

Student Role Models for November



Courtney — Gr. 12

Tl'az'ten

"is a kind and courteous student. Courtney is a Honour Roll student, who works very hard toward her goal of becoming a nurse. She plays sports and in the past has



Samara— Gr. 11

Inuvialuit

"Has a consistent positive attitude. She has a desire to do well and improve understanding. She regularly participates/contribute in weekly class discussions. Sheshares stories and maintains school/life" balance"



Sydney— Gr. 12

Non-Status

"Is a strong, motivated grade 12 student who is consistently on the Honour Roll with Distinction. She takes a leadership role in athletics, most recently volleyball, and other activities."



Brianna— Gr. 12

Lake Babine Nation

"Brianna is a diligent grade 12 student who is very committed to her culture. Brianna has been a member of the drum group for 5 years."



Jessie — Gr. 12

Metis

"Jessie has proven time and time again that people can overcome anything life throws at them and still bounce back with a smile. She is right on track to graduate with her peers, she is maintaining good grades this year. She is very kind hearted and wants to see everyone be happy. she not only spreads happiness she is always willing to share all of the goodies she has at any given time."

Did you know?

Every 2 years athletes from across the northern circumpolar regions come together to share their culture and compete in Arctic and Dene sports. Sports including skiing, skating, hockey, kneel jump, one and two foot high kick, knuckle hop, head pull, arm pull, finger pull, snow snake and poll push. [Visit this PDF for more information and how to for various Arctic and Dene sports.](#)



How-to of Feature Game: The Snow Snake

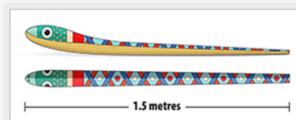
Before you begin, make a track for the snow snake to travel on

1. Pile snow into a long narrow line (about the length of a tennis court)
2. Carve a line (your track) into the pile of snow so that your snow snake fits comfortably
3. If you can, water your track to create an icy surface

Now you need a snow snake!

Traditionally, a "snake" is carved out of a straight stick of wood with the bark stripped. The snake would be about 1.5 m long and 5 to 10 cm wide at the large end, and curve up like a ski. The rest of the stick is about 3 cm wide.

In the past, the snakes were carved and highly decorated on the non-sliding surfaces of the snake. If you want, take some time to make carvings and painted decorations on your snake.





Origin of the Arctic Winter Games

Arctic sports - most of which are Inuit sports - began as a demonstration event in 1970. However, by 1974, they became official events at the Games. There are eleven Inuit Sports: One foot high kick, two foot high kick, Alaskan high kick, kneel jump, airplane, one hand reach, head pull, knuckle hop, sledge jump, triple jump, and the arm pull.

In 1974, snowshoeing was introduced as an event, and in 1978, the snowshoe biathlon was established. Dog mushing was introduced to the Arctic Winter Games in 1990.

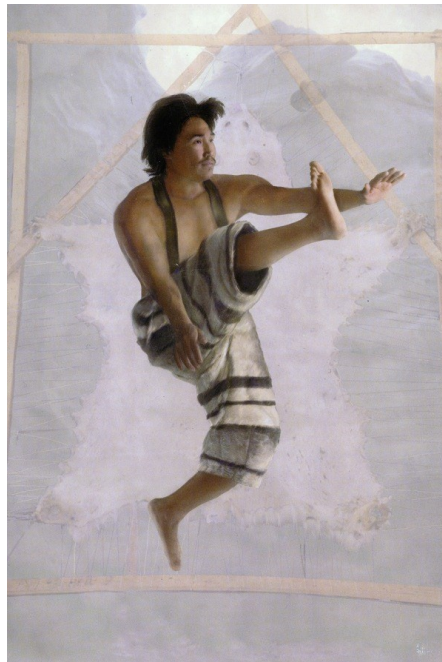
Also in 1990, the Dene Games became an official event. There are five Dene games at the Arctic Winter Games: Hand game, snow snake, stick pull, pole push, and the finger pull. During the finger pull, the two competitors grasp each other's finger and use their strength, agility, and pain tolerance to wrestle their hands in competition. This type of game was useful for living on the land, as the finger pull can develop skills and strength for pulling fish out of the water.

While Indigenous peoples can thrive in mainstream sports, they also want to participate in activities that are directly related to their cultures. Inuit and Dene activities in the Arctic Winter Games help enable the youth to practice the traditional values and customs of their elders.

Sports and activities at the Arctic Winter Games are one way that traditional Indigenous cultures continue to be practiced today. There are two Indigenous communities in Canada that participate at the Games; The Inuit people and also the Dene Nation, who are a First Nations community that spreads as far north as the Arctic Circle.

There are now twenty different sports played at the Games, including mainstream sports like alpine skiing, cross country skiing, basketball, hockey, figure skating, indoor soccer, and wrestling. Over time Indigenous sports have become an increasingly important part of the Games, reflecting the cultures of the Arctic Circle.

Full Article: [Arctic Winter Games Origin of the Arctic Winter Games \(canadasports150.ca\)](https://canadasports150.ca)



Helpful Resources and Links

- [Dene Games](#)
- [#Next150 Challenge—Inuit Games](#)
- [Inuit Games-indigenouspeoplesofcanada.ca](#)
- [Learn about: Arctic Winter Games \(.PDF\)](#)
- [Arctic Winter Games.org](#)

Lesson Plans

- [Inuit Games Circuit—Grade 5 lesson plan](#)
- [Inuit Games—virtualmuseum.ca](#)
- [Arctic Survival Skills : Traditional Inuit Games Lesson plans](#)
- [Arctic Survival Skills: Traditional Inuit Games—beyondpenguins.ehe.osu.edu Inuit Ball Games](#)

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