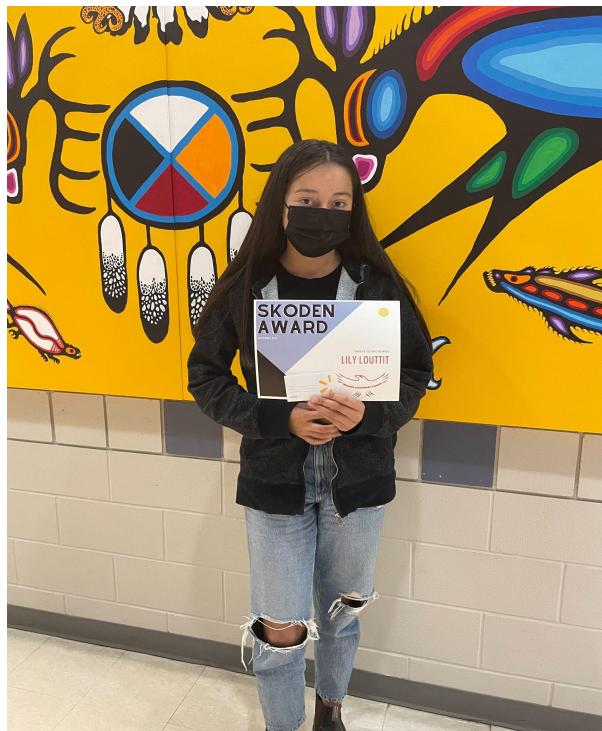


# NBISIING NEWSLETTER



November 2021

## Skoden Award

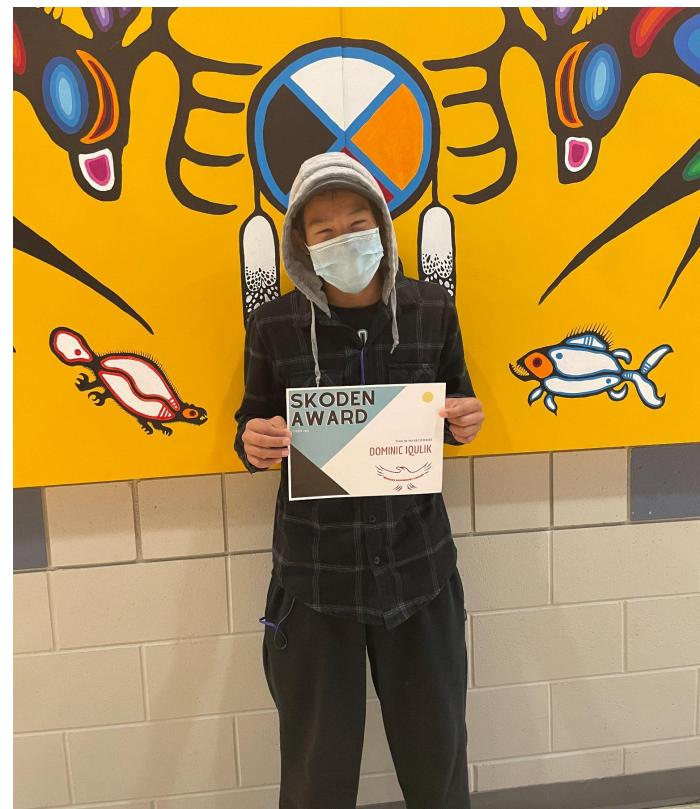


### September - Lilly

Starting September in a new school can be stressful for many high school students and in this time of Covid, there are additional “triggers” that can complicate life’s challenges but with a strong identity and a well defined world view, the outlook can be filled with confidence and determination; these are the qualities that Lilly carries with her every day. Lilly knows who she is and where she comes from. She blends the “teachings”, her family, and her Truth into a journey of experiences. She shares both the challenges and the rewards of each day with some of her “Nbisiing family” in a genuine way; she shares her knowledge of the Culture with pride and wisdom; she shares her humour and kindness as a strong Anishinaabekwe. We are proud to support Lilly as she “walks on Mother Earth”.

