

**Personal Wellness Placement Vision
2016-2017**



Dear NACA Student and Families,

Welcome back! Our personal wellness team is excited to get this year started and in beginning this year we would like to share a passage:

Elder Michael Thrasher once told me that the eagle feather has two sides. If the feather had only one side then Eagle could not fly. On one side we find mind/intellect, body/movement and spirit/emotion. Once these are balanced a person is balanced. On the other side there is institution/education (and not just Western style education), process (the movement on one's path) and ceremony. Once these are balanced then a person's life is balanced. When the two sides of the feather are balanced then we have proper behaviour.

**Funny thing is.....Eagle doesn't care if its feathers have two sides....
It just opens its wings and flies up to the Creator.**



**Miigwech
by D'Arcy Rheault**

(Elder Michael Tharsher: is of the (KA-WHYWA-WEET), Turtle Clan, is a nationally recognized teacher of First Nations philosophy, tradition, and knowledge.)

NACA Wellness Vision: Emphasize the sacred power and values of meaningful relationships with one another, ourselves, the land, our ancestors and future generations through physical activity, emotional intelligence and traditional ecological wisdom.

Vision for Graduates: NACA graduates are prepared to *persevere* as they advocate for personal and communal health, and possess the cultural knowledge to begin a pathway in Native health given their Science, Math, Personal Wellness and Indigenous History, Culture and Thought coursework.

Personal Wellness Objectives:

1. **Emphasize** the power and value of strengthening meaningful relationships and emotionally safe spaces in the classroom.
2. **Provide** coursework designed around Indigenous physical wellness, land and plant medicines, body autonomy, and expression.
3. **Communicate** personal wellness is an essential component of student outcomes in health, through effective collaboration with teachers to provide professional development to all NACA staff in empowering mind, body and spirit.
4. **Support** our school leaders with the complex task of prioritizing decisions with regards of the four principle concepts that anchor the mission: leadership, academic preparedness, identity and health while promoting wellness in the political environment of public education.

Lastly, at NACA we feel it is our responsibility to maintain wellness as a central objective through modeling professional development for staff and engagement with our community for our students. Thank You!