



A Looking Glass Into the Community's Future April 2017

Virtue of the Month: *Prayerfulness*

Dates of Note / Upcoming Events

- April 11: Track & Field begins - ALL grades
- April 13: SMVS Invitational Badminton
- April 13: Start of Easter Break
- April 14 – 15: Summer Games Soccer try-outs
- April 17th to the 21st: **Spring Fest**. Please see Page 4 for a complete event schedule.
- April 21: Nomination of Committees and Boards

- April 24: Administration Day -Teacher Workshops
- April 25: SHSAA Badminton play-offs in La Ronge
- April 25: Track & Field continues for ALL grades.
- April 28: Grade 11 Health Science 20 Final Exam.
- April 29: SHSAA Badminton Districts, Shellbrook
- May 3rd to 5th: PAGC Badminton Championships

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Cyber Smarts BINGO

Don't Create Fake Accounts	Make Kindness Go Viral	Cyberspace	Always Log Out
Say No To Sexting	Report Inappropriate Posts	Reach Out For Help	Cyber-Bullying
Digital Footprints	Don't Let Friends Use Your Account	Digital Reputation	Have a Strong Password
Set Limits On Electronics	Don't Respond To Rude Comments	Don't Post Hurtful Comments	Save The Evidence

Cultural Exchanges: Food for the Indigenous Learning Journey

By Ken MacDougall, B.A., B.Ed., M.T.M.

High School Mathematics / Science Teacher, Sally Ross School

A true “teacher” always walks the fine line between being sensitized to the feelings of students versus the need to impress upon them the necessity of getting something accomplished in life. Simply put, their life is not “Hall Lake”; they are, by cultural practice “travellers” – and it is in that very aspect of going from place to place, first to observe, and then to learn, is what helps them to grow, both spiritually and mentally.

To me, “travel” was just another part of my upbringing: a temporary life of living in every province save Newfoundland, four years in Germany, all while following my father around as he served his working adult life in the Canadian Armed Forces, followed by a few more years of driving trucks around Canada and the United States - until I got bored, and finally went back to university so as to get a “real job”.

In the First Nation “schooling world”, however, the only way one gets to travel is through sports; our only “problem”, then, is finding the gas and meal money so that we can, in fact, do so. However, in the existence of problem areas for sports funding, “we are not alone”; so, at this point, allow me to introduce the Saskatoon Eagles Soccer Club – which I coached, and my daughter.

I’d only started coaching this team because I saw that their sport was receiving minimal attention from Sask Sport and the almost exclusively assortment of male coaches, most of whom had played in some “professional” fashion in Europe, and considered our “product” to be almost “bush league”.

Competitive Girls soccer leagues were almost non-existent at the time, fuelled by the attitudes of parents who only enrolled their children in the sport to “keep them active”. They also didn’t want things to get “too serious”, physically speaking, at least, lest their children “develop overly large muscles, that ‘weren’t attractive’ on young women of their age”.

My daughter, however, wouldn’t “buy” any of this nonsense – but then, this was a kid who, at the age of four, decided to “learn” how to dive by jumping off the ten meter board at Saskatoon’s Harry Bailey pool – and almost giving her mother a heart attack on the spot.

And so, with a coterie of like-minded Under 12 female friends, we embarked upon our first soccer “journey”, to Winnipeg, and a chance to play in an international tournament now called the “Golden Boy”.

We finished second in that contest, and ended up with a huge contingent of fans, supplemented for the

most part by two male teams from Mexico and an American boys’ squad from Minneapolis (“Overly large muscles?” NOT!).

At any rate, it wasn’t the “winning” part that was the most intriguing about the trip, but rather how the girls comported themselves at our team meals. If, for instance, we went to an Italian restaurant, instead of fighting over what varieties of pizza to order, they’d first watch the adults to see what they were eating, then would take the Entrees menu, and order 14 different dishes– and shared them within the entire squad. Thus, over the next four years that I coached that team, we also learned a lot about other cultures’ food choices - Chinese, Vietnamese, Italian, Greek – and many more.

In time, I realized that the travelling “experience” was truly enhanced by this experimentation with food. So, when we took the Under 14 soccer team to Prince Albert’s *Boston Pizza*, I just decided to grab two appetizers I’d ordered, calamari and Thai spiced chicken, and asked everyone on the team to try them. No one said “No”, not even when Orlon told them calamari was actually deep fried squid.

