

# The Way of Wellness

## New Horizons Grant Project:

Engaging Senior Mentors: An  
Intergenerational Exchange &  
Community Celebration



# WHO?



- ❖ Elisha MacMillan, sociologist and founder of Rhythm is for Everyone
- ❖ MDHS Way of Wellness students
- ❖ Seniors at Markham Seniors Activity Centre
- ❖ Youth and seniors in Durham Region
- ❖ Jacob Charles, Chippewas of Georgina Island
- ❖ Phil and Wendy Shaw, Shaw Percussion

# WHAT?

## STUDENT-DIRECTED, TEACHER-SUPPORTED INTERVIEWS WITH ELDERS

- Students will be designing interview questions and engaging in meaningful conversations with community elders about wellness and life lessons
- Students will be discovering and identifying belief systems and practices that contribute to wellness and a life well-lived
- Students will be experiencing the wellness that is connected to agency, relationship-building and the development of community bonds

## DRUMMING AS A GATEWAY TO UNDERSTANDING

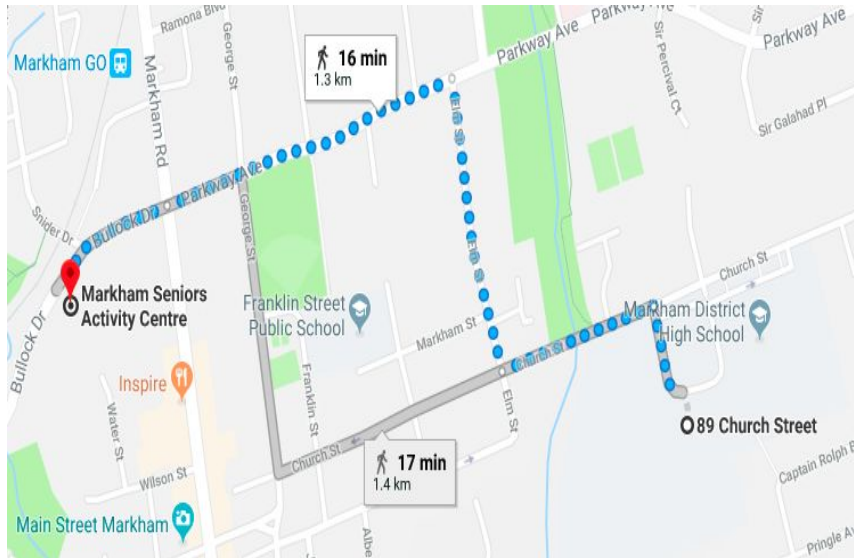
- Students will learn about the medicine of the drum across cultures
- Students will learn about the value of the drum and other customs, rituals, ceremonies and relationships to indigenous culture, identity and wellness
- Students will learn about the impact of Canadian history on indigenous people and their identity and wellness

# WHEN?

- Friday, April 6: Elisha's 1st visit to MDHS
- Thursday, April 26th: Jacob Charles visits from Georgina Island to teach the significance of the drum in Ojibwe culture
- Friday, April 27th: Drum-making with Phil and Wendy Shaw from Shaw Percussion
- Monday, April 30th: 1st visit to Markham Seniors Activity Centre from 11:45am - 2pm
- Tuesday, May 1st: Elisha's 2nd visit
- Wednesday, May 9th: 2nd visit to Markham Seniors Activity Centre from 1 - 2pm
- Monday, May 14th: Drum Circle Planning Meeting with Seniors from 1-2pm
- Friday, May 18th: Field Trip to Jacob Charles' outdoor learning space on Georgina Island
- Friday, June 1st: Community Drum Circle at the MDHS Grade 10 FNMI Conference
- June 4th, 5th or 6th: Sharing Circle with indigenous youth

# WHERE?

## MARKHAM SENIORS ACTIVITY CENTRE



## GEORGINA ISLAND - Chippewas of Georgina Island First Nation



# WHY?


Because we have been called to action by the Canadian government...

**TRC call action No. 62**

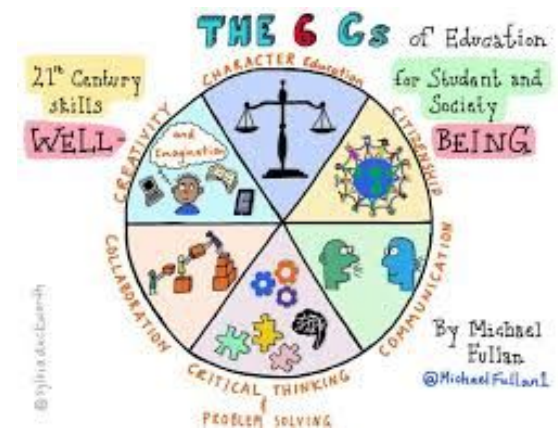
"We call upon the federal, provincial, and territorial governments, in consultation and collaboration with Survivors, Aboriginal peoples, and educators, to:

- i. Make age-appropriate curriculum on residential schools, Treaties, and Aboriginal peoples' historical and contemporary contributions to Canada a mandatory education requirement for Kindergarten to Grade Twelve students.
- ii. Provide the necessary funding to post-secondary institutions to educate teachers on how to integrate Indigenous knowledge and teaching methods into classrooms.
- iii. Provide the necessary funding to Aboriginal schools to utilize Indigenous knowledge and teaching methods in classrooms.
- iv. Establish senior-level positions in government at the assistant deputy minister level or higher dedicated to Aboriginal content in education."

- 62/94  
cbc.ca/unreserved



And, because the most valuable, memorable learning happens through....



# HOW?