### October - Dominic

Dominic is an honest, kind person who treats everyone, staff and fellow students with respect and understanding. He has put himself out there in the school community by signing up for Run Club, as well as the Eco Club. Dom works through his challenges with a sense of humour and humility. I can’t say enough about how much fun it is to be Dom's teacher, and learn something new from him everyday.

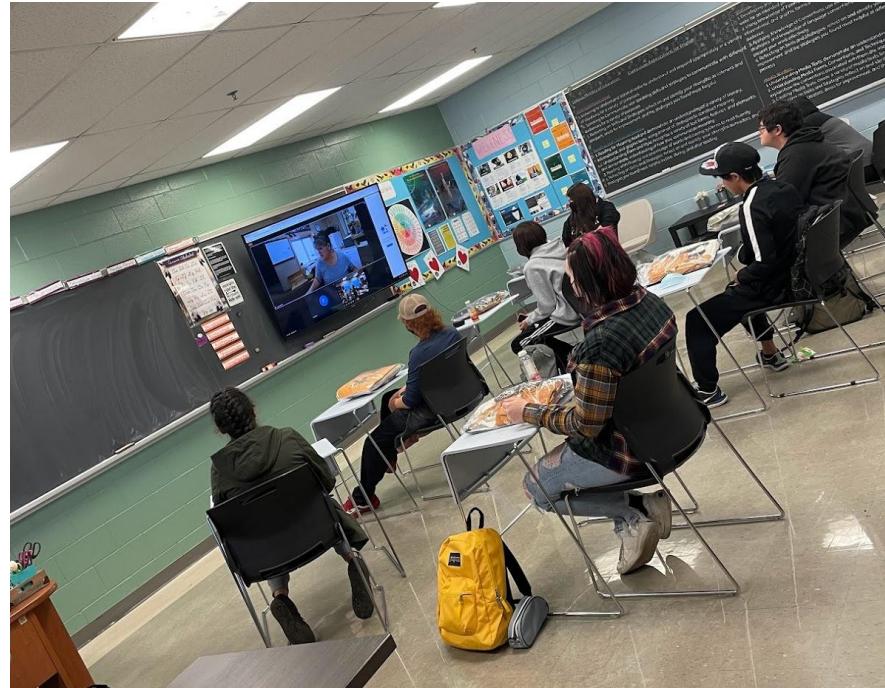


# NBISIING NEWSLETTER



## Ndoo-zhitoomin - The Things We Are Making

We are lucky to have Tracy working with us to teach the students how to make mitts, share teachings and connect with the Grade 11 English class. This connects directly to the local content in the Unit on Josephine Beaucage.



# NBISIING NEWSLETTER

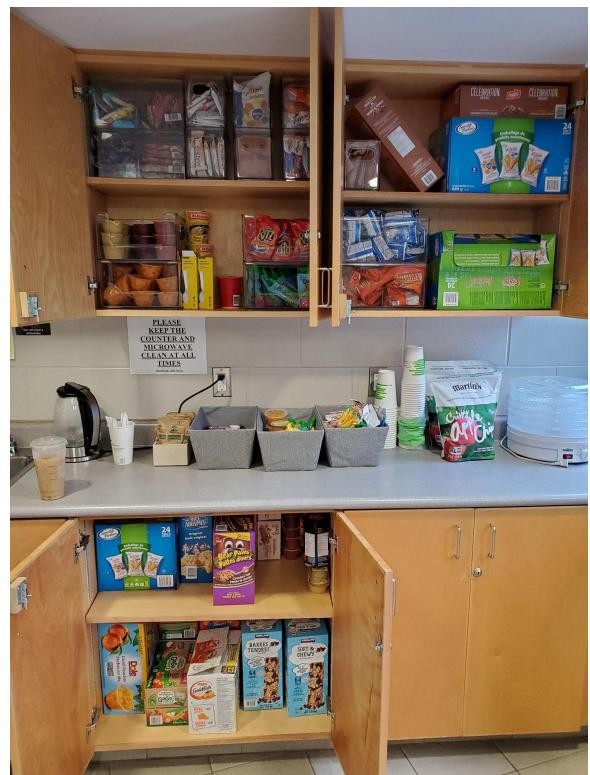


## Mino Bimaadziwin ~ Wellness



Barrier-free access to Moontime (period) products is part of the Wellness programming here at Nbisiing. Each classroom has baskets of pads, tampons, and liners so that students that need them can just grab and go. There are also baskets of them available in the Wellness Space, Special Education office, and in the main office. We are working at having open conversations around moontime so that students are comfortable in asking if they need items.