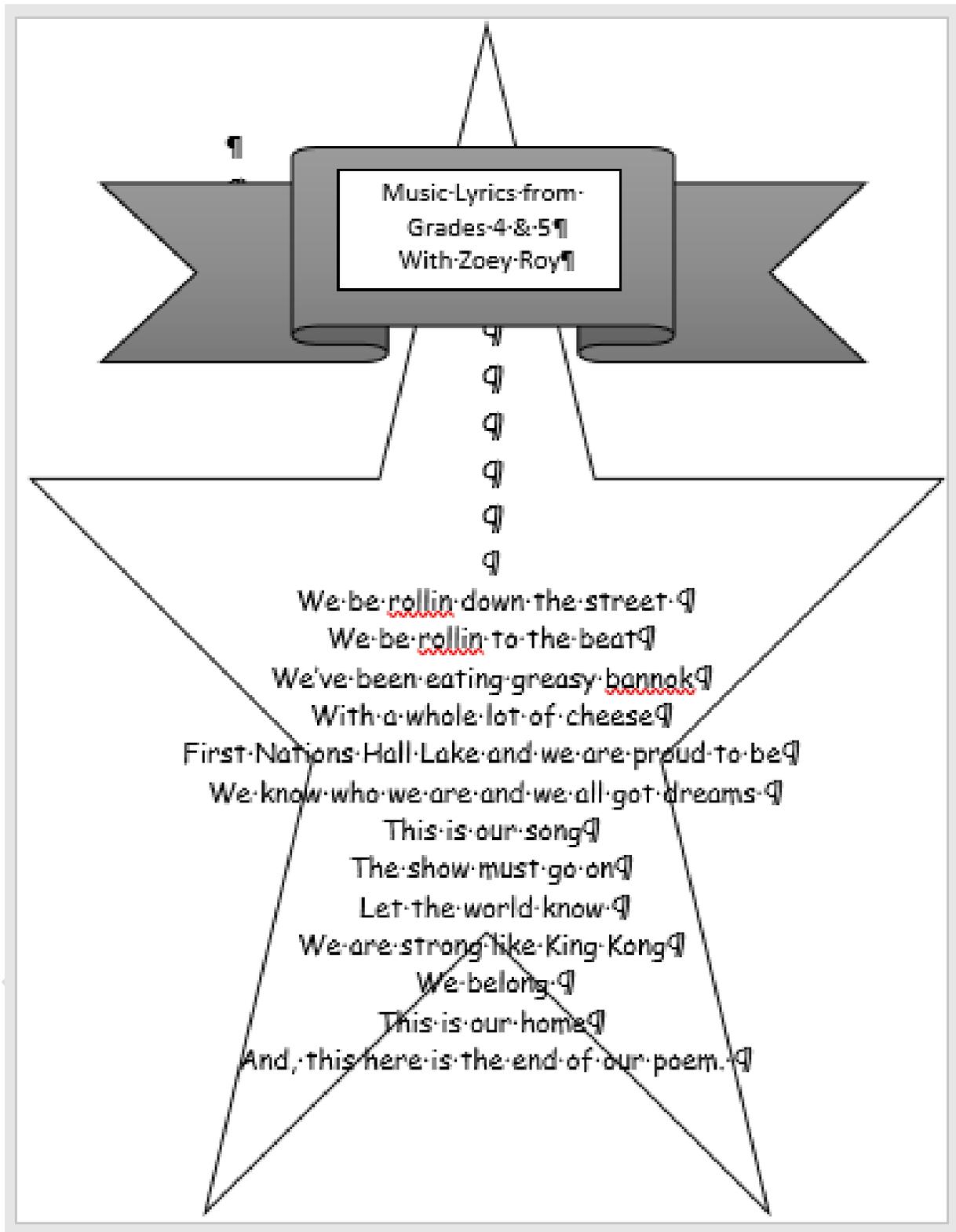
Lesson having been learned, when the Junior Girls’ basketball team went to Prince Albert for a Senior PAGC tournament, we chose to have lunch at the *Spicy Peppercorn*. The meal started with three large bowls of war wonton soup, followed by Singapore noodles, Szechwan shrimp (medium hot), beef hot pot, Bird’s nest chicken, and special fried rice, among others. Those players who chose not to go along with this experiment (Eagle heart and Faith Halkett) had their “special orders” scarfed by the rest of the team (and the coach).

