

WELCOME TO

# St. Theresa Point First Nation



**TEACH  
FOR  
CANADA**



# Waajeeye



# St. Theresa Point First Nation

Dear Teachers,

It is a pleasure to introduce you to our community of St. Theresa Point First Nation. We understand that this is a big move for you. We are happy and excited that you will be joining us very soon, to work alongside our most precious resource; our children.

Our beautiful community is surrounded by lakes and forests. Throughout the year, many of our community members enjoy boating, fishing, and camping. Skilled boaters and fishermen are always available to take people out for a nice day on the lake. Our connection to the land is the basis of all that is good and healing for our people and our children.

St. Theresa Point is accessible by air during the summer and off season months, and can be accessed via winter road during the cold winter months. We have a large population in our community with just over 1,300 students enrolled in school. We are a resilient people and we have dedicated staff and administration who are determined to deliver the highest quality of education to our students.

We have a great responsibility to the children of our community. Our children are the keepers and protectors of St. Theresa Point First Nation, and our child-centered education system reflects this. We are a resilient, supportive, and hardworking team. We invite you to journey with us.

Our school's mission is to provide a safe and positive school environment and we are excited that you have chosen to be part of this journey with us. We are committed to developing a strong working relationship with you and are here to support and appreciate you.

Anyone who lends themselves to be here and help with our children becomes a part of our community family. Let us take care of you, and if we ever face challenges, we will get through them together.

**Freddie Wood**, Education Director

# Community

St. Theresa Point is a First Nation settlement located in northern Manitoba, in the Island Lake Region. The region includes three other communities; Garden Hill (20 km away), Wasagamack (11 km away), and Red Sucker Lake (91 km away). Our language is the Island Lake Dialect. Our people are called Anisinineewak.

## A Brief History

- 1901** St. Theresa Point, known then as Maria Portage, is established by John Flett and becomes the first permanent settlement on Island Lake
- 1909** Treaty 5 Adhesion is signed
- 1918** Influenza epidemic occurs
- 1925** Roman catholicism is established in St. Theresa Point, and the very first children leave the community for residential schools
- 1926** Father Dubeau and Brother Dusault leave Norway House for Island Lake to open a mission. Priests and community members require lumber to build a bigger church. As a result, a dam is made at Pickerel Rapids
- 1927** Lumber production begins and continues for 2 years
- 1928** One community splits into four: Garden Hill, Rd Sucker, St. Theresa Point & Wasagamack
- 1945** First Family Allowance
- 1947** The Grey Nuns arrive
- 1964** The construction of the Roman Catholic Church is complete in St. Theresa Point
- 1972** Water pumps are installed on the land
- 1977** Second new school opens
- 1979** Liquor Bylaw is implemented, which is still in place, making St. Theresa Point a dry community
- 1981** Satellite antenna installation allowed access to TV, CBC and a local radio channel
- 1988** The Northern Store was built is built within the community. It was originally located across the lake, at St. Mary's Island, where the Airport is located
- 1999** New High School is completed
- 2011** Early years School is completed
- 2012** Hockey arena is lost to fire
- 2013** Middle Years School is complete
- 2021** St. Theresa Point Roman Catholic Church is lost to fire





# The Land

St. Theresa Point First Nation is located in northern Manitoba, on the southern shore of Island Lake, the sixth largest lake in the province.

Our beautiful community is surrounded by lakes and forests. Throughout the year, many of our community members enjoy boating, fishing and camping. Skilled boaters and fishermen are always available to take people out for a nice day on the lake. Our connection to the land is the basis of all that is good and healing for our people and our children.

Traditionally, our community is called Mithaynigaming, which means 'Maria Portage'. Mithaynigaming is still referred to as the original settlement site of St. Theresa Point. According to history, a maria fish was seen crossing the portage in a very shallow creek, and survived, reaching the other side and entering another body of water. This was considered to be an extraordinary event.



## St. Theresa Point Community Map





# St. Theresa Point First Nation

## Elementary, Middle and High School

### School Population

1,300

### Grades

Nursery-12

### Key People

**Freddie Wood**

*Education Director*

**Charles Monias**

*School Admin Support*

### High School

**Ian McDougall**

*Principal*

**Roy Mason**

*Vice Principal*

### Middle Years

**Patricia Harper**

*Principal*

**Helen Wood**

*Vice Principal*

### Early Years

**Lyle Wood**

*Principal*

**Marissa Elaine**

*Vice Principal*

**5**

## Welcome!

Our school offers programming from Nursery through Grade 12.

It is a modern facility with 45 classrooms. The average classroom size is 25 students, with the exception of smaller classes in some of the high school levels.

We recently adapted our Kindergarten program from a half-day to a full-day program.