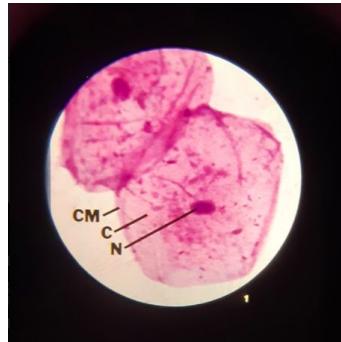
Students have all-day access to individually packaged snacks. Balancing a healthy diet throughout the day helps with brain and motor functions. While we do sneak in some sweet treats (granola bars and cookies), the majority of our snacks are healthy items such as veggie chips, dehydrated fruit, apple sauce, crackers, oatmeal, and fruit cups.



# NBISIING NEWSLETTER



## Grade 10 Science - Biology Unit: Specimen Collection and Microscope Lab



Students began their lab by using micro-slide-viewers to view cytoplasm and animal mitosis.

We discovered that with the amazing cameras we have today, we could capture some of our specimens!

For the second part of our lab, students had the opportunity to explore the aquatic and terrestrial areas around our school and collect samples of water, rocks and plant life that they wanted to analyze under the microscope.



We sampled our specimens, prepared slides, and viewed them under the microscope. One of the coolest organisms we identified was a water flea, which is a small planktonic crustacean. Water fleas are only 0.2-6mm in length!

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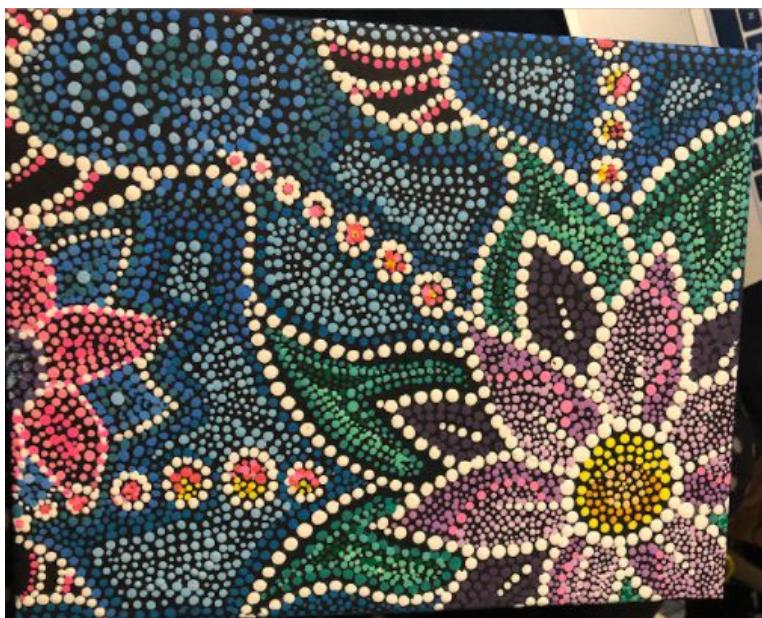
## Metis Dot Art - Pointillism



In studying different painting techniques,  
the Senior Art Class learned about pointillism.

They completed a project on Metis Dot Art inspired by Christi Belcourt, whose “work explores and celebrates the beauty of the natural world and traditional Indigenous world-views on spirituality and natural medicines while exploring nature’s symbolic properties.”<sup>1</sup>

