



Ministikwan Lake Cree Nation Report

April 8, 2020.

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Grade survey participant breakdown:

Grade 7 = 10

Grade 8 = 13

Grade 11 = 6

Grade 12 = 6

Total student response = 35

1. What would you like to see for Health & Physical Activity Programming in the Community?

Grade 7 Responses:

you suck

more volleyball

computer programs

more sports

nothing

playing

cooking classes dancing casses

sharing circles and exercise classes

volleyball tornaments, cooking classes,

cooking classes

Grade 8 responses:

gym nights for the youth and more activities like arts and crafts at the hall

idk

volleyball

idk

after school activity's

i would like to see more soccer or badminton activites

I would like to see some things that inspire younger children maybe somethings such as posters.

soccer games

hockey games, and art programs.

Yes, because they are very important to make friends.

more sports and outdoor time

i would like to see hockey games or sports

have basketball after school

Grade 11 responses:

camping trips, hockey after school, softball in the summer

Badminton

youth centers and courts

id like there to be more volleyball for all ages during the week and also hockey skills camp for kids who are wanting to play

I would like to see more

field house

Grade 12 responses:

basketball

of course more sports should be introduced

id like to see more people caring

A gym/ workout room .

volleyball and basketball

track and field, open gym nights for different age groups.

2. Examples of Health and Physical Activity - pick the ones that you would like to see.

Grade 7 Reponses:

playing fortnite;

hockey after school;

Volleyball tournaments;music programs;computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;

anime club;music programs;computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;

computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;

anime club;music programs;computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;

self defense;hockey after school;Video Games - for example Fortnite tournaments;hiking group;

computer programs - for example learn how to make YouTube Videos;hiking group;
hockey after school;music programs;computer programs - for example learn how to make
YouTube Videos;Video Games - for example Fortnite tournaments;hiking group;
hockey after school;

Grade 8 responses:

volleyball after school;

Video Games - for example Fortnite tournaments;

volleyball;

volleyball after school;

computer programs - for example learn how to make YouTube Videos;

Video Games - for example Fortnite tournaments;

hockey after school;computer programs - for example learn how to make YouTube
Videos;Video Games - for example Fortnite tournaments;biking group;hiking group;

volleyball after school;

art classes;hockey after school;music programs;computer programs - for example learn how
to make YouTube Videos;biking group;hiking group;

computer programs - for example learn how to make YouTube Videos;Video Games - for
example Fortnite tournaments;hiking group;

hockey after school;computer programs - for example learn how to make YouTube
Videos;Video Games - for example Fortnite tournaments;

Video Games - for example Fortnite tournaments;

hockey after school;Video Games - for example Fortnite tournaments;

Grade 11 responses:

hockey after school;

music programs;

sports programs;music programs;biking group;

computer programs - for example learn how to make YouTube Videos;

music programs;computer programs - for example learn how to make YouTube Videos;hiking
group;

sports programs;hockey after school;music programs;computer programs - for example learn
how to make YouTube Videos;

Grade 12 responses:

hockey after school;Video Games - for example Fortnite tournaments;

Video Games - for example Fortnite tournaments;

hockey after school;

hiking group;

sports;Video Games - for example Fortnite tournaments;

computer programs - for example learn how to make YouTube Videos; Video Games - for example Fortnite tournaments; hiking group;

3. What would you like to see for mental health? What things can be done to help students with their mental health?

Grade 7 Responses:

losers

talking to a therapist.

Excercise

learing to draw anime

sharing circles, art, youtube

drawing \anime

yoga

sharing circles in each class boys and girls works better seprate rooms

painting courses suiside eventions at nights at the gym free time going in the gym letting out your anger at nighs for svhool

have a talk with them

art class

Grade 8 responses:

not to sure

idk

volleyball

idk

dont give them so much work

interacting more with friends or family and playing outdoor more

like I said before posters and such

i dont know

helping them with their problems, or just talk to them about things happening at home.