### What is the school most proud of...

- Our local certified staff and our ability to live, work and be together with our students
- Our Anisiniwak identity and strong connection to our ancestral lands
- Our Elders Room, where students, parents, and staff are welcomed for guidance

### School Mission

The St. Theresa Point First Nation Education Authority directs the school to adhere to the following standards:

- An emphasis of student learning and effective teaching
- A high level of expectation for student achievement and personal growth
- Teacher involvement in decision-making and school operations
- Participation and involvement on the part of students and parents in school life
- Effective communication of learning outcomes with parents
- Orderly and pleasant learning environment
- Meaningful recognition and positive reinforcement

### School Philosophy

Our school has a strong connection to the land. We focus on child-centered education. Our philosophy is to utilize our youth and elders to bring out and revitalize our teachings.



### Special school events

- Annual Fish Fry
- Moose Fry
- Cultural Days
- Annual Cultural Week
- Fall & Spring Hunting
- Heritage Week
- Celebration of Learning Feast

### Native Language Instruction

We believe that the retention of the First Nation language is crucial to the restoration and preservation of the culture, heritage and pride of the St. Theresa community and people. The Education Authority therefore requires that all students be provided with regular instruction in Island Lakes Dialect.

### Student Services Program

Student Services assist and enhance the academic, social and emotional development of all students attending school. We believe that the Student Services Program must accommodate the needs of the St. Theresa Point Students attending school in the community as well as those required to leave the community for educational purposes.

### Land-based and Traditional Learning

Teachers are required to integrate, across-the-curriculum, local and land-based traditional and historical teachings. Students spend an entire week of each school year on the land with their teachers. They also receive training on how to operate boats and snowmobiles.

### Extracurricular activities and clubs

Volleyball, floor hockey, dance club, Right to Play.  
We also offer a mature student program in the evening.





## A Day in the Life of a Teacher

The school day begins at 8:30 AM. Teachers sign in, meet and greet the students. Students enjoy their breakfast with the help of teacher supervision.

All classes begin at 9:00 AM.

Lunch is at 12:00 PM. Lunch passes can be purchased by staff and students.

Dismissal times are staggered to accommodate bus schedules:

- Early Years 2:30 PM
- Middle Years 3:00 PM
- High School 4:00 PM



We are always open to exploring new initiatives to offer our students. If a teacher has a talent or interest that they would like to bring to the school, the school and administrators will happily support them.







# Teacherages

The teacherages are nestled right down the hill from the school on a winding road and a cul de sac. Most of the teacherages are about 20 years old, and some are newly developed. New trailers will become available in fall of 2021. The general upkeep of the units is good and we do our best to keep our teacherages well-maintained.

All units are furnished. Teachers must bring their own kitchen essentials (dishes, cutlery, pots and pans), and other household items, like bedding and appliances (TV, radio, coffee pot).

### **Pet Policy**

Staff are not allowed to have pets in their units.

### **Communications Services**

We have cell service in the community with plenty of provider options available. Most major cellular providers service our community, including Bell, Rogers, and Fido.

Visiting teachers will require satellite internet. We recommend setting this up prior to your arrival through Xplornet (and hopefully Starlink very soon!).



# Quick Facts



## Community Population

**4,500+**



## School Population

**1,300+**



## People

**Anisininewuk**



## Language

**Island Lake Dialect**

**Anisininew  
Isikeeswaywin**



## Community Highlights

We've had some of our membership who:

- Have run the Boston Marathon
- Are active members Manitoba Paddling Association
- Are champion paddlers in our community
- Are skilled craftsmen and artisans
- Are recording artists

Like many northern communities, we are proud to be home to world class athletes in track, paddling, soccer, hockey, volleyball, basketball, and badminton.



## Life in the Community

### Clubs & activities

Gym nites, Radio bingo, Family Retreats, Church volunteering, musical jam sessions, paintball, paddling, fishing derbies, hunting, and more.

Although we do not currently have a hockey arena, we have lots of access to skating rinks via local ice and ponds.

### Community Events

We have an annual bannock festival, family retreats, and outdoor music festivals.

### Traditions and customs

We are a Catholic Community. We have prayer groups and ceremonies. We also have sweats, gospel jamborees, and community feasts are a local custom.

Our school welcomes and invites members of the community as key resource people. The school sets up schedules for in-class and outdoor workshops and activities. Skills, teachings and stories are celebrated and enjoyed. Artifacts are brought in by students and community members and are showcased in our mini-museum. Feasting is also an important part of this week.

# Get to Know a St. Theresa Point Community Member



**MEET JODI HARPER,**  
**Community Member and Teacher at Early Years School**

---

## **What do you like most about your community?**

I like that we follow our kinship traditions and together we identify with one another on how we are related. What I love most is if we face hardships, we stand together. It is my hope that I can carry on these teachings with the younger generations so that we can always have each other. I've seen my people accomplish amazing things when we have a common goal. I love the gatherings we have: elder's supper, bannock festival and faith family retreats. I love how we are always being taught to respect our relations, like our most-esteemed members in our families, our highly respected uncles, aunts, nieces, nephews, fathers and mothers-in-law.

