

**EMBRACING LIFE PROJECT FINAL REPORT**  
**Tri-Community Wellness Conference**

Northern Hamlet of Jans Bay

## *Embracing Life Project Final Report*

### **PART I – PROJECT EVALUATION**

#### Project Goals and Objectives

Did you meet your goals and objectives?

The overall goals and objectives set out for the youth conference were met. Guest speakers local and invited addressed the many social issues facing Northern communities (attached agenda) The planning committee made it a two day event targeting all grade levels, parents, and elders. The two day event included the three communities of Jans Bay, Canoe Lake and Cole Bay. The Tri-community conference in the end gave its participants young and old the necessary information and tools to deal with addictions and suicide.

#### METRICS:

##### I. EVALUATION FORMS

Evaluations forms were given to participants of the conference. (attached) The feedback from each individual was positive and insightful.

##### II. CHECKLIST

Each grade teacher and school kept track of individual students through their attendance registers. Parents and Elders

##### III. EXIT PASS

Students also filled out and wrote a paragraph “describing what they did at the conference” and also wrote what they learned at the conference. (attached examples)

Based on the evaluation submitted by participants, the overall conference was a success. Feedback from the three communities was positive.

## *Embracing Life Project Final Report*

### **PART III – SUCCESS STORY**

The Northern Hamlet of Jans Bay leadership initiated an idea that would target social issues facing northern communities. They had a vision to do a week long awareness week to include Canoe Lake and Cole Bay. In the end it became a two day event.

Mr. Tony Maurice the Mayor of Jans Bay applied for the “Embracing Life Project Grant” and was approved. Because of logistics in the area of facility space, Mr. Tony Maurice approached the Canoe Lake First Nation School to see if they could utilize their facility. In the end a two day event was planned. One day targeting Division I and II and one day for Division III and IV. Students from the Jans Bay and Cole Bay were bussed in on a daily basis. Parents and Elders were also invited to attend and listen to the various presenters.

The events and topics included various speakers (attached) targeted real issues for the participants, young and old. Each participant got insightful information they will benefit them now and in the future.

The conference also initiated a partnership between the three communities. This is the first time that the communities got together to promote healthy lifestyles.

The Embracing Life Project was the main factor in promoting a positive and rewarding experience for all participants. In the end all three communities benefited from this project.

You are cordially invited to attend

# **Tri-Community Student Wellness Conference**

Communities of Jans Bay, Cole Bay and Canoe Lake

**Thursday & Friday February 27 & 28**

**Canoe Lake Miksiw School**

**Pipe Ceremony is Thursday at 8am**

**Opening Ceremonies Thursday at 9:00am**

**Lunch provided**

## **Elders Lounge both days**

**Supper at 5:00pm (Thursday only)**

**Entertainment 7 – 10:00pm**

**REZ boys with Daryl Bootz McCallum**

**For evening entertainment all children under 12 must be escorted by a parent or guardian**

**Security will be provided**

# Tri-Community Student Wellness Conference

Thursday February 27, 2014

Opening Prayer - Elder

Welcoming Address -

Chief and Council

Northern Hamlet of Jans Bay

Northern Hamlet of Cole Bay

Senator Jonas Lariviere Health – Norman or

La Ronge – Major Contributor

Canoe Lake Miksiw School

Director/Principal Ida Iron

SRC Chief/Vice-Chief - Chelsey Bouvier/Lloyd Corrigan

Housekeeping

# Tri- Community Youth Wellness Gathering

Jans Bay, Cole Bay and Canoe Lake

## **Addictions, cyber bullying, self-esteem**

Thursday February 27, 2017

- 8:00 am Pipe Ceremony
- 9:00 **Opening Ceremonies**
- 9:30 **Presenter Leroy Laliberte – Youth Cultural Worker –MLTC**
- 10:10 10: 30 Ice breaker/Music/small groups what went well/Draw
- 10:30 *Nutrition Break*
- 10:50 – 11:30 **Presenter –Lori Petruskevich**
- 11:30 – 11:50 Ice breaker/Music/small groups what went well/Draw
- 11:50 – 1:00 *Lunch Break*
- 1:00 – 1:40 **Presenter – Max Morin**
- 1:40 – 2:00 Ice breaker/Music/small groups what went well/Draw
- 2:00 - 2:40 **Presenter Cheyenne L\_\_\_\_\_ Building Up R Nations Youth**
- 2:40 – 3:00 Ice breaker/Music/small groups what went well/Draw
- 3:00 – 3:20 *Nutrition Break*
- 3:20 4:00 **Presenter – Muggy Sinclair – Building Up R Nations Youth**
- 4:00 large group – closing comments – major door prize
- Activity – Fun/Game
- 5:00 SUPPER
- 7:00 Evening Activity
- Entertainment REZ boys
- Security Provided
- Elders Lounge

# Tri- Community Youth Wellness Gathering

Jans Bay, Cole Bay and Canoe Lake

## Addictions, cyber bullying, self-esteem

Friday February 28, 2014

- 10:00 **Presenter** **Leroy Laliberte – Youth Cultural Worker –MLTC**
- 10:30 10: 40 small groups what went well/Draw
- 10:40 *Nutrition Break*
- 11:00 – 11:40 **Presenter –Lori Petruskevich**
- 11:40 – 11:50 /small groups what went well/Draw
- 11:50 – 1:00 *Lunch Break*
- 1:00 – 1:40 **Presenter – Max Morin**
- 1:40 – 2:00 Music/small groups what went well/Draw
- 2:00 - 2:40 **Presenter Cheyenne Lemaigre Building Up R Nations Youth**
- 2:40 – 3:00 Music/small groups what went well/Draw
- 3:00 – 3:20 *Nutrition Break*
- 3:20 4:00 **Presenter – Muggy Sinclair – Building Up R Nations Youth**
- 4:00 large group – closing comments –

