


Feb
2023

Sparwood's SEY2KT Journey

Southeast Kootenay SD 5





We are privileged to work, learn and grow on the lands of the Ktunaxa Peoples and the chosen land of the Metis. We are grateful for our relationships with all of our Indigenous partners in the continued support of our youth. It is acknowledged that School District 5 (Southeast Kootenay) operates within ?amak?is Ktunaxa.

Sparwood BC



The community of Sparwood is located in the southeast corner of our province. It is home to approximately 4,200 residents. The local economy is heavily dependent on mining and logging. A large part of the population either works in the mines or as tradespeople and labourers. There are two schools in the community: Frank J Mitchell Elementary (K-6 student population 392) and Sparwood Secondary (gr.7-12 student population 293). The area is beautiful and a haven for environmental enthusiasts, it's rural and remote location often leads to a lack of available services. Many of the government services are non-existent or provided from a centralized location often remotely.

Community Selection

Data helps to paint a picture and for some of our little ones it is not always that bright. We rely on CHEQ (childhood experience questionnaire, EDI (early developmental instruments), DIAL (developmental indicators for the assessment of learning), community census and more

84% of students have at least 1 Adverse Childhood Experience (ACE)



88% of students struggle with sleep



LACK OF COMMUNITY BASED SERVICES

With their being a lack of preventative and crisis based services in Sparwood the school is seeing an increase in the number of adults reaching out for support. Wait times and proximity are challenges to helping them.

HYGIENE SERVICES

To help meet students basic needs we help with basic hygiene at the school. From brushing teeth, washing and changing clothing, bathing, combing hair, etc for approx. 20 students.

Basic needs are more than minimal food and shelter. Their definition includes transportation, hygiene, mental health, regular food access, and safe and stable housing.

45% OF INTERMEDIATE STUDENTS ARE ALONE FOR THE EVENINGS
Many of our students go home to empty houses and are alone a lot of the time. There is a need for more before and after school care and a drop in centre for students in the community,



SCHOOL IS OVER CAPACITY

There is a need for space within schools and the community for outside agencies to come in and do therapeutic work with students. Many agencies that support Sparwood are not in Sparwood due to the lack of available space.

EARLY YEARS INTERVENTION NEEDED

64% of students entering Kindergarten this year had stressful life events that parents disclosed to the school. Families require support from ages 0-5 as well.



FOOD SCARCITY IS INCREASING

Our in school food program has increased 20 fold in the last two years. This includes the breakfast program, lunch program, backpack buddies and food hampers. The school feeds over 100 students on a daily basis.

Our Team

Not all team members can commit to in person connections but all receive minutes and contribute where when they can

Chris Hill CBAL Community Literacy Outreach Coordinator (Community Lead)

Jaslene Atwal Principal FJ Mitchell (District Lead) *

Bev Bellina Sparwood Trustee SD 5 *

Diane Casault District Director of Student Learning and Innovation

Megan Grijalva Laugh and Learn Sparwood kids

Sarah Warburton Kindergarten teacher FJ Mitchell

Lesley Runzer Preschool Speech and Language Pathologist

Christine Watson StrongStart Facilitator FJ Mitchell *

Frankie Seitz Program Consultant, ECE, SNE East Kootenay Child Care Resource and Referral

Colleen Watts Program Consultant, ECE, SNE East Kootenay Child Care Resource and Referral

Rianne Spaans Kinder gym/ SD 5 School Psychologist *

Sam Atwal District of Sparwood - Municipal Councillor *

Jocelyn Stuart Metis Nation BC in Early Years programing

Jackie Mccullough Fine Arts teacher FJMES

Joanne Plessman Sparwood Library and wonderful meeting host *

Danae Phibbs Interior Health Sparwood Public Health Nurse

Sarah Myers Indigenous Family Support

Jamie Hutchinson District of Sparwood Early Years programing *

Candice Forrester District of Sparwood Early Years programing *

Cori Sedrovic Daycare manager *

Andy Coe Fernie Early years

First meeting

Goal 1: Getting to know one another and the passion we bring to the project. It was clear at the first meeting the power of the circle, the benefits of mindfulness activities and the development of meeting norms.



Mindfulness and Journaling



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CHAKRA SHAKE

Let's shake it!

1. Pick up an imaginary ball.
2. Take a deep breath in through your nose, and reach your arms (and ball) way up to the sky.
3. Breathe out through your mouth while you slam the ball down to the ground!

