens to Canada's children again. But why an **orange** shirt? The colour orange comes from the story of Phyllis (Jack) Webstad, whose experience at residential school is the inspiration for Orange Shirt Day. You can watch her tell her story in a short video on YouTube: [Phyllis Webstad Orange Shirt Day Presentation](#)

In 2021, Canada officially declared September 30th our **National Day of Truth and Reconciliation**. On this day, all Canadians remember the tragic legacy of Residential Schools and remind ourselves that Every Child Matters.



WAYS TO OBSERVE TRUTH & RECONCILIATION DAY

- Take a walk around your neighbourhood or across your property if you are in the country. Notice things that are beautiful. Talk about the ways you feel connected to the land.
- Tell your child the story of your first school experience. Invite them to talk about school: what they are learning, and what feels good or not good. Reassure them that you will always be there to help them be strong and happy at school.
- Read the poem "My Heart Soars" by Chief Dan George. Talk about the images of Nature in the poem. Come up with actions to express these images as you say the poem together.
- Visit your local town or school library and ask for picture books by Indigenous authors to read with your child.
- Look on YouTube for the video [Making Bannock](#) from ReelYouth and watch two sisters making Bannock together. Make your own using the recipe on the reverse of this sheet!