



GROWING INNOVATIONS 2020

HOW DO WE DOCUMENT "Q'SHINTUL" ?

Walking Together

We acknowledge that we live on the traditional territory of the Musqueam, Squamish, Tsleil-Waututh, and Coast Salish Peoples. We are grateful for the support and resources that we receive from the community and the BC Curriculum Framework and Social Communication.

Q' shintul

Thinking about what



it means to Q' shintul ...

reflecting upon the Core Competencies of the BC Curriculum: thinking, communication & social communication

Created by RONNAN

FEBRUARY 2020

This is what it looks like and sounds like
when we Q' shintul (walk together) ...

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helping a friend with math
helping mi mum with
Lonlee.

The knowledge that for thousands of years the Mikul, Laka, Coast Salish, Tsalil, Penakul, Uxmaluk, & Tuckam Peoples have walked gently on the ancestral territories where we now live, work, learn, and play. We seek a true relationship with the First Peoples here, one based in honour and respect, and we thank them for their hospitality.

Q'shintul

Thinking about what



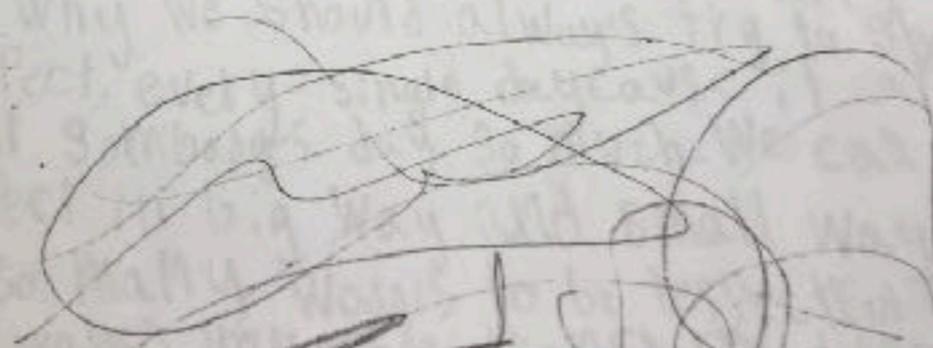
A It means to Q'shintul ...
reflecting upon the Core Competencies of the BC Curriculum Training program & social communication

created by *NAQK*

FEBRUARY 2020

 This is what it looks like and sounds like
when we Q'shintul (walk together) ...

It feels good to Q'shintul. It feels nice to help others. And it feels good breath in the nice fresh air. And being respectful is very important to be respectful to others.



We acknowledge that the knowledge of
past the students of our community
children, adults, parents, teachers &
children. People have walked across the
land and they are now here for
work, learn and play. We are a
community with the first people here
and we are in honor and respect, and we
thank them for their presence.

Q'shintel



Thinking about what

It means to Q'shintel ...

Reflecting upon the Core Competencies of the BC Curriculum during personal & social communication

created by: Lucy O.

FEBRUARY 2020

This is what it looks like and sounds like

when we Q'shintel (walk together) ...

Respect is a very important word and a very important act. ~~It is~~ It is a effective way to show kindness and love to others. When you are treated with respect you can feel that light in your heart start to shine super bright and happy. That is why we should always try to show respect every single day cause it can light somebody's day so much. We can show respect in big way and small way. There is so many ways to be respectful. (include fun ways) you can transform disrespect into respect!

 The best part of Q' shintelling is ...

Being Part of a big awesome community cause you always got your community back. It is like a big family. You can also learn a ton from being in a community and make a ton of new friends!

 The hardest part of Q' shintelling is ...

Apart from it being fun being in a community and a big family, it comes with responsibility. And sometimes those responsibilities are hard to do, cause sometimes you have to put others before yourself. And because of that you show anger and then show disrespect.

Spontaneous Parent Comments:

A true friendship is worth more than riches and gold. I was alone a lot as a child. My family moved often and regularly. I went to 4 different elementary schools and always had to leave behind friends I had made. Yes, it made me independent, resilient, and strong enough to stand alone in any storm, but I have come to realize in my heart that there is a great cost to aloneness. Lack of community pays a toll on the spirit and creates a type of fracturing. I suppose MBNS is now my fifth elementary school, and I am so grateful for starting to make new friends! This time, I hope to keep them forever. Thank you for the amazing community Sam and I have been blessed to have found. My greatest relief is that Sam will not ever know what it's like to be without community support. What we create here together will sustain us all through the difficult times ahead. Thank you everyone for your compassion and willingness to be inclusive.

Maybe you have heard me mention how unbelievably INCREDIBLE the teachers are at my kids' school before.

And if you haven't, you are about to!

As if they weren't "ALL IN" enough as it is during "normal" times, the MBNS staff have completely outdone themselves since school was cancelled.

❤️ Phone calls to families checking in on how we are coping and if we need anything

🧡 Weekly zoom meetings with the classes as well as private ones for anyone wanting additional connection and support

🧡 Emmett's teacher has been running Minecraft Education worlds that multiple kids can join in and play together (and it has been fraught with challenges yet he perseveres)

💚 The teachers have already completed a few Love Train convoys, ultimately driving to EVERY child's house for a driveway dance party and love fest. And we are a non-catchment school so our kids come from all over the Cowichan Valley)

💙 They are one of the only (or possibly THE only - but would love to be corrected if I'm wrong) school in the district to step up and offer child care for essential workers

💜 They created a whole website specifically for our kids to offer continued learning, support, resources, etc. They are making their own videos to post on it even!

💖 They are organizing food/ supplies for anyone in need

💖 AND_💖

They have taken the time over and above all of that to make 3 different BEAUTIFUL montage/music videos now to send us their love and support.

The latest arrived last night and it brought me to tears. It was a music video they made to a song called "So Give Love" and they all had their own segments lip-syncing parts of song. It was so well done too.

I can't imagine the collaborative effort to put it together.

So I was playing it for the kids and jamming out to the song, really feeling all the love as I poured the coffee this morning and in the picture you can see that even the coffee felt it too.

I don't know how we got to be so blessed with these incredible humans for our teachers and support staff...but fuck am I ever SO GRATEFUL.



SO MUCH LOVE TO THE MILL BAY NATURE SCHOOL COMMUNITY.

#givelove #teacherappreciation
#blessedbeyondmeasure #grateful