<sup>1</sup><http://christibelcourt.com/bio/>



# NBISIING NEWSLETTER



## Nbisiing On the Land

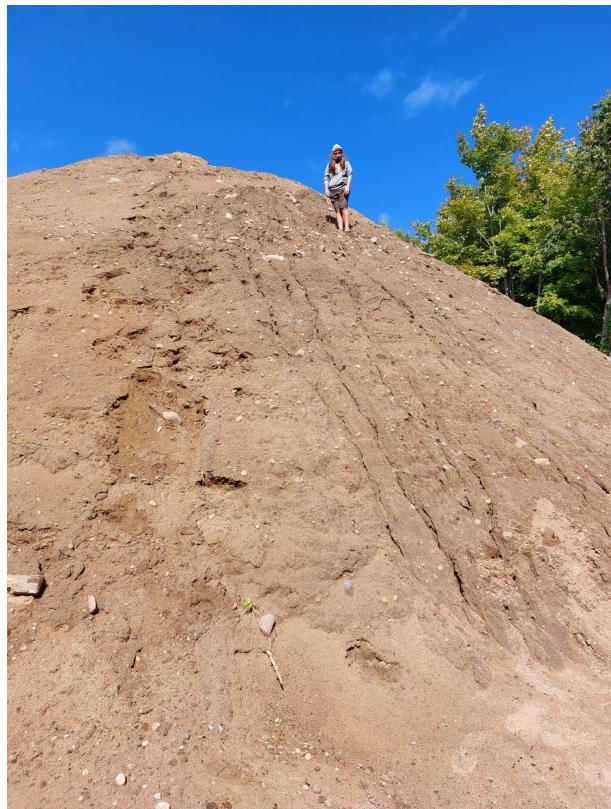
### Worldviews and Aspirations of FNMI Communities Class

A beautiful day to sit around the fire for class. Our Grade 11 students enjoy the opportunity to share their worldview in the context of First Nation community life and family.



### Physical Education Class

Can you identify the student on the hill ?



Can you identify the type of track?

# NBISIING NEWSLETTER

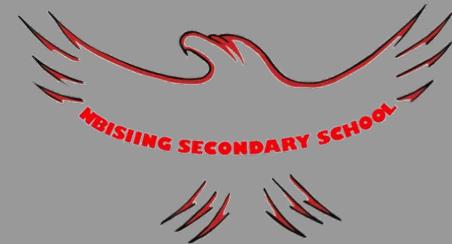


## Remembrance Day

Nbisiing students, with the help of Albina, organized and ran a Remembrance Day ceremony to recognize and remember the contributions of Nipissing First Nation's veterans, Indigenous veterans from all nations across Turtle Island, and all of Canada's veterans.



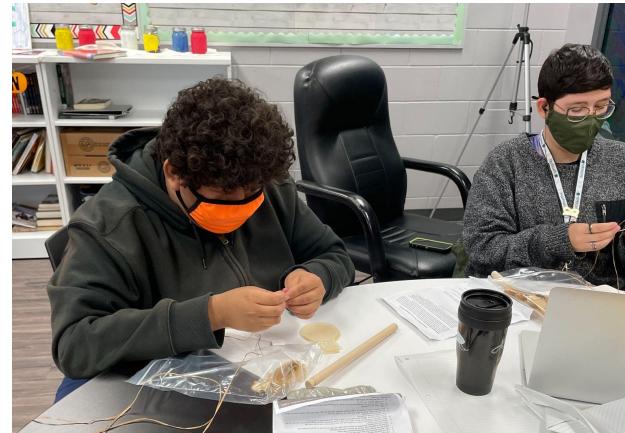
# NBISIING NEWSLETTER



## Wiidooktaadwin with Nipissing University

Over the last four weeks, students took part in Wiidooktaadwin (*helping one another*) - an Indigenous Mentorship Initiative hosted by Nipissing University. Students connected with Knowledge Holders, received teachings and took part in activities that promoted kindness, sharing, honesty and strength.

Miigwetch to everyone who helped!



# NBISIING NEWSLETTER



## Eco-Club Coffee Pod Recycling

As it turns out, teachers drink a lot of coffee to help them keep up with teenage students. Unfortunately, single-serve coffee pods, while convenient, come with lots of plastic waste which contributes to environmental harm. Luckily, the Nbisiing Eco-Club has acquired a tool which allows us to separate the pods into recyclable components. Another step towards school sustainability!



## Nutrition and Health Class 2021

Just a small portion of all of the healthy and delicious food made in Monique's Nutrition and Health class!



# NBISIING NEWSLETTER



To wrap up our unit on climate change, the Grade 9 Geography students created posters explaining what climate change is, its impacts and possible solutions.

Check out some of the awesome work  
our Redhawks have done!

## Climate Change

Climate change is the long-term alteration of temperature and typical weather patterns in a place.

