

UCHUCKLESAHT PICTURE GALLERY



PILL POINT



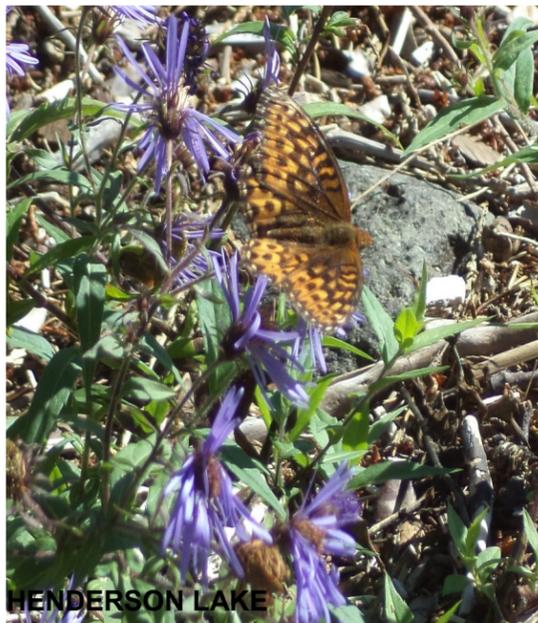
TIITSKIN PAWATTS



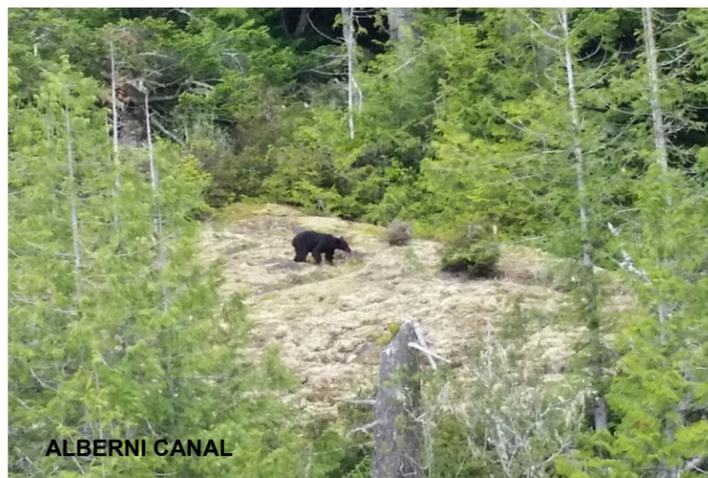
LOON LAKE



SPROAT LAKE



HENDERSON LAKE



ALBERNI CANAL

Do you have articles or news for the newsletter? Please send those to [carla.halvorsen@uchucklesaht.ca](mailto:carla.halvorsen@uchucklesaht.ca)

UCHUCKLESAHT EVENTS

**ADSS and First Nations Welcome BBQ:** Alberni District Secondary School

4:00pm-6:00pm Sept 22nd

**Health Care Information Session**

4090 8th Avenue 10am-3:30pm

Sept 23rd

**Nurse Drop In:** Human Services Department

Morning & Afternoon October 12th

**Uchucklesaht Halloween Party:** The Thunderbird Building

4:00pm-7:00pm October 28th

**Wellness Day Gathering:** Location TBD - November 16th

**Nurse Drop In:** Location TBD - November 16th

**Education Event:** Location TBD - November 23rd

**Uchucklesaht Christmas Party:** The Thunderbird Building - December 10th 12pm



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## UCHUCKLESAHT PEOPLES ASSEMBLIES

**Uchucklesaht had a Peoples Assembly** on Saturday August 27th at the Port Alberni Lawn Bowling Hall to review the Audit, Specific Claims and the Uchucklesaht Tribe Five Year Economic Development Plan.

Thank you to all that took the time out of their weekend to attend to the important business presented at the Peoples Assembly. There were some great discussions, questions and answers.

The Uchucklesaht Tribe has at least two Peoples Assemblies each year and posts the minutes at the website [www.uchucklesaht.ca](http://www.uchucklesaht.ca) - if you prefer a hard copy of the minutes then please feel free to contact the Uchucklesaht Tribe Law Clerk for a copy.

## UCHUCKLESAHT UPDATED CONTACT INFO

**Uchucklesaht** regularly mails and posts notices regarding various events and activities via email, postage mail and on the website at [www.uchucklesaht.ca](http://www.uchucklesaht.ca)



There are times that Uchucklesaht Administration will have to phone members in order to inform them of fresh food fish being delivered to the office so please also be sure to keep your home phone and cell phone numbers updated with the administration.

Keeping all of your information updated with the Citizenship and Enrolment Registrar is important as well, so please make sure the Registrar has your status number, home address, email and phone numbers on file.

## HEALTHY TIPS

**September is here** and that means everyone is back on track with sending the children to school!

Summer was a lot of fun but the break is over and it is time to concentrate on some good, healthy back to school schedules.

Here are a few tips to consider that might help you and your children start the school year out good.



1. **Pack the Children some Healthy Snacks** - Take a few minutes during the weekend to cut up fruits and vegetables and prepare things like tuna salad or hard-boiled eggs and buy plenty of containers for dinner leftovers. Consider getting a small ice pack and an insulated lunch bag to allow more variety.
2. **Hygiene Habits** - Encourage the children to wash their hands as much as possible before eating and also put the on-the-go hand sanitizer in their back packs.
3. **Healthy After School Activities** - encourage those activities, sports and walks so that there is the time to relax, play and spend time as a family. At least 60 minutes of physical activity each day is recommended for the children.
4. **Choose a Back Pack/ Wear it Right** - Encourage your child to wear both shoulder straps of the backpack. Wide, padded straps are preferable to reduce pressure and distribute the load.
5. **Get the Proper Sleep Schedule in place** - start this sleep schedule that includes at least 8 hours of sleep as soon as possible because summer break does interrupt the sleep schedule. It is getting darker earlier now and so this should help out with the scheduling.
6. **Dress Appropriately for the Weather** - Take preventative measures against the flu. During the Fall and Winter season, make sure your child is well dressed and fed with nutritious meals containing garlic or onions to prepare their immune system to fight back against the flu or any other viruses roaming around the classroom.

**Parents - make sure you have your children's school schedules, teacher and principle contact emails to keep up with all of the school events and activities - have a great school year!**