

What Can I Do?

Recently, the disturbing discovery of the remains of 215 children at a Residential school made headlines in Canada and internationally. This tragic announcement has led citizens to ask the question: "What can I do?" As has been highlighted by many other marginalized communities, words and shared social media posts only go so far. It is concrete actions that will make a lasting impact. As educators, we have the duty to educate ourselves and to include Indigenous education in our classrooms as a daily practice. Below is an infographic created by the Assembly of Nova Scotia Mi'kmaq Chiefs that provides clear and achievable steps on how we can start to repair the damage done, and start on the path to Reconciliation.

Nova Scotia Treaty Education <https://novascotia.ca/treaty-education/>

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Supporting Residential School Survivors and Indigenous People:

WHAT CAN YOU DO?

- Donate to organizations that support counselling and other supports for survivors and their families, and provide education about the legacy of residential schools. Such as:
 - National Indian Residential School Crisis Line
 - Legacy of Hope Foundation
 - Orange Shirt Society
- Support Indigenous artists, drummers, singers, dancers, language learners, and small business owners. They are helping communities heal.
- Host an Orange Shirt Day at your school or workplace to commemorate survivors and those lost at residential schools.
- Lift up the voices of Indigenous people, especially survivors.
- Hear the stories of survivors and their families. Watch *We Were Children*. Read *Out of the Depths* by Isabelle Knockwood, and other memoirs by survivors.
- Give room for Indigenous community members to mourn. While the news isn't surprising, communities are grieving for all the children they have lost, and are sharing the grief of the Tk'emlups te Secwépemc First Nation.
- Call on your local Senators to pass Bill C-5 "A National Day for Truth and Reconciliation" and call on your provincial government to designate the National Day for Truth and Reconciliation as a general holiday under the *Labour Act*.
- Visit Indigenous cultural heritage sites to learn about the traditions, culture, and resilience of your local communities.
- Re-read the final report of the Truth and Reconciliation Commission and think about how you can implement the Calls to Action in your own life.
- Learn about the communities whose land you live on.
- Register for UBC's open online course in Indigenous Studies and Reconciliation for free.

Your actions are so important to healing and understanding.

Some references found in the infographic

Legacy of Hope: <https://legacyofhope.ca/>

Orange Shirt Day: <https://www.orangeshirtday.org/orange-shirt-society.html>

Nova Scotia Senators List: <https://sencanada.ca/en/senators-list/>

Truth and Reconciliation Call to Action: http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf

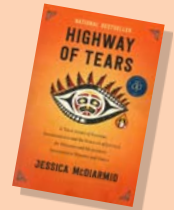
Indigenous Cultural Sites to visit around Nova Scotia: <https://www.novascotia.com/travel-info/about-us/mikmaq-culture>

We Were Children film: https://www.nfb.ca/film/we_were_children/trailer/we_were_children_trailer/

UBC free courses: <https://pdce.educ.ubc.ca/Reconciliation/>

The Teacher in conjunction with NSTU's professional learning department has the following books for giveaway to assist in including Indigenous education in your classrooms/schools.

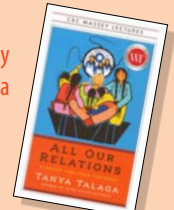
1. *Highway of Tears*
by Jessica McDiarmid



2. *Teaching Each Other*
by Linda M. Goulet & Keith N. Goulet



3. *All of Our Relations*
by Tanya Talaga



Email your name, home address, and the name of your school with PL + the number associated with the book (ie: for *Highway of Tears* – PL #1) in the subject line to ttheteacher@nstu.ca by September 1, 2021 to be eligible for the draw.