

Created by Liisa House & Jessica Deitcher,
SFU.

Creating a Circle of Care

Session for BCTELA, October 2023

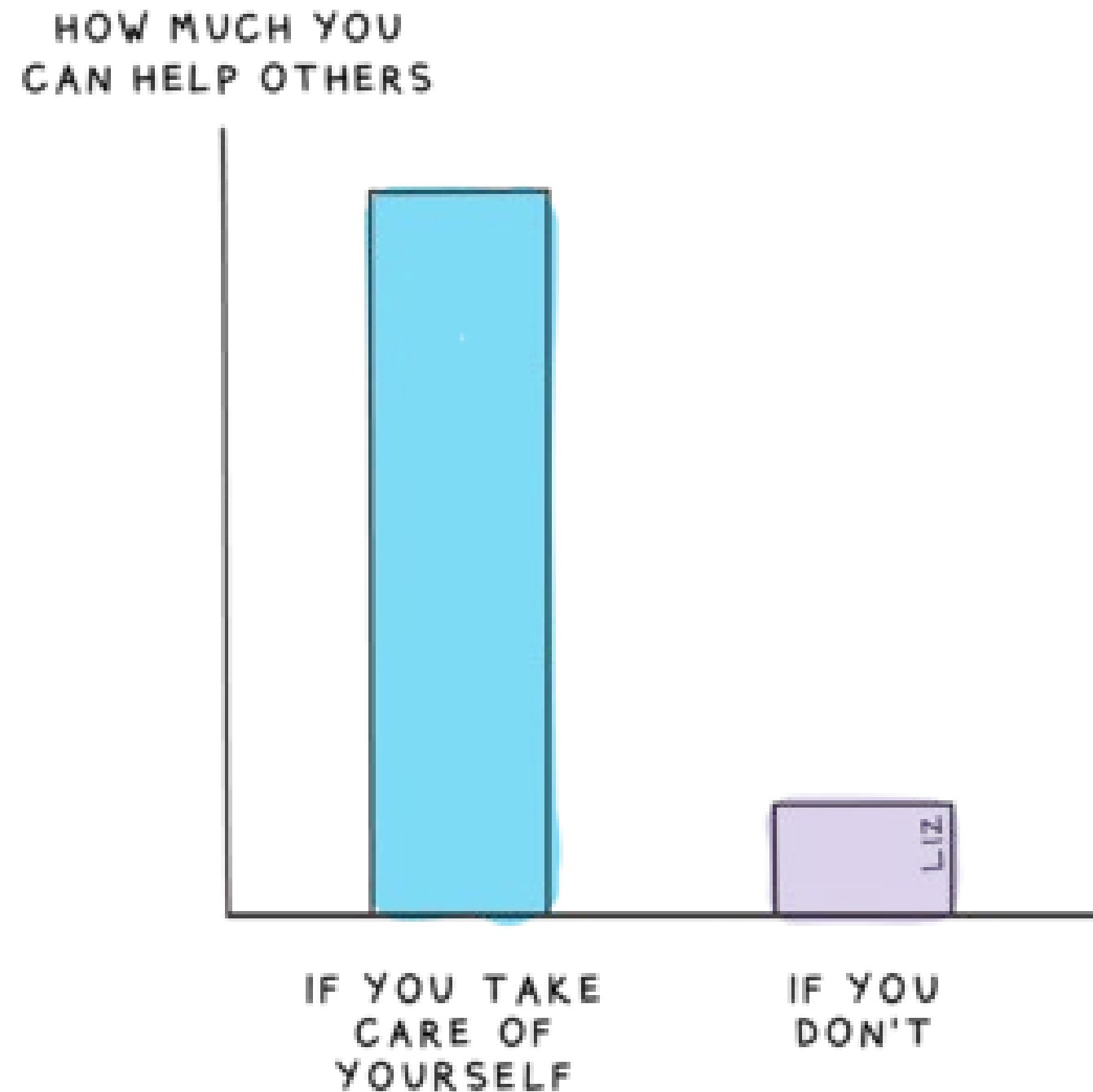


Flow of this Session

- The Circle of Care
- Identity of Self (through Journaling)
- Identity of Self in Reciprocity
- Identity of Self in Community (through Poetry)



The Circle of Care



@LIZ AND MOLLIE

- Normalizing & valuing self-care
- Self-care actions as the relationship to the self
- Practicing, honouring, & giving space, for yourself, & THEN for others

Identity of Self through Journaling

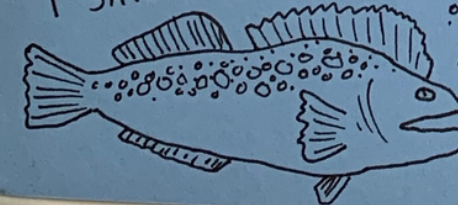
A LESSON IN DRYSUIT SCUBA DIVING

THIS IS THE
HAND SIGNAL
FOR "OK" WHEN
I AM UNDER WATER.
I GIVE IT OFTEN,
TO MAKE SURE I LET
EVERYONE KNOW I'M OK.

THIS IS MY BCD, A VEST
I WEAR THAT ATTACHES
TO MY OXYGEN TANK
(ON MY BACK). I HAVE
A REGULATOR I BREATHE
INTO AND A GAGE
THAT TELLS ME HOW
MUCH AIR I HAVE.

THIS IS MY WEIGHT
BELT. YOU CAN'T SEE IT
VERY WELL, BUT THERE
ARE TWO HEAVY SACKS
RESTING ON MY HIPS EACH
15 LBS. THAT'S 30 EXTRA
POUNDS I HAVE TO WEAR
IN THE WATER SO I DON'T
FLOAT AT THE TOP.
AND 30 LBS IS A LOT
OF WEIGHT! WHEN
I GET OUT OF
THE WATER,
SOMEONE HAS TO
CARRY IT FOR ME.

I SAW LINGCOD



THIS IS MY HOOD. IT KEEPS MY HEAD
WARM SOMEWHAT, BUT WATER CAN STILL
GET IN. EVENTUALLY, MY HEAD GOES
NUMB AND ADJUSTS TO THE COLD. BUT
THAT FIRST FULL DUNK, EEE!

THIS IS MY MASK, FIT
WITH PRESCRIPTION
LENSES SO I CAN DIVE
WITHOUT MY CONTACTS.
IT COST \$250.00!

