



Merry Christmas!

Say it in CREE!

Merry Christmas
Mīyo Manitow Kisikaw

Candle
Wāsaskocenikanis



CHRISTMAS WORDS

Christmas Tree— Manitow Mitos	Reindeer—āpisimōsos
Singing—Nakimon	Bells—Soweyakana
Snow - Kona	Turkey—Misihekw
Gifts— Kīkway Māmekihk	Baby Jesus—Manitow Awasis



Inside this issue:

Say it in Cree!	1
Treaty 8 Christmas Gala	1
Seasonal Flu / H1N1 Flu Virus	2
Education Projects Manager	3
Christmas Song	4
Gingerbread House	4

*Merry Christmas
and
Happy New Year!*

Seasonal Flu / Swine Flu H1N1 Virus



Seasonal Flu

Seasonal Flu is a virus and causes an infection of the nose, throat and lungs.

Symptoms:

Flu symptoms include, headache, chills, cough, fever, loss of appetite, muscle aches, tiredness, runny nose, sneezing, watery eyes, sore throat. Treatment for the Flu includes: rest, avoid spreading the virus, lots of fluids, take medication for aches and pains. If you have Asthma, follow advice of doctors.

Prevention:

To help prevent the seasonal flu, get the flu shot every year. Wash your hands often. Stay healthy (plenty of sleep, exercise, and eating well).

Swine Flu H1N1 Virus

The Swine Flu is a new kind of flu. It is caused by a contagious virus in humans and infects the breathing tubes in the nose, throat, and lungs.

Symptoms:

Swine Flu symptoms include: fever, cough, sore throat, body aches, runny nose, headache, chills, no appetite, nausea, vomiting, diarrhea.

What to do if you think you have the Swine Flu:

If you think you have the flu, stay home as the flu is very contagious. Once exposed, a person can get sick within 3—6 hours. Rest, lots of fluids, medication for aches and fever

Warning Signs: Seek Medical Attention!

shortness of breath, bluish lips, pressure in chest, vomiting, seizures, dehydration

Recognize the difference between A Cold and Swine Flu Symptoms

—Fever is rare with a cold. **Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the H1N1 flu**

—A hacking, productive (mucus-producing) cough is often present with a cold. **A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).**

—Slight body aches and pains can be part of a cold. **Severe aches and pains are common with the H1N1 flu.**

—Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week. **Stuffy nose is not commonly present with the H1N1**

—Chills are uncommon with a cold. **60% of people who have the H1N1 flu experience chills.**

—Tiredness is fairly mild with a cold. **Tiredness is moderate to severe with the H1N1 flu.**

—Sneezing is commonly present with a cold. **Sneezing is not common with the H1N1 flu**

—Cold symptoms tend to develop over a few days. **The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and**

—A headache is fairly uncommon with a cold. **A headache is very common with the H1N1 flu, present in 80% of flu cases**

—Sore throat is commonly present with a cold. **Sore throat is not commonly present with the H1N1 flu.**

—Chest discomfort is mild to moderate with a cold. **Chest discomfort is often severe with the H1N1 flu**

http://nlc.bc.ca/safety/flunews.php?__start_from=2&ucat=&archive=&subaction=&id=&

Christmas Resources for the Classroom—Songs, Poems, Recipes, Crafts and more

- **Christmas Holiday Guide: Gifts, Cards, Crafts**
<http://canada.kidsdomain.com/holiday/xmas/>
- **Christmas Fun and Games: Games, Puzzles, Poems**
<http://blackdog.net/holidays/christmas/>
- **ChildFun Family: coloring, crafts, activities, fingerplays recipes, songs, tongue twisters.**
<http://www.childfun.com/modules.php?name=Content&pa=showpage&pid=3>
- **Christmas Activities: Crafts and Activities**
<http://www.christmas-activities.com/>



- **Christmas for Kids and Teachers: Facts, traditions, customs, legends, songs, stories, poems, crafts**
<http://www.kiddyhouse.com/Christmas/Christmas.html>
 - **Christmas Activities: K-8 Language Arts, Social Studies, Reading**
http://www.eduplace.com/monthlytheme/december/christmas_activities.html
 - **Christmas Party Games**
<http://www.partygameideas.com/christmas-games.htm>
- In the library: Christmas Primary Thematic Unit and Primary Gingerbread Unit

Education Projects Update by Esther Giroux

Tansi Ninotimak,

I hope you all had an enjoyable summer. I have been busy throughout the summer and I was fortunate to have been asked to be a part of the Swan River First Nation Traditional Science Youth and Elders Project. The formal name of the project is National First Nations Environmental Contaminants Program (CFNECP). Ave Dersch was instrumental in the development and implementation of this program. The program had four phases:

