

STILL I RISE: NOVEMBER 24, 2022

Agenda

TIME	ACTIVITY
10:00am	Welcome! School introductions, energizer activity with Ever Active Schools and land acknowledgement from Elder Flora Northwest.
10:45am	Active break! Optional online activities with EAS.
11:00am	Session #1 – Arts Presented by Hannah Nash
11:30am	Lunch
12:30pm	Session #2 – Drama Education and Resiliency Presented by ihkitopi/Laine Breaker
1:00pm	Active break! Optional online activities with EAS.
1:15pm	Session #3 – Physical Activity Presented by Andrea True Joy Fox
1:45pm	Active break! Optional online activities with EAS.
2:00pm	Keynote – Medicine Wheel Wellness Presented by Kendra Rosychuk
2:45pm	Closing



KEYNOTE SPEAKER: **KENDRA ROSYCHUK**

Kendra Jessie is a Cree and Ukrainian woman from Sucker Creek First Nation in traditional Treaty 8 Territory in northern Alberta. Kendra has a Bachelor of Sport Management Honors degree from Brock University, and she is a fancy shawl dancer, certified fitness trainer and wellness advocate. Kendra played hockey growing up for 15 years and competed at the university level. Her passion for health, wellness and movement is driven by her experiences as an athlete. Through her work she has goals to inspire the future generations, and reclaim space for Indigenous people and their voices within the wellness and sport industries.



ARTS PRESENTER: **HANNAH NASH**

Tan'si, nisihkason Hannah Nash, Winnipeg Manitoba Ohci niya. My name is Hannah Nash and I am a Cree-Métis iskwew from Winnipeg, Manitoba. I am the president of the Youth Council for the Métis Nation of Alberta, I am a seamstress, a jingle dress dancer, an artist, and youth advocate. I am also a student at the University of Alberta studying Psychology and native studies.



DRAMA EDUCATION & RESILIENCY: **IHKITOPI/LAINE BREAKER**

I am ihkitopi/Laine Breaker from Siksika Nation. I am a teacher at Chief Old Sun School. I have grown with the land and seen trees grow and the river has flown with me. An appreciation for all forms of life. I have had my trials throughout my life, but here I stand triumphant and defiant of the statistics expected of me. I am that proof that expectations can be surpassed and assumptions of one group can be cast aside for a new status quo. Nothing is lost forever and like the repaired ozone layer, something thought to be once impossible, Indigenous children can and will succeed under my guidance!



PHYSICAL ACTIVITY: **ANDREA TRUE JOY FOX**

Andrea True Joy Fox is a Blackfoot woman from the matriarchal tribe, Kainai / Blood Tribe, located in Southern Alberta. She is the host and producer of the podcast, "Talks With A Fox Podcast", where she talks with inspirational guests from across Turtle Island. Andrea loves exploring the arts through media, mixed media, performance, photography, storytelling, and writing. Andrea believes in healing ourselves by learning our stories, moving our bodies, connecting with people who are supportive, stepping out of our comfort zones, and embracing our gifts.