THIS IS MY DRYSUIT,
WHICH KEEPS WATER
OUT AND ALLOWS AIR
TO BE PUMPED IN TO
INSULATE. ALSO, I'M
WEARING 3 PAIRS OF
FLEECY TIGHT & 3 THICK
SWEATERS & 2 PAIRS OF
WOOL SOCKS UNDERNEATH,
AND I STILL GOT COLD.

NOT ON MY FEET YET,
THERE ARE MY
FLIPPERS. I DON'T
PUT THEM ON
UNTIL I'M IN THE
WATER. USUALLY
I NEED HELP
GETTING ON
BECAUSE I HAVE
LIMITED MOBILITY IN
MY DRYSUIT.

I SWAM
THROUGH
SHIPWRECKS



THIS IS ME, A WEEK
BEFORE I TURN 30,
GETTING SET TO SCUBA
DIVE IN 6°C WATER AT
PORTEAU COVE, BC

I SAW
PLUMOSE
ANEMONES



FEBRUARY 22, 2015



• PRINTED OUT ALL OUR WEDDING PHOTOS! GAVE THEM TO SOME PEOPLE, PUT SOME IN HERE, PUT SOME UP IN THE CLASSROOM, & PUT ALL IN OUR WEDDING ALBUM

* DID YOU KNOW THAT SPRING BREAK MARKS EXACTLY 1 YEAR THAT BRETT ASKED ME TO MARRY HIM? SPRING BREAK WILL ALWAYS BE SPECIAL TO ME FOR THAT REASON

← HERE IS BRETT READING HIS VOWS TO ME



← AT OUR ACTUAL WEDDING CEREMONY, WE ONLY HAD OUR PARENTS & BROTHERS THERE (& OLIVER!). SO THIS IS US ENTERING OUR RECEPTION WITH EVERYONE WAITING FOR US, SEEING US FOR THE FIRST TIME AS HUSBAND & WIFE! EVERYONE WAS CHEERING, & IT WAS ALL OUR FAVOURITE PEOPLE ALTOGETHER, IT WAS THE BEST FEELING WHEN WE SAW THEM!

★ HERE'S OLIVER, → LOOKING SO HANDSOME! ALSO, I JUST LOVE MY SHOES SO MUCH



AND I MADE → ALL THE DECORATIONS FOR OUR WEDDING MYSELF. IT WAS SO MUCH FUN!



★ (2)

THE CHAOS THAT IS INDIA

DECEMBER 4, 2016
 Sorry for writing so late! Travel time gets all mixed up!

WE ONLY SPENT 10 DAYS IN INDIA, OUR TIME WAS CUT SHORT BECAUSE WE VISITED VIETNAM + SINGAPORE (WHICH WERE UNEXPECTED) & BECAUSE WE HAD TROUBLE GETTING INTO INDIA (OUR VISAS TOOK A LONG TIME TO GET & WE MISSED OUR FLIGHT OUT OF THE MALDIVES). BUT, 10 DAYS WAS ENOUGH & BY THE END OF IT WE WERE THANKFUL TO LEAVE. WE VISITED KOCHI IN THE SOUTH & JAIPUR/AGRA IN THE MIDWEST. KOCHI IS VERY RELAXED BUT BROTH GOT VERY SICK SO WE SPENT LOTS OF TIME AT THE GUESTHOUSE. JAIPUR IS VERY BUSY & NOISY, BUT WE SAW AMBER FORT & THE TAJ MAHAL & WE LOVED BOTH! UNFORTUNATELY WHILE WE WERE IN INDIA, THE GOVERNMENT PUT A BAN ON ALL OLD MONEY, SO IT WAS VERY DIFFICULT TO GET CASH BECAUSE ATMs DID NOT WORK OR THERE WERE HOURS OF LINEUPS. COMBINE THIS WITH THE FACT THAT ALL THINGS REQUIRE YOU TO PAY IN CASH... WHAT A MESS! COMBINED WITH BEING SICK ALL THE TIME & NOT EATING VERY MUCH?! TIME TO GET OUT OF THIS COUNTRY. INDIA MAKES YOU GRATEFUL FOR HOME! HERE ARE ALL THE ANIMALS YOU CAN SEE DAILY ON THE STREETS.



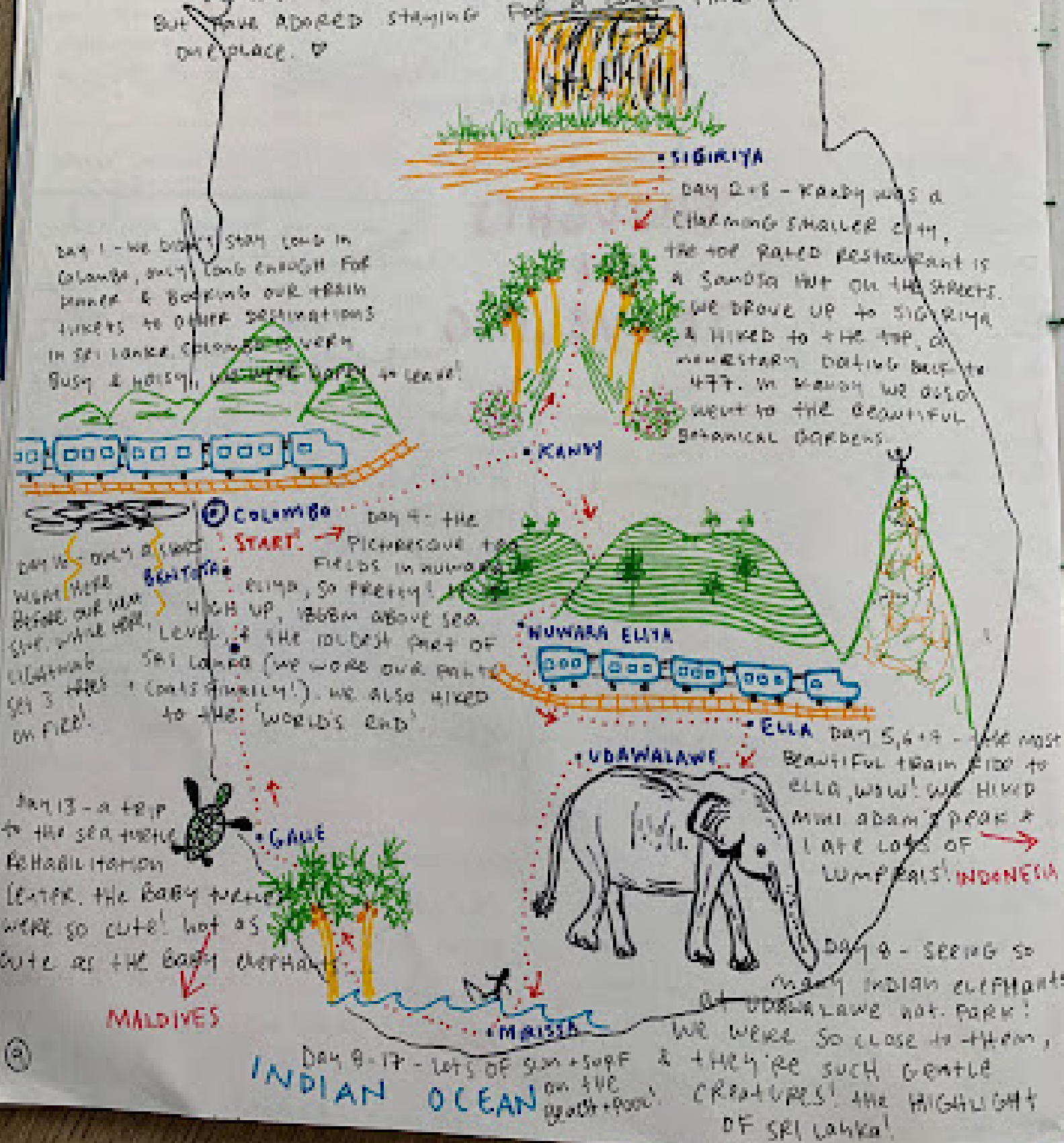
A QUICK MAP ROUTE OF OUR TRAVELS IN SRI LANKA

