

Important Dates

- Band Council Meeting on Monday March 5, 2018 @ 6:00pm— Firehall
- Daylight Savings Time— “Spring” your clocks ahead one hour March 11, 2018 @2:00am
- March Break is March 12– 16, 2018. March Break Activity flyers and schedule will be distributed at a later date! KEEP AN EYE OUT!!
- Easter is approaching! Easter Breakfast Flyers will be distributed at a later date!
 - Offices will be closed on Friday March 30 ,2018 for Good Friday
- Offices will be closed on Monday April 2, 2018 for Easter Monday; Reopen Tuesday April 3





Henvey Inlet First Nation

Band Council

Meeting

Monday March 5, 2018

Starting at 6:00pm

@ HIFN Firehall

Henvey Inlet First Nation Staff

Chief and Council

~Chief Wayne
McQuabbie~

~Lionel Fox~

~Patrick Brennan~

~Brenda Contin~

~Genevieve
Solomon-Dubois~

~Tony Solomon~

~Carl
Ashawasagai~

Daycare Centre

~Supervisor~

Charlene Ashawasagai

~NECE Worker~

Erin McQuabbie

~NECE Worker~

Carrie Lynn Bennett

Health Centre

Edward Panamick- Health Director

Kara Newton- Community Health Educator

Darcy Ashawasagai- Program Supp. Clerk/Reception

Deborah Newton- Membership/Medical Van Driver

Kerri Campbell- Native Child and Family Worker

VACANT - NNADAP Worker

Brenda Contin- Community Health Nurse

Valerie Ashawasagai- Home Making Worker

Elsie Ashawasagai- Home Maintenance

Luana McQuabbie- Community Wellness Worker

Administration

Millie Pawis- Director of Administration/Finance

Carla Noganosh- Executive Assistant

Doris Contin- Financial Assistant

Patty Walsh- Financial Assistant

Marianne Dunn- Housing Assistant

Rachel Kagagins- Housing Assistant

Lyndy McQuabbie-Administrative Assistant

Dorothy Contin- Social Services

Debbie Fox-Librarian

Judy Contin- Economic Development Officer

Greg Newton- Maintenance

Jonathon Contin- Maintenance Assistant/W.T.P

Janice McQuabbie- Custodian

Genevieve Solomon-Dubois-Education Councillor

Raymond Kagagins- NRF Point Person

Angele Dubois-Community Mentor/YLP

Henvey Inlet First Nation Contact Info

HIFN WEBSITE:

www.hifn.ca

ADMINISTRATION CONTACT INFO

295 Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-2331 or Toll Free: 1-800-614-5533 Fax:(705)857-3021

EXTENSIONS

Dorothy Contin- 222

Marianne Dunn-223

Raymond Kagagins-224

Patty Walsh-225

Wayne McQuabbie-226

Doris Contin-227

Judy Contin-228

Genevieve Solomon-Dubois-229

Millie Pawis-230

Carla Noganosh-232

HEALTH CENTRE CONTACT INFO

354A Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-1221 or Toll Free: 1-866-252-3330 Fax:(705)857-0730

EXTENSIONS

Darcy Ashawasegai- 221

Kara Newton-222

Edward Panamick-223

Deborah Newton-224

Kerri Campbell- 225

Brenda Contin-226

Luana McQuabbie-227

VACANT -228

WAGAMAKE LEARNING CENTRE INFO

Carol Froelich- Teacher

Phone Number: (705)857-5391 Email: instructor@henveyinlet.com

Henvey Inlet First Nation Contact Info

HENVEY INLET DAYCARE

354B Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-0957 Fax:(705)857-0730

E-mail: hifndaycare07@hotmail.com

DAYCARE STAFF

Supervisor– Charlene Ashawasegai

NECE Worker– Erin McQuabbie (Maternity Leave)

NECE Worker– Carrie Lynn Bennett

HENVEY INLET LANDS OFFICE

25 West Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-5211 Fax: (705)857-3021

LANDS STAFF

Lands Manager: Sherry Contin email: lands@henveyinlet.com

Lands Assistant– Amanda Barbe email: barbe_amanda@yahoo.ca

WATER TREATMENT PLANT

136 Sub Road , Pickerel, ON P0G 1J0

Phone Number: (705)857– 1779 Fax: (705)857-1778

W.T.P. Operator– Jason Fox W.T.P. Assistant– Jonathon Contin

HENVEY INLET LIBRARY

Librarian– Debbie Fox

295 Pickerel River Road, Pickerel, ON P0G 1J0

Phone number: (705)857-2222 Fax:(705)857-3021 email: maheengun12@hotmail.com

Medical Van Schedule

Monday	Sudbury
Tuesday	Parry Sound
Wednesday	Britt
Thursday	Sudbury
Friday	Emergency Only



Henvey Inlet First Nation Library Hours

Closed during lunch hours 12-1:00PM

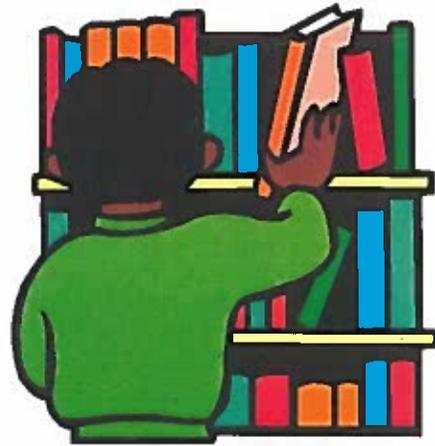
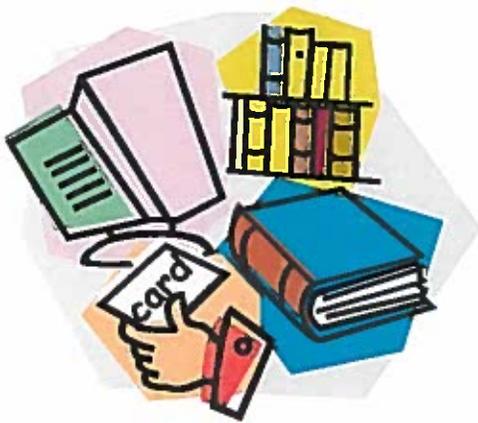
Monday - 8:30am -4:30pm

Tuesday - 8:30am -4:30pm

Wednesday - 8:30am - 4:30pm

Thursday - 8:30am - 4:30pm

Friday - 8:30am - 12:00N



Henvey Inlet First Nation Library
Debbie Fox– Librarian

295 Pickerel River Road
Pickerel, ON
PoG 1J0

Phone:(705)857-2222
Email: maheengun12@hotmail.com





Prescription Deliveries!

Noelville Pharmacy will be
delivering Meds Thursdays @
11:00AM

If you wish to have Meds
delivered to the Health Centre,
You must fax the prescription in
by Wednesday at the latest!!



Henvey Inlet First Nation

Pickeral, ON P0G 1J0

Administration
295 Pickeral River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

Health Centre
354A Pickeral River Road
T 705-857-1221
F 705-857-0730
1-866-252-3330

Day Care
354B Pickeral River Road
T 705-857-0957
F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Lionel Fox
Patrick Brennan
Carl Ashawasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

To: HIFN Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: February 21, 2018
Re: **Discontinuance of Cheques – Direct Deposit**

At our regular finance committee meetings, I report to Chief and Council on the financial aspects of the First Nation.

As of late, a spike in fraudulent activity involving individuals “double and triple cashing” cheques issued to them has been experienced. This activity is caught when Bank Reconciliations are done.

To prevent this type of fraudulent activity we have been advised by our bank, to implement direct deposit.

It is understood that this will have to be a gradual implementation as we do not have everyone’s banking information.

So, Members are being asked to provide this information if you receive, any financial assistance from HIFN; with exception to Social Services at the moment. It is our goal to be fully transitioned to Direct Deposit by April 1, 2018 for everything. HIFN staff will be the first to be transitioned to this new system.

Delay in receiving your banking information will result in delays to processing payments. I thank you for your continued cooperation.

Thank you.

MP

/MP

Director of Finance/Administration



BAND COUNCIL RESOLUTION	Chronological no. 2017/18-061
	File reference no.

NOTE:

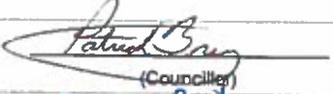
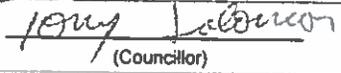
The words "from our Band Funds" "capital" or "revenue", whichever is the case, must appear in all resolutions requesting expenditures from Band Funds.

The council of the HENVEY INLET FIRST NATION		Cash free balance							
		Capital account	\$ _____						
Date of duly convened meeting	Province	Revenue account	\$ _____						
<table border="1"> <tr> <td>D</td> <td>M</td> <td>Y</td> </tr> <tr> <td>2 0</td> <td>0 2</td> <td>1 8</td> </tr> </table>	D	M	Y	2 0	0 2	1 8	Ontario		
D	M	Y							
2 0	0 2	1 8							

DO HEREBY RESOLVE:

Whereas the Henvey Inlet First Nation has been a victim of fraudulent activity involving individuals "double cashing" cheques drawn on First Nation bank accounts;

Be It Hereby Resolved That, effective immediately, Henvey Inlet First Nation will be issuing all payments via direct deposit to prevent being subject to fraudulent activity.

Quorum _____	 (Chief)	
 (Councillor)	 (Councillor)	 (Councillor)
 (Councillor)	 (Councillor)	 (Councillor)

FOR DEPARTMENTAL USE ONLY

Expenditure	Authority (Indian Act Section)	Source of funds <input type="radio"/> Capital <input type="radio"/> Revenue	Expenditure	Authority (Indian Act Section)	Source of funds <input type="radio"/> Capital <input type="radio"/> Revenue
Recommending officer			Recommending officer		
Signature _____ Date _____			Signature _____ Date _____		
Approving officer - Approuvé par			Approving officer		
Signature _____ Date _____			Signature _____ Date _____		



**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

Administration
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Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

To: Gas Bar Staff
Fr: Millie Pawis, Director of Finance/Administration
Dt: February 15, 2017
Re: Sale of Cigarettes – Discontinued at Gas Bar

For some time now, I've reported to Chief and Council the unexplainable income level from the sale of cigarettes at the Gas Bar.

