



Artemis Place Society  
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**COMPASSION IN ACTION, by Daycare Staff**

The month of September is often a period of adjustment for families in the daycare, some are coming back after a summer off and others are starting fresh. Every child arrives with their own unique personality and experiences. The parents and caregivers collaborate and share ideas about how to provide the best care for their child. With compassion being the value/virtue of the month, we wanted to notice the ways very young children show this. As it's the beginning of the school year some are used to their parent coming and going from the room and others who are experiencing this separation for the first time may become distressed. In this photo a child who was crying after their mom left attracted the attention of the other children bringing out a sympathy cry from a nearby infant and concern from one of the toddlers who came in closer to his caregiver for assurance. This gave her the opportunity to explain what the child might be feeling and why. She



talks to him about how he could try to comfort his distressed peer with a gentle touch, a smile and the offer of a toy. He happily picks up a ball and hands it to the child - the child reaches out to take it and the caregiver responds by thanking him for his kindness. Compassion and empathy begin by providing an environment in which it is modelled and encouraged - the children are eager to follow the lead of their caregivers.

**Vegetarian Chili**

*This vegan chili from cookieandkate.com is the perfect comfort food for a cool fall day. The students and staff made this recipe at the Fall Harvest community lunch, served with Tara's traditional Fry Bread. Yum!*

**INGREDIENTS:**

- 2 tbsp. oil
- 1 medium red onion, chopped
- 1 large bell pepper, chopped
- 1 - 28 oz. can diced tomatoes w/ juice
- 2 - 15 oz. cans black beans, rinsed & drained
- 1 - 15 oz. can pinto beans, rinsed & drained
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- 2 tsp. cumin
- 1 1/2 tsp. paprika
- 1 tsp. dried oregano
- 2 tbsp. chili powder
- 4 cloves garlic, minced
- 1/2 tsp. salt, divided
- 2 cups water or vegetable broth
- 1 bay leaf
- 2 tbsp. chopped fresh cilantro
- 1 - 2 tsp. red wine vinegar
- Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream, grated cheddar cheese, et.

**INSTRUCTIONS:**

In a heavy bottomed pot sauté onion, bell pepper, carrot, celery and 1/4 tsp. salt in olive oil. Cook for about 7 - 10 minutes, then add the garlic, chili powder, cumin, paprika and oregano. Cook until fragrant while stirring occasionally. Add the diced tomatoes and their juices, beans, broth and bay leaf. Stir to combine and let mixture come to a simmer. Reduce heat to a low simmer for 30 minutes. Add chopped cilantro, vinegar and salt to taste. For best texture, transfer 1 1/2 cups of chili to a blender (or use an immersion blender briefly) and pour back into pot. Serve with garnishes of your choice.



**Drama Class at Artemis, by Emma (educator)**

Drama class is happening weekly at Artemis, with a committed group of 6 students showing up regularly to get theatrical. We designed the curriculum as a group, with all participants wanting a heavy focus on film-making. We are diving head-first into the world of short films, with students learning more about making an effective short film. A local film-maker is scheduled to come in and present a workshop, and the students will screen their own short films at the Artemis Film Festival!

**Join Artemis Place Society for the 2017-2018 Open House**

October 25<sup>th</sup> 3:00 – 5:00PM

3020 Richmond Road

Everyone Welcome

www.artemisplace.org



<https://cookieandkate.com/2015/vegetarian-chili-recipe/>

## The Trans, Two-Spirit, and Gender Non-Conforming Inclusion Project, by Emma (educator)

Artemis is pleased to be presenting monthly workshops on gender and sexuality, with materials from The Queer Story Archive. Each workshop showcases a story from The Queer Story Archive and encourages thoughtful discussion from participants through different group activities. Our first workshop was held October 3<sup>rd</sup> and featured themes on sexual identity, coming out, family, inclusiveness, and being an ally. The students who participated in the workshop had insightful and reflective thoughts to share.

## CANOEING WITH POWER TO BE, by Emily (educator)

In October, we have joined up with Power to Be for two sessions of canoeing. Seven students came out for our first, sunny session on Prospect Lake. It was windy as we ventured away from the dock, our paddles pulling us through the headwind. The students worked as a team to navigate around the lake. We were even lucky enough to see four deer eating apples from a tree when we docked the canoe.

Our next canoeing session takes place on October 16<sup>th</sup>.



## Career Education and the New Curriculum at Artemis Place, by Clara (educator)

This month a few of our staff were excited to attend a seminar about Career Education and the New Provincial Curriculum which is scheduled to roll out next year. The new curriculum includes several courses focused on job based skills, work-life balance, job acquisition, career planning, and the global economy. The curriculum is heavily weighted towards skill building and trades.

In planning to meet these Learning Outcomes Teachers have interviewed students on what interests them. Students said: Jewelry Making, Coding, Cooking, Baking, Mechanics, Horticulture (Gardening), Painting, and Cosmetology.



## Support Artemis Place

Would you like to support our programming? Below are a few ways you can help out!

1. Pick up a Thrifty Foods Smile Card from Artemis Place and a portion loaded onto the card is donated to Artemis Place.
2. Use the Artemis Place Co-Op membership number when filling up with gas: the number is 72736
3. Contribute monthly by Pre-Authorized Debit (PAD) on the fifteenth of each month

Contact [info@artemisplace.org](mailto:info@artemisplace.org) to set up (PAD) or to have a Thrifty Fundraising card sent by mail. Your generous support allows Artemis Place to continue offering enriched and nurturing programming to our students, and their babies and toddlers.

For more information about Artemis programs or articles in our newsletter, please call (250) 598-5183 or email [info@artemisplace.org](mailto:info@artemisplace.org).



[www.artemisplace.org](http://www.artemisplace.org)