

First Nations X *Educator's Conference*

Join educators and leaders from Treaty No. 6, No. 7 & No. 8 and be part of a positive impact on education for our children.

February 3-5, 2020

**DoubleTree Convention Center
16615 -109 Ave NW, West Edmonton**



Co-Hosted by Alexander First Nation and The Indigenous Knowledge and Wisdom Centre (IKWC)

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Thank you to our sponsors!



Welcome

On behalf of the Chiefs of Treaty 6, 7, and 8 we welcome everyone to the First Nations Educator's Conference. We are gathering together at this conference as distinct nations with similar visions.

We look toward a future for our youth who are able to adapt to change, while keeping our traditions alive. This was the original vision that our Treaties were based upon and was carried through from the Indian Association of Alberta in the 1970's. It is the same vision that we see here today.

Making space and building resources for First Nations Educators is vital because it is how we will strengthen and retain our traditional ways of knowing. This shall be done through language and culture applied to areas of well-being, including; physical, emotional, mental, and spiritual wellness. In the next three days, we look forward to many excellent speakers, including our elders and knowledge keepers, speaking about health and wellness and education through stories, songs, and teachings.

We wish to also thank and acknowledge the conference organizers, Alexander First Nation and the Indigenous Knowledge & Wisdom Centre (IKWC) for their hard work in bringing us together.

Gathering together and sharing has always been our way and it is our hope that our young people benefit each and every time that we meet together in a good way.

- Treaty Chiefs of Alberta

General Information

- **All meals and sessions are for conference attendees ONLY with a wristband.** Please keep your wristband visible throughout the conference.
- **If you lose or remove your wristband,** you may purchase another one at the cost of \$240.00 to yourself.
- **Children are not permitted to attend conference sessions.**
- **All sessions are a firsts-come, first serve basis.** If you arrive at a session and it is full, please select another session to attend.
- **Don't forget to complete your survey to win a prize!** Session moderators will have them available at each session (you must be present during the session to win).



Agenda

	Monday			
7AM				
8AM	7:30 Pipe Ceremony <i>Emerald Room</i>		8:00 Breakfast <i>Palisades Room</i>	
	8:30 <			

Tuesday		Wednesday	
Tradeshow and Artisan Rooms Open <i>Hotel Lobby</i>	8:00 Breakfast <i>Palisades Room</i>	8:00 Tradeshow and Artisan Rooms Open <i>Hotel Lobby</i>	8:00 Breakfast <i>Palisades Room</i>
	9:00 Breakout Session 2		9:00 Breakout Session 6
	Break 10:15		Break 10:15
	10:30 Breakout Session 3		10:30 Keynote Presentation <i>Palisades Room</i>
	12:00 Lunch <i>Palisades Room</i>		Closing Comments 11:45
	1:00 Breakout Session 4	12:00 Closing Ceremony	
	Break 2:15	1:00 Bagged Lunch	
	2:30 Breakout Session 5		



Keynote Speakers

Dr. James Makokis

Monday 1:00 - 2:15pm

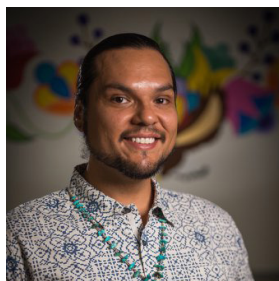
James Makokis Canada's Two-Spirit, Diversity, Indigenous Health and First Nation Expert. Dr. James Makokis is a proud Cree from the Saddle Lake First Nation in Northern Alberta. He is one of Canada's most accomplished experts in a variety of fields, including those in and outside of the Indigenous culture. Few individuals can offer such a diverse and unique perspective on issues related to First Nation Communities, TRC Calls to Action, Health, Wellness, Medicine, Two Spirit, LGBTQ2, Indigenous Culture, History, Equality and Social Programming. His perspective is one that benefits all Canadians. Dr. James Makokis has maintained his cultural beliefs and spiritual practices in all areas of his life. Dr. Makokis' strong connections to preventative health, spirituality, and Two-Spirit perspective has helped him save lives within the LGBTQ2 and First Nation communities. He also leads one of North America's most progressive and successful transgender focused medical practices. He is one of the few physicians in Canada who facilitates the wellness of Transgender people through supporting hormone replacement therapy.