Due to the mystery as to why they are not generating the expecting income, Council has decided at their last finance committee meeting in January 2018 that cigarettes will no longer be sold at the Gas Bar.

Once your current inventory is sold you are not to re-order.

Its an unfortunate decision, but the sales information do not support the continuance of this product.

MP
/MP



**Henvey Inlet
First Nation**
Pickeral, ON P0G 1J0

Administration
295 Pickeral River Road
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Health Centre
354A Pickeral River Road
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F 705-857-0730
1-866-252-3330

Day Care
354B Pickeral River Road
T 705-857-0957
F 705-857-1369

Chief
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Council
Lionel Fox
Patrick Brennan
Carl Ashawasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

To: All Band Members
Fr: Chief and Council
Dt: October 30, 2017
Re: **NO HUNTING – HENVEY INLET I.R. #2 (Bekanon)**

Chief and Council remind all Band Members that there is a NO HUNTING ban on right now in effective WEST of Hwy 69 (All of Bekanon) during the construction activities there due to the Wind Farm.

Contravention of the NO HUNTING Land Law that was passed at an Open Council Meeting on October 23 2017 will result in penalties.

This is a temporary ban in place to protect all those that are working within the reserve boundaries who are constructing roads, monitoring the environmental impacts and securing the area.

Your cooperation is appreciated.

Chief and Council

WM/mp



**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

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Chief
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Patrick Brennan
Carl Ashawasagai
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Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

To: HIFN Community Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: January 10, 2018
Re: **8Plex**

It's official, Chief and Council have selected CGV Builders Inc. to construct the 8Plex!!!

This building will have 4 – 1 bedroom units and 4- 2 bedroom units.

CGV will meet with Chief and Council on Monday January 15, 2018 for a preconstruction meeting to discuss particulars of the construction schedule.

The area next to the Church/Learning Centre where it's to be located will be a construction zone, parents are reminded to keep their children away from this area during construction.

Construction is scheduled to start January 22, 2018 and be completed by July 2018.

MP

/MP



Henvey Inlet First Nation

Pickering, ON P0G 1J0

Administration
295 Pickering River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

Health Centre
354A Pickering River Road
T 705-857-1221
F 705-857-0730
1-866-252-3330

Day Care
354B Pickering River Road
T 705-857-0957
F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Lionel Fox
Patrick Brennan
Carl Ashawasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

To: HIFN Community Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: January 10, 2018
Re: **Communal Mail Box – Spring 2018**

At the December 4, 2017 Band Membership meeting held at the Fire Hall, consideration of a Communal Mail Box, vs Personal Mail Boxes was an agenda item.

The decision was made to allow Canada Post to install a Communal Mail Box system for the residents of Pickering, as a result a vote of those present and by reading the results of the survey that were returned to the Administration office.

The location of the Communal Mail Box will be at the Old Band Office site, exact location to be determined. This receptacle will be similar to that which is located in Bekanon.

Thank you to those who responded to the survey and participated in the discussion at the last Band Membership Meeting.

As more information on the installation and access to this unit is received this will be published in future newsletters.

MP

/MP

Instructions: Application for Ontario Portion of the Harmonized Sales Tax (HST) Refund for First Nations

General Information

The attached application is to be used by Status Indians, Indian bands and councils of an Indian band when claiming a refund for the Ontario component of the Harmonized Sales Tax (HST) paid for off-reserve acquisitions and importations of qualifying property or services.

The refund is not available unless the qualifying property or services were acquired for the exclusive personal use of the Status Indian or exclusively for the use by an Indian band or council of an Indian band. In addition, a refund is not available where other HST relief has been applied.

Who is Eligible

The following persons are eligible for a refund of the 8% Ontario component of the HST paid on qualifying property or services:

- Status Indians who are Ontario residents, or
- Status Indians who are Canadian residents and residents on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

Documentation Required

Please provide the following documentation:

- completed and signed application form;
- original receipts in the purchasers name for qualifying off-reserve acquisitions and importations showing the 13% HST was paid;
- photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of use by the band or the council of the band.

Qualifying Property and Services

For detailed information on the property and services that qualify for the point-of-sale exemption/refund when acquired in or imported into Ontario, please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

Direct Bank Deposit

If you wish your refund to be deposited directly into your bank account, please attach a VOID cheque to your refund application, showing your name and address. You may also request direct deposit by sending us a letter with a VOID cheque attached.

If you wish to cancel the direct deposit, please send us a letter requesting the cancellation.

Authorized Representatives

If you would like an authorized representative to act on your behalf with regards to your claim, complete an [Authorizing or Cancelling a Representative form](#) and return the completed form to the ministry.

Guidelines for Preparing Your Application

- Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.
- Receipts are in good condition, clean and unmarked.
- Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.
- Do not have staples/pins in the receipts.

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals

For a detailed listing of eligible goods and services, please refer to our publication entitled [What's Taxable Off-Reserve Under the HST and What's Not](#).

Instructions for Completing the Application Form

- 1. Section A – Claimant Information**
Enter your full name, complete mailing address and telephone number.
- 2. Section B – Summary of Claim**
Enter total number of receipts sent in with claim and the period of time the claim covers.
- 3. Section C – Certification**
Sign and certify the application.

Claim Completion

All enquiries regarding completion of the application form should be directed to the Ontario Ministry of Finance at 1-866-ONT-TAXS (1-866-668-8297).

Applications for refund of 8% Ontario portion of the HST paid in Ontario, or for qualifying goods imported into Canada, must be submitted within four years from the date the tax was paid. Applications for refund of HST paid in another participating province on qualifying goods imported into Ontario within 30 days, must be submitted within one year from the date the qualifying goods were imported into Ontario.

For more information please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

Mailing:

All refund applications
should be submitted to:



Ministry of Finance
33 King Street West
PO Box 625
Oshawa ON L1H 8E9



Ministry of Finance
 33 King Street West
 PO Box 625
 Oshawa ON L1H 8E9

Application for Ontario Portion of HST Refund for First Nations

Before completing this application, please read the attached instructions. Please type or print.

A Claimant Information

Name of Claimant

Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

Do you authorize any person to act on your behalf with regard to this claim e.g. your local Band council? Yes No

Representative's Name

Last Name First Name

Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

B Summary of Claim

Total Number of Receipts (Maximum 100 receipts) Period Covered: From (yyyy/mm/dd) Period Covered: To (yyyy/mm/dd)

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation

Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.

Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.

Send in a photocopy of both sides of the Certificate of Indian Status card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of or use by the band or the council of the band.

Where all supporting documents are submitted, please allow up to eight weeks for verification and processing of your claim.

Applications must be submitted to the address above within four years from the date the 8% HST was paid. If the application for refund relates to HST paid in another participating province but imported into Ontario within 30 days, the application must be submitted within one year from the date the qualifying goods were imported into Ontario.

C Certification Please remember to sign this application

I certify that all the facts stated on this application are correct to the best of my knowledge and I understand this claim is subject to verification.

(Print) Name of claimant or an authorized official of the Indian band or council	Title	Signature	Date (yyyy/mm/dd)
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Every person who, by deceit, falsehood, or by any fraudulent means, obtains or attempts to obtain a refund or rebate of tax under this Act or the regulations to which the person is not entitled is guilty of an offence and on conviction is liable to a fine of not less than \$500 and not more than an amount that is double the amount of the refund or rebate obtained or sought to be obtained, or to a term of imprisonment of not more than two years, or to both (*Retail Sales Tax Act*, Subscription 32(5)).

Personal information contained on this form is collected under the authority of the *Retail Sales Tax Act*, R.S.O. 1990, c. R31, and will be used to determine eligibility for the amount of the refund. Questions on this collection can be directed to the Ministry of Finance, 33 King Street West, Oshawa Ontario L1H 8E9, or by calling 1-866-ONT-TAXS (1-866-668-8297)

ONTARIO WORKS SCHEDULE

MONDAY TO THURSDAY

8:30 a.m. to 2:30 p.m.

OUT OF OFFICE MARCH 6 – 8TH FOR TRAINING

EMPLOYMENT ASSISTANCE

CUSTOMER SERVICE TRAINING WILL TAKE PLACE AT THE LIBRARY MONDAY, MARCH 19TH AND CONTINUE EVERY OTHER MONDAY..

MEDICINE WHEEL TEACHINGS

BY COLIN MORISSEAU

MARCH 20TH 9:30 A.M. @ WAGAMAKE LEARNING CTR.

LUNCH N LEARN BINGO

MONDAY, MARCH 26TH @ THE LIBRARY 12 NOON

FOOD BANK FRIDAY, MARCH 16TH @ 11 A.M.





NOTICE:

Attached you will find the HIFN *DRAFT* Education Law. If anyone has any questions, comments, or concerns regarding the *DRAFT* Education Law; they can contact Genevieve Solomon-Dubois at The Administration Building via phone or email.

If there are no comments made; Chief and Council will pass this into law at the next Band Council Meeting on March 5, 2018.

This law is needed by April 1, 2018 since we will no longer be under INAC on this date. We will have full jurisdiction over our Education via The Anishinabek Education System.

ATTACHED:

Post-Secondary
Education
Assistance
Policy &
Application
P.S.E.A.
Information
Release Form

UPDATE:

The
deadline to
hand in Post
Secondary
Education
Applications
for
September
enrollment is
now May
15!

NOT the
previous
used date
of May 31!

295 Pickering River Road

Pickering, ON P0G 1J0

Phone: 705-887-2551 Ext. 229 education@anishinabek.com



HENVEY INLET FIRST NATION

DRAFT

EDUCATION LAW

February 23, 2018

DRAFT
HENVEY INLET FIRST NATION EDUCATION LAW

Table of Contents

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JURISDICTION

1. Henvey Inlet First Nation has inherent jurisdiction over education. This law is an exercise of our jurisdiction.

2. The Henvey Inlet First Nation may collect personal and other information, directly or indirectly, for purposes related to the following matters, and may use it for those purposes:
 - (a) administering this Act and the regulations, and implementing the policies and guidelines made under this Law;
 - (b) planning or delivering education programs or services that the First Nation provides or funds, in whole or in part;
 - (c) risk management, error management or activities to improve or maintain the quality of the programs or services that the First Nation provides or funds, in whole or in part;
 - (d) research and statistical activities that relate to education and are conducted by or on behalf of the First Nation.

