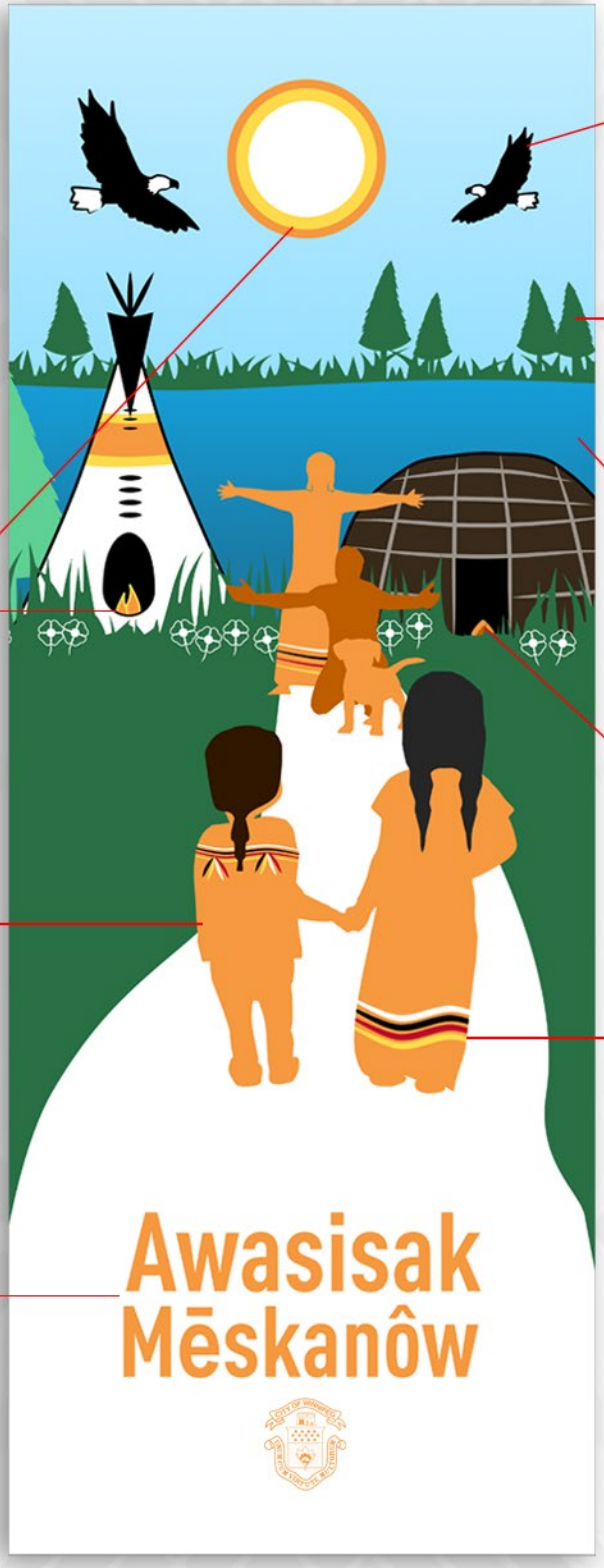
Medicine Wheel teachings can be found throughout the artwork and is used as a holistic teaching tool. It represents the circle of life and relates to the four directions of humankind: East, South, West, and North. Each direction is represented by specific teachings, medicines, colours, seasons, and the four stages of life.

Teachings vary by region and Nation; the teachings reflected here are those of Elder Betty Ross (Pimicikamak Cree Nation), Elder Frank Beaulieu (Sandy Bay First Nation) and Elder Joan Winning (Sagkeeng First Nation).

The East direction of the Medicine Wheel teachings are represented by the rising sun, where each new day begins. This direction is also represented by the fire, the essence of life.

Children stand in the South direction of the Medicine Wheel. They are going home to their family and community, walking away from the darkness towards a brighter future.

Translated, Awasisak means children and Meskanow means road in Ininiimowin (Cree), this represents the "journey" that was discussed during the renaming process.



The sacred eagle flies closest to Creator, which is why they represent love and the beginning of a new life. They are welcoming the children home.

A slight bend in the grass and trees to represent the wind (breath of life) or West teachings of the Medicine Wheel. The trees represent standing people, they are alive. They provide life (oxygen) and important medicines for healing.

Water sits in the South direction, it represents healing and new life. Water is sacred and plays an essential role on planet Earth. Rivers are the veins of Mother Earth that give life.

The Sweat Lodge and Grandfather rocks are represented to show connection to ceremony and culture. These rocks have been here from time immemorial.

The four sacred colours of the Medicine Wheel are represented on the ribbons of the children's garments.

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