Anthony Johnson

Monday 1:00 - 2:15pm

Anthony Johnson LGBTQ2, Two-Spirit and Diversity Expert. Anthony Johnson's life has never been easy. Growing up in a First Nation community in the USA, he faced similar challenges, social circumstances, and lack of access that many First Nation communities face in Canada. As a youth, Johnson struggled to find personal value and social acceptance within the societal structures such as family, peer groups, and members of his community. His high energy, honest and Two-Spirit inner self led to many difficult situations for him - he was alienated by social forces and social structures reinforcing his inferiority, telling him that he should not act a certain way or participate in a certain activity.



Elder Jim O'Chiese

Monday 1:00 - 2:15pm

Jim O'Chiese is a great-grandfather, ceremonial leader, Chief, environmentalist, botanist, forester, medicine person, teacher, and more.

Born in the woodland and raised in a very traditional Foothills Ojibway family, he has a strong connection to the land and Indigenous knowledge. The Foothills Ojibway hid their children from the Indian Agents, so Jim was never taken to residential school, and his Ojibway and Cree education was completely intact. He had many teachers who helped to shape his understanding of medicines, ceremonies, the location and meaning of sacred sites, animal migration patterns, the land, the water, and the cosmos. Entrusted with this knowledge, Jim feels the responsibility to pass it on to future generations.



Conway Kootenay

Wednesday 10:30 - 11:45am

As an entertainer, Conway has succeeded in crossing into multiple mediums. Already a talented Hip Hop artist with 5 full length albums, numerous music award nominations and 2008 Aboriginal People's Choice Music Award winner for best Hip Hop CD, Conway continues to display a wide range of talents in his projects reflecting his drug and alcohol-free lifestyle. A champion Men's Grass Dancer, Conway was chosen by Universal Studio's theme parks to be a part of the world-renowned Eagle Feather Dance troop which performed in Spain, Italy and South Korea for eight months. As an actor, Conway credits include The Relevant, Fantasies of Flying and 40 Below and Falling. Today, Conway continues to share his positive message and is the lead in his self-created hit Smudge Pan.



Breakout Session 1

Monday 2:30 - 3:45pm

Logan Room

Stories and Teachings of the Medicine Wheel

by Francis Alexis

This presentation is about the stories and teachings of the medicine wheel. It will discuss our connection to the universe and all of creation through First Nation Culture.

Robson Room

Survival of Languages

by Julia McDougall & Lorraine Cardinal-Roy

2019 International Year of Indigenous Languages; Education is a means of assuring the survival of language. The ability to combine the oldest knowledge with the most modern technologies. Diverse Indigenous languages have been spoken throughout this country long before Canada became Canada. There are three major languages families spoken in Alberta. The Algonquian, Athapaskan and the Siouan. Many Indigenous people feel that the survival of their culture will happen if their people continue to speak their languages. Language is Culture. In this workshop you will learn to greet each other in Cree and ways to support and promote languages in your school divisions.

Emerald Room

Stress Management

by Charlene Bruno

Understanding stress is important to start managing it. This workshop goes into focused strategies to effectively manage stress.

Morraine Room

Empowerment for the Spirit

by Melissa Calliou

Explaining the importance of self identity, culture, language, the tools to making a success with your goals, empowerment.

Amethyst Room

Indigenous Youth Membership Program

by Kerri Murry & Cassie Flett

Learn about a program with 10 years of First Nations-led research showing improvements in attendance, health behaviours, engagement in school and pride. You'll learn how to adapt this free program to your unique community and embed student leadership.

Pallisades Room

Traditional Family Parenting – Reclaiming our Indigenousness

by Janet Fox

These teachings awaken the spirit in us, and we can balance our emotional, mental, physical and spiritual parts so that we can make change in our communities. She introduces the concept of the teachings in the womb which is the prevention, 4 life cycle (child, youth, and adult, elder) with the teachings in each stage using the 15 teepee pole teachings (each pole represents a virtue). Topics presented are; first 6 years of a child's life, bonding, moss bag teachings; belly button, placenta, soft spot; rites of passage and parenting.