3. Henvey Inlet First Nation shall not collect or use more personal information than is reasonably necessary to meet the purpose of the collection or use described in this Law.

4. Henvey Inlet First Nation shall protect the confidentiality of personal information and will not publicly report any personal information.

INTERPRETATION

Definitions

5. In this Law,

“First Nation Member” means a person whose name appears on the First Nation membership list;

“Funding Allocation Agreement” means the five-year agreement agreed to among the First Nations that comprise the Anishinabek Education System for the distribution of Transfer Payments among the First Nations and the structures of the Anishinabek Education System;

“Student” means a person who resides on the First Nation reserve and who is enrolled and accepted by the First Nation into a Primary, Elementary or Secondary Education program paid for by the First Nation;

“Post-Secondary School Student” means a person who is a recognized First Nation Member and who is approved by the First Nation for funding under the First Nation Post-Secondary Student Support Program in accordance with the Post-Secondary Financial Assistance Policy;

“Transfer Payments” means the payments received by the Kinoomaadziwin Education Body on behalf of the First Nations to support the delivery of Primary, Elementary and Secondary Education, to allow for access to post-secondary education and to support the operation of the Anishinabek Education System.

Purposes of this Law

6. The purposes of this law are to:
 - (a) ensure the Anishinabek Education System focusses on all students’ intellectual development and their physical, emotional, social and spiritual well-being;
 - (b) support the development and delivery of educational programs and services to enhance the development of confident, responsible and capable individuals who can contribute to Anishinabek society and society as a whole;
 - (c) encourage and support life-long learning, the opportunity for continued personal development and the pursuit of post-secondary education, training and employment;
 - (d) support the development of educational programs and services that meet the diverse learning needs and abilities of all students;

- (e) create mechanisms for First Nations leadership, parents and communities to become significantly involved in the education of their children;
- (f) ensure local educational needs and priorities are addressed;
- (g) create an environment of learning inclusive of Anishinabek language and culture in the curriculum, resources and school programs being developed and delivered by the Anishinabek Education System;
- (h) support education that contributes to the preservation, use and promotion of Anishinabek language and culture and provide Students with multiple opportunities for learning; and,
- (i) establish the legislative framework for:
 - i) the Kinooaadziwin Education Body;
 - ii) the Regional Education Councils; and,
 - iii) the Local Education Authorities.

Responsibilities

- 7. It is the responsibility of the First Nation, the Regional Education Councils and the Kinooaadziwin Education Body and all education staff to ensure that Anishinabek language, culture and values are incorporated throughout, and fostered by the Anishinabek Education System.

Entitlement to Attend School and Access Education Programs and Services

- 8. Every Student as defined above and Post-Secondary Student as defined above is entitled to access the education program and services offered by the First Nation.

Education Governance and Authority

- 9. The First Nation jurisdiction over education is vested in the Chief and Council by the First Nation members.
- 10. The Chief and Council shall exercise jurisdiction over First Nation education exclusively by this Law and in accordance with the provisions of this Law and any regulations.
- 11. The First Nation's Education Counsellor will manage the day-to-day delivery of education programs and services.
- 12. The Regional Education Council is a First Nation collective body established to address regional educational priorities. It has no authority over the delivery of educational programs and services in any First Nation in the region, unless that authority is delegated by the First Nation under this Law or its regulations.

13. The Kinoomaadziwin Education Body is a First Nation collective body established to support the delivery of educational programs and services by the Anishinabek Education System First Nations. It has no jurisdiction or authority unless that authority is delegated by the First Nation under this Law or its regulations. The Kinoomaadziwin Education Body does not have any jurisdiction or authority over the delivery of educational programs and services in any First Nation, unless that authority is delegated by the First Nation under this Law or its regulations

Local Education Authority

14. The First Nation Local Education Authority is Chief and Council.

15. The Chief and Council shall be responsible for:

- (a) the development, approval and administration of education policies and procedures for the First Nation;
- (b) the employment and retention of education staff on recommendation from the Director of Finance/Administration;
- (c) the approval of the 5-year education plan, education budget and expenditures; and,
- (d) the approval of the tuition agreements and list of Post-Secondary Students.

16. The Chief and Council shall:

- (a) govern itself according to the intent of this Law and the regulations;
- (b) make itself aware of circumstances and issues which might affect the educational policies, programs or services of the First Nation;
- (c) approve budgets and financial accounts and operational reports and evaluations to be carried out as required by and in accordance with the provisions of this Law.

17. The Education Counsellor shall:

- (a) monitor the progress of the Students and Post-Secondary Students;
- (b) prepare an education plan for five years for approval by the Chief and Council which:
 - i) is sensitive to the spiritual beliefs of the First Nation and to its social, cultural, language, economic and political objectives;
 - ii) contains an analysis of the present and future social, economic and political circumstances of the First Nation with particular reference to its future technological, professional, skilled and general employment requirements;
 - iii) reflects the vision of the First Nation;
 - iv) estimates the educational staffing requirements of the First Nation;

- v) estimates the costs and cash-flow requirements of the First Nation education plan;
 - (c) report to Chief and Council on education as required by Chief and Council.
18. Education will remain under the control of the First Nation Members in the following manner:
- (a) legislative control over education shall be exercised by the Chief and Council elected by the First Nation Members;
 - (b) policy control over education shall be exercised by the Chief and Council elected by the First Nation Members;
 - (c) the budgets are approved by the Chief and Council elected by the Members; and
 - (d) program and financial accountability through annual reports to the First Nation Members on the First Nation's education programs and services, the education budget and expenditures and the achievement of Students and Post-Secondary Students.
19. The Education Counsellor is accountable only to Chief and Council, and all reports, audits and evaluations which the Education Counsellor is obliged to produce and submit by this Law shall be submitted to the Chief and Council.

Regional Education Council

20. The First Nation Chief and Council shall appoint two persons to represent the First Nation at the Regional Education Council.
21. The Regional Education Council shall be responsible:
- (a) to support the coordination and delivery of Primary, Elementary and Secondary Education for the First Nations in the region;
 - (b) for the development of template policies regarding the negotiation of tuition or education agreements between the First Nations and the local school boards, as well as the administration of such agreements;
 - (c) to support the negotiation of tuition agreements, if requested by a First Nation;
 - (d) for the development, coordination and administration of practices regarding the professional development and performance evaluation of teaching staff; and
 - (e) the provision of a forum to discuss and address issues of relevance and importance with regard to Primary, Elementary and Secondary Education, and Post-Secondary Education, as well as economies of scale.

Kinoomaadziwin Education Body

22. Each Regional Education Council shall select three of its members to be Directors on the Board of Directors of the Kinoomaadziwin Education Body.
23. The Kinoomaadziwin Education Body shall be responsible:
 - (a) for the receipt, administration, accountability and distribution of Transfer Payments in accordance with the Funding Allocation Agreement;
 - (b) for the administration of funding agreements between itself and the First Nations who are part of the Anishinabek Education System;
 - (c) for the establishment of policies and guidelines relating to the operation of the Anishinabek Education System;
 - (d) for the development and implementation of conditions regarding the granting of diplomas and certificates by First Nation schools;
 - (e) for the establishment and maintenance of a library of First Nation education laws;
 - (f) to be the central liaison with the Province of Ontario regarding education matters; and
 - (g) for carrying out of any other powers, duties and functions delegated by the First Nations.

Cost of Education

24. All Students as defined above shall have the right to Primary, Elementary and Secondary Education within the First Nation's education system that is consistent with the First Nation's education and financial policies.
25. Except as otherwise provided in this Law, the educational services mentioned in section 24 are to be provided by the First Nation at no cost to the Students or to their parents and guardians.

Finance

26. The First Nation shall maintain a Funding Allocation Agreement with the Kinoomaadziwin Education Body for the education funding to deliver the First Nation's education programs and services.
27. The terms and conditions in relation to the Funding Allocation Agreement shall be signed by all First Nations that are part of the Anishinabek Education System.
28. The First Nation education funding shall be expended on the implementation of the First Nation 5-year education plan.

29. Any funds not spent at the end of the fiscal year by the First Nation may be retained or spent by the First Nation at its own discretion providing that it is spent for educational purposes and that the terms of the Funding Allocation Agreement under which the funds were originally provided shall be observed. Retained surpluses not designated for immediate use should be placed in a reserve account at year end.
30. The Chief and Council shall ensure that financial due diligence is followed so that the First Nation does not incur a deficit in education. Any deficit must be planned and approved by the Chief and Council.

Regulations

31. For the purpose of carrying out the provisions of this Law according to their intent, the Chief and Council may make regulations that are in addition to and are not inconsistent with this Law, and every regulation made under this section has the force of law and, without restricting the generality of the foregoing, the Chief and Council may make regulations:
 - (a) defining any word or expression used in this Act but not defined in this Law;
 - (b) prescribing any matter required or authorized by this Act to be prescribed by regulation;
 - (c) governing the procedure to be followed with respect to any proceedings or thing authorized by this Law in any case where the provisions of this Law are, in the opinion of the Chief and Council, insufficient; and
 - (d) respecting any other matter considered necessary or advisable to carry out the purpose and intent of this Law.
32. This Law comes into force on April 1, 2018 and remain in effect until it is amended or replaced under the First Nation law-making process.

Approved by Chief and Council Resolution on the 5th day of March, 2018.