## **What do you like to do when you have a day off?**

There are a lot of extra-curricular activities happening here in St. Theresa Point, like paintball and paddling. There are fishing derbies and exercise groups. There are many youth and adults who fish and hunt. So on my days off, I have choices of what I would like to do.

We have musicians in the community who jam and set up song fests and outdoor concerts. I can choose to meet up with our very active church group members who are in the process of building and fundraising for a new church. I can also take part in a sweat and head down to the ceremonial grounds to be with people or help out in gathering medicines, wood or rocks. We have church leaders and traditional cultural leaders as well. We have the best of both worlds.

## **How would you describe your community to someone who has never been here?**

This is an isolated community, which makes it peaceful. There is never a dull moment! We have all kinds of people here, with different views and lifestyles. We are quite accepting of new people and I see us as very friendly. We have lots of trees, we have beautiful land and lakes here, it's great for hiking and going out for a picnic.

St. Theresa Point is an isolated community. There are challenges that come with living in a remote place. However, one of the good things about these challenges is that they inspire and promote personal motivation. You can see this reflected in our sports clubs and schools. Challenges force us to tap into our creativity and come up with new ideas. Teachers often collaborate with the community, nursing stations, and access many other excellent sources and opportunities for growth. We focus on the can-do.

# Vocabulary and Language

Some Island Lake Dialect words or phrases that you might hear around St. Theresa Point

**“Weentamaakewin”**

The telling of something

**“Weejeewewin”**

Help

**“Ooshkatith”**

Young person

**“Peeooteh”**

Stranger (in a respectful sense).  
Sometimes used when referring to the visitors and helpers in our community.

**“Kisemanito”**

Kind-hearted Creator



## Practical Advice

Many teachers enjoy having access to satellite TV + Internet, so it may be a good idea to bring a Shaw Satellite system along with you. Contact Xplornet if you wish to have satellite internet in your unit. Internet Access is available at the school.

Access to a radio will allow you to participate in Radio Bingo and listen to the Daily Announcements.

It's always a good idea to bring sturdy shoes and warm clothing.



**Getting to and from St. Theresa Point**

St. Theresa Point is a fly-in community located 465km from Winnipeg, Manitoba. During the peak winter months, it is accessible by a winter road which offers a scenic drive through Pine Falls and the Berens River. Under the best conditions, the drive takes about 10 hours. As for year-round accessibility, there are two companies that fly to St. Theresa Point on a regular basis; Perimeter Aviation and Northway Aviation Ltd.

Perimeter Aviation typically offers three flights a day into St. Theresa Point, with the exception of weekends and Holidays, when two are available. Perimeter passengers have the option of choosing between four types of branded one-way fares which range from \$350 - \$390, with a regular one-way fare being \$400. Northway Aviation Ltd. offers one daily flight into the community, except on Saturdays. This flight departs from St. Andrew's Airport in Manitoba. The cost of a one-way airfare is around \$355.

**Package Delivery and Mail**

Some community members choose to stay connected through the St. Theresa Point First Nation Page on Facebook. There are also Facebook pages for each school.

St. Theresa Point has its own local radio station.

**Receiving packages in the community**

Post Office Boxes are available at the Canada Post Office. Mail is flown in almost daily, weather permitting.

Cargo shipments arrive according to demand and available space. Freight and food mail is shipped via Perimeter Aviation Cargo and Northway Aviation.



*Some photos featured in this overview were taken by Harvey Mason Photography.*

# St. Theresa Point Directory

**Freddie Wood, Education Director**  
freddiew@stpfirstnation.com

**Cornelius Harper,  
School Admin Support**  
whiteowl2864@yahoo.ca

**Lyle Wood, Principal,  
Early Years School**  
woodlp@live.ca

**Patricia Harper, Principal,  
Middle Years School**  
patharper268@gmail.com

**Ian McDougall, Principal,  
High School**  
ian\_mcdougall@hotmail.com

**Early Years School Office**  
204-462-9179

**Middle Years School Office**  
204-462-2640

**High School Office**  
204-462-2087

**Band Office**  
204-462-2106

**Band Constable Office**  
204-462-2507

**Chief Marie A. Wood**  
204-450-0557

**Contact person if problem  
with teacherage:  
George Harper, Operations and  
Maintenance Manager**  
204-462-2805

**Health Centre**  
204-462-2473

**Local Police Detachment,  
Stevenson Island (20km)**  
204-456-2290

**Community Hall**  
204-462-2108

**STP Radio Station**  
204-462-2722

**Xplornet, Internet Provider**  
866-841-6001

**Bell-MTS, Cellular Provider**  
204-255-5687

**Northern Store, Grocery**  
204-462-2681

**Tim Hortons, Coffee**  
204-462-2012

**Charlie Biggs Restaurant**  
204-462-9204

**Stop & Go Gas Bar**  
204-462-9019

**Perimeter Airlines**  
204-462-2678 (STP)  
204-783-8000 (WPG)



@TEACHFORCANADA  
**TEACHFORCANADA.CA**

CR number: 819967282RR0001