Extra Presenters  
Tristen Durocher  
Diane Iron  
Genevieve Kelly MLTC  
Craig McCallum  
Elders Lounge

## Tri-Community Youth Wellness Gathering

Jans Bay, Cole Bay and Canoe Lake

### Addictions, Cyber bullying, self-esteem

Friday February 28, 2014

10:00am	Opening Ceremonies/Pep Rally	All Grades 1-6
10:15- 10:45	Max Morin Wellness Presentation/Self Esteem, Addictions	Grade 3-6
10:45- 11:00	Divide into groups Ice breaker	Grade 3-6
11:15- 11:30	Nutrition Break	Grade 3-6
11:30- 12:00	Lori Petruskevich Holistic Healing/Self Esteem, Addictions/bullying Break into groups and discuss	Grade 3-6
12:30	Craig McCallum Role Model	All Grades 1-6/7
12:45	Tristen Durocher Role Model	All Grades 1-6/7
1:00- 1:30	Leroy Laliberte Wellness Presenter/Self Esteem, Addictions	Grade 3-6
1:30- 1:45	Divide into groups and discuss session Ice Breaker	Grade 3-6
1:45- 2:15	Chad Vincent Building Up R Nations Youth	Grade 3-6
2:15- 2:30	Divide into groups and discuss session Ice Breaker	All Grades 1-6/7
2:30- 2:45	Nutrition Break	All Grades 1-6/7
2:45- 3:15	WRAP UP Door Prizes/ Closing Ceremonies	All Grades 1-6/7



# Tri-Community Youth Wellness Gathering

Jans Bay, Cole Bay and Canoe Lake

**Addictions, Cyber bullying, self-esteem**

Friday February 28, 2014

<b>Time</b>	<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 3</b>
<b>9:30 – 10:30</b>	Tristen Durocher Role Model	Diane Iron Wellness Presentation	Craig McCallum Role Model
<b>10:45-11:45</b>	Adrienne Durocher Wellness Presenter	Tristen Durocher Role Model	Chad/Leroy B.U.R.N.Y.
<b>12:00-12:30</b>	Lunch Break	All Grade	
<b>12:30-1:00</b>	Video Presentation	All Grade	
<b>1:00-1:25</b>	Diane Iron Wellness Worker	Lorie Petruskevich Holistic Health	Adrienne Durocher MLTC Health
<b>1:25-1:50</b>	Craig McCallum Role Model	Adrienne Durocher Wellness	Tristen Durocher Role Model
<b>1:50-2:15</b>	Lori Petruskevich Holistic Health	Craig McCallum Role Model	Diane Iron Wellness
<b>2:15-3:00</b>	WRAP UP Closing Ceremonies Door Prizes		



# CANOE LAKE MIKSIW SCHOOL

P. O. Box 223  
Canoe Narrows, SK S0M 0K0  
Tel: 306-829-2012; Fax: 306-829-4211; Email: [clms@sasktel.net](mailto:clms@sasktel.net)  
Director/Principal - Ida Iron  
Vice-Principal - Geraldine Rediron; Vice-Principal - Freida Iron

## TRI-COMMUNITY CHILD & YOUTH CONFERENCE EVALUATION FORM

1 - poor      2 - good      3 - satisfactory      4 - very good      5 - excellent

1. What was your overall impression of the Youth Conference?

1      2      3      4      5

2. What was your overall impression of the sessions you attended during the Youth Conference?

1      2      3      4      5

Best session attended: \_\_\_\_\_

Unsatisfactory session attended: \_\_\_\_\_

3. What was your overall impression of the food for the Youth Conference?

1      2      3      4      5

4. What was the overall impression of the entertainment for the Youth Conference?

1      2      3      4      5

5. What was your overall impression of the activities for the Youth Conference?

1      2      3      4      5

6. What recommendations do you have for next year's Conference?

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Prize for filling out evaluation

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

## Tri-community youth conference 2014

1) What a Paragraph describing the youth conference.

I carried the flag, I was hanging out with my friends, listening to the presentations, played some activities. It was fun.

2) Two things you learned.

I learned that bullying is more serious than it is. And cool ways to do things.

3) One question you have.

Is there more youth conferences because I would like to attend.

I would like to see

I would like to see the history of the site at the same time.

I listened to the stories of the people and the time with my new family. I was a bit different in the house, that's all right.

② Two things you learned

I learned that I was to respect my peers and be grateful for them, because I might lose someone that is close to me.

③ One question you have?

Take me and put me in the year development in 4000 today.

February 28, 2011

1) Write a paragraph describing what you did at the conference.

all I did was to go with my friends like Hannah, Kiera, Chantel, Mike, Stawndra, and other people but it was fun cause all these people have interesting personalities and were very funny. also I just walked around and saw my cousins from junior high and I also seen my old teacher Kelly and my old class mate Michael. I got to see the people from the other youth conference and I also got to meet a new presenter for this conference.

2.) two things you learned!

- I learned what lateral violence is
- I learned that you can get in trouble for posting inappropriate photos on line.

3.) one question you have.

When is there gonna be another youth conference?