NOVEMBER 9, 2016

INDIA

I HAD NO IDEA SRI LANKA WAS SO DIVERSE! TRAILS + GREEN HILLS + WATERFALLS + BUDDHAS + BEACHES + ELEPHANTS + LOTS OF SPICY FOOD! WE HAVE LOVED DRIVING AROUND THE COUNTRY BUT HAVE ADORED STAYING FOR A LONG TIME IN ONE PLACE. ☺

BAY OF BENGAL



Welcome baby Leo!

Arrived on August 11, 2018
at 6:34am
weighing 8 lbs 3oz
with blue eyes
& TONS of hair!



I'm not even sure how to begin this entry, because it's probs the most incredible entry I've done to date.

We have a Son!

And not just any child. A most beautiful child already so strong & calm, observant & patient. He is our world!

His full name is Leo Ray Martyniuk. Leo is just Leo, not short for anything. His middle name is after Brett's dad who passed away two weeks before Leo was born. We had a different middle name in mind, but when Leo was born, Brett thought 'Ray' was more meaningful instead (I also think of Ray as a ray of light, like all things celestial that I love ♥.)

Leo is also a Leo! He was born on a new moon, & his birthday numerically is 8-11-18, which is a number palindrome. Oh, & a student from last year gave the name suggestion for Leo in last year's HWJ!

As you can see, Leo had some complications when he was born. Nothing too major, & what happened is common among babies, but Leo started breathing as he was being birthed, at the same time starting to poop... so he had to be treated for Meconium Aspiration, = first poop in the lungs.

He was put on a breathing mask & antibiotics (to treat possible infection), & monitors to check heart rate etc. Which meant, sadly, we could not hold him for the first four days of his life. **So sad!**

Leo got stronger & stronger though, & though we couldn't hold him, we could feed him by bottle & change his diaper, & lots of kisses & holding hands! He had to sleep in that fancy NICU bed while I slept on the fold-out bed in his room, but Brett had to sleep at home because Oliver was waiting there! Such a tumultuous time for our new family!





I never thought I'd ever have to write a journal entry like this, but life is full of unexpected challenges & now, **HERE I AM**. Once you get to know me as your teacher, you'll know that I am a very honest & open person about what goes on in my life, & so I know I must share with you what's been happening to me this past month & why I'm not back at school yet. A week before school was supposed to start, I was diagnosed with **CERVICAL CANCER**. It's the scariest thing that's ever happened to me.

what is cancer?

I am also very lucky that the doctors who first treated my symptoms

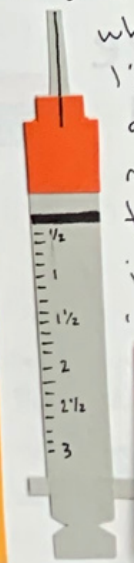
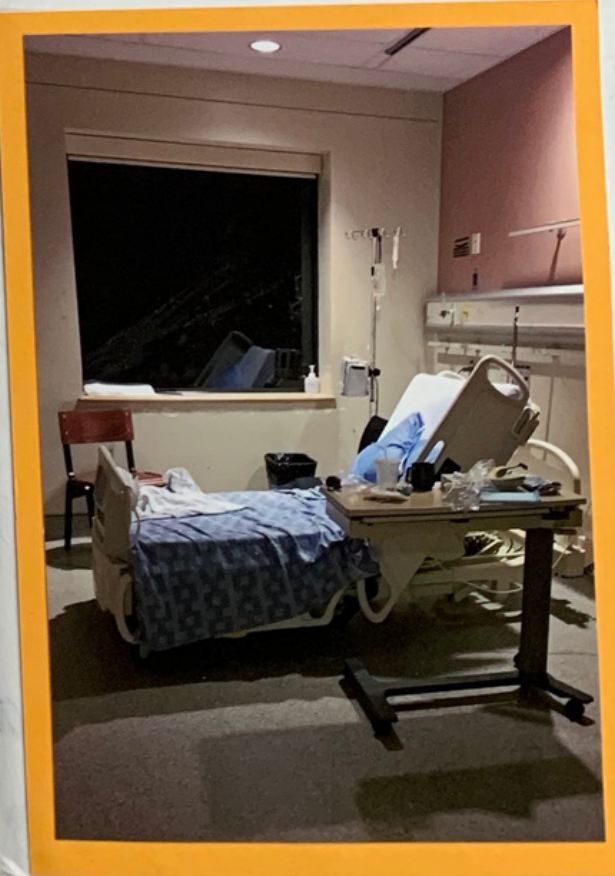
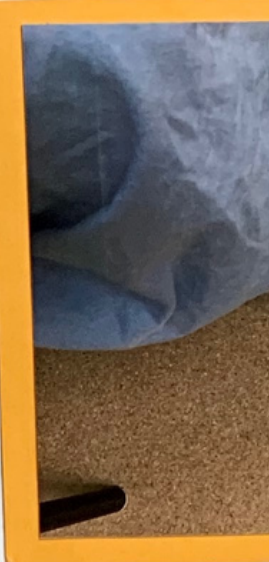
what is a cervix?