Inhale

Repeat this 3 times!

How does this make you feel?

ENERGIES COME AND GO.
I CAN CHANGE MY ENERGY
BY SHAKING IT UP!

Exhale

30 Mindful Moments
for Kids to Feel
Calm and Focused
Anytime, Anywhere

Breathe like a Bear

Kira Willey
Illustrated by Anni Betts

Do Nothing Moment

Does it feel like there's always something you're supposed to be doing?
There are places you have to go, and lots of jobs to do.
And everyone seems to be in a hurry!
Well, for this moment, there's nothing you have to do.
Except, of course, breathe.
Breathe in, breathe out. If you want, close your eyes.
Breathe in, breathe out.
Breathe in, breathe out.

Meeting Norms

MEETING NORMS

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Be present & engaged
Everything is an invitation, not a demand
Be curious, allow yourself to wonder, not judge
Trust the positive intent of others
Be open to doing things differently
Speak your truth respectfully

Make Today so AWESOME, Yesterday gets Jealous.

Adhere to start & end times
Be present & engaged
Participate with intent & kindness
Be open to doing things differently
Observe deep confidentiality
Be collaborative & listen with "possibility"

Hopes and Dreams

Resources

- Early years building that is a neutral and safe space for caregivers and agencies to meet and connect
- One stop shop hub of community services that can share the work that they are doing
- District of Sparwood having a early years coordinator for ages 0-12 like the youth action position
- A place for gymnastic
- indoor playground (woodchips and structure for the winter months)
- pamphlet of all community resources
- library offering literacy and numeracy support
- Roots of Empathy, Circle of Serenity restarted in schools

Caregiver and Parent Support

- Safe place for adults in the community to go for help that is judgement free
- Regulation space for adults
- parents getting the message that its about the process and not the product with children (find ways to spend time)
- having virtual and inperson options for increased engagement for different situations (ex) cooking groups, support groups
- Ready, Set, Learn in the park or in the community

Connecting those Caregivers that are not connected

- connecting with hard to reach families
- bulletin board at the grocery store with services as a way to communicate
- setting up a Sparwood Early Years facebook group like the one fernie has to advertise all of the programs and services
- Community building events - free judgement free events that draw in different crowds
 - tap into community members who have passions they are willing to share
 - (ex) family events where there is child care, parents can have a date night while kids are being watched and then they come together as a family for a family event, dinners/BBqs in the park, inflatable movie outdoors, community birthday.
- mailing out a monthly newsletter through interior health that has information on how to connect to community resources and parental support
- flexible scheduling of events that factor in shift work (hit all shifts)
- having a booth at the community registration fair in September to share resources and pamphlets

Meeting Two

Systems Mapping and idea generation....
For those who prefer to avoid the use of brainstorming

Who are we trying to impact? — Strongstart

red connect to green

Parents
Children

Early Years Table
- library
- CBML
- rec centre
- CERR

Settlement worker
Eagle - babrukat

MCED
Women's resource centre

Indigenous Partners
- Metis Nation
- Kinnaxa Kinbasket

Interior health

- Dental
- Eye health
- Hearing

Child + Youth Mental health

Columbia Basin Trust (funding)

mountainside church

Backpack buddies

mail caretaker
Chamber of commerce
Save-on Crumbs

DOS

Child care
- laugh + learn
- a place to play
- treehouse
- learning tree
- sweet feet