I hope to see more actions taken place for the students mental health.

i want to see someone taking action over mental health

go their house with bored games to in courage them

i dont know

Grade 11 responses:

more youth nights

try to talk to as much students as they can

counselors

more youth programs

take youth out to the movies or to eat out,

get people to talk too

Grade 12 responses:

activities

i actually do not know

talking the time to listen to them ,understand whats going on in there life

Too bring students to Red talks, a way for them to actually talk about whats going on.

bringing people together

take more youth out. use land based activities. Or take them to the lake, during winter teach them outdoor things.

3. What do you need help with?

Grade 7 Reponses:

why

getting my work done and to focus alot on school

Alot of stuff, Deppression, anxiety, etc

to draw

my desspersion

drawing good

nothing

my deppression and anxiety

volleyball and a talk with someone

art sports

Grade 8 responses:

i need help for my depression

fortnite building on keyboard n mouse

be better at volleyball

nothing

school

i need help with my work i need to focus more but i keep getting caught up in conversations

Nothing much

nothing

my grief, suicidal thoughts, art skills, and school work.

I'm not sure, exactly.

my work ethic

i don't need help with anything

school

Grade 11 responses:

to stop messing with frog lakers and saddle lakers

math

depression

my emotions hehehheh

coun

everything

Grade 12 responses:

i

educate me about university or college more and what i could take and what i cant based off the classes im taking

ela-a30

personally nothing really.

nothing

counselling, more activities, outings like going into town to have dinner, or just do something on the reserve. more land based things, something to do that's not inside all the time. staying home isnt always fun.

4. What do your friends need help with?

Grade 7 Reponses:

no

not being mean

to be more nicer

to draw

help

drawing

anxiety

school

to get a boyfriend

sports

Grade 8 responses:

they need help with there trust issues and they need anger management

idek

i dont even no man

work lmao

i dont really know

working by them selfs instead of asking for help

They have troubles paying attention in class so I would really like to see that improve

math

their depression, and insecurities.

I'm not sure, exactly.

being more quiet

i don't know

school

Grade 11 responses:

emotional support

homework

dealing with depression and drug abuse

their relationships

i

depression

Grade 12 responses:

i

my friends just need the motivation to show up to school

math and ela-a30

schooling is a part of what they need help with.

addictions

to be outside, or away from home for awhile. Sometimes staying home isn't always fun

5. What subjects or interests would you like to learn more?

Grade 7 Responses:

kk

sports

Music, guitar lessons

drawing

art, video games,

drawing

cooking, sports, acting

art, computers

sharing circle, cooking

hockey volleyball

Grade 8 responses:

social studies

lol idk

volley ball

math

art as in drawing

i would like to learn more of how to be a police officer

Technology

math

art, science, math, and/or playing sports.

I want to know about music.

math

science

idk

Grade 11 responses:

math

I'd like to learn more math

environmental science, music and law

math and science even though i don't like those subjects

photography

more computer type stuff

Grade 12 responses:

native studies

more math and basic after school things like what i could take and what most suits me for college basically better help with what i want to do after highschool

id like to learn more about my culture

drawing, painting, anything about art.

P.E and learning about the body

photography, or gardening, learn to act or something drama related

6. New Subjects that you would like to learn? or something else

Grade 7 Reponses:

fortnite

photography

video production

Robotics

video production

Robotics

excercise class

photography

video production

photography

Grade 8 responses:

photography

computer applications

volleyball

photography

photography

video production

Video game programming

photography

photography

video production

computer applications

photography

Robotics

Grade 11 responses:

photography

photography

Robotics

photography

photography

Robotics

Grade 12 responses:

computer applications

Robotics

video production

music/art program

video production

photography

7. What would you like to see for Culture and Tradition in your school?

Grade 7 Responses:

eee

more school roundances

Making A tipi

tanning hides

nothing

taning hides

i dont know

working a fire setting up powwows and roundaces

how to make ribon skirts and hand drums and mocasins and rattles, tipi's

ribbon skirt making

Grade 8 responses:

cooking and making clothes

idk

powwow

idk

yes

i would like to see how they survived back in the day and how they made tipis

It's fine how it is

i dont know

my cree language, how to hunt, beading, and more inter- school activities, and more suicide prevention programs.