took everything seriously, got me medical attention right away, & were able to find my cancer quickly. And I didn't know I had cancer at first - I'd had A LOT of bleeding, more than what is usual for a woman's period, & I thought it might be an infection. But after many tests, pelvic exams, & a biopsy (a procedure where tissue is removed from the infected area/organ), my doctors could determined I had Stage 2B cervical cancer. Stage 2B means that my cancer (which has formed into a tumor) is bigger (4cm's) than Stage 1 cancers (3cm & under), but has not yet spread to other tissue or organs in the body (like Stage 3 cancers). The most important thing to know about my cancer stage is that I can be **CURED** & my treatment will rid my body of cancer for good. So things are hopeful for me!

#4 9.24.19

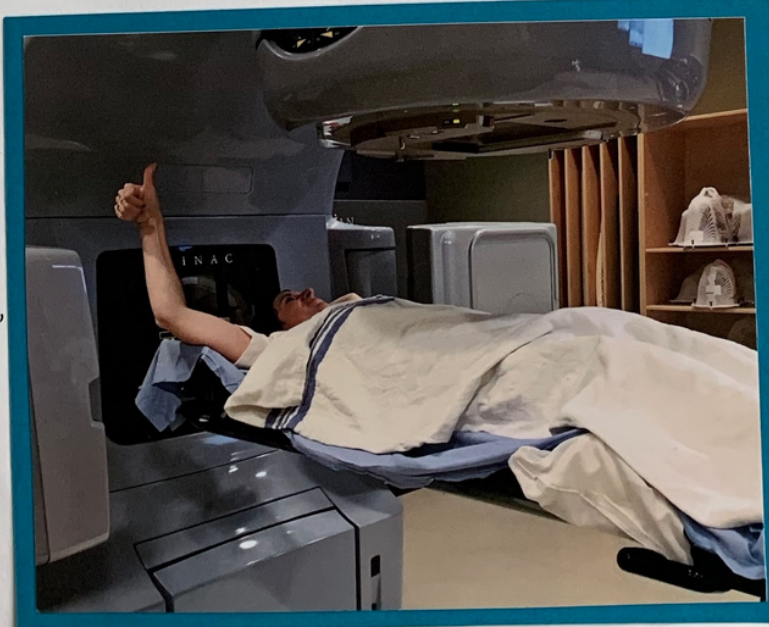


Before my treatment could start, I had many tests & things to do before. I stayed in the hospital for 2 nights so the doctors could stop my bleeding & also give me antibiotics + iron by IV. I had a CT Scan done to check where exactly my cancer is. I had an MRI done to check that cancer was not spreading, & I had a PET Scan to check that there was cancer nowhere else in my body. After done, I was now a patient at the BC Cancer Agency team of 3 oncologists (doctors who specialize in). They determine what my treatment plan will progress. For having Chemo by IV to Radiation to destroy could begin thing that when I'm also my final int'm



treatment ☾*

So, treatment for my cancer includes 3 parts: chemotherapy, external radiation, & internal radiation. I'll give you info about chemo & ext. rad. here, & talk about int. rad. in another entry. The first 4 photos you see are from my **EXTERNAL RADIATION** sessions, 25 in total. This photo here shows my body mold (with the blue sheet) that I lay on, & the radiation machine that rotates around me a full 360°. In this photo next to it, you can see the arms of the machine being turned. The big arm, the circular one, administers the radiation ray to my pelvic area to hit my cervix where the tumor is. Unfortunately, because external radiation comes from outside the body & is administered 360° around my torso, all my organs in that area are hit by the radiation: my bladder, uterus, ovaries, rectum, & the skin of my pelvic area. This means that the side effects from radiation affect those parts. My most common side effects have been: peeing lots, irregular bowel movements, stomach cramps, tiredness, tender skin, hair loss in my pelvic area, & infertility, which means I can't have any more children. Radiation is very effective at killing cancer, but it also damages healthy cells & organs too. Most of these healthy cells will grow back, but damage



I need! In that 3rd photo for treatment (no radiation) 4th photo ↓ is the scan make sure my body is bladder is full for treatment other organs out of the



Why journal?

- gain ease of expression
- gain clarity
- release emotions
- learn a new way of thinking
- self-exploration

(Mercer et al, 2010)

#18 02.29.20
Because it is my
35th BIRTHDAY, HERE
ARE 35 THINGS THAT
CELEBRATE WHO I AM!

35 THINGS TO KNOW ABOUT ME

35: I am a morning person
34: I Love to dye my hair weird colours
1: I am a Pisces, who are known to be creative & stubborn, yep! that's me!
2: I have my mom, Gayle, my dad, Ken, & my brother, Taylor. Then I have my husband, Brett, my son, Leo, & our dog, Oliver ♥
3: I am a friend for baked goods
4: I adore plants in my home/classroom
5: I have no middle name, just Jessica Deitcher
6: I studied classical piano in university & I have all my RCM levels
7: I have 7 tattoos
9: I have a coffee everyday, preferably a latte
10: I am always thinking, "where to next?"
8: I love to shop!
11: I'm afraid of spiders (but working on it!)
12: This Sept, I will be doing my 2nd masters degree (I have one in curriculum-arts). This next one will be in S.E.L.
13: My fav 2 colours are forest green & navy blue
14: My most visited destination is New York (6 times!) but I have traveled to 27 different countries in total
15: I have lived in 4 different apartments in Vancouver
16: I do not like corn! or peas!
17: I am a cancer survivor
18: I have been a teacher for ten years
19: I love all things celestial
20: I am in a book club with Brett & 6 friends (for 2+ years)
21: I don't drive (but I can)
22: I've never broken a bone
23: I write for a travel blog (+ugo)
24: I am a pretty good artist
25: I love going to music concerts
26: I love the Symphony!
27: I wear contacts (& glasses)
28: I am an advanced scuba diver
30: I am a certified yoga instructor
32: My fav food is pasta
29: I have run one full marathon (& a few half's)
31: I must follow a recipe otherwise I'm a terrible cook
33: I don't get carsick, seasick or plane sick

What happens when we share our stories?