[insert signature lines here]



HENVEY INLET FIRST NATION

**Post-Secondary Education
Assistance (PSEA) Policy**

February 21, 2018

295 Pickerel River Rd.

Pickerel ON P0G 1J0

education@henveyinlet.com

Toll Free: 1-800-614-5533

Tel: 705-857-2331

Fax: 705-857-3021

Prior Revisions: April 12, 2016
May 8, 2015
January 22, 2015
June 29, 2011
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Introduction

Henvey Inlet First Nation is proud to announce that we are members of the newly formed Anishinabek Education System (AES) and are now represented by the Kinoomaadziwin Education Body (KEB). The KEB is a not-for-profit corporation that the Anishinabek First Nations approved by Grand Council Resolution in 2010. The KEB has a 12-member Board of Directors that is comprised of representatives from the four Anishinabek Regional Education Councils (REC). Henvey Inlet First Nation belongs to REC #3 along with the following First Nations: Moose-Deer Point, Wasauksing, Magnetawan, Dokis, Nipissing and Wahnapiatae. The KEB will support the 23 Participating First Nations (PFN's) in their delivery of education programs and services and the KEB will liaise with the province of Ontario on education matters when the Anishinabek Education System becomes operational on April 1, 2018.

Purpose

The Post-Secondary Educational Assistance (PSEA) Policy is designed to help Henvey Inlet First Nation members to offset the personal cost of obtaining a post-secondary education by assisting with tuition and other qualified allowances as set out in this policy. Henvey Inlet First Nation is committed to the educational success of our students. Every effort will be made to ensure that the greatest number of students are funded and supported through this program however it is important for students to remember that the Education budget is limited by the number of students receiving assistance in any given academic year. Students are encouraged to apply for OSAP, Scholarships and Bursaries throughout the year to enhance their financial resources.

Role of Education Counsellor

- a) Ensure that potential applicants are aware of the availability of the Post-Secondary Education Assistance (PSEA) Policy;
- b) If necessary, assist students to complete the application for post-secondary assistance and ensure they understand their rights and responsibilities;
- c) Assist students to develop realistic academic plans;
- d) Direct students to resources that can assist them to acquire academic, social, emotional support services; provide direct services when possible;
- e) Provide students with updates regarding obligations and opportunities;
- f) Maintain up-to-date student files that include the student's application, academic records and guidance related to the individual student's needs;
- g) Act as liaison with Chief and Council and HIFN Administration; provide student advocacy and recommendations for approvals;
- h) Manage the Education Budget and complete reports as required.

Eligibility/Criteria for PSEA

1. Applicants must be a registered member of Henvey Inlet First Nation.
2. The post-secondary program must be provided by an institution that is licensed and recognized by the Educational Authority of the province or territory in which it is located. In Ontario this would be the Ministry of Colleges, Training and Universities.
3. Applicants must meet University/College entrance requirements and be accepted for enrolment to be eligible for funding.
4. All first-time applicants must include a 'Letter of Acceptance' with their application.
5. Mature students must include an 'Offer of Admission' or equivalent documentation with their application.

6. Students who drop-out (i.e., withdraw after the institution's identified date for withdrawal) will be deemed to have abandoned their studies and will not be considered for future funding until they have re-paid the First Nation for the cost of tuition and other expenditures.
7. Providing false information may result in immediate termination of funding.
8. Applications to attend school in September must be received by Henvey Inlet First Nation no later than 4:00 p.m. on May 15th. If May 15th falls on a weekend, the deadline will automatically become the next business day.
9. For programs that begin at times other than September, students must submit their application at least three months prior to the start date of their program. For example: if the program starts January 9th your application must arrive at HIFN by October 9th.

Eligibility for Living Allowance

Only *full-time students (*as defined by the institution) are eligible for a living allowance. Living allowance cheques cover the period from September to April however they are deposited during the last week of the previous month i.e.) from August to March. Since the First Nation does not receive enough funds to cover the true cost of living, this allowance is intended to assist with rent or food and/or personal needs. The following chart identifies the living allowance rates.

Category	Monthly Allowance
S1 Single Student	\$ 875.00
S2 Single Parent <ul style="list-style-type: none"> • With 1 dependent • With 2 dependents • With 3 dependents • \$50.00 per month for each additional dependent 	\$ 1245.00 \$ 1405.00 \$ 1565.00
M Married with Spouse <ul style="list-style-type: none"> • With 1 dependent • With 2 dependents • With 3 dependents • \$50.00 per month for each additional dependent 	\$ 875.00 \$ 1035.00 \$ 1195.00 \$ 1355.00

**Dependent child is a child who is under age 18 who is dependent on the student and who is not in receipt of PSEA funds from Henvey Inlet First Nation. Students with dependent children must submit proof of the child/ren's age (eg: copy of birth certificate or status card) and proof of custody.*

HIFN Selection Priorities

Priority I

- a) Continuing students who are currently enrolled full-time (and who maintain a passing Grade Point Average - GPA) in a post-secondary program funded by Henvey Inlet First Nation PSEA;
- b) Continuing students who are enrolled full-time (and maintain a passing GPA) in a post-secondary program but who were previously funded by OSAP, scholarship or other funding source;
- c) Recent Grade 12 graduates: those who graduated in the current year or one year prior and who are enrolling in post-secondary studies for the first time.
- d) Students accepted into a full-time Anishnaabemwin program and who maintain a passing GPA. Individuals enrolling in Anishnaabemwin programs will not be limited by prior levels of study.

Priority II

- a) Continuing part-time students who maintain a passing GPA
- b) Continuing part-time students who maintain a passing GPA and who now wish to study on a full-time basis;
- c) Recent post-secondary graduates who wish to further their studies eg) students who completed college or university more than one year ago and now wish to study at the next post-secondary level;
- d) Returning students (students who maintained a passing GPA but) who stepped out from their post-secondary studies and who now wish to resume their program;
- e) Henvey Inlet Staff who wish to increase their expertise in their current job as per the HIFN Personnel Policy.

Priority III

- a) Mature students: those who have obtained a grade 12 equivalent, or who are eligible for mature student standing and who have been accepted into a college or university;
- b) New applicants requesting part-time studies;
- c) Probationary students who were previously unsuccessful.

Probationary Standing

A student who is struggling to meet the academic requirements of their program may be placed on probation for one year. Students with supporting documentation will have a different outcome based on individual circumstances and, communication with and between the Education Counsellor and their institution. It is therefore, to your advantage to contact the Education Counsellor and request help to meet your challenges. The following chart provides examples of specific situations and outcomes that may be implemented.

Course Failures per semester	Consequences for Student
One Course	There will be no effect on living allowance Student must contact the HIFN Education Counsellor and the Native Student Services Office or Academic Advisor to develop a student success plan prior to retaking the failed course.

Two Courses	Student must contact the HIFN Education Counsellor and the Native Student Services Office or Academic Advisor to develop a student success plan prior to retaking the failed courses. The student may be responsible for tuition costs to retake the failed courses.
Three Failures per semester	The student will be required to contact the HIFN Education Counsellor to discuss the following options: a) The student must reimburse the First Nation for tuition fees for all the failed courses. These costs will not be reimbursed if/when the courses are subsequently passed. b) The student's funding will be suspended for 1 academic year (8 months) during which time the student will need to successfully complete the failed courses at their own expense prior to reapplying for funding.

After one semester on probation a student must demonstrate academic improvement in order to maintain eligibility for funding. Failure to do so could result in the student being required to reimburse HIFN and/or the cancelation of continued funding.

Education Levels and Post-Secondary Assistance

Assistance can be provided at four levels of post-secondary education;

Level 1: Community college and/or University and College Entrance Preparation Program (UCEP) diploma or certificate programs;

*UCEP students must provide a statement from the university or college which confirms that once they have successfully completed the UCEP program they will be eligible to apply to that institution for the relevant course of studies.

Level 2: Undergraduate University programs eg, B.A., B.Ed., LLB;

Level 3: Advanced or professional degree programs, eg., Master's, M.D., M.A.;

Level 4: Doctoral program (PhD)

Students will only be funded for courses required to graduate from their current program of study however the following options may be considered:

Level 2 may also include assistance for an additional degree at the bachelor level which has, as a prerequisite, an undergraduate degree or undergraduate courses; and/or, if a student withdraws from a Level 2 (University) program prior to completing it, they may be eligible to attend a Level 1 (College) program however future Level 2 funding will only consist of the unused balance. Once a student has graduated from a Level 1, 2, 3 or 4 they are not eligible for additional funding at the previous or lower Level. For example, a University graduate is not eligible for post-secondary assistance to attend a College Diploma program.

The First Nation may consider funding a student attending a different program at the same Level, 72 months after a student has graduated. For example, after 72 months a College graduate may be eligible for funding in an unrelated College program.

Educational Funding is limited to the official length of the program as defined by the institution.

Changes to Education Plan

1. Students must discuss potential changes to their program with the HIFN Education Counsellor and/or the Director of Finance *prior to* making any changes. This includes adding or dropping courses. HIFN may refuse to pay for program changes made without the above noted consultation and approval.
2. If a student must withdraw for health reasons, they must provide a note from a medical doctor or nurse practitioner stating this recommendation.

Annual Application

1. All students must submit a new PSEA Application with supporting documentation by May 15th each year. Although much of the information is a duplication from the previous year students must understand that files are archived according to the year they were created and information cannot be transferred from one year to another. Unfortunately the academic year (typically September to April) does not correspond with the fiscal year (from April to March) which is how the Education Budget is calculated.
2. Students should state their intention to attend Spring/Summer courses as early as possible however they are still required to submit a new application by May 15th since funding for these semesters is taken from the budget for the following year.
3. All students must submit a signed copy of the Henvey Inlet First Nation 'Authorization to Release Information' form with their application. Students must also submit a signed copy of the institution's 'Authorization to Release Information' to Henvey Inlet First Nation, with their application. This authorization (also known as Third Party Consent) will allow the HIFN Education Counsellor to discuss student fees, concerns and/or progress with the educational institution. The Institution's form can usually be downloaded from their website or it can be obtained from the Registrar's Office.

