

— Fall 2024 —

Braided Journeys @ LSL



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Tansi and welcome to the 2024/2025 school year!

I hope that you all had a wonderful summer- it is unbelievable how quickly it goes by!

If you are returning to Louis St. Laurent, welcome back! If you are new to LSL, allow me to introduce myself. My name is Britnee and I am LSL's Braided Journeys graduation coach. I have the privilege of providing academic, career, and cultural resources to our vibrant community of First Nations, Metis, and Inuit students, a role that I am beyond proud of!

This upcoming school year is bound to be awesome, and the Braided Journeys room will have so much to offer. In this newsletter you will find some important dates for the first few months of semester 1 as well as our weekly schedule.

Please do not hesitate to contact me with any questions you might have. I am here to help!

Britnee Contessa

Weekly Focuses

Monday: Mindfulness and Mental Health

Students are invited to begin the day with 20 minutes of tea and calm before class. At lunch, we dive into topics and activities related to mental health and wellness.

Tuesday: Culture and Smudging with Gary

On Tuesdays during lunch, Gary visits the Braided Journeys room to provide cultural teachings, and lead a group Smudge. Gary is also an avid UNO fan. We love Gary days!

Wednesday: Post-Secondary and Careers (grades 9 to 12 only)

We will explore career and post-secondary opportunities in various areas, work on resumes, cover letters, interviewing skills and more!

Friday: Let Loose, Unwind, and Have Fun!

Play is just as important as work-Fridays are students' choice! Sometimes we sing karaoke, play Jeopardy, BINGO, trivia, and Minute to Win It. Other times we bead, carve pumpkins, or make Christmas decorations!



Braided Journeys Leadership

Thursdays after school (high school only)

Students who participate in Braided Journeys are often natural born leaders! Braided Journeys Leadership will take place on Thursdays after school, and students will have the chance to earn volunteer hours, go on field trips, learn valuable skills, and earn high school credits!



The first few months at a glance . . .



September

- September 2nd- **NO SCHOOL**
- September 3rd- Staggered Entry (grade 8- 8:30 to 11:30, grade 9- 12:00 to 3:00)
- September 4th- SENIOR HIGH BEGINS; Welcome grade 7s
- September 5th- JUNIOR HIGH BEGINS
- September 6th- **Braided Journeys Closed**
- September 9th- Grade 7 Art Park Field Trip (PM)
- September 12th- Braided Journeys Leadership Food Bank Volunteering
- September 13th- Braided Journeys "Welcome Back" lunch (all grades)
- September 19th- LSL Meet the Teacher Night 6:30 PM
- September 20th- **Braided Journeys Closed**
- September 24th- Grade 8, 9, and 10 girls trip to Enbridge (AM); Braided Journeys Family Night 5 PM
- September 26th- Ribbon Skirts with Veronica (after school)
- September 27th- LSL Orange Shirt Day
- September 30th- National Day of Truth and Reconciliation- **NO SCHOOL**

October

- October 1st- **Braided Journeys Closed (PM only)**
- October 4th- **Braided Journeys Closed**
- October 10th- Mini Drums with Heidi (after school)
- October 11th- **Braided Journeys Closed**
- October 14th- **Thanksgiving Day- NO SCHOOL**
- October 16th- ACFN Urban Job Fair & Conference (grade 7s and 8s)
- October 17th- Career Fair at WEM (grades 9 to 12)
- October 22nd- Grade 8, 9, and 10 girls trip to Enbridge (AM)
- October 24th- Health Discovery Day at the UofA (high school only)
- October 25th- LSL SMASH Tournament
- October 31st- Halloween!

November

- November 1st- **Braided Journeys Closed**
- November 5th- Norquest InSTEM Day (grade 9s)
- November 8th- FALL BREAK- NO CLASSES- Braided Journeys Student Retreat (TBD)
- November 11th- **Remembrance Day- NO SCHOOL**
- November 12th- **FALL BREAK- NO SCHOOL**
- November 11th to 15th- METIS WEEK and Rock Your Mocs!
- November 18th- Tribal Chiefs Employment and Training JOB FAIR @ WEM
- November 19th- Grade 8, 9, and 10 girls trip to Enbridge (AM)
- November 27th- High School Career and Bridging Fair @ Lumen Christi