Indigenous Education Supported on the VLC

First Nations, Métis, Inuit Studies:
- Gr 9 & 10 Native Studies (NAC 9 & 10)
- Gr 11: Contemporary First Nation, Métis & Inuit Voices (NBE 3E/C/U)

English:
- Gr 11: Contemporary First Nation, Métis & Inuit Voices (NBE 3E/C/U)

History:
- Gr 10: Canadian History (CHC2D & 2P)

Social Studies:
- Grade 4-6 Social Studies
- Grade 7-8 History

Scope & Sequence updates across all elementary subjects

Student Life:
- FNMI & Teacher Resources

Databases & eBooks:
- Britannica Online, Curio.ca,
- Gale/Nelson Databases,
- Canadian Encyclopedia,
- Teen Health & Wellness
- Sora eBooks

Sora eBooks
It is important to remember self care when learning about difficult subjects.

Be sure to do some of these simple things:

• Drink water
• Stretch and move
• Take a deep breath and focus on the exhale
• Talk with someone you trust
• Reach out to colleagues, counsellors or Elders