

Kitimat City High



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VOLUME 5 ISSUE 2

JAN. 2021

UPCOMING EVENTS

Jan 19 – Coping with Stress & Anxiety Parent Workshop

Jan. 27 – Numeracy Assessment 9:00 AM

Jan 27 – Literacy Assessment 1:00 PM

Jan 29 – Non-Instructional Day

REPORT CARDS

Report cards will be mailed out on Friday, February 5th 2021.



PRINCIPAL'S MESSAGE

I hope that all of you had a restful and relaxing Christmas Break with your family. The staff and students are excited to be back and getting back into a routine.

The staff, students and visitors continue to follow COVID protocols and everyone is excited to be back to a routine.

Kathy Bell - Mathematics, Photo and Art Teacher

Rachael DeSousa – English, Robotics, and Active Living Teacher

Debbie Dilg – First Nations Youth Support Worker and Noon Hour Supervisor

Spencer Edwards – Science, Math, and Outdoor Education Teacher

Patricia Lange – Social Studies, Textiles, and Career Teacher

Jasmine Medeiros - Meal Prep/Youth Support Worker

Analisa Simpson - Youth Support Worker

Cheryl Skender – Office Administrative Secretary

Nancy Tormene – Principal/Counsellor

FRIED BREAD

Kara kindly shared her skills and families traditional Fried Bread Recipe (Bannock). It was shared with all students and staff! KCH will continue this tradition.



ART

Our Art class made some beautiful Cedar Gnomes as a Christmas project.



OUTDOOR EDUCATION

The Outdoor Education program at Kitimat City High, which currently runs every Wednesday afternoon, continues to grow this year.

Through the generous support of the PAC group we were able to purchase a greenhouse and garden shed to expand the school garden project. This will enable us to begin to grow produce earlier and supply our food program with home grown vegetables. Planter boxes were constructed earlier in the year, with the ever generous support of colleagues at the Northwest Trades & Employment Training Centre, and painted with some stunning designs by the art class. We also planted Haskap last year as well as raspberry bushes. Together with our beehives, we are well on the way to developing a multi-faceted garden project.

Indigenous knowledge and understanding increasingly informs our learning. Through connections with Haisla Council members, with the kind support of our district First Nations Support Centre, we have come to know local plants, how they can be harvested, and how they can be used. Alongside this knowledge comes rich learning in Haisla culture, histories, and traditions. Most recently, we harvested buds from the Cottonwood tree, extracted the oil, and blended this with beeswax to create a balm. Furthermore, Teresa Windsor of the Haisla Council, kindly gave us a presentation over Zoom that contained learning about traditional Haisla territory (Wawais), the origin of the Haisla peoples, as well as fascinating images of the Haisla community before industrial development in Kitimat. Through deepening connections with the Haisla community, we hope to further our appreciation and understanding of Haisla knowledge, culture, and language.

As the Outdoor Education program develops, we hope to not simply bring students on to the local lands, but to connect to the land through authentic projects that enable students to appreciate a fuller sense of place.



PARENTING WORKSHOP

HELPING YOUR CHILD COPE WITH STRESS & ANXIETY

A presentation for parents / caregivers of children of all ages

You will learn:

- The signs of anxiety in childhood
- The difference between typical and atypical anxiety
- The role that you can play in helping your child manage stress & anxiety
- Coping strategies for stress & anxiety

DR. GABRIELA IONITA (R.PSYCH) & KARA MULLIGAN (R.C.C)

JAN 19, 2020 | 5:30 - 7:00

VIA ZOOM

\$45 PER TICKET

BUY TICKETS ON [EVENTBRITE](#) OR

WWW.NOVAMENTALHEALTH.CA

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