



Indigenous Cultural Program at Cheakamus Centre Grade 3 | Friday, February 2nd 2024

As part of our third unit of inquiry, Grade 3 students will visit the Bighouse in Squamish on Friday, February 2nd.

This is a fantastic opportunity for students to learn about the Coast Salish Peoples and their way of life. They will stroll along the spawning channels of the Cheakamus River, a name that means 'people of the fish weir', before arriving at the Bighouse, where Elders will welcome them. They will journey back in time through towering cedars to learn how stone, bone and wood tools were used to chop wood, strip and pound bark, and how these practices link to current practices.

This is a full day field trip. Please ensure your child arrives at school by **8:10 AM**. We will be leaving the school by School Bus at 8:20 AM for arrival at the Bighouse at 9:30 AM. We will return to school by 4:00 PM and please pick your child up from West Bay then.

What to Bring

Lunch will be provided at the Bighouse but please send along snacks and water in your child's backpack. They will wear the pack. It is very important that your child **dress for the weather that day** as we will be outside for most of the day. Winter coats, hats, gloves, snow pants (or rain pants) and boots are required. Extra layers underneath will provide warmth. Please watch the forecast for up-to date weather information for that day.

Packing List:

- Warm base layers (long underwear, warm trousers, fleece, sweaters)
- Waterproof insulated warm jacket with a hood
- Waterproof, insulated pants (or Ski jacket and ski pants)
- Gloves or mitts
- Winter hat or toque
- Waterproof boots or snow boots
- Warm wool socks (and a change of socks for the ride home)
- Waterbottle
- Snack for the bus
- Small backpack
- Do not bring:** Candy, gum, money, phones, iPads, expensive items, watches, toys, any snacks with nuts

Remember that this is an outdoor program and students must be dressed and prepared for changing weather. Also, there will be a fire going inside the Longhouse during the day so clothing will get smoky and dirty. It is best to bring older clothing or equipment you already have or can borrow. LABEL all items with name and school.



Purpose

The purpose of the trip is to enhance understanding and respect for Skwxwú7mesh culture and traditional teachings; experience traditional longhouse culture of the Coast Salish peoples; learn about respect for all life, cooperation and seasonal changes; participate in traditional daily life of the Coast Salish peoples; and experience a unique cultural journey.

Description of Activities

- **Cedar Bark Weaving:** Practice your hand with traditional techniques and tools in working with cedar. Projects might include cedar rope, cedar mat or paint brushes.
- **Hunting and Fishing:** Learn to look for animal signs and increase your level of awareness with your surroundings. Students will learn about traditional hunting and fishing practices.
- **Wood Working:** Experience using traditional tools and techniques to split kindling and create works of art. Traditional tools include a rock hammer, wooden mallet, bone wedge, wooden wedge and adze.
- **Traditional Indigenous Games:** Learn to play traditional games testing skill, strength and your friendly competitive spirit.

Meals

The students will be taught how to make a traditional Coast Salish meal of hot rock soup and bannock. If your child has any specific dietary concerns or allergies please write them below.

Itinerary

Schedule	
9:30 – 9:45 AM	Arrive at Cheakamus Centre South – Spakwus Parking Lot (1600 Paradise Valley Road)
10:00 AM	Cedar Walk
11:00 AM	Arrival at longhouse (south side), invitation to use the longhouse by Cultural Program Staff + Traditional Welcome
11:15 AM	Inside the longhouse: introduction to life in a longhouse, demonstrations of cooking bannock and using hot rocks
11:30 AM	Lunch – bannock, hot rock soup prepared by participants
1:00 PM	Cultural activity time – Rotation 1
1:45 PM	Cultural activity time – Rotation 2
2:30 PM	Closing
3:00 PM	Departure from Cheakamus Centre South - Longhouse Parking Lot (1600 Paradise Valley Road)

* Please allow for flexibility within the schedule



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Student Behavioral Expectations

All students are expected and required to follow the West Bay Code of Conduct which includes no violence, no inappropriate language, following all teacher instructions, and behaving in a safe and respectful manner.

Risks and Safety

Risks include exposure to cold weather, wind, and rain (causing chills or even hypothermia); slipping and falling on uneven terrain (causing sprains, broken bones, cuts and bruises, etc.), injury from using traditional tools (cuts, puncture wounds), falling into the river (hypothermia, drowning), animal or insect bites (allergic reaction, infection), being near a campfire (burns). Mitigation of risks include providing a detailed packing list, working in small groups with close supervision, ensuring behavioural expectations are clear for students, having qualified first aid instructors onsite, and access to appropriate communication tools for the area.

Please keep this letter for your records and return the attached permission forms to the school by January 19th and make payment on SchoolCashOnline for \$115. Please contact Principal Scott Slater if help with payment is needed.

Warmly,

Ms. Jessica Lee

Ms. Jane Standfield



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Informed Consent

Accidents can be the result of the nature of the activity and can occur with or without fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child. There will be minimal risk involved. Children will be reminded of safety considerations and how to represent West Bay School in a positive manner prior to departure.

I give permission for my child _____ to travel by bus to and from the Cheakamus Centre Bighouse in Squamish on the above date and participate in the activities described.

_____ I have also signed the consent form needed by the Cheakamus centre.

_____ My child **will not** be attending this activity. I understand that alternate arrangements will be made for my child at West Bay School.

Parent Printed Name _____

Parent Signature _____

Please keep the information letter above for your records and return this Informed Consent Form and the "Informed Consent and Acknowledgment of Risk" form from the Cheakamus Centre by January 19th and make payment on SchoolCashOnline for \$115.