"[...] individuals co-regulate each other's physiology, which means that the quality of a person's relationships and social interactions shapes their development and health, both of the body and of the brain."

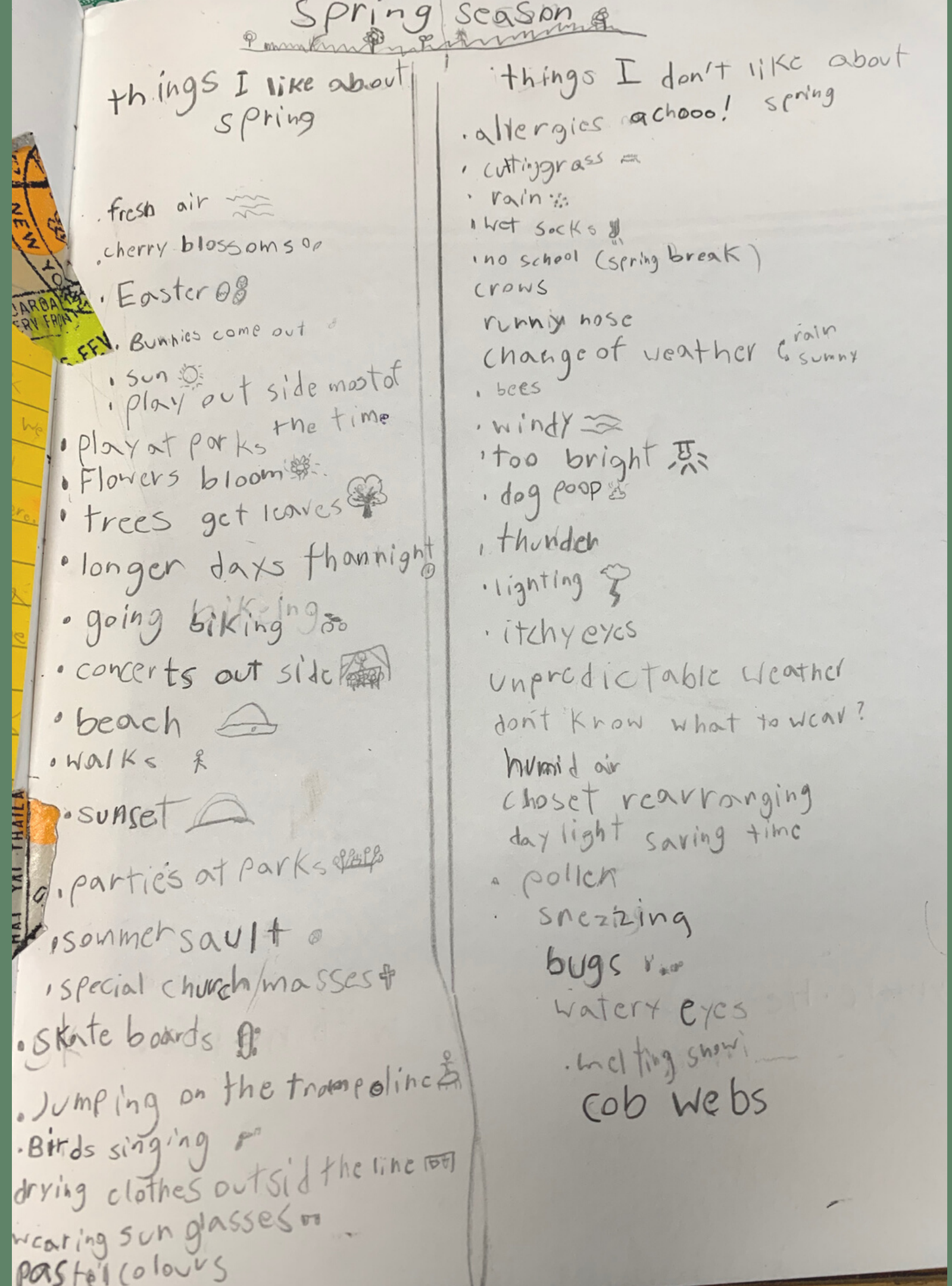
"close relationships are associated with

- hormone co-regulation
- implications for cognition
- sleep quality"

Immordino-Yang et al, 2018



Identity of Self in Reciprocity



Would you ever share
your journal with someone?





“I would argue that building that relationship through shared reflection is **reciprocal**, as it allowed me to work through our shared [experiences] and immerse myself in the lives of my students, resulting in the **betterment of my own**.”



(Haq, 2017)

After my 401/2 semester,
my student teachers reported that journaling...

"Acted as a friend that I could share with without being judged"