Living in Residence

Students who plan to live in college/university residence must complete the necessary arrangements with their institution and they must include a copy of their Residence Agreement with their application. Although HIFN will not pay Residence fees in full, and will not pay for a Meal Plan, the student can agree to have their Living Allowance entitlement paid to the institution in lieu of a monthly allowance paid to themselves. To be clear, HIFN will either contribute to Residence Fees or will provide a Living Allowance but will not provide both. Residence deposits will not be reimbursed, as these fees are returned to students at the end of the school year.

Student Responsibilities

1. Students are expected to demonstrate a commitment to their studies as evidenced by consistent attendance, maintaining a passing Grade Point Average for their program and regular contact with the HIFN Counsellor.
2. Regular contact with the Education Counsellor means that the student must personally call or email the Education Counsellor at least once per semester and does not include emails from or conversations with the student's parent on the student's behalf.
3. It is the students' responsibility to provide the required information and documentation with their application. DO NOT send LINKS for online information to the Education department as these will not be reviewed and will result in an incomplete application.

4. Students must submit their marks/e-Grades or a progress report (from the instructor or web advisor) to the Education Counsellor at the end of each semester in order to retain their education funding and/or to be eligible for funding the following semester. All grades and/or correspondence must be in English or they must be accompanied by an official English translation provided by the institution.
5. If the student receives a Tuition Invoice from the institution they must forward it to the First Nation Education Counsellor with the subject heading TUITION INVOICE. Tuition Fees cannot be paid without an invoice from the institution.

Health Benefits Not Covered

Most colleges and universities automatically add “Health Insurance, Dental or Vision benefits” into their tuition fees however Henvey Inlet First Nation does not cover these costs since these services are provided by Health Canada. Therefore, students must notify their institution that they wish to ‘opt-out’ of these benefits or they must pay these fees themselves. Students must ‘Opt out’ of the institution’s ‘Health Insurance, Dental and/or Vision’ benefits or pay these fees themselves. Please create a reminder for yourself to do this before the date has passed.

Fees and Reimbursements

1. Students must submit the list of required books/supplies and associated costs for their program to the Education Counsellor at the beginning of each semester. Failure to do so may result in reduced funding for books/supplies.
2. All receipts must be mailed, photocopied or emailed to the Education Counsellor within 30 days of purchase. Receipts must clearly show the date, place of purchase and total cost of books/supplies.
3. Students must submit receipts for Application Fees with their Post-Secondary Application form. Fees such as OCAS will be reimbursed at the beginning of the student’s first semester.
4. Many Colleges/Universities waive ‘seat fees’ for Sponsored Students so it is worthwhile to ask the Registrar’s office if your College or University follows this practice. Students who choose to pay a fee to ‘Hold a Seat’ in their program must submit their receipt and will be reimbursed at the beginning of their first semester.

Students must allow a minimum of 3 weeks for reimbursements to be processed.

HIFN Limits to Post Secondary Funding

1. Only required books and/or supplies as identified on the institution’s ‘official course list’ will be paid for; the list and receipts must be submitted to the HIFN Education Counsellor for reimbursement, within 30 days of purchase. The date and place of purchase must be clearly visible on all receipts.
2. Part-time students (as defined by the post-secondary institution) will receive tuition, mandatory student fees (not including Health Insurance, Dental and Vision benefits), books and supplies as identified on the ‘official course list’. Part-time students are not eligible for a living allowance and/or a bus/parking pass.
3. Full-time students are eligible for all funding categories as well as bus/parking passes however the amount allowed per student will depend on available funds.

Overpayment

An overpayment is any payment or expenditure for which the student was not eligible or became ineligible; this may include tuition, books, supplies or living allowance/residence fees. Students will be expected to repay the First Nation and/or may be disqualified from current and future Educational Assistance.

This may include the following scenarios:

- A student who withdraws from school and does not immediately notify the HIFN Education Counsellor while continuing to receive funds from HIFN;
- A student who enrolls as a full-time student then drops to part-time and does not immediately notify the First Nation Education Counsellor;
- A student who drops out or fails a semester and does not advise the First Nation Education Counsellor.

Overpayments may be reclaimed via deductions to a student's living allowance or through other arrangements agreed to by the Education Counsellor, the student and the HIFN Finance Department. Students will not receive further assistance until these arrangements have been confirmed.

Request for Supplementary Funding/Special Events

Requests for special events such as conferences, workshops, cultural events must include:

1. A letter from the student outlining the particulars of the event and reasons for attending.
2. A budget that includes the student's own contribution to the cost of the event.
3. A letter from an Instructor supporting the student's participation and relationship to their program.
4. All requests must be received by the Education Counsellor at least one month prior to the actual event. Late submissions will not be considered for funding. Approval is based on the availability of funds.

Eligible Post-Secondary Institutions

In Canada there is no single entity that regulates educational institutions. Instead, the provincial and territorial governments have the authority to grant academic credentials to public and private postsecondary institutions in their respective jurisdictions. These institutions are recognized and authorized through provincial and territorial charters or legislation that ensures or enables mechanisms for institutional and program quality.

"Registered" or "licensed" institutions are monitored by government for institutional and program quality and consumer protection, depending on the jurisdiction. In some jurisdictions, there are processes for program approval or voluntary accreditation for private colleges. Non-registered and non-licensed institutions are private commercial enterprises whose programs are not monitored. (1990-2017 The Canadian Information Centre for International Credentials (CICIC), a unit of the Council of Ministers of Education, Canada (CMEC))
<https://www.cicic.ca/1264/An-overview/index.canada>

In order to ensure students receive quality education and that their Degree, Diploma or Certification is recognized within and outside of Canada, HIFN will only pay tuition to "registered" or "licensed" post secondary institutions identified by the Canadian Information Centre for International Credentials (CICIC).

Eligible Tuition

Tuition support includes the cost of instruction, mandatory student fees (minus Health Insurance, Dental and/or Vision benefits) charged by the institution, books and supplies as identified on the institution's 'official course list'. Tuition support is provided for:

1. Students attending a Post-Secondary Institution that is listed as registered or licensed on the CICIC website. Tuition is paid to the Institution at the normal tuition rate charged for a Canadian student.
2. Students who wish to attend a foreign Post-Secondary Institution must be prepared to pay a portion of their own tuition fees. Tuition at foreign institutions will be paid by HIFN in Canadian dollars at a rate equivalent to tuition fees charged for a comparable program at a CICIC recognized Post-Secondary Institution in Canada.
 - Where no comparable program is offered in Canada, HIFN may consider paying tuition at a foreign currency rate however as part of their funding application the student must provide the following additional information: Evidence from a reputable Canadian or international source that the Institution has a long-standing reputation for providing exceptional quality education;
 - A review of the institution that includes the length of time the institution has been in existence, the number of graduates it has produced and a list of notable alumni both past and present;
 - Evidence that graduates will be eligible for employment in Canada;
 - Finally, the student must provide evidence that there is no comparable program offered at a Canadian Institution.

Online Post-Secondary Programs

Tuition may be provided for Online Programs however this will depend on the length and type of program offered. Students may not be eligible for a Living Allowance depending on how the program is delivered. The program must be provided by an institution that is listed as registered or licensed on the CICIC website.

Student Awards

All graduates receiving a College Diploma or University Degree shall be granted a one-time \$500.00 Award in recognition of their achievement and commitment to their studies

Approval Process

1. The Education Counsellor will review applications and submit recommendations to Council by the end of June each year. Recommendations will be based on: the date applications are received, the HIFN Selection Priority and the available education budget.
2. Council will review the submissions and approve funding for the upcoming academic year.
3. Notices are sent to all qualifying applicants by August 1st of each calendar year.

Incomplete applications will not be considered for funding however the Education Counsellor will notify the student so that they can resubmit the application. However it must still arrive by the due date.

Appeals

Should a student be convinced that this policy has not been fairly applied to them, they may request a hearing by:

1. Submitting a letter to Chief and Council outlining their concerns and requesting a hearing.
2. Chief and Council shall review the request and provide the student with notice of a hearing date.
3. An Appeals Committee will be formed to hear the appeal.
4. The decision of the Appeals Committee is to be consistent with the Henvey Inlet First Nation PSEA Policy and shall be considered final and binding.

Note: The appeal process is not applicable when assistance is denied due to lack of funding.

Contact Information

For additional information please contact the HIFN Education Counsellor at 1-800-614-5533 or 705-857-2331 extension 229; or by email at education@henveyinlet.com.

Note: Henvey Inlet First Nation reserves the right to amend this policy without prior notice. An amendment becomes effective on the date it is posted to the HIFN website and is circulated within the community.



DATE RECEIVED

HIFN APPLICATION FOR POST-SECONDARY EDUCATION ASSISTANCE

DEADLINE FOR SEPTEMBER ENROLLMENT IS MAY 15th ANNUALLY Applications received after May 15th will be placed behind other applications received prior to the deadline and will be subject to the availability of funds.

DEADLINE FOR PROGRAMS WITH VARIABLE START DATES Applications must arrive at Henvey Inlet First Nation three (3) months prior to program start date and are subject to the availability of funds.

Students should treat this application as the first research assignment in their post-secondary education. The information requested will allow HIFN to provide the proper educational services and will assist students to prepare for what will be expected of them in the coming year. All requested information is mandatory so please ensure you have completed your application in full otherwise it will be returned to you. You are encouraged to contact the Education Counsellor for clarification and/or additional assistance at any time.