Maligne Room

Sharing Hearts & Minds

by Cheryl Kinzel, Noella Wells & Meriam Perry

The session will focus on the results of The Bringing Hearts and Minds Together research project. The aim of this applied research project was to address this issue through presenting the Brain Story education tool developed by the Alberta Family Wellness Initiative that explores the latest research in brain development, with the focus being on the caregivers of children. We will demonstrate that through Sharing Circles, we worked to translate the knowledge from the Brain Story into culturally appropriate understandings.

Rundle Room

Balloon Airigami

by Dan the Balloon Man

Participants will learn how to grab kids attention through balloon art.



Breakout Session 2

Tuesday 9:00 - 10:15 am

Robson Room

Healing Through Song

by Sherryl Sewepagaham

Join Sherryl Sewepagaham, Indigenous music therapist and educator, in exploring how music can be a powerful tool to heal the heart and uplift the spirit.

Logan Room

Healing Through Dance

by Bobby Hunter & Larson Yellowbird

This session will provide strategies and tools for teachers needing assistance in delivering historical knowledge, language and culture in the classroom.

Emerald Room

A Little Bit of Cree and Treaty for your Classroom

by Ramona Washburn

I will share some FREE Cree technology that you can use in your classroom as well as some ideas for teaching Treaty in your classroom.

Amethyst Room

Mother Earth Plants - Preserving Traditional Knowledge

by Carrie Armstrong

I will tell the story of Mother Earth Essentials, and show the plants and reconnecting with Mother Earth is so important to our well-being. We will learn about several key plants and their properties, and end by making a tea to take home, based on what the participants learned.

Morraine Room

Effective Communication with Youth Who Have Experienced Chronic Trauma

by Peter Smyth

Traditional approaches to working with youth who have experienced early childhood trauma have not been effective as it focuses on punishment and reinforces the shame, guilt and sense of failure youth are already feeling. A relationship-based focus and strength-based language can help mitigate some of the negative impact that trauma can have on the brain, and help keep youth emotionally safe.

Maligne Room

Trauma and the Classroom: What Educators Need to Know

by Faye Hamilton

We have learned a great deal about the impact of trauma on young people in recent years. This session will cover the essential elements of understanding the impact of trauma on children and adolescents and discuss the application of this knowledge to teaching practice.

Palisades Room

Daily Physical Activity & Traditional Games

by Nikki Macrae & Joe Little Plume

This session will provide information and how it benefits our mental and physical health.

Rundle Room

Balloon Airigami

by Dan the Balloon Man

Participants will learn how to grab kids attention through balloon art.



Breakout Session 3

Tuesday 10:30 - 11:45am

Emerald Room

The How & Why of Self-Regulation in Schools

by Diana Steinhauer & Janice Makokis

The ability of a child/learner to learn is impacted by childhood trauma. The presenters supply both traditional / cultural and contemporary methods to help learners self-regulate in the classroom. Indicators of trauma are described for teachers to add to their toolkits.

Robson Room

Building Student Success Through Music, Dance and Balance

by Jamie Medicine Crane

This workshop will recognize traditional and contemporary ways of learning through dance and music to teach our future generations the importance of life. We become more resilient by taking a look at the balance you have within. Using dance, music and medicine wheel to reach goals and dreams.

Amethyst Room

Practice as Ceremony

by Lloyd Yellowbird

Teachings are directed towards spirituality, connection and the Power of Circle. Teaching start off with connection to smudge as our natural law.

Rundle Room

Handgames

by Ramona Washburn

Handgames has been referred to as a healing game. Come learn to play handgames and also receive a teacher guide so you can teach your students to play.

Morraine Room

Nutrition and Mental Health

by Laurina Eskow

During this session, participants will learn about the relationship between healthy eating and mental health. Tips on how to support students in schools will be shared. A healthy snack demonstration will be provided along with recipes and educational handouts.

Logan Room

Teenage Anxiety - Support in the Classroom

by Tammy Auten-Dye

How to support teen's struggling with anxiety; including generalized anxiety, text anxiety stress and pressure.

Pallisades Room

Decolonizing Well-Being Within the School System

by Darlene Auger

Our children spend the majority of their lives within the 4 walls of their school: School should be a safe place to be. Wiwipson (swing) Therapy provides a nurturing time out (mental break) for students to help them with Academic Success and mental well-being. We are human beings with 4 faculties that need nurturing and attention, we not only have intellect but we also have heart (emotion) and spirit and a physical body.