In the end, no one complained – which invariably brings me to my message to our parents. Sooner or later, your kids are going to be telling you why you should be ordering your pasta dinners “el dente”, or explaining to you why it is that Szechwan entrees are always “spicy” (Hint: lack of refrigeration for meat) – and you’re going to have to listen to them, simply because they are only now beginning to understand that travel has more components to the journey than the mere distances travelled.

You don’t need to thank me for pointing this out to them; I’m Just doing my job as a teacher. Besides, I learned this from the best – other young travellers embarking upon their own journey in life.

We all should try this, at least once in our lives...

AROUND THE SCHOOL YARD WITH ZOEY ROY



SPRING FEST EVENT SCHEDULE

<u>MONDAY, APRIL 17TH:</u>	All Events: Free Registration
1:00 PM:	Relay Race 3-Legged Race Sack Race Two Person 2 X 4 Race Wheel Barrow Race
3:00 PM:	Two Batters
4:00 PM:	Easter Egg Hunt (Children) Scavenger Hunt (Youth)
<u>TUESDAY, APRIL 18TH</u>	Registration Fee: \$10 per team entry; \$5 per person (Archery)
2:00 PM:	Indian Horse Shoes – Doubles (Children / Youth) Horse Shoes – Doubles (Adults) Darts – Doubles (All Ages) Archery – Singles
<u>WEDNESDAY, APRIL 19TH</u>	Registration Fee: \$10 per person (Volleyball); All other events Free
2:00 PM:	Soccer (All Ages) Street Hockey (All Ages) Blind Volleyball – 6 persons per team (Youth / Adults)
<u>THURSDAY, APRIL 20TH</u>	Registration Fee: ALL events FREE
2:00 PM:	Baseball (All ages) Ping Pong (All ages) Foosball (All ages)
<u>FRIDAY, APRIL 21ST</u>	Registration Fee: Please refer to event
1:00 PM:	Pool Tourney (45 and up) - \$5 per person
3:00 PM:	Cribbage Tourney (Youth / Adults)
5:00 PM:	Talent Show – Children: \$5 Youth: \$10 Adults: \$20 Jigging
6:30 PM:	COMMUNITY BARBEQUE

100% PAYOUT OF ENTRY FEES

COME OUT AND HELP WAKE UP SPRING

THE GRADE 6-7 CLASS – AND STILL MORE ZOEY

This month, we have completed our Social Studies Unit on World War 1. During this unit students researched, created models and posters, then presented their findings to the class. Next up we will be focusing on First Nations and Treaties.

Zoey Roy came to visit the classroom and the Grade 6/7 class made a song. ☺



*Give us some of that burger and fries
Milkshake on the side
Might as well make it five
We're burning the time
Butter is flying
No wasting time
This food is making us rhyme
MMM...Delicious so, so fingerlicious
Now that this is finished
I have to do the dishes
Got my wish list
My belly is full
Feeling all jelly.... I'm all ready to go!*

WHAT 'S NEXT FOR STANDING ROCK? WE'RE NOT SURE...

Ken MacDougall, Mathematics / Science Teacher, Sally Ross School

For the last two months, we have been advertising a student essay writing contest, featuring the expectation of what may happen next on the Standing Rock First Nation in North Dakota and their struggle to have the Dakota Access pipeline change its route through that reserve.

Originally, we anticipated that the contest would end last month – and so it did. The “problem”, however, arose when the first segment of submitted essays were read, and the extent of scenarios envisioned began to be painted by our students..

And so we hit the “Pause” button on this matter.

The “thing” is, irrespective of how well the students are capable of expressing their feelings and sentiments, their analyses are, for the most part, uniquely First Nation, and in some cases, brilliant, so much so that for any politician skeptical of either global warming trends or confronting man’s desecration of this planet, some of their words might even be sufficient to change their thinking on this matter – which wasn’t our intent in proposing this contest, but does – now, at least – have some influence upon where we go next in providing a

scientific perspective on issues that have been politicized in the extreme.

At the moment, there are eleven students awaiting a verdict as to whether or not they “won”. What will happen next, however, is that we will go over these submissions with the respective writers, and where required, have them written in a more “scientific” context, without the feeling of emotion and sentiment that makes their reading worthwhile.