ALL PERSONAL INFORMATION IS KEPT CONFIDENTIAL

STUDENT INFORMATION			
Last Name: _____ <small>PLEASE PRINT</small>		Application Date ____ / ____ / ____ <small>M D Y</small>	
First Name: _____		Initial: _____ Gender: F __ M __	
----- <small>HIFN Band Number</small>		Birthdate: ____ / ____ / ____ <small>M D Y</small>	
Home Address		Address while at School	
House or Apt #		House or Apt #	
Street		Street	
City		City	
Province Postal Code		Province Postal Code	
Cell Number: (____) _____ Alternate Number: (____) _____			
Email Address: _____			
<small>PLEASE PRINT CLEARLY</small>			
Emergency Contact: _____ Telephone: _____			
HIFN Education Staff has my permission to discuss my file with the above named person. Y __ N			

STUDENT PROFILE

Please check one of the following:

- (S1) Single Student
- (S2) Single Parent with # _____ dependant(s)
- (M) Married/Common Law with # _____ dependant(s)

A dependant is a child under the age of 18 who is dependent on the student AND who is not in receipt of PSEA funds from Henvey Inlet First Nation. (Proof of custody or Notice of Assessment is required)

CURRENT STATUS

Please check one of the following:

- High School Graduate Year: _____
- Continuing Post-Secondary Student
- Post-Secondary Graduate: Applying for Level 3 Studies
- Post-Secondary student returning after being away from studies for 1+ years
- Mature Student
- Probationary Student

ALL STUDENTS MUST SUBMIT THE FOLLOWING DOCUMENTS WITH APPLICATION

- Tuition Invoice or Estimate
- E-Grades via Web Advisor from previous semester
- HIFN Authorization to Release Information
- Institution's Authorization to Release Information (aka Third Party Consent form)
- Copy of status card (both sides)
- Direct Deposit Form from your Bank
- Signed copy of your Residence Agreement (if using)
- Course schedule

First Year and/or Mature Students must also submit:

- Transcript or Graduation Certificate
- Letter of Acceptance or Offer of Admission
- Official Program Description that includes the length of time required for your program.

Students with Dependants must submit Proof of Custody or a copy of last year's Revenue Canada Notice of Assessment in addition to the above noted documents as required.

PREVIOUS POST-SECONDARY EDUCATION

Have you received Post-Secondary funding before? Please identify source.

Henvey Inlet First Nation Yes No Year received: _____

Government Funding (eg: OSAP) Yes No Year received: _____

Other Source: Please specify _____

If you attended Post-Secondary, when did you last attend? _____

Name of College/University: _____

Program Studied: _____

Did you Graduate? Yes No Date of Graduation: / /
M D Y

If not, how many credits did you complete? _____

Reason for leaving: _____

CURRENT POST-SECONDARY APPLICATION

Name of College/ University: _____

Address: _____

Campus: _____ City: _____ Postal Code: _____

Program/Major: _____ Full-time Part-time

Student Number: _____

Please circle the correct number: Length of this program: 1 2 3 4 years

My current year of study: 1 2 3 4

College Students	University Students
How many semesters are in your current program? _____	How many credits are required to graduate from your program? _____
How many semesters will you have completed as of May 15 th this year? _____	How many credits will you have earned as of May 15 th this year? _____
Please circle the semesters you are requesting funding for: Fall Winter Summer Spring	Please circle the semesters you are requesting funding for: Fall Winter Summer Spring
What is your expected date of graduation? <div style="text-align: center;"> <u> </u> / <u> </u> / <u> </u> <small>M D Y</small> </div>	What is your expected date of graduation? <div style="text-align: center;"> <u> </u> / <u> </u> / <u> </u> <small>M D Y</small> </div>

DibAAJIMOOWINAN

Gezhtoojig Employment & Training

"Choose Your Path" 12 week Training Program



Gezhtoojig Employment & Training
in partnership with
Canadore College, First Peoples Centre
are seeking Aboriginal participants for the
"Choose Your Path Training Program".
Unemployed participants will obtain new skills to
assist in planning their career goals in twelve
weeks.



Location:
Shawanaga Recreation Centre

START DATE: Feb. 6, 2018 **END DATE:** May 3, 2018

10:00 a.m. - 3:00 p.m.

- Tuesday
- Wednesday
- Thursday

Lunch Provided Daily

Requirements:

- ◆ Must be 18+
- ◆ GET Intake Forms
- ◆ Submit Resume

TRAINING MODULES

- ⇒ CULTURAL TEACHINGS 30 hrs.
- ⇒ ASSESSMENTS 20 hrs.
- ⇒ FINANCIAL LITERACY 30 hrs.
- ⇒ ESSENTIAL SKILLS 50 hrs.
- ⇒ EMPLOYABILITY SKILLS 50 hrs.



FOR MORE INFORMATION OR TO APPLY CONTACT:

Gezhtoojig Employment & Training -
Sandra Martin
smartin@gezhtoojig.ca

Henvey Inlet First Nation -
Judy Contin
jwolfgang1@hotmail.com

Wasauksing First Nation -
Melinda Roberge
owemp@wasauksing.ca

Shawanaga First Nation -
Jacki Barks
employmentsupport@shawanagafirstnation.ca

Magnetawan First Nation -
Adam Pawis
econom-
icedev@magnetawanfirstnation.com

Dokis First Nation -
Chris Dokis
chris.d@dokisfirstnation.com

FINANCIAL ASSISTANCE IS AVAILABLE

STILL ACCEPTING APPLICATIONS



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3
Tel: 705-524-6772 or 1-800-361-9256 Fax: 705-524-5152
www.gezhtoojig.ca



DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

MARCH 7, 2018—Henvey Inlet Community Outreach
Sandra Martin will be available to meet with you in the community.

WHERE	DATE & TIME
Henvey—Health Centre	Wednesday, Mar. 7/18 9:00am—10:15am

Unemployed & Looking for Options?
Are you Indigenous or a member of one of these First Nations?

- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapitae First Nation*
- *Temagami First Nation*

Purchase of Training:

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance



Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation:

Assistance to relocate for a full-time job

Employment Support:

Up to \$250 to start a full-time job

Self Employment Information
Administer Second Careers



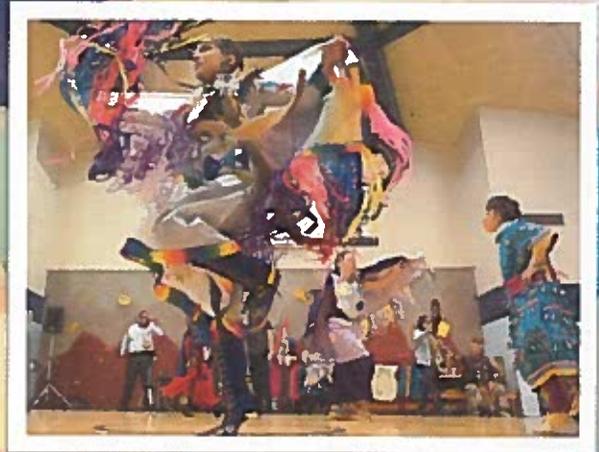
Powwow Dance Lesson for Youth

WHEN: Saturday, March 3

WHERE: At Britt Public School in the gym
from 10am-3pm

WHO: Boys and Girls 6+

INSTRUCTOR: Deanne Hupfield (bio below)



Lunch and transportation will be provided

Parents are welcome to attend

Please text or call Angele Dubois if your child is interested in participating.

I will make sure parents get a permission form on Thursday March 1st and will pick it up with youth who plan to attend on Saturday March 3rd

(No permission form is necessary if parent attends)

Pick up will start at 9:30 am.



Deanne Hupfield Biography:

Deanne is a fancy shawl dancer from Temagami First Nation.

She has spent her life learning about our Ojibway culture and traditions and has been teaching Powwow dance classes since 2003.

Deanne specializes in teaching Social Studies curriculum regarding First Nations through powwow dancing.

She uses storytelling, movement and dance.



ONTARIO WORKS

CUSTOMER SERVICE TRAINING



WHEN: THURSDAY, MARCH 22, 2018

FRIDAY, MARCH 23, 2018

WHERE: LIBRARY

TME: 10:00 A.M. TILL 3:00 P.M.

**TRAINING PROVIDED BY FIRST NATIONS TECHNICAL INSTITUTE
CULTURAL ADVISOR IN ATTENDANCE**

LUNCH AND REFRESHMENTS WILL BE PROVIDED BOTH DAYS

MEEGWETCH 😊

**Henvey Inlet Health
Centre**

354-A Pickernel River Rd.
Pickernel, ON
POG 1J0

Phone: 705857-1221 or 866-252-3330
Fax: (705) 857-0730
Email: kerni.campbell@henveymedicalcentre.com

CHILD & FAMILY PROGRAM MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				In Office	Out of Office	Out of Office
4	5	6	7	8	9	10
	In Office/Parry Sound	Program Prep	Ladies Game Day	March Break Program Prep	Sudbury CAS March Break Program Prep	
11	12	13	14	15	16	17
	March Break Bingo	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	St. Patrick's Day
18	19	20	21	22	23	24
	HOLIDAYS	Pierogo Work-shop	Program Prep	Parenting Program	Parry Sound	
25	26	27	28	29	30	31
	In Office	Family Court	HC Planning	HC Planning	GOOD FRIDAY	

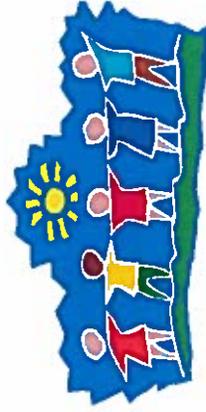


Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children
For A Healthy Future"

354A Pickernel River Road
Pickernel ON P0G 1J0

Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730
E-mail: kara.harkness@henveymedicalcentre.com



MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 ORILLIA FWB TRAINING	6 ORILLIA FWB TRAINING	7 LADIES GAME DAY 1PM	8 SHOPPING FOR PROGRAM AND MARCH BREAK	9 SHOPPING FOR PROGRAM AND MARCH BREAK	10
11	12	13	14 	15	16	17
MARCH BREAK EVENTS						
18	19 PROGRAM PREP	20 Perogie Wkshp	21 PROGRAM PREP	22 PARENTING WKSHIP 1PM	23	24
25	26 PROGRAM PREP	27 Spring Cleaning BINGO 1PM	28 HC PLANNING	29 HC PLANNING	30	31



AGES

18-54

HEY LADIES!!!

JOIN KERRI AND KARA AT THE HEALTH CENTRE ON

THURSDAY MARCH 7TH, 2018 1PM

**FOR A BEAUTIFUL MEAL, FUN GAMES, GREAT COMPANY AND
TONS OF LAUGHTER!!!**

SPACE IS LIMITED TO THE FIRST 10 PARTICIPANTS TO CALL IN!!!