I would like to see more land-based weeks.

someone that actually wants to teach the class

i would like to learn how to make a wood flute

yes

Grade 11 responses:

yeah

learning more about our culture

powwows, round dances and sage

beading sessions

I would like to learn more about our history or like elders story telling. More beading and drum making

sun-dances

Grade 12 responses:

how to make drums

hunting and trapping

id like to more about learning our language

drum group

just like to learn more of it

land based weeks. Learning the language, baking, hands on learning to make foods. posters?

8. What do you want to be when you grow up? What do you think you need to learn to help to get a Job?

Grade 7 Reponses:

ee

being a model

Teacher, Math teacher or Gym teacher

teacher

youtuber, artist,

teacher

firefighter or veterrarian,college or university

a artist

a lawyer, i need to be aggressive and i need a good brain and i gotta work harder, i need people to believe me

hairstylist

Grade 8 responses:

i want to be the first women to ever be on a male volleyball team

idk

a deadly volleyball player

i dont really want to be anything when i grow up

a cartoonist and i need to learn art

i would like to be a police officer or a content creator

I would like to get into Technology, the way it works just fascinates me.

i want to be a nurse

a librarian, or a dentist.

Either a drummer or an artist.

i want to be an artist

I want to be photographer.I need to learn how to start a business

i want to be a teacher

Grade 11 responses:

registered nurse, and i think ill need to learn more about humans and their body

therapist

i want to be a psychologist

i want to be a college volleyball coach

I would want to be a police officer

psychologist

Grade 12 responses:

I

i need to learn how to stay afloat like with buying a house or getting a good job based on the education i am provided with

nurse more about the tools im going to be using

I would want to be come an artist when older. And need what would be needed for that to happen.

anything with exercise and i will probably need to learn more about the body

A therapist, social works,

9. What activities would you like to see in your community? For the other members in your community parents, older cousins and Grandparents and all other community members?

Grade 7 Reponses:

eeee

activity nights

parent and kid nights

anime art classes

nothing

art and anime class

plays, movies

suicide preveion circles at nights

youth night for the kids, and a night where the older people can play cards and hand games

more activities

Grade 8 responses:

more volleyball

idk

some volleyball

i barley go anywhere so i dont know

family time

i would like to see more activites involving everyone like parents, elders, little ones, kids, etc

Parent volunteering, skate park and a park, not a playground, an actual park.

sewing making ribbon skirts making drums

wrote all the activities i want to see in different questions...

I would like to see a pow-wow.

i would like to see `powwows

If the community can have Fortnight tournaments that woud be fun.

idk

Grade 11 responses:

family nights

vollyball and badminton

family activities

id like to see more activities in the outdoors such as sledding fireworks? or racing games

I would like to see more youth dances and youth nights

family programs

Grade 12 responses:

more job opportunities

more activities, more physical like outdoor cooking or sledding party

more community dinners more helping out with the elders

for the youth, maybe sports. the big one for sports is volleyball.

host tournaments for anything and powwows or round dances

Dinners, outdoor projects, a center made for activities?

10. Most important for Youth in your community?

Grade 7 Responses:

Health, Mental Wellness and Physical Activity;

Education;

Health, Mental Wellness and Physical Activity;Education;Reduced at risk behavior;

all of the above;

Health, Mental Wellness and Physical Activity;

all of the above;

Health, Mental Wellness and Physical Activity;Education;

Health, Mental Wellness and Physical Activity;Culture;Employment;Reduced at risk behavior;

Health, Mental Wellness and Physical Activity;Education;

Education;Culture;

Grade 8 responses:

Health, Mental Wellness and Physical Activity;

Health, Mental Wellness and Physical Activity;Education;Culture;

volleyball;

Culture;

Health, Mental Wellness and Physical Activity;

Health, Mental Wellness and Physical Activity;Education;

Health, Mental Wellness and Physical Activity;Education;Culture;Employment;Reduced at risk behavior;

Health, Mental Wellness and Physical Activity;

Health, Mental Wellness and Physical Activity;Education;Culture;

Health, Mental Wellness and Physical Activity;Education;Culture;

Health, Mental Wellness and Physical Activity;Education;Culture;

Health, Mental Wellness and Physical Activity;Education;Culture;
Health, Mental Wellness and Physical Activity;

Grade 11 responses:

Education;
Health, Mental Wellness and Physical Activity;
Health, Mental Wellness and Physical Activity;Culture;
Education;
Health, Mental Wellness and Physical Activity;
Health, Mental Wellness and Physical Activity;Education;Culture;