Maligne Room

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The session will focus on the results of The Bringing Hearts and Minds Together research project. The aim of this applied research project was to address this issue through presenting the Brain Story education tool developed by the Alberta Family Wellness Initiative that explores the latest research in brain development, with the focus being on the caregivers of children. We will demonstrate that through Sharing Circles, we worked to translate the knowledge from the Brain Story into culturally appropriate understandings.



Breakout Session 4

Tuesday 12:45 - 2:00pm

Amethyst Room

Understanding Teenagers

by Tammy Wanotch

The session will focus on the results of The Bringing Hearts and Minds Together research project. The aim of this applied research project was to address this issue through presenting the Brain Story education tool developed by the Alberta Family Wellness Initiative that explores the latest research in brain development, with the focus being on the caregivers of children. We will demonstrate that through Sharing Circles, we worked to translate the knowledge from the Brain Story into culturally appropriate understandings.

Emerald Room

Honouring and Respecting Indigenous Education

by Kristen Mineault

Miss Mineault knows that an inclusive learning environment is grounded in Cree culture and language. She has provided students with a first hand experience in Treaty making process by using a Treaty Simulation. She also uses the Blanket exercise as a cross-curricular experiential teaching tool. She promotes and practices a strong identity for her Cree values as a First Nation who strengthens diversity in her classroom for all student. She will speak about her experiences relating to the Teacher Quality Standards for fostering effective relationship and applying foundational knowledge about FNMI for the benefits of all.

Logan Room

Survival of Languages

by Julia McDougall & Lorraine Cardinal-Roy

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Rundle Room

Dealing with Grief in the Classroom

by Carla Eskow

This session will discuss the differences between Grief and Mourning, challenges that are faced when dealing with a student who has recently lost a loved one, how you as an educator can help your classroom deal with the death of a classmate, and a few healing, creative projects will be demonstrated.

Pallisades Room

Celebration of Cultures; Enhancing Art and Storytelling through VR

by Yvonne Trethart & Valery Dufour

For this session, we will be doing a demonstration in Virtual Reality with Google Tiltbrush (a VR drawing application that allows people to enter VR and create these assets in a 3D space) and how it can be used to enhance art and storytelling. Our goal is to spark interest for young generations to look towards a career in VR and other computer sciences because VR will be something familiar and commonplace.

Morraine Room

Trauma Informed Teaching

by Melanie Palmer & Jessica Lenchyshyn

Strategies for teachers to use in the classroom to create a safe environment for students. Teachers often find it challenging to address behaviours that seem to come from the child's background and experience in trauma. This presentation will provide practical and effective strategies.

Robson Room

Stories and Teachings of the Medicine Wheel

by Francis Alexis

This presentation is about the stories and teachings of the medicine wheel. It will discuss our connection to the universe and all of creation through First Nation Culture.

Malign Room

Aboriginal Lateral Violence

by Joanne Swampy

Promotes healthy relationships, which in turn promotes healthy over all outlook of self. When this happens it usually sends a positivity wave across our communities. It helps people to identify Lateral Violence/Bullying and how to deal with it in a more positive, solution orientated way. Learning ways to counteract it. Learning the Legal risks of being a part of it.



Breakout Session 5

Tuesday 2:15 - 3:30pm

Rundle Room

Healing Through Song

by Sherryl Sewepagaham

Join Sherryl Sewepagaham, Indigenous music therapist and educator, in exploring how music can be a powerful tool to heal the heart and uplift the spirit.

Logan Room

Treaty 101

by Cory Arcand

Participants will be exposed to vital information which brings past, present and future understanding and knowledge of treaty and the important role it plays in the lives of treaty people.... We are all treaty people.

Emerald Room

Nutrition and Mental Health

by Laurina Eskow

During this session, participants will learn about the relationship between healthy eating and mental health. Tips on how to support students in schools will be shared. A healthy snack demonstration will be provided along with recipes and educational handouts.

Robson Room

Circle of Courage Leadership Program

by Veronica Graff

Circle of Courage is a model based on the principles of belonging, mastery, independence and generosity. This presentation draws on the experiences of student presenters who are currently engaged in the program.