**CONTACT DARCY AT THE HEALTH CENTRE 705-857-1221 TO SIGN
UP!!!**





GARDENING WITH YOUR CHILDREN PARENTING WORKSHOP

THURSDAY MARCH 22, 2018

1PM

AT THE HEALTH CENTRE

**PLEASE CALL TO SIGN UP AS SPACE IS LIMITED TO THE FIRST 6 TO SIGN
UP!!!**

**LIGHT SNACKS AND BEVERAGES WILL BE PROVIDED TO THOSE WHOM
PARTICIPATE!!!**



**OUT OF MY WAY!
I'M GOING TO
BINGO!**

TUESDAY

MARCH 27, 2018

1 pm

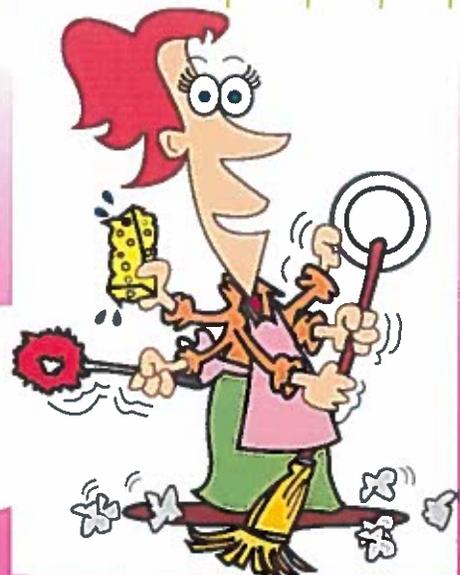
Spring

Join us at the Health Centre for
SPRING CLEANING BINGO!!!

Please call Darcy at the Health Centre to
sign up!

Space is limited!!!

**spring
cleaning**



Janice Campbell will be back
to teach HIFN Community
Members, how to make Real
Homemade Perogies from
scratch!!!

**THIS WORKSHOP
REQUIRES PHYSICAL
STRENGTH!!!**

DATE: MARCH 20, 2018

TIME: 8:45 AM

THOSE WHOM HAVEN'T
ALREADY PARTICIPATED
WILL BE GIVEN FIRST
PRIORITY!

Workshop starts at 9:00 am, not one minute
later, if you are not in the boardroom at
9:00am, you will not be able to participate!!!

CONTACT DARCY TO SIGN UP
705-857-1221

LIMIT OF 3 PARTICIPANTS!!!



PEROGIEVENTURE

COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS PROGRAM



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM



The difference between the impossible and the possible lies in a person's determination.

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					CULTURAL ARTS	
4	5	6	7	8	9	10
	SEWING & DESIGN BAND COUNCIL MTG	IN OFFICE	PROGRAM SHOPPING	ELDERS LUNCH & BINGO	P.A. DAY HIV/AIDS/HEP C INFO & PRESENTATION	
11	12	13	14	15	16	17
			MARCH BREAK CWW VACATION			
18	19	20	21	22	23	24
	SEWING & DESIGN MENS CIRCLE WITH DAVE RICE	PROGRAM SHOPPING	HIFN COMMUNITY ELDERS HONORING	IN OFFICE	CULTURAL ARTS	
25	26	27	28	29	30	31
	SEWING & DESIGN	IN OFFICE	HEALTH CENTRE STAFF MEETING	HEALTH CENTRE STAFF MEETING	GOOD FRIDAY HOLIDAY	

CULTURAL ARTS PROGRAM

MARCH 2 & 23, 2018
HEALTH CENTRE BOARD ROOM



EVERY FRIDAY

STARTING @ 9:00 A.M. – 11:30 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Footwear, Decorative Arts, Nature Crafts & Small Crafts. PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP.



For More Information Contact:

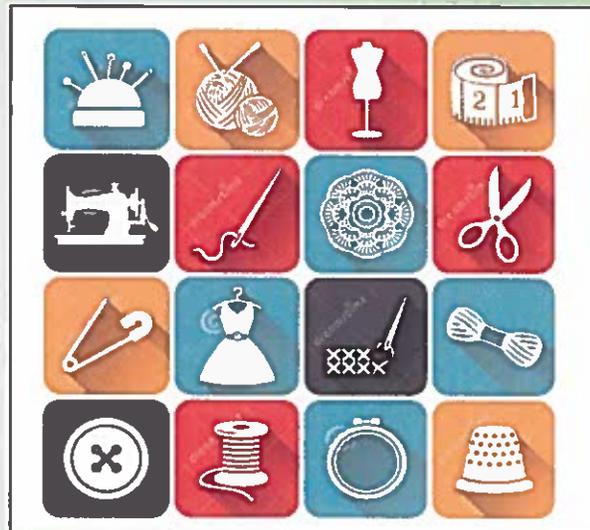
CWW Luana McQuabbie 705 857-1221 EXT 227

OW Dorothy Contin

EDO Judy Contin

BASIC & ADVANCED SEWING & DESIGN PROGRAM

MARCH 5, 19 & 26, 2018
BOARD ROOM @ H.C.



EVERY MONDAY

9:30A.M. or 10:00 on Staff Meeting Days.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is designed to teach hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work.



For More Information Contact:
CWW Luana McQuabbie
OW Dorothy Contin
EDO Judy Contin

ELDERS LUNCH

& BINGO

YOU ARE INVITED TO A
MONTHLY LUNCH &
BINGO HERE AT THE
HEALTH CENTRE.

THIS IS A WONDERFUL
OPPORTUNITY FOR
ELDERS TO MEET,
SOCIALIZE AND HAVE
FUN.

OPEN TO 55+.



MARCH 8, 2018

12 NOON



COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE

HENVEY INLET HEALTH CENTRE
BOARDROOM
354-A PICKEREL RIVER ROAD
PICKEREL, ON
P0G 1J0

Phone: 705-857-1221 EXT 227
Fax: 705-857-0730
E-mail: luana.mcquabbie@henveymedicalcentre.com

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO
THE LUNCHEON 3 DAYS IN ADVANCE OF PROGRAM.**

HIV/AIDS/HEP C COMMUNITY INFO & PRESENTATION

FRIDAY, MARCH 9, 2018

9:30 a.m.—11:00 a.m.

LUNCH to FOLLOW

SPECIAL GUEST SPEAKERS

Located in the Board Room at Henvey Inlet Health Centre

FOR A RIDE TO THIS EVENT PLEASE CONTACT HEALTH CENTRE.

Door Prize GIFT CARDS will be drawn for Participants!

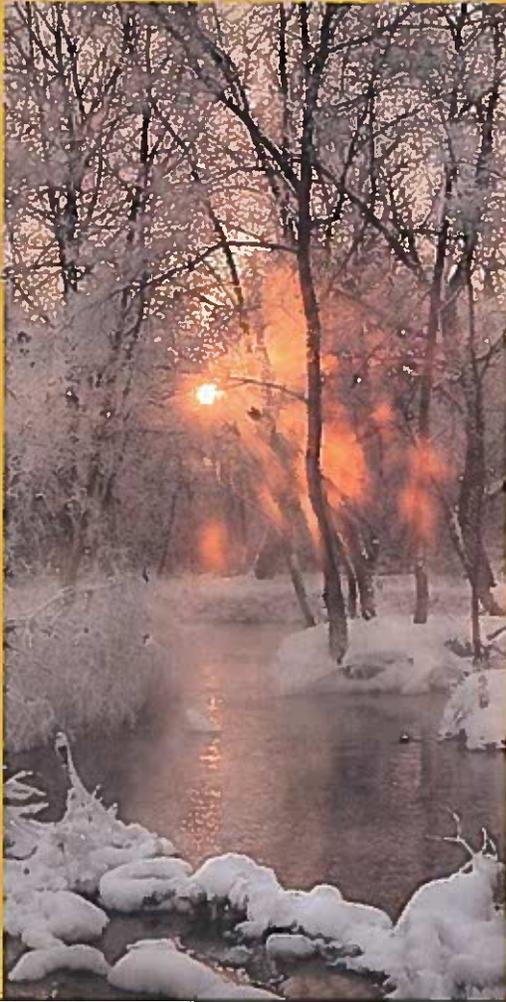


COMMUNITY WELLNESS WORKER~LUANA MCQUABBIE

354A Pickerel River Road Phone:705-857-1221 Ext: 227

Pickerel, ON Toll Free: 1-866-252-3330

PoG 1J0 Fax: 705-857-0730



MEN'S CIRCLE

A New Beginning

With
DAVE RICE

WHEN: MARCH 19, 2018

WHERE: HIFN Health Centre Boardroom

TIME: 5-7 PM

PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP.

For further information or if you need a ride please contact:

CWW LUANA MCQUABBIE 705 857-1221 Ext 227 or

DAVE RICE 705 774-4722

A SUPPER WILL BE SERVED



HONOURING
COMMUNITY ELDERS
HENVEY INLET FIRST NATION

MARCH 21, 2018
9A.M.

FRENCH RIVER INDIAN RESERVE NO. 13 FIREHALL
295 PICKEREL RIVER ROAD

ELDER WINNIE PITAWANAKWAT HAS BEEN INVITED TO OUR COMMUNITY TO GIVE A TEACHING AND CONDUCT A SPECIAL CEREMONY TO RECOGNIZE AND HONOUR ALL OF OUR COMMUNITY ELDERS. A SACRED BUNDLE INCLUDING A SKIRT/SHIRT WILL BE GIVEN TO ALL COMMUNITY ELDERS. INVITATIONS WILL BE GIVEN OUT SHORTLY TO ALL COMMUNITY MEMBERS, STAFF AND CHIEF & COUNCIL. FEAST TO FOLLOW.

