



A Reflection on Braided Journeys at Louis St. Laurent

**September 2020-June 2021
Prepared by Shannon Loutitt**





"I had a place to belong."

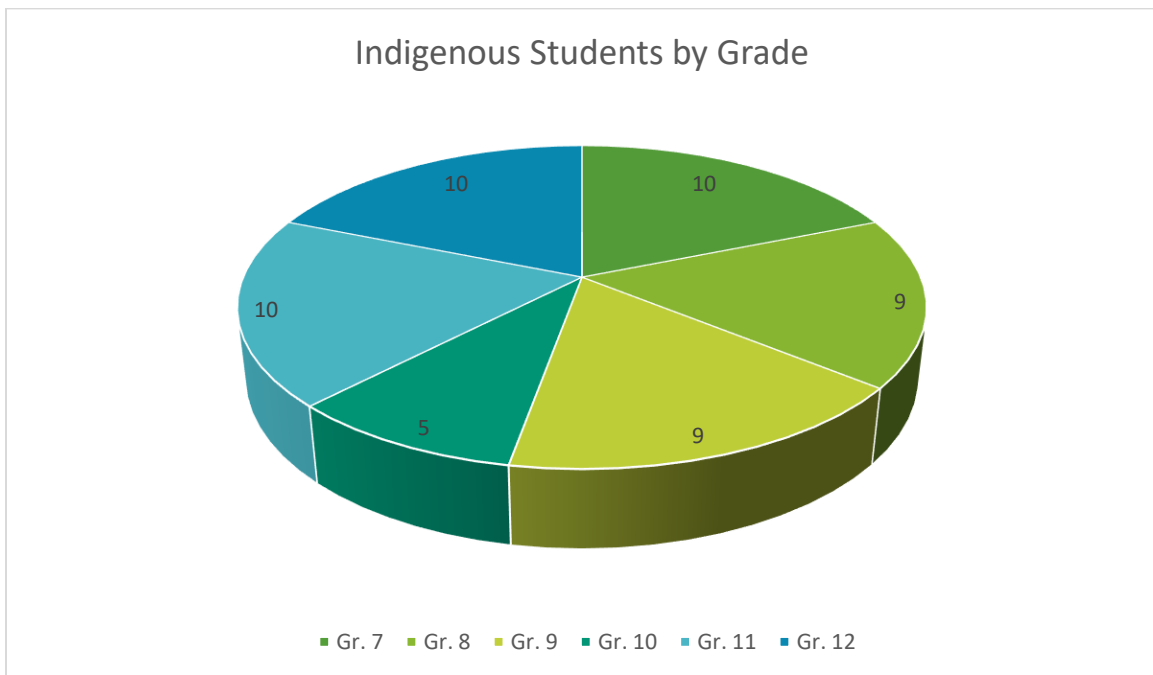
-Grade 12 Student



"It's helped me understand what happens after high school and made me more sure I can do it."

-Grade 11 Student

Indigenous Students at LSL by Grade (Total=53)



"It's welcoming, the people are very nice, and they can help you out with many things."

-Grade 9 Student

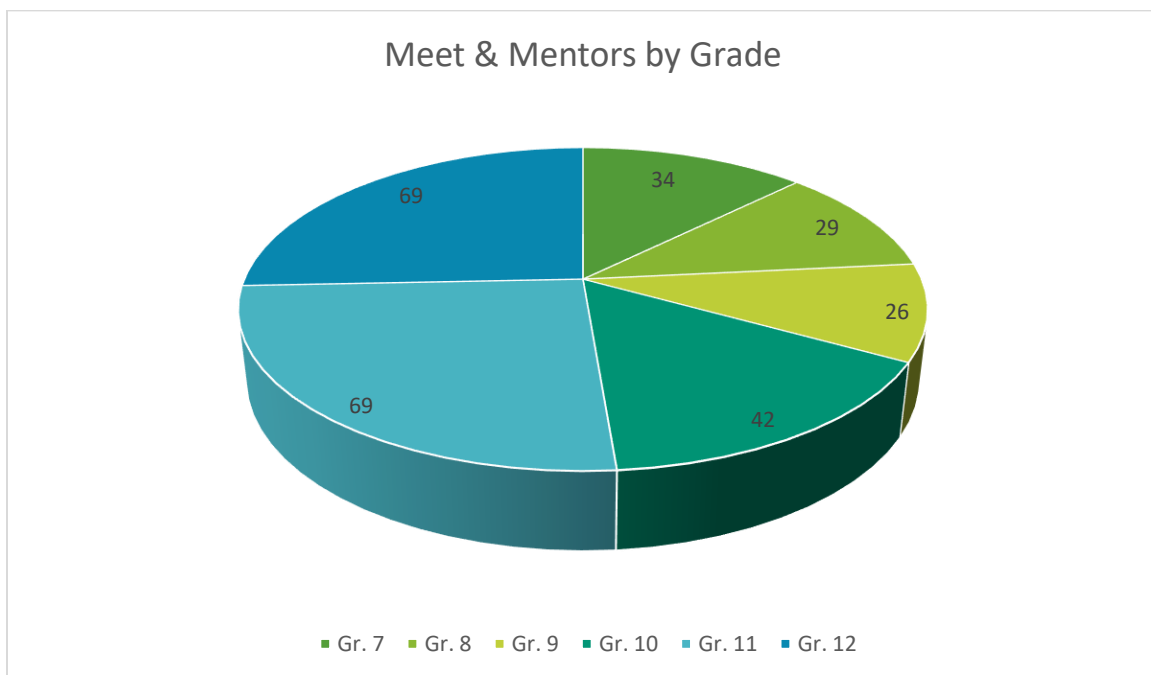
“Braided Journeys made me feel more proud about being Aboriginal.”