Amethyst Room

Teenage Anxiety - Support in the Classroom

by Tammy Auten-Dye

How to support teen's struggling with anxiety; including generalized anxiety, test anxiety stress and pressure.

Pallisades Room

Decolonizing Well-Being Within the School System

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Morraine Room

Indigenous Mapping and Relationships - Connecting to Land, Stories and People

by Melissa Purcell

Did you know that Indigenous mapping is fundamentally based on relationships? During this session, you will critically examine the ways in which history and geography have been taught and learned, and consider new pedagogies that honour Indigenous knowledge systems. In addition, you will uncover original place names and explore how this can be used as starting point for further learning. This session will allow participants to explore the Indigenous Peoples Atlas of Canada giant floor map.



Breakout Session 6

Wednesday 9:00 - 10:15am

Logan Room

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Robson Room

Treaty 101

by Cory Arcand

Participants will be exposed to vital information which brings past, present and future understanding and knowledge of treaty and the important role it plays in the lives of treaty people.... We are all treaty people.

Emerald Room

Teaching History, Language, Culture and Making It Interactive

by Raylene Hunter & Inez Dreaver

This session will provide strategies and tools for teachers needing assistance in delivering historical knowledge, language and culture in the classroom.

Morraine Room

Empowering Youth Through a Harm Reduction Approach

by Peter Smyth

Traditional approaches to working with youth who have experienced early childhood trauma have not been effective as youth feel punished, disempowered, marginalized and excluded. When understanding how the brain is impacted by trauma, it is clear new approaches are needed to help youth confront their challenges, feel empowered, and feel that they have people who listen, and who care about them.

Pallisades Room

Celebration of Cultures; Enhancing Art and Storytelling through VR

by Yvonne Trethart & Valery Dufour

For this session, we will be doing a demonstration in Virtual Reality with Google Tiltbrush (a VR drawing application that allows people to enter VR and create these assets in a 3D space) and how it can be used to enhance art and storytelling. Our goal is to spark interest for young generations to look towards a career in VR and other computer sciences because VR will be something familiar and commonplace.

Malign Room

Trauma and the Teaching Professional

by Faye Hamilton

As schools work toward becoming trauma-informed, it becomes even more important to consider the impact on educators who are working with students who have experienced trauma. Teachers and other school staff engage in relational work and hearing the stories of students who have difficult lives has an impact on staff in the professional and personal lives. Participants in this interactive workshop will have the opportunity to learn about the impact of being beside young people who have had difficult lives and to learn strategies to address these impacts.

Amethyst Room

Okimaw Kihew Mekwanak (OKM)

by Lana Whiskeyjack & James Lamouche

Rites of Passage, Art, Culture, and Land Based Interventions as protective factors for 2 Spirit Youth and supports for families.

Rundle Room

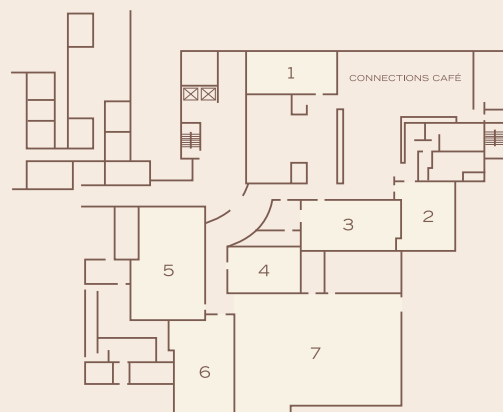
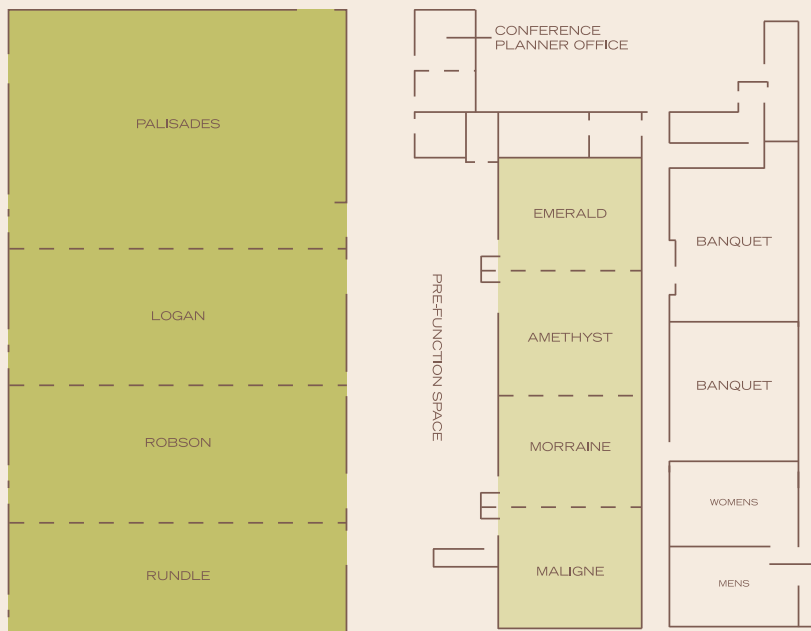
Balloon Airigami