FOR MORE INFORMATION PLEASE CONTACT CWW LUANA MCQUABBIE

Enaahtig North Healing Lodge



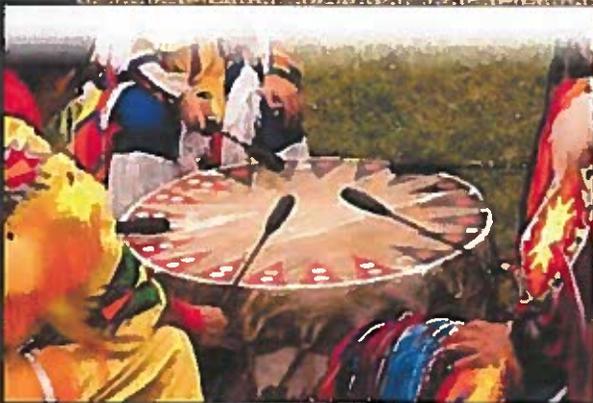
MEN'S 21 Day Residential Sexual Abuse Recovery Program April 15th- May 5th 2018

A place to learn about cultural teachings and ceremonies. A safe place to heal.

Willing to follow the Healing Lodge protocols.

Willing to take responsibility to participate in your own healing.

- MUST BE 18 YEARS OR OLDER
- ABORIGINAL ANCESTRY;
- STATUS, NON STATUS, METIS AND INUIT.
- MUST COMPLETE A REFERRAL, MEDICAL AND INTERVIEW.
- MUST BE CLEAN AND SOBER 30 FOR ALCOHOL/MARIJUANA, 60 DAYS FOR ALL HARD DRUGS
- MUST NOT BE ON ANY NARCOTICS or METHADONE .
- CAN BE ON MEDICATIONS (WITHIN REASON) for MENTAL/PHYSICAL HEALTH



CONTACT: Brenda Swan Intakes/Office Admin

705-857-3818 X2 705-698-1577 Intakenorth@enaahdig.ca


ENAAHTIG NORTH

ENAAHTIG NORTH HEALING LODGE APRIL 2018 TO MARCH 2019 PROGRAM SCHEDULE

Mailing Address: Box 7 Alban, Ontario P0M 2K0 Site Location: Hwy 607A 490 B Alban, Ontario

Phone: 705-857-3818 Ext: 1 for Manager Ext 2 for Intake Worker Cell # 705-698-2343

Manager: pm@enaahtig.ca Intake Worker: intakenorth@enaahtig.ca

All Programming Subject to Change at the Discretion of the Executive Director and Program Manager

PROGRAM	PROGRAM DATE	PROGRAM TYPE/DISCRPTION
1	April 15 to May 5, 2018	Men's 21 Day Childhood Sexual Abuse Recovery Residential Program
2	May 20 to June 9, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
3	June 24 to July 14, 2018	Men's Survivor Offender Childhood Sexual Abuse Recovery Residential Program
4	July 29 to August 18, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
5	September 2 to September 8, 2018	Front Line Worker Vicarious Trauma Recovery Residential Program
6	September 23 to October 13, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
7	October 28 to November 17, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
8	January 13 to February 1, 2019	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
9	February 17 to March 8, 2019	Men's 21 Day Childhood Sexual Abuse Recovery Residential Program
10	March 24 to April 2, 2019	Front Line Worker Vicarious Trauma Recovery Residential Program

Henvey Inlet First Nation Daycare
March 2017 Newsletter
354B Pickerel River Road
Pickerel, Ont.
POG 1J0
Ph: 705-857-0957
E-mail: hifndaycare07@hotmail.com

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

– Charles Dickens

March is in the house! The weather is warming up! Grandfather Sun and Mother Earth are making changes to the season. The days are getting longer and the night are shorter. The daylight is coming sooner, which is awesome! This is also the time of year for March Break Activities and Easter is just around the corner. Before you know it: Spring will be here (March 20/2018) along with the spring a head (March 11/2018). During the March Break there will be only one staff at the Daycare. So I would request that parents sign up and participate in the activities with their children for that week. We know have this beautifully crafted patio, which the children have been just waiting to get out and play on. The area gives us more outdoor play space for the children to access during the winter and summer months. We will also be getting new playground equipment for the daycare, hoping once the warm weather is here and the ground is thawed. It will be installed and ready for the children to access. More information will follow as the plans come together. The play space will be one of updated equipment that will cover the age group of our licensing (31 months to 13 years). It is going to be awesome! Now on to the topics for this month:

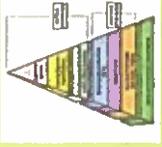
March 5 – 9, 2018:	Green Shamrock
March 12 – 16, 2018:	March Break Activities
March 19 – 23, 2018:	Review Week #1
March 26 – 29, 2018:	Review Week #2
March 5/19, 2018:	Staff Meetings

Daycare CLOSED Friday March 30, 2018

Also a reminder that the HIFN Daycare Staff will be fundraising again for this summer program outing. We will be selling 50/50 tickets weekly to offset the cost of our outings this summer. This will start after the March Break. Looking forward to chatting with everyone.

Thank you
Charlene Ashawasegai RECE
HIFN Daycare

MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<ul style="list-style-type: none"> • March Break • March 12/16 				1	2	3
4	5 STM	6 Topic:	7 Green Shamrock	8	9 	10
11	12 Topic:	13 March	14 Break	15 Activity	16	17 
18	19 STM	20 Topic:	21: Review	22 Week	23 	24
25	26 	27 Topic:	28 Review	29 Week	30 Closed	31
					Good Friday	

The Benefits of Outdoor Play

Playing outdoors is a form of exercise that promotes well-being and wholesome physical development. Children are naturally drawn to active play outdoors: it allows them to explore their environment, develop muscle strength and coordination, and gain self-confidence. Playing actively outdoors also increases flexibility, fine and gross motor skills and is related to the development of a wide variety of physical skills, including those involved in sports.

Children have a great need for physical exercise and activity and a chance to use their muscles to run, swing, jump, skate and ride a bike, and to be out in the fresh air and sunshine (appropriately protected from the sun's rays, of course). They like to use their whole body when they play outdoors, and find such physical activities interesting and challenging.

When children are pushed in a swing, or when they propel a swing themselves, they engage all of their muscles to hold on, balance and coordinate their body to the rhythm of moving back and forth. Swinging provides children with first-hand knowledge and experience of cause and effect and of understanding spatial learning, such as up and down and back and forth. Also, while swinging, children get a chance to see the world from a new perspective. To provide comfort and security, use a swing with a back support and a child restraint. For the littlest ones, start out slowly and push from the front, so your face is in full view. Play a peek-a-boo game for even more fun!

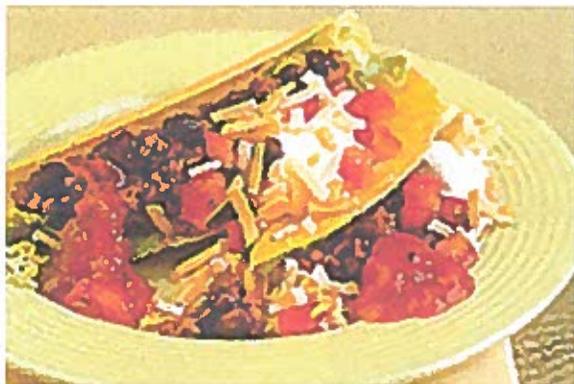
Toys that require balance and coordination, such as skates, scooters and bikes, teach children new skills, encourage the development of self-confidence and satisfy their interest in exploration. Choose sports equipment that has a grow-with-me feature, going from beginner to advanced, so children have the opportunity to master skills at their own pace. The beginner mode will give children that extra boost of confidence they need when learning a new skill. As children progress to the advanced mode, they can practice their newly acquired skills and try new and exciting challenges when they're ready.

So, take the children outside to play. It's a wonderful way to spend the day!

Kathleen Alfano Ph.D., Former Director of Child Research at Fisher-Price®

Parenting advice is given as a suggestion only. We recommend you also consult your healthcare provider.

Beef 'n Bean Tacos



Recipe By Kraft

Prep Time

20^{min.}

Total Time

20^{min.}

Servings

6 servings, 2 tacos (216 g) each

What You Need

- 1 lb. (450 g) extra-lean ground beef

- 1 pkg. (35 g) taco seasoning mix

- 1 can (19 fl oz/540 mL) no-salt-added black beans, rinsed

- 12 taco shells

- 1/2 cup salsa

- 3/4 cup *Cracker Barrel* Shredded Tex Mex Cheese

- 1 cup shredded lettuce

- 1 tomato, chopped

Make It

Cook meat in large skillet with taco seasoning directed on package, adding beans for the last 5 minutes.

Meanwhile, warm taco shells as directed.

Spoon meat mixture into taco shells; top with ingredients.

Top

1/2 cup sour cream

Kitchen Tips

Substitute

Prepare using extra-lean ground turkey.

Special Extra

Garnish filled taco shells with chopped fresh cilantro.

Nutrition

Servings

6 servings, 2 tacos (216 g) each

Nutritional Information

Serving Size 6 servings, 2 tacos (216 g) each

AMOUNT PER SERVING

Calories 420

% Daily Value

Total fat 17g

Saturated fat 8g

Cholesterol 65mg

Sodium 890mg

Carbohydrate 38g

Dietary fibre 6g

Sugars 2g

Protein 28g

Vitamin A 8 %DV

Vitamin C 15 %DV

Calcium 15 %DV

Iron 30 %DV

* Nutrition information is estimated based on the ingredients and cooking instructions as described in each recipe and is intended to be used for informational purposes only. Please note that nutrition details may vary based on methods of preparation, origin and freshness of ingredients used.

Top

Deli Roasted Chicken with Mushroom and Apple Stuffing



Recipe By Kraft

Prep Time	Total Time	Servings
10 ^{min.}	20 ^{min.}	6

What You Need

- 1 small sliced apple
- 1 cup chopped mushrooms
- 3/4 cup apple juice
- 1 pkg. *Stove Top* Stuffing Mix for Chicken
- 1 deli roasted chicken(900 g)

Make It

Cook 1 small sliced apple and a 1 cup chopped mushrooms with 2 Tbsp. butter in medium saucepan.

Stir in 3/4 cup apple juice and contents of *Stove Top* Stuffing Mix for Chicken; cover. Remove from heat. Let stand 5 min.

Fluff with fork before serving with a 900g deli roasted chicken.