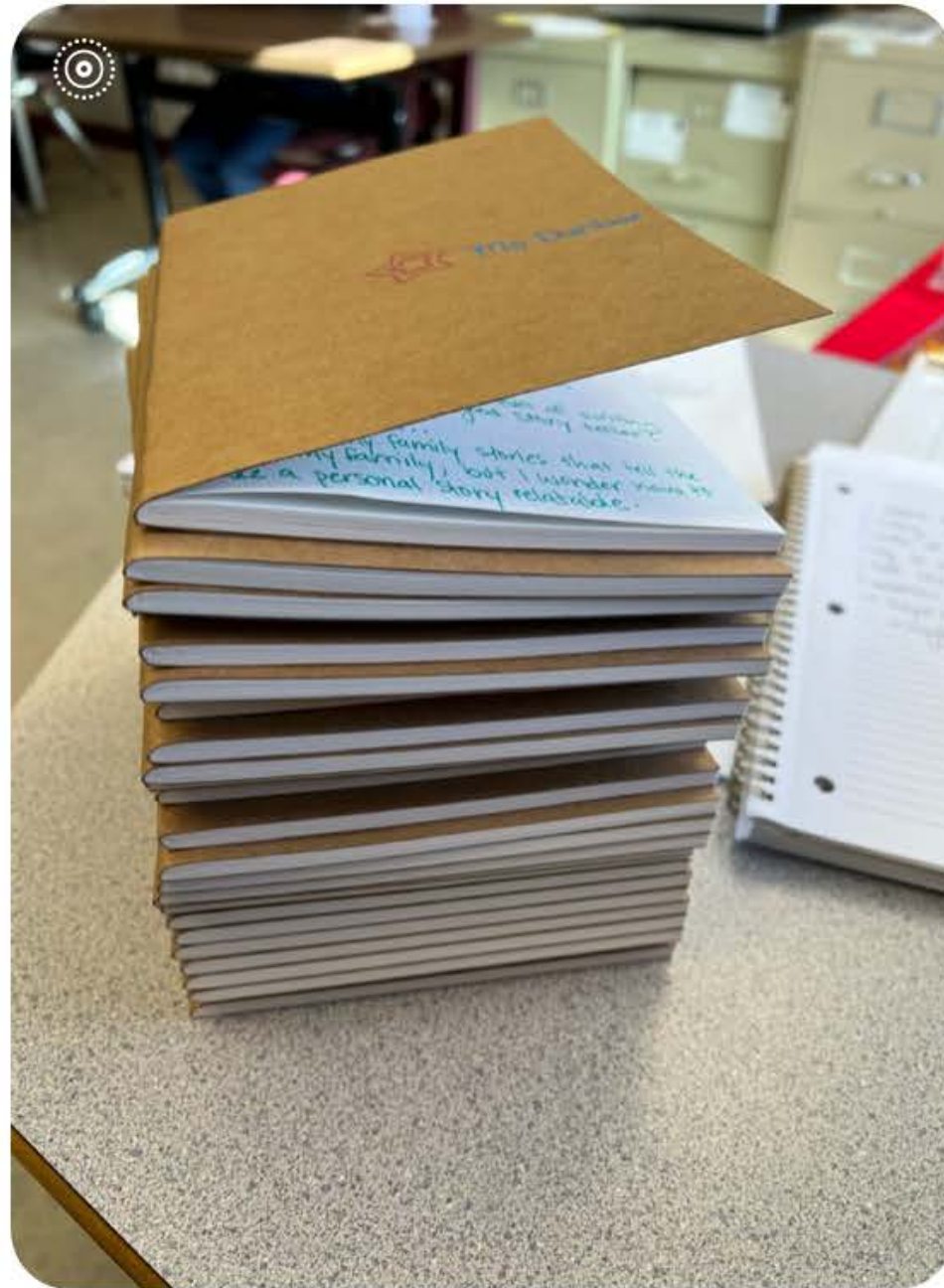
"Was a moment to revisit, organize, and calm my thoughts and feelings"

"Was a nice outlet and a way to connect with you"

"Became my space to reflect on something other than the PCS"



Today 12:52 PM



😊 reading their first entries is so nice!! Thanks for showing us these

Oh wow!!!! Literally brings tears to my eyes!!!! How AMAZING you're doing this with your class, I'm so impressed!!!!

Delivered

“there is a reciprocity
between you, [...],
the holder is as vital
as the braider”

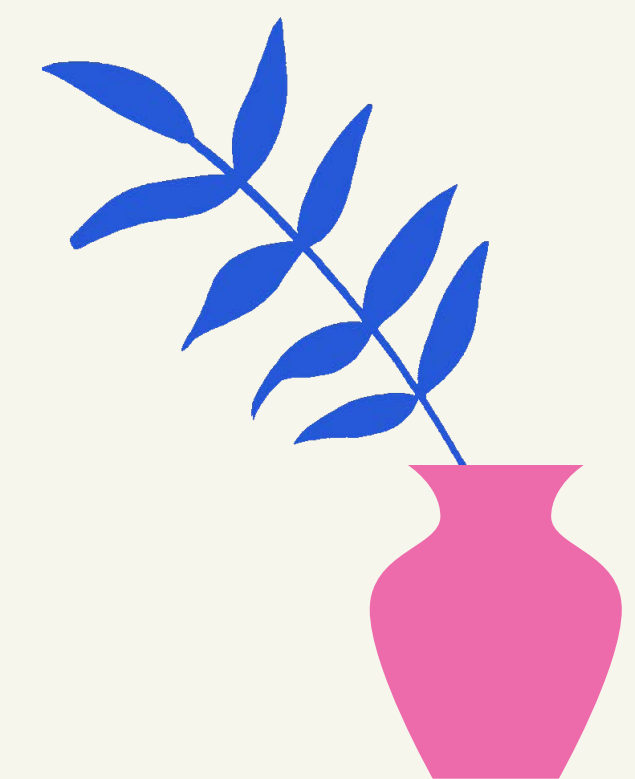
(Kimmerer, 2013)



May 6, 2017



- Today I feel...
- I am grateful for...





Identity of Self in Community



"...that land's my home. That land's my deepest wish, my wildest dream, the only prayer and the only temple i'm ever gonna need."

-Richard Wagamese, *Starlight*



Hornby Island

What gifts does nature give you?



Activity 3: Writing Poetry of Place: Where You are From Matters

What is your special place?

