



A Land-based education program

Miskasowin askîhk

WELLNESS ◦ INDIGENOUS KNOWLEDGE ◦ LANGUAGE ◦ LAND

A Regina Public Schools Program in partnership with First Nations University of Canada



Program Description

Miskasowin is a **land-based program** for students who prefer to learn through hands-on, outdoor experiences. The program will take place at Campus Regina Public (CRP) for four hours a day for one semester. Students will have the opportunity to earn five credits towards graduation while learning on the land. Credits include Phys-ed 20/30, Environmental Science 20/Earth Science 30, Wildlife Management 20/30, Native Studies 20/30, and Cree 10/20/30. Students have the unique opportunity to earn university level credits in both Cree 100 and Indigenous Studies 100.

Students will work alongside teachers and knowledge keepers to prepare hides, study plants, speak Cree, and obtain skills in bridging Indigenous knowledge and western science such as water testing. Outdoor experiences include hiking, snowshoeing, canoeing, fire making, making camp, building shelters, whittling, fishing, and preparing foods and medicines.

The goals of the program are to:

- Focus on relationships to land, language, self, community
- Develop identity and interdependence
- Promote student wellness
- Be active learners who demonstrate learning through project-based, experiential learning
- Revitalize Indigenous language and practices
- Practice two-eyed seeing: Indigenous knowledge and western science

Land-based Nature School Philosophy

We view the program as an educational practice and cultural worldview that centres the Land and the curiosity of the students. Students and educators build a relationship with the Land through regular and repeated access to the same outdoor spaces over an extended period of time. Educators support learning through a framework that is rooted in place, directed and inspired by the student (emergent curriculum), and driven by a process of inquiry.

Miskasowin means "finding oneself"



Location

Within our semester together, we will do several outings both nearby and further away. The outings will relate to our curricular topics such as to Wascana trails for water testing, to the valley for medicine gathering, to the art gallery, or just outside the Campus Regina Public or First Nations University of Canada buildings in the nearby green spaces.

Once a month we will take an out of town trip to learn more about treaty, land claims, watersheds, ecoregions, and meet Indigenous leaders around the province. Trip locations may include Fort Qu'Appelle and Echo Valley, Saskatoon area including Wanuskewin, Batoche and Fort Carlton, Cypress Hills, and Duck Mountain.

Staff The program will have two teachers and support from knowledge keepers, elders with both Regina Public Schools and First Nations University of Canada as well as professors, scientists, and naturalists from the community.

Land-based education assumes an environmental approach to learning that recognizes the deep connection and relationship of Indigenous peoples to the Land.

Registration

Complete the registration form for the Miskasowin – Land-based Program that will be available in your school's guidance offices and Indigenous advocate office.

Registration is open to all grade 11 and 12 students in any high school in Regina Public Schools. (Students should have pre-requisite of Science 10)



TERRITORIAL ACKNOWLEDGMENT

Miskasowin will be based out of the Campus Regina Public building located at 1069 14th ave. E. in Regina as well as one day a week will be based out of the First Nations University of Canada. Both locations are situated on Treaty 4 lands. These are the territories of the nêhiyawak, Anihšînāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation. Today, these lands continue to be the shared Territory of many diverse peoples from near and far. The nêhiyawak originally referred to Regina as oskana kâ-asastēki which literally means "The place where bones are piled up." This is why Regina's nickname is "Pile O'Bones".



The land is our first teacher