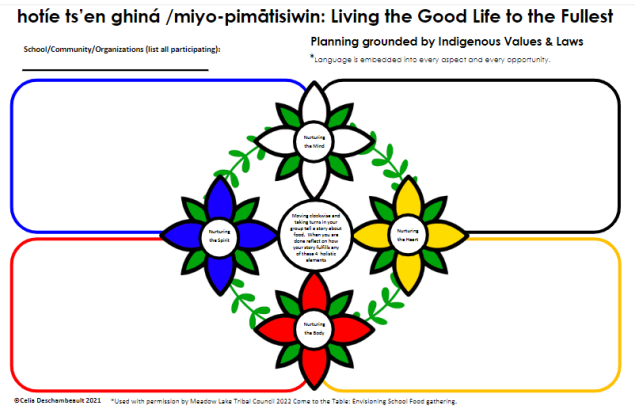


Holistic Framework: Planning Grounded in Indigenous Values & Laws

The MLTC student success planning tool, **copyright Celia Deschambeault 2021**, was edited and used with permission from Meadow Lake Tribal Council Education in order to explore food and it's impacts on student, family, staff and community wellbeing. The tool was used to explore how we relate to food, how food impacts our wellbeing; and how schools and communities may support student wellbeing when it comes to food and food programming.

Process:

Participants were invited to share in small groups during a structured discussion using the tool. The holistic nature of the tool invited participants to reflect on the four elements of holistic model: mind, emotions/heart, body and spirit. Any participant that did not wish to participate was welcome to pass and simply listen to the responses from other participants.



Recording & Reporting Back:

A new template was used to record the answers of participants as they worked through the tool and shared their thoughts. Participants were then given an opportunity to report back to the group about some of the key themes that came out of their discussions and any issues they felt compelled to bring forward as they begin to think about planning school food programming.

Using a Holistic Model:

If you'd like to try a similar activity, consider working with an elder or knowledge keeper in your area to develop a holistic framework that would work in your community.

Questions or Comments:

If you have questions about the holistic framework used by MLTC, please contact MLTC Education at 306-236-1331 or contact Celia Deschambeault for more information about the copyright on this particular resource.