### → What is it ?

Climate change is a change in the usual weather found in a place. This could be a change in how much rain a place usually gets in a year. Or it could be a change in a place's usual temperature for a month or season.

### → What are the impacts ?

Average global temperatures are 1.8°F hotter today than they were before the industrial revolution.

The heat is causing icebergs to melt which is greatly increasing the ocean level.

Oceans are rising causing towns to flood and ocean life are dying off.

### → What are possible solutions ?

- Learn how to recycle way more properly
- Use renewable energy resources
- Plant a lot of trees
- Become a veritable, a fix-it person
- Use less plastic

- With increasing global surface temperatures the possibility of more droughts and increased intensity of the heat and rising sea levels.
- Since our Earth gets too hot, ice begins to melt causing the water levels rise more and damage get worse, in some places they are getting even drier and hotter.
- Since our planet is getting warmer that means even our little friends living in the water start to get "sick" and that's bad for the ocean and for us humans because a lot of humans use the fish in the water as a source of food.

## CLIMATE CHANGE AND OUR PLANET

BY CHERISH

### WHAT IS CLIMATE CHANGE?

Climate change is the change in our climate, like when it's raining or a bright sunny day. Now climate change is normal, it's just usually the Earth orbiting, but over the past couple hundreds of years it has been proven by scientists that all of the things we do to help us advance more in life creates greenhouse gasses, but once our "blanket" (the greenhouse-gasses) gets too thick, and just as us humans do, it makes it feel too hot.

### HOW DOES IT IMPACT OUR EARTH?

If you pay enough attention to what's going around our Earth, you can start to know AND feel that the effects of climate change are happening!

In hotter locations like in Australia or Egypt, wildfires, dust storms, etc. are more likely to start happening. More snow in the Arctic and Antarctic, ice sheets, glaciers and snow begin to melt causing our Arctic Islands not have enough land to live on anymore. The risk of other natural disasters is very higher as well, one of the more natural disasters that occur means that more property and homes get damaged causing families to become homeless, or financially struggling.

Climate change doesn't only just affect animals and the planet, it affects us, humans, as well. With no proper food to grow food on or give animals a proper place to live on, we can't live as well, well skin to get sick and hungry from lack of food/water.

### HOW CAN WE HELP CLIMATE CHANGE FROM GETTING WORSE?

- Drive less and walk more to have a longer carbon footprint. Using more renewables and that's because of using lots of power and stuff, when we need power there's wind and solar.
- Instead of getting your parents to drive you to school or to the car wash you could ask them to walk or ride your bike. If it's not too far, you can save 2000kgs yearly just by using your bike or walking instead of using a vehicle.
- Instead of sitting around, playing video games, doing nothing you can spread the word about it! You can learn more about climate change and then spread the word about climate change by posting about climate change online, informing your friends personally in person, or even speaking to a teacher about putting up more awareness around your school (if there wasn't enough awareness already).
- When you're cold instead of cranking up the heat you should get dressed up with more blankets and a thicker sweater and when you're hot, you should open a window and turn the fan instead of turning the air conditioner.
- When you're doing chores around the house like doing laundry, hang your clothes up to air dry instead of using the dryer.

protect our planet!

REFERENCES AND SOURCES:

## WHAT CAN WE DO?

### POSSIBLE SOLUTIONS TO STOP CLIMATE CHANGE

Since climate change gets worst everyday, there are possible ways to stop climate change

- Pull the plugs in your home after you're done using it, turn off the lights, and save the energy in your home.
- Be water wise, take short showers, turn off the sink when you are brushing your teeth.
- Actually eat the food and don't waste the food your guardian buys & tell your guardian to buy less meat. *"If you're wasting less food, you're likely cutting down on energy consumption."* -Aliya Haq
- Buy better bulbs, buy LED bulbs to save energy in your home.
- Reduce, Reuse & Recycle, actually recycle the plastics, boxes in your home,
- Save the Ocean first since the Ocean is the #1 victim of climate change. Pick up garbage, plastic from the ocean.
- Speak out, send letters to the government to take action on climate change, go protesting about the ocean or stop cutting the trees and get others to join in taking action since it's the most effective and fastest way to make a difference.
- Side with the right people who wants to stop climate change, there are many people out there with the best solutions to stop climate change and they'll never give up about it.