Grade 12 responses:

Health, Mental Wellness and Physical Activity;Education;
Health, Mental Wellness and Physical Activity;
Culture;
Health, Mental Wellness and Physical Activity;
Health, Mental Wellness and Physical Activity;Education;Culture;
Health, Mental Wellness and Physical Activity;Education;Reduced at risk behavior;

11. What do you need right now? How can the community help to stop youth suicide in the MLTC Reserves?

Grade 7 Responses:

eee
helping eachother and not leaving eachother out
I need a therapist
idk
friends
help a friend
just keep em busy
alot of circles and gym nights 12 - 19
have like a night where the people call the kids and they come and you guys can talk to them
to be nicer

Grade 8 responses:

more activities to get there mind off of it

idk

just play volleyball haw

dont ask me i dont know anything

ask whats wrong keep a look out people might say their happy but they sometimes lie just to make sure no one knows they try and keep others happy when their not

more and more attention to the ones that look sad and seem like they need help

We need to get people that you know that have troubles and maybe comfort then as your own parents.

i dont know

i really don't know... i'm sorry. i tried answering this, but i can't think to write down for this.

The community could prevent youth suicide by getting therapists for the youth to talk to.

yes sit down with someone and listen

If the community can take the depressed kids on a trip like a shopping spree for clothes go watch the movies go by them a meal at Mcdonalds

sports and activies

Grade 11 responses:

more activites, more get together to make more friends

to understand us

more activities and counselors

bring out most youth to do fun things. and be there for them most of the time

they need to start focusing on mental health

people to talk too

Grade 12 responses:

activities

more outdoor activities and to get kids involved in more events like hunting and fishing

listen to what the kids or student have to tell you!

I don't know what would help but anything would do really.

more activities to bring younger people together, a start to slowly making someone open up with their problems and finding a way to solve them

make it known that there is help, take them to places that they hardly go to, teach them that there is more to life than just one thing.

12. what do you do when you feel pressured or stressed?

Grade 7 Reponses:

eeee

take a walk

i take all my anger out on myself

when my parents tell me to make a choice

watch youtube, do art, read, sleep, get better tea

hug my mom

go outside

just cry or chill myself out

i punch the wall or scream in my pillow

eeee

Grade 8 responses:

i take deep breaths and sit there and calm down

idk

just play volleyball

idk

i listen to music

i just do it but get very shaky and unconfertable

I usually think about it for a second if i know it will hurt me or hurt someone else, i will not participate.

sleep

read my books, or just draw.

i cry

freak out

i go to my room to play game or something

idk

Grade 11 responses:

eat

cry and be angry

play my guitar or listen to music

sleep. or just make food

I feel like I aint good enough

play my guitar

Grade 12 responses:

sleep

when i start getting behind on work due and thinking about graduation

i go to listen to music or go for a smoke

do something i love doing and brighten up my mood with it
talk to a trusted adult

13. What would you like to see from the schools and community to help students stay in school ?

Grade 7 Reponses:

eeee
not let them do bad stuff
funner classes
more fun subjetscs
get better teachers,
playing games
i dont know
sharing circles better teachers even gym teacher
like we can have fun work
after school programs

Grade 8 responses:

do more things to get them interested to stay in school longer
idk
volleyball
have the school wifi password and get to go on our phones
not to much work
more funner things that involve students
do some fun activities that will want them to come back like a videogame class or something like that.
to let kids go on their phones
more activities, even outdoor activities maybe they need more help with reading or doing school work.
A incentive to stay in school.
give me money
they can have fun activites on recces
idk

Grade 11 responses:

pay kids to come to school

to make getting out of bed worth while
people they feel comfortable with
pay them to stay in school
don't be to hard on the students, take the time to understand them
idk

Grade 12 responses:

rewards
more support and an increase in sports or other physical activity
doing more activities with students
sports is a good way to keep them in school.
nice teachers, open the gym and just make school a nice happy environment
give them activities that would pique interest, a lot of the kids don't play sports. Like clubs or artsy things after school that require class presence.