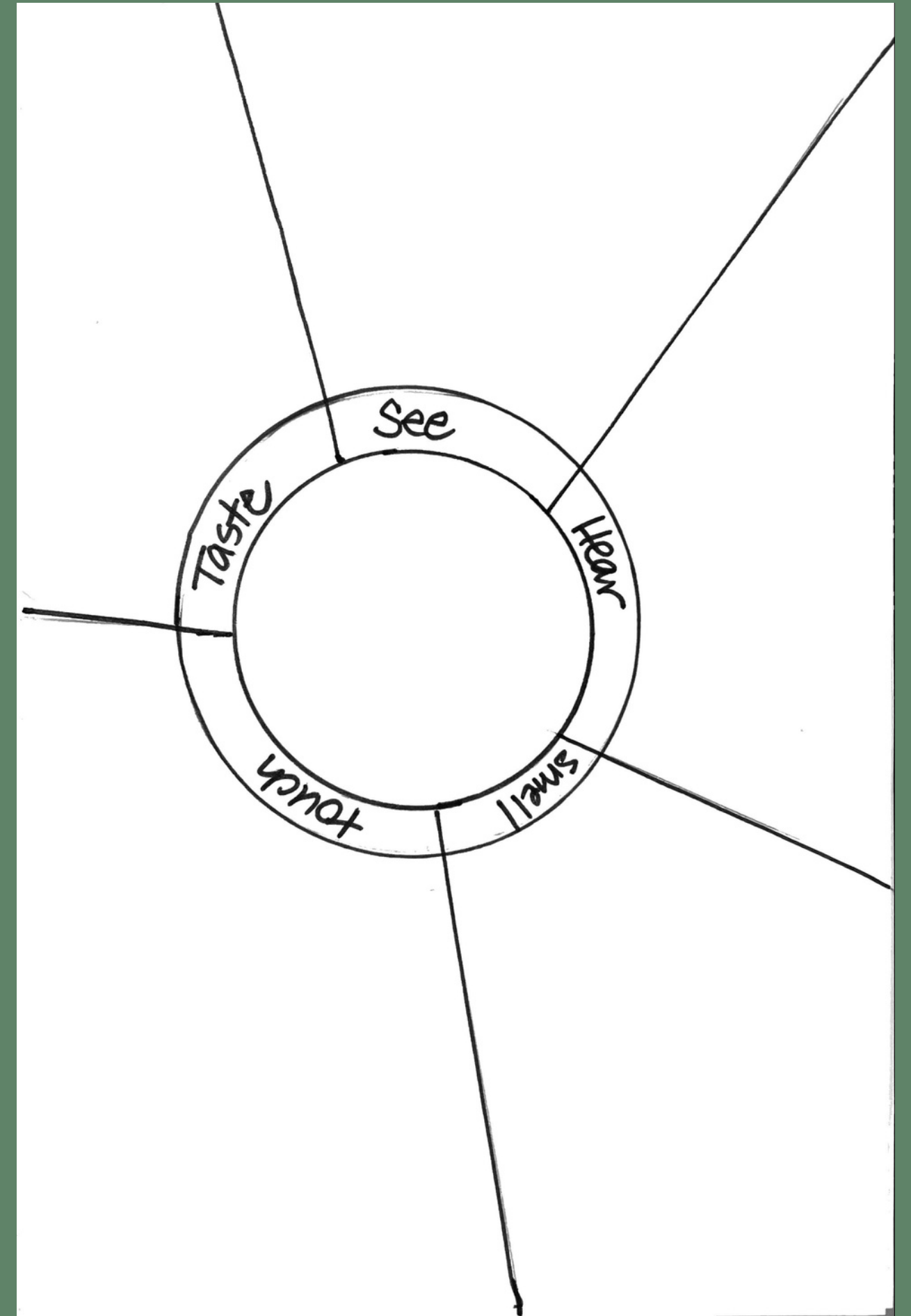


What do you remember?

Jot down a couple of ideas for each of the 5 senses

Be specific

How would you describe this to someone who has never been to your place?



Freewriting Rules

- Pour your thoughts onto paper
- No judgement
- Keep your pen moving



Framework for our Collaborative Place-based Poem

Writer's mumble + re-read

Highlight your "Wow, that's good" lines

Whip Around / Voice Collage

Debrief: What resonated? What could you see, hear, feel?

Donate a line for our collaborative poem

Create a collaborative poem



Places

Now
It's new but familiar-

This is a place of laughter, love and family
We loop along effortlessly following the path's curves
I am settled, I am at rest.

My friend, nature... you are all around me
I reach a place of true silence
Night sky filled with lights never seen in the city.

The wind blows fresh air
from the wooded area on the other side of the tracks
Everyone is at peace, a time to be free

I long to be carefree again, but I fear I never will
I feel like none of my problems have followed me here.
I am feelin' fine, drinkin' wine, ready to vibe

Sometimes
I am sitting on a couch with my dog
The chirping sounds of birds out the window

Sometimes
When I visit my swing I feel like I'm flying high
"Last one on is "it" for shark"
The nostalgia of simpler times where I can just...

Play

Bushes thick with ivy, beginning to bloom,
grow up,
Around,
and through the stone fence,

whose only cement is the hundreds of years it's laid there.
A pact between people who built it and the land that cares for it.

Sometimes
I put my finger into the wet sand
feel the granules move through it with the waves
Sun lowers to crests in line,
And crowns the heads of pine.

This forest ripped out
But beauty still remains
If only I knew why.

This is a special place,
my childhood memories are filled with this particular neighbourhood-
the first experiences I had
The people I still keep in touch with till this day
A favourite place to decompress and unwind

A light breeze glides through the weeping willow trees
And the little fish kiss our toes
As we wade through the cool water.

When I look out across the water
The fog is so rich
I can scarcely see the mountains

Grateful for the wind who blocks my thoughts,
No one was around us
Just the platform, crickets, the rustling leaves.

Then
It was peaceful like we owned the world.
Breathing space away from the city-

Slowly I fall into being myself
With each step,
I leave behind the sounds of the concrete jungle
Where I have never felt at peace.

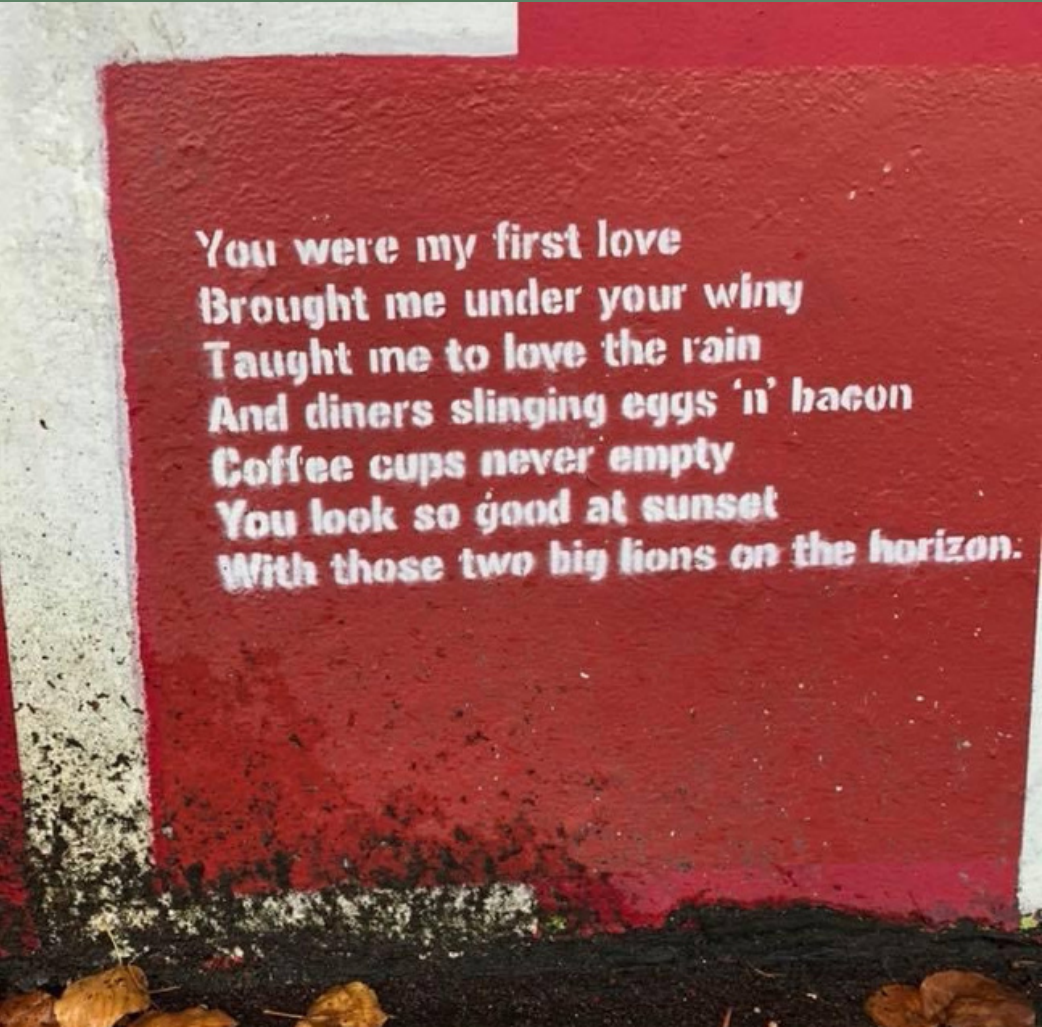
I feel a sense of calm,
Waves engulfing my body
like a safe, cool blanket