### PROTECTING OUR PLANET STARTS WITH YOU

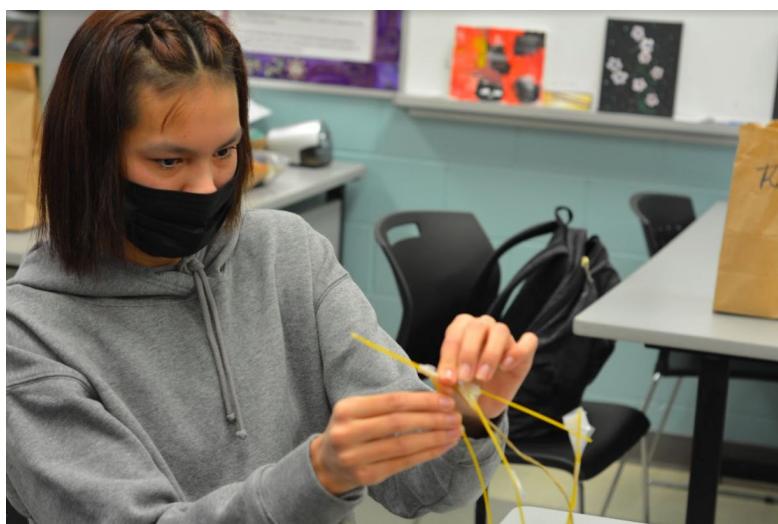
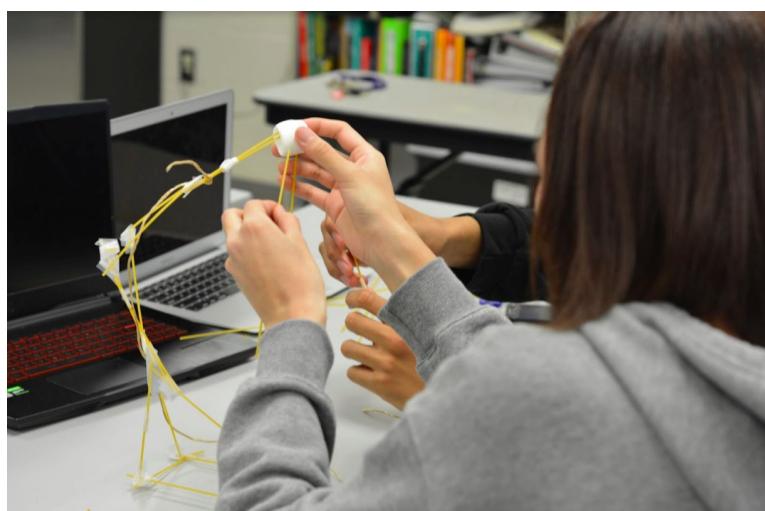
- BIKE MORE, DRIVE LESS
- REDUCE REUSE Recycle
- CONSERVE WATER
- EDUCATE
- Volunteer!
- CONSERVE WATER
- SHOP GREEN
- CONSERVE WATER
- PLANT A TREE
- Don't send chemicals into our waterways.
- BRIGHT IDEA
- NOVEMBER 2014

# NBISIING NEWSLETTER



## Albina's Marshmallow Challenge

Students took part in a marshmallow tower challenge in Advanced Learning Strategies this morning. The goal was to build the tallest tower out of spaghetti noodles, which would support a marshmallow for the longest amount of time. Math, engineering, and - most importantly - teamwork were all on display. Congrats to the winners!



# NBISIING NEWSLETTER



## Run Club

The Run Club is an opportunity for students to get out for a 2 kilometre run, jog, or walk during lunch on Tuesdays and Thursdays. The club promotes movement, health, and respect for one's body and mind. As the weather starts to change, alternatives like yoga, and circuit training in the gymnasium will be made available. Great work run club, keep moving forward one step at a time!



## Nipissing University President Visit

Nipissing University President, Kevin Walmsley, visited Nbisiing this month joined by Deputy Chief Mike Sawyer and former Director of Education Fran Couchie to continue to strengthen the partnership between Nbisiing, Nipissing First Nation, and the University.