This deadline is therefore now being extended to May 15th, and it is hoped that we receive a few more submissions to the contest.

Once completed, the allocation of prize monies will be determined by a committee of teachers at the school.

Prize monies will be meted out at Graduation, along with the year’s academic awards.

The ten best essays will then be transcribed into manuscript form, which will then be available to future students for research and analysis in the area of Environmental Science.

SCHOOL STARTS PREPARATION FOR TRACK & FIELD EVENTS

And There's a LOT to Prepare – Believe us...

Last week, temperatures in the mid-teens brought forward dreams of warmer weather, sun tans, and barbeques on the back steps. That was then; the “now” is, there's still snow on the ground, the track is in SERIOUSLY rough shape – and we've got more than eighty kids wanting to try out for Track & Field.



An examination of the school's track may provide people with an idea as to just how much needs to be done in order to get things even to the point where students can use the facility to train. At the top of the field, ATV tracks carved into the still-frozen ground will necessitate that the area be first cultivated, then leveled.



Above, you can see the long jump pit. Not only has it seriously washed out, but the track itself is in need of excavation of existing sand, with new sand repacked sand topped off by soft shale or rubber surface, so that students can run on the level, without fear of injury.

BUS SCHEDULE MAY BE CHANGED FOR ATHLETES

In order to accommodate students wishing to participate in training activities, after-school work-outs will start at the end of the day. Under

normal circumstances, this would mean a 3:40 PM departure, with the Sikachu students going home once the first bus round has been completed. However, the Educational Committee will be asked to change the departure time to 4:35 PM, so as not to leave out anyone from participating on a daily basis.

The idea of sending 80 kids – and adult chaperones on a school bus to Sturgeon Lake has never been tried before. For the students, we hope it's worth the effort, and becomes “normal”.

NAIG Archery Trials: SRS Girls Strike Gold

Congratulations are in order for Megan Halkett and Ilesha Smith, both of whom won gold medals in the North American Indigenous Games Trial events the weekend of April 8th and 9th.

The competition, held in Spiritwood, is part of a sequence of “shoots” that each athlete must participate in, just to qualify for NAIG enrolment. While each event's winners are announced, the final make-up for the team is not expected to be announced until the end of June.

Both athletes were registered as “Youth” competitors. Ilesha Smith also won a Silver medal in secondary competitions during the weekend.



1 Ilesha Smith shows perfect form in Gold medal shoot, held in North Battleford on April 8th.

“Where’s the help?”

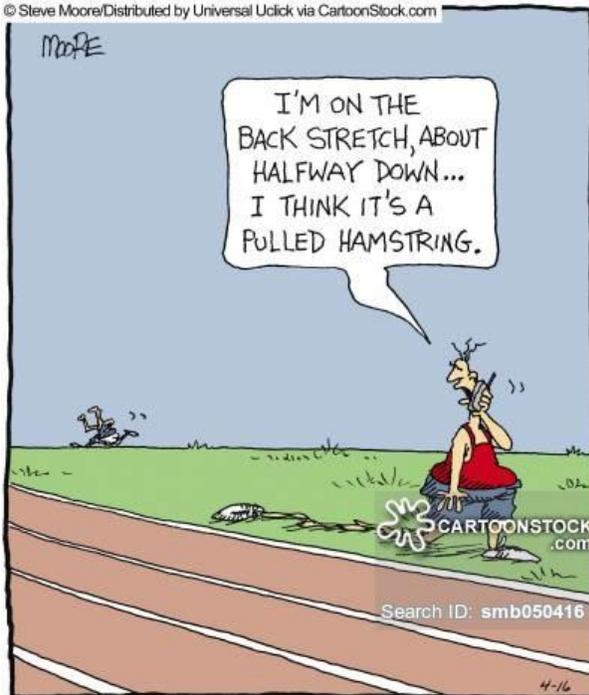
SALLY ROSS SCHOOL NEEDS COMMUNITY MEMBERS TO STEP UP...

By Ken MacDougall, Basketball Coach

Imagine yourself in a room with over 80 kids, all of them hyperactive and ready to explode, looking for the opportunity to demonstrate their athletic skills, or improve upon them because someone actually cares that they have such skill...