Teck SMS

SDS
- school staff
- Psycho
- SLP
- K teachers
- director
- admin

ER Inclusive child care support
- Infant Dev't

PEACE

Columbia Basin Family Resource Society

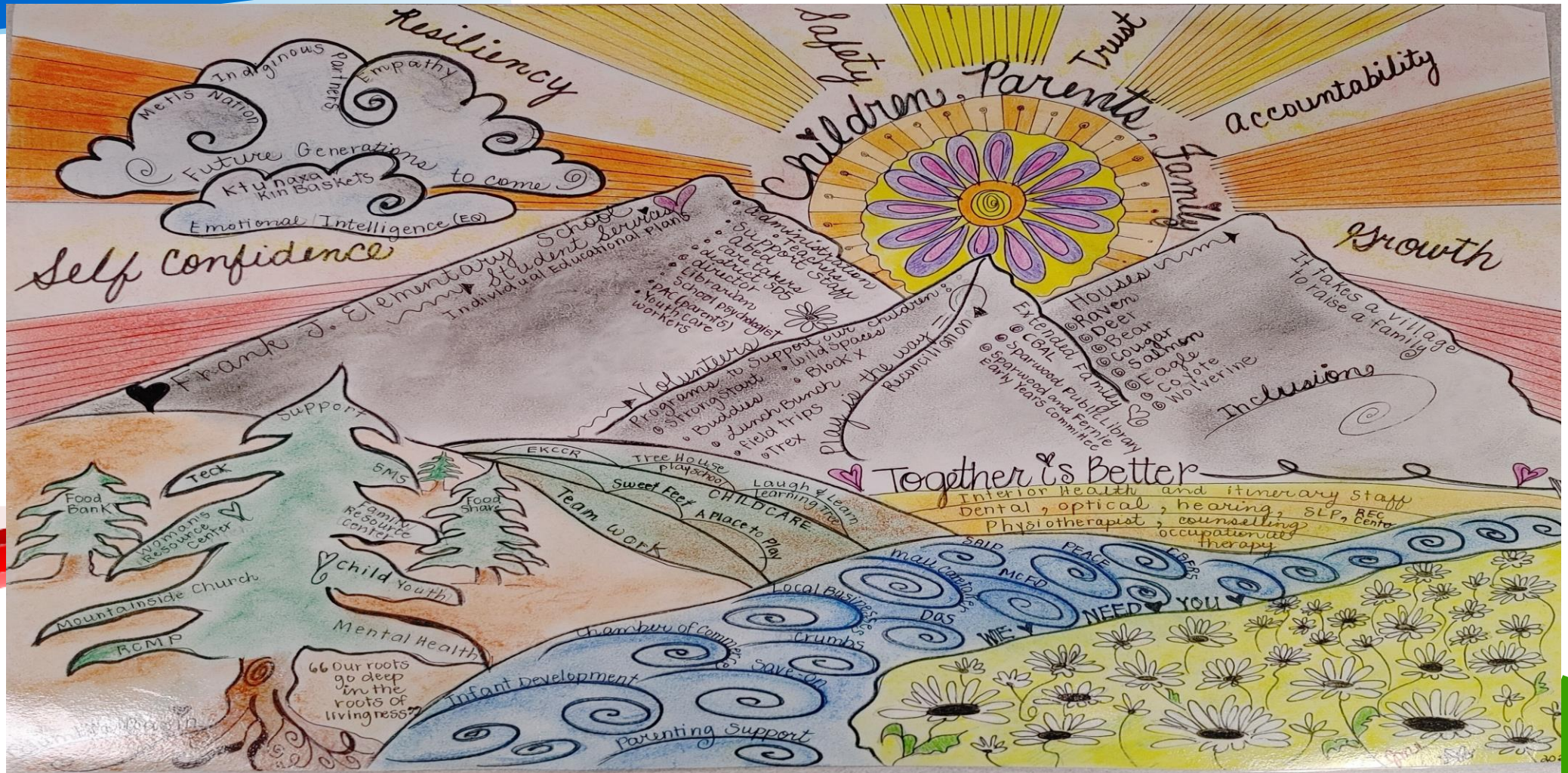
SAIP

Food Bank
Food Share

RCMP

hellosmar

Final Product



Initial projects

The Tree Lighting Ceremony

Community and Resource Service Guide

StrongStart Kindie Reading time



Sparwood
**COMMUNITY AND
RESOURCE
SERVICE GUIDE**
A RESOURCE FOR PARENTS & THEIR CHILDREN

The Guide is published by Sparwood Council 2220 Sparwood Community Centre
and is available for public service for information and service to the
community. It is not intended to be used for legal or financial advice and
should not be used as a substitute for professional advice.



The Listening Activity

- This listening exercise is designed to gather feedback regarding your and/or your child's experience transitioning to kindergarten.
- We share the questions to allow you time to reflect and respond on how we may best address any concerns.
- **Join us, Monday Feb 13 at 3:30pm in the FJMES Library.**
- Our listening group intends to collect, analyze, reflect then plan with the data shared
- Please note that food, childcare and transportation are available for the focus group.



Improvement is our goal

1. What is going well for your child right now? What is something you feel proud of?
2. What is your biggest challenge or frustration about your child's transition to Kindergarten?
3. What should we know about your beliefs, values, and /or culture to best support your family and child?
4. What could be done differently prior to coming to kindergarten to make a difference for your child?



Thank You!

Sparwood SEY2KT Team