-Grade 9 Student



Meet & Mentors (Total=269)

Meet and Mentors provide an opportunity for students to meet 1-1 with their Grad Coach in order to discuss academic progress, career exploration, post-secondary planning, and other individualized topics.



“I like Braided Journeys because of how welcoming it is and all of the programs, plus all the help that they give about post-secondary.”

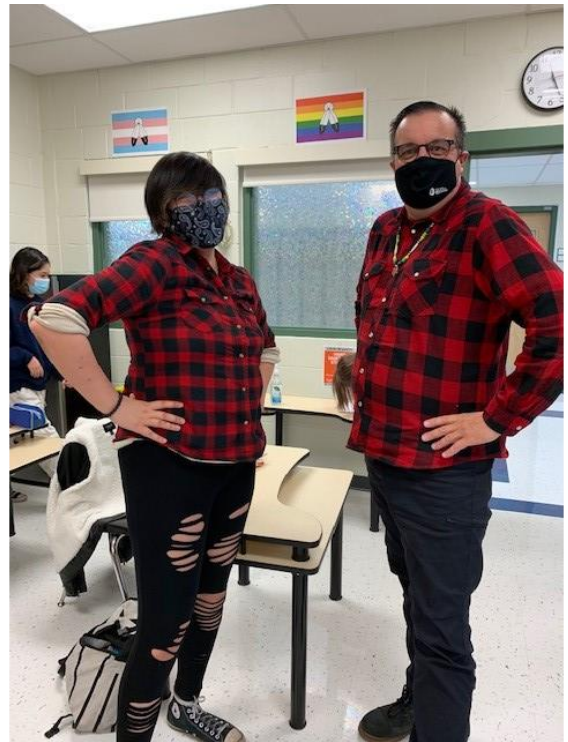
-Grade 12 Student

"I liked talking to you guys. It's less stiff than talking to everyone else."

-Grade 12 Student

Parent/Guardian Contact (Total=604)

Parent/guardian contact took the form of phone calls, emails, and texts. This contact took place to inform families of special events and resources, as well as to discuss topics such as grades, attendance, and mental health.



"You guys are very open and welcoming and helpful. You're non-judgmental and didn't judge me on my grades."

-Grade 11 Student

Supporting Mental, Emotional, Spiritual, and Physical Well-Being

Students had the opportunity to participate in a variety of activities to enhance their wellbeing and build a sense of community and identity. These included:

- Smudging
- Virtual Learning Circles
- Virtual Family Nights
- Junior Achievement Day
- Art
- Conversational Cree
- Wellness Wednesday
- Tutoring

"What I like about Braided Journeys is the people that go there and the support systems that are offered."

-Grade 9 Student

“Braided Journeys helped me with figuring my stuff out.”

-Grade 10 Student

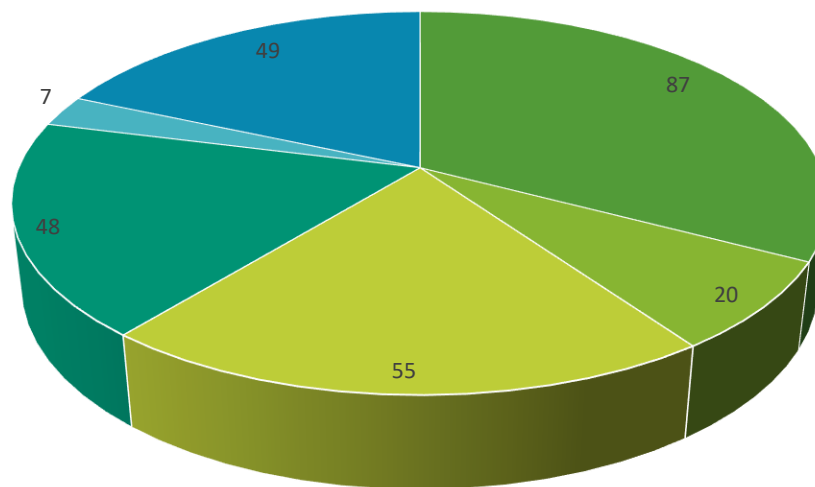


“It’s really good to have the extra support because teachers always say ‘come see me if you need help,’ but you actually reach out.”

-Grade 12 Student

Activity Details

Activity Attendance



■ Smudge ■ Art ■ Wellness Wednesday ■ Conversational Cree ■ Virtual Family Night ■ Virtual Learning Circle

“What I like about Braided Journeys is the people that go there and the support systems that are offered.”

-Grade 9 Student

“I like it when we smudge.”

-Grade 9 Student

Supporting District-Wide Learning

Smudge Teachings: In order to help students and staff understand this important Indigenous spiritual practice, ECSD Cultural Facilitator Gary Gagnon was invited to provide smudge teachings.

Professional Development at LSL: Braided Journeys Grad Coach Shannon Loutitt was invited to facilitate a session entitled **Indigenous Education in 30 Minutes or Less** for the whole staff. This session include topics such as **Indigenous Peoples & the RCMP** and **Original Child-Rearing Practices**.

Professional Development across ECSD: Shannon facilitated ATA workshops tapwewin: Dismantling Anti-Indigenous Racism for St. Al’s and Romero. She also presented **Our Shared History, Our Shared Future: A Brief Introduction to Treaties** at St. Al’s. In celebration of **Indigenous History Month** and **National Indigenous Peoples’ Day**, Shannon created a comprehensive Google Slideshow for classroom use. This resource included over 100 slides, organized by subject. This resource was shared with all Braided Journeys Coaches and also posted to the **National Indigenous History Month** section of ECSD’s website.

“I like being able to interact with everyone and talk about my culture.”

-Grade 9 Student