That’s the position that Justin Crain and Jamie Halkett, adult students doing their Grade 12 Matriculation program at Sally Ross School face at the moment. And, if the situation doesn’t get remedied fairly soon, their goal – to see almost all of these 80+ children from Kindergarten to Grade Eight, and another ten high school students attend the PAGC Track & Field events scheduled for Sturgeon Lake and Prince Albert at the end of May – brought into question for its very ambitiousness.

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24-Hour Trackside Assistance.

It’s not as if this goal isn’t feasible; when classes were canvassed the week of April 7th by myself, more than 86 students at the elementary level alone expressed an interest in participating. So...

Well, here is what it means in terms of training that many students all at once...

First of all, the high school athletes will only be able to enter, at most, two or three events, and that only

applies to the prospect of their competing in track events, alone. Thus, literally every one of these student entries will require an INDIVIDUAL coach.



That, right there, means we need ten or more persons to step up and volunteer to train these students for their particular events. And once you have volunteered, you will be required to take two online courses (about 3.5 hours, in total, to be done at the school), **Respect in Sport** and **Concussion Awareness**.

Once these Coach – Athlete pairings have been arranged, they will, in turn, be assigned a group of students at the elementary level to assist in technique training for their particular event, bearing this in mind that - elementary level students are not constrained by what events they are limited to enter, but may feel that they want to participate in the training regimen, just so they can understand that facet of the sport itself, and why it is “of interest” to athletes in general.

So far, Adrienne Ross, Austin Ballantyne, Sandra Halkett and Allan Smith have stepped forward. This means that, somewhere in Hall Lake or Sikichu, there are six individuals, male and female, that are going to have to look at themselves in the mirror, ignore the sagging waistline or signs of decay in an otherwise “athletic” frame, and say, “Ah, let’s give it a try...”

They’re your kids – and they need your help.

THE BACK PAGE: SPORTS ACTIVITIES AT A GLANCE

JUNIOR WOLVERINES GIRLS TAKE PAGC HOOPS CHAMPIONSHIP

Senator Myles Venne School showed up at Sally Ross School with a Junior Girls' basketball team that had previously defeated the Wolverines on two separate occasions, first at their home gym, then in an exhibition game in our own home gymnasium. In short – they expected to win Gold; Instead, what they met was...well, let's just say, a Sally Ross squad finally ready for the "big time"...



Mind you, the game didn't start out all that well for the Wolverines. Near the end of the first quarter, they found themselves behind SMVS by almost ten points, a deficit they managed to overcome by half-time. In the end, it was just a matter of time before foul trouble and fatigue overcame any SMVS resistance.

The final score - 37 to 27 for our girls – meant that, for the first time in our school's history, we now have a sports banner to hang up in the rafters of the gymnasium.

In addressing the team's accomplishments in a school assembly, Coach MacDougall acknowledged that this team, were it to continue to thrive through to graduation, could form the basis of a future athletics dynasty. "We stand strong when we stay strong in body, spirit and mind," he noted, emphasizing the fact that for most indigenous youth, with athletic prowess comes the innate ability to academically achieve, as well.

As a "bonus", the team was also entered into the Senior Girls competition, and came away with bronze, despite losses to an SMVS team and the Montreal Lake entry from Senator Allan Bird Memorial School.

In short, the future is unfolding – for the better...

GYM SCHEDULE					
Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
3:30 – 4:30 PM	Track & Field Practice				
4:30 – 6:00 PM	Kids' Gym & Badminton	Archery – 14 and Up	Kids' Gym & Badminton	Kids' Soccer	Archery – 14 and Up
7:00 – 9:00 PM	Volleyball – 15 and Up	Floor Hockey	Volleyball – 15 and Up	Basketball	Floor Hockey

TAXES FILED ONLINE: A SPORTS FUNDING DRIVE

The school is now taking appointments to help residents file their 2016 tax returns, so as to:

- Provide funding assistance to sports programs being conducted at Sally Ross
- Help to upgrade facilities on reserve that can be utilized for sporting activities
- Insure reserve members have ready access to GST and federal Family Allowance funding
- Register those coming "of age" for access to federal funding programs such as GST rebates

COST: Elders - \$10 Other Band Members - \$20 Years back to 2007 - \$50/filing year
Please call to arrange for an appointment time: (306) 425-5041 or (306) 425-2778 after 6:00 PM