14. Why do you come to school?

Grade 7 Reponses:

eeee
to learn
for education
to learn
to smart
to make friends and do work
to learn n see my crush
to get out of the house to learn abouyt art
i work and play cards
to learn more

Grade 8 responses:

i come to school to play volleyball
idk
to learn what else nig
to see my friends
because i have to
to learn more and make friends and also to see my friends
I come to school so I can get a so I can go get a job later in life.
so i can graduate and be successful

to learn and finish school because it might get harder in the future.
im forced to
my mom
come to school to learn and have fun
to learn

Grade 11 responses:

because i need education in order to leave the reserve in the future
my future
because i need the education
to graduate and get in to college
because I want an education
i don't have a choice

Grade 12 responses:

to learn
to graduate and leave the reserve
to get my education
Because I have too. Only way to get where I want to be.
to get an education and play sports
to finish grade 12, and get to college.

15. Why are students dropping out? what can be done to help students stay in school and graduate?

Grade 7 Reponses:

eeee
to stop drugs and to do and get what needs to be done
Drama
lock the doors
help them out and just stand there
help get to the top
more activies
help them out and not just stand there
because they think school is boring and all the teachers presure them
more help

Grade 8 responses:

they have problems at home or they dont have no transportation, or they get bullied

idk

idk

idk ill drop out too lmaooooo

maybe they are dropping out because they feel too pressured and useless too much work

help them with there work or else incerouge them to stay in school

Im going to be honest. It's boring. To hel them stay in school maybe put something that will want them coming back, such as some fun activities every now and then.

the reason people are dropping out is because bullying

you can help them with their school work :/ that's the only question i can write down, sorry.

I think students are dropping out because its expensive and drugs

make learning interesting and give more options for learning

by them their own computers

d

Grade 11 responses:

because life isnt right for them or they think they cant do it becsaue they dont know an answer or two

motivation

depression and family problems

most likely because drugs are involved with most teens now days. give them reasons to graduate

maybe its their home life

help them at home

Grade 12 responses:

Not enough care for school

to much pressure or not enough support

not making it so hard on them

some just simply don't care ad are not pushed to finish.

get them the help they need at school and out of school

they don't feel like they're important in school. Maybe have after school programs that require class presence.

16. What weekend activities does your community need?

Grade 7 Reponses:

eeee

activity nights

Activity

drawing classes

nothing

drawing

biking skating

everything

culture things aND VOLLEYBAL

more cultural things

Grade 8 responses:

more sports

idk

volleyball

idk

i dont know maybe some more youth nights

we need more that invites more people to our communitie

Culture fun, such as helping to make a tepee or something like that.

volleyball tournament for the kids and not always the adults

i kind of hope somebody else thinks because i can't.

More themed nights at the hall

any activity

it needs little trips to cold lake to eat or something

d

Grade 11 responses:

sports activities

a fun program for all ages

culture teachings

more sports

we need more movies nights

youth talks.

Grade 12 responses:

sports toureys

More Sport activities

more volleyball

More gym nights would be good.
traditional activities and more sports
maybe dinners? or even a sliding party. A meeting?

17. Does your community need more facilities or upgrades

Grade 7 Responses:

Track and Field
Youth Centre upgrades
More buildings
all of the above
Outdoor Classroom
all the above
Walking paths
Outdoor Classroom
Outdoor Hockey Rink, Summer Basketball Courts
Outdoor Hockey Rink, Summer Basketball Courts

Grade 8 responses:

Youth Centre upgrades
Track and Field
volleyball
Outdoor Hockey Rink, Summer Basketball Courts
Mountain Bike trails
Walking paths
Walking paths
Youth Centre upgrades
Youth Centre upgrades
Walking paths
Outdoor Classroom
Outdoor Classroom
Outdoor Hockey Rink, Summer Basketball Courts

Grade 11 responses:

Outdoor Hockey Rink, Summer Basketball Courts
Walking paths
Youth Centre upgrades

Outdoor Hockey Rink, Summer Basketball Courts

Youth Centre upgrades

Youth Centre upgrades

Grade 12 responses:

Outdoor Hockey Rink, Summer Basketball Courts

Outdoor Hockey Rink, Summer Basketball Courts

Youth Centre upgrades

Workout room

Youth Centre upgrades

Outdoor Classroom