It is the best I have ever felt in class


It feels right

Sharing the stories while the stars look down on us
And the trees surround us.

By C3- Creative Collaborative Communities



PERSONAL, SOCIAL & CULTURAL COMPETENCY



PERSONAL
SELF-DETERMINATION • SELF-REGULATION • WELL-BEING

SOCIAL
CARE FOR THE ENVIRONMENT
SOLVE PROBLEMS & VALUE DIVERSITY
CONTRIBUTE TO THE COMMUNITY


CULTURAL
STRENGTHS & ABILITIES
RELATIONSHIPS
VALUES & CHOICES

North Vancouver School District
The vibrant place to learn

How can journalling
and collaborating
through writing
create reciprocity
and care?



FIRST PEOPLES PRINCIPLES OF LEARNING



Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.

Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).

Learning involves recognizing the consequences of one's actions.

Learning involves generational roles and responsibilities.

Learning recognizes the role of indigenous knowledge.

Learning is embedded in memory, history, and story.


Learning involves patience and time.

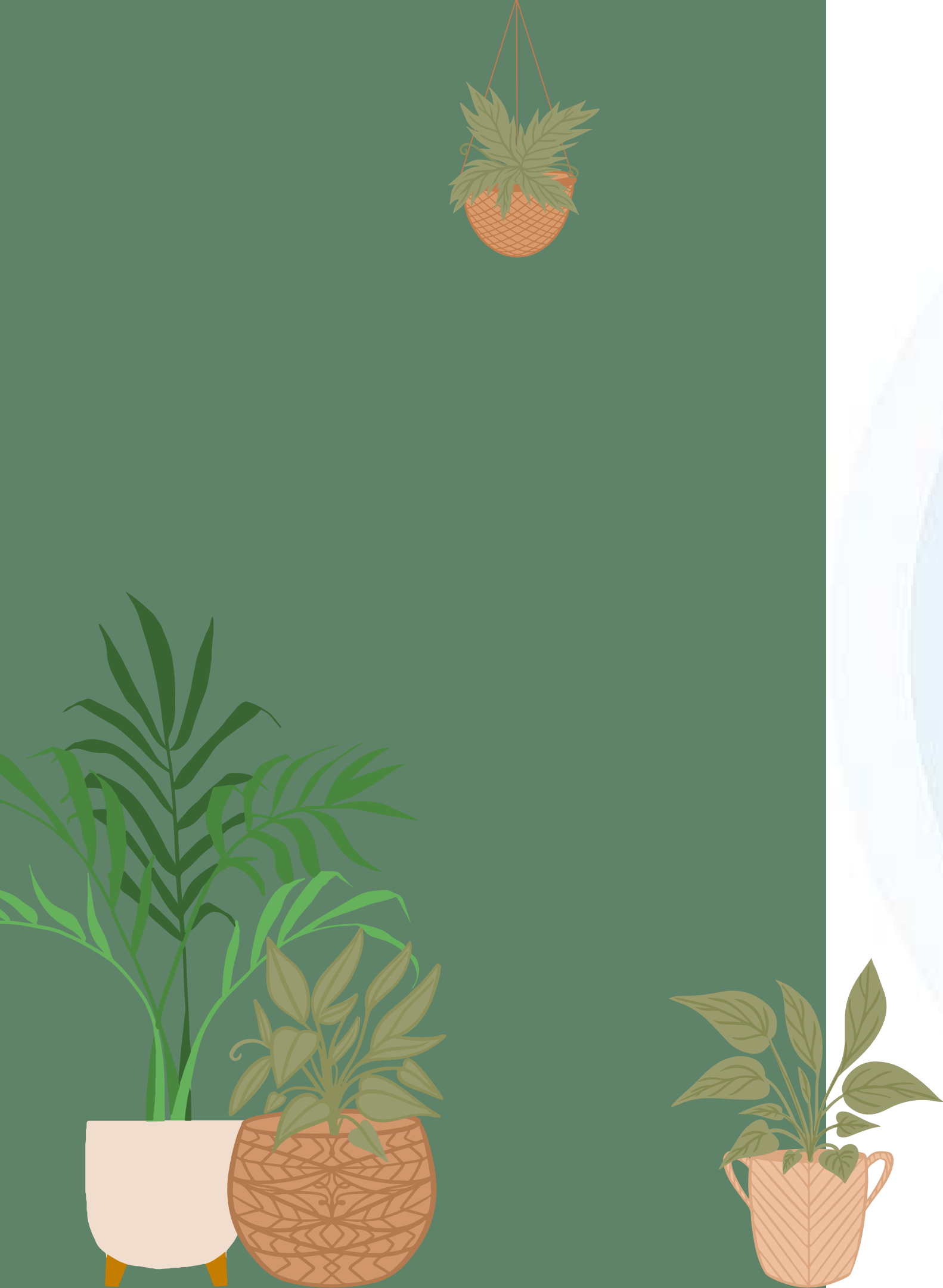
Learning requires exploration of one's identity.

Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations.

For First Peoples classroom resources visit: www.fnesc.ca

fnesc





THE SELF CARE ALPHABET



Thank you for your
openness this morning,
your participation &
your trust.