1. Phase One was a meet and greet day between the community Elders and youth.
2. Phase Two: The youth interviewed the Elders about the traditional plants and herbs that grow within the Swan River community.
3. Phase Three: The Elders and youth participated in a field trip in traditional berry picking and herbs growing in different locations and collected samples of these plants. These samples were collected to be tested for contaminants. Water samples from the streams, rivers and lakes were also collected to be tested for contaminants.
4. Phase Four: The youth will make a presentation to share the laboratory results to the community at large. I know the youth and Elders involved in this project deserve a big round of applause for all their hard work. Ava is to be commended for a job well done.

Please note that although I was not a part of the Driftpile First Nation Project which is the same as the Swan River Project, I would like to congratulate the Elders and youth of Driftpile First Nation on all their hard work and dedication. Keep up the good work!

First Nation and Youth Employment Strategy:

Within this strategy, there are four programs: Youth Work Experience, Career and Promotion, Science and Technology and Student Summer Employment Opportunities.

Youth Work Experience

- Supports the provision of opportunities for mentored work experience
- Exposes youth to various career options
- Promotes the benefits of education as being key to labour market participation

Career and Promotion and Awareness:

- Cooperative Education support provisions for mentored school-based work and study opportunities
- Career Planning
- Life and work skill development

Science and Technology:

- Promotes Science and Technology as an educational / career choice
- Encourages the enhancement of traditional knowledge (where applicable)

Student and Summer Employment Opportunities:

- Supports skills acquisition through provision of wage
- Subsidies for short term work experience
- Assists secondary and post secondary students to prepare for future entry into the labour market to access summer employment

THE STUDENT AND SUMMER EMPLOYMENT FINAL REPORT IS DUE **SEPTEMBER 15, 2009**

THE FNIYES FINAL REPORT IS DUE **MARCH 31, 2010**

Teacher Recruitment and Retention:

This initiative is to assist band operated schools to recruit and retain qualified teachers and educators and to provide them with professional development opportunities. By participating in workshops, training programs and networking opportunities for principals, teachers and paraprofessionals, Education in band operated schools will be enhanced and First Nation membership will benefit.

Parental and Community Engagement Strategy:

The primary focus of PCES is to raise awareness of parents and community members of their valuable role in their children's education and to provide the necessary supports to help ensure that they can be active in that role. As part of this focus, teachers and education staff are encouraged to further develop home / school partnerships with parents and community members in order to facilitate greater parental and community involvement in the education of children.

The final reports for Parental and Community Engagement and Teacher Recruitment and Retention are due **March 31, 2010**

Ekosi Maka

Esther Giroux, Education Projects Manager



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...as long as the sun shines, the grass grows and the water flows...

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Jesus is Born



Ilest Ne

Woodland Cree Version kindly submitted by Esther Giroux

Sasay Manito Awasis—Baby Jesus is Born

Ayisiyininak Wichewew—He's here on earth with the people

Sasay Manito Awasis—Baby Jesus is Born

Bethlehemik Nihtawekiw—He was born in Bethlehem

Kayas Ochi Kiacimaw—He's been talked about for a long time

Taki e Ayasawapamit—He's always been looked for

Ekwa e Otitikoyak—He's here now

Mamwe Mamehcematak—Let's celebrate him together

Chorus

Osam Ekatawasisit—He is so beautiful

Namawac Kita Ki Paskiyat—Nobody can be more beautiful

Nama Wihkac Pihtakosiw—You never hear him fuss

E Miyo Awasesewit—He is a good baby

Chorus



Mini Gingerbread House



Materials:

7 Graham Wafers, Frosting for glue,
Assorted Candies, Ribbon

Frosting:

1/2 lb icing sugar
3 tbsp butter or margarine
1-1/2—tbsp milk

Method:

—Mix all ingredients until smooth
—Place ingredients in bag
—Place graham wafer on table, squeeze frosting on all 4 sides

- Place a graham wafer on each side standing up (box shape)
- Squeeze frosting on corners top to bottom and around bottom and let stand to harden
- Squeeze frosting on two top edges of box and place last 2 graham wafers in V shape
- Squeeze frosting along the top of roof and let stand to harden
- Cover the roof to look like snow
- Add door and windows
- Decorate with candy
- Be creative
- Once the house is dry, string decorative ribbon through opening at each end and hang on Christmas Tree

Gingerbread Unit: Literature, Centers, Math, Social Studies, Science, Art, Links—<http://www.littlegiraffes.com/gingerbread.html>

