



Please send your pictures to
Carla.halvorsen@uchucklesaht.ca

UCHUCKLESAHT TIMES

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Hello Everyone- I just wanted to take this opportunity to introduce myself, my name is Heather Krissa, and I am the new Child and Youth Wellness and Education Coordinator with UTG.



One of the many things I will be able to support you with is navigating education starting in early elementary and going all the way through post-secondary and beyond for all ages. I will also be connecting with Uchucklesaht youth to help promote personal growth, safety, education, and wellness.

I moved to Port Alberni in July of 2021 to work at Haahuupayak School as their Student Services Coordinator until starting with UTG in February 2024. Prior to that, I was a K-12 school counsellor in my home province of Saskatchewan for 10 years. So how can I help you?

- Meeting support with your school to advocate for you and your child while helping navigate the education system.
- Support the education process of academic upgrading, job skill building, school applications, training, post-secondary etc.
- Support you or your child in regular school attendance, school support, personal support, tutoring, etc.
- Help with funding for youth extracurricular activities and summer camps.

Provide enrichment opportunities for youth on school breaks and pro days.

Please reach out if there is anything I can do to support you or if you have any questions. I am looking forward to working together.

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Do you have articles or news for the newsletter? Please send those to
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UCHUCKLEAHT REGISTRATIONS & STATUS CARDS

Uchucklesaht Tribe IRA /Law Clerk/Citizenship & Enrollment Registrar was able to collect up to 43 applications to process over in Seattle, WA and Yakima, WA with UTG Membership.

If you still need your SCIS (Secure 10 Year Status Card) and/or need to register your children, then please feel free to reach out to Carla.halvorsen@uchucklesaht.ca to start the process.

Note: You will need the original birth certificates and also copies of parents ID that is not expired (example: status card/drivers license)



HEALTHY TIPS

Tips for staying healthy during the spring

The warmer weather is coming, but the winter colds and viruses are still active in our communities. Covid-19 infections remain active and contagious. Below are some suggestions on how to stay safe and healthy during the seasonal transition.

Get your COVID-19 Spring booster if you are due for it. Please contact UTG health nurse if you have any questions.

Wash your hands frequently. Use hand soap and or sanitizer after touching surfaces, using the restroom etc. Avoid touching your face without clean hands.

Get enough sleep. Sleep keeps your immune system happy. Aim for at least 7 hours of restful sleep.

Drink water, stay hydrated.

Eat a well-balanced diet. Foods to boost your immune system are

Salmon, fermented foods, legumes, garlic, turmeric, and citrus fruits.

Stay home when sick. Don't go to work, don't go out in public if you don't have to.

Please don't hesitate to contact UTG's health nurse if you have any concerns or further questions.

Christina Lucas, Director of Human Services/Health Nurse

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