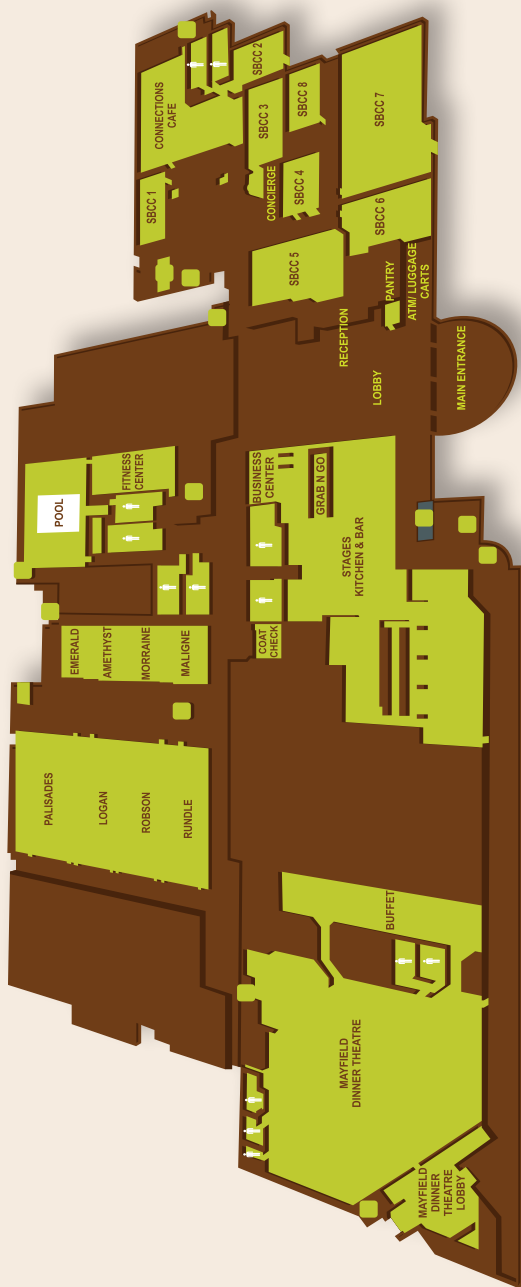
by Dan the Balloon Man

Participants will learn how to grab kids attention through balloon art.



Venue Map





DOUBLETREE
BY HILTON™



About the Organizers

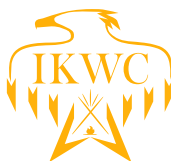
Alexander First Nation

Our host nation is located in Treaty 6 territory about 55 km northwest of Edmonton. The Alexander First Nation Education (AFNE), is home to the Kipohtakaw Education Centre, K - 12, and the Alexander Day Care. Their vision is to provide holistic, quality education for lifelong learning founded on community, culture and language with a worldview to build esteemed future leaders. As of March 2017, the First Nation had 2,500 band members.



Indigenous Knowledge & Wisdom Centre

IKWC provides an environment to learn and share information in a centralized location offering education support services to band operated schools as well as policy, language, culture and technology.



Contact Information

Please let us know if you have any questions or concerns about the conference, are looking for more information on something mentioned, or anything further.

Indigenous Knowledge & Wisdom Centre

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Edmonton, AB T5S 1G4

Phone: 780.453.4592

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Email: fneduc.conf@gmail.com

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