

## September 30 is Orange Shirt Day and Canada's Inaugural National Day for Truth and Reconciliation.

The origins of Orange Shirt Day begin with the experience of six-year-old [Phyllis Webstad](#) (Stswecem'c Xgat'tem First Nation), who arrived at her first day of residential school, only to be stripped of her new orange shirt—and with it, her sense of self-worth. Phyllis's story speaks of the legacy of colonialism that dehumanized Indigenous peoples, and her experience has galvanized communities across Canada to recognize the damage that nearly two centuries of residential schools have done to Indigenous children, their families, and the generations who followed them. *This year, Orange Shirt Day is especially significant.* Work continues on the sites of former residential schools to identify, mourn, and honour the thousands of children buried there.

Orange Shirt Day urges all of us to acknowledge the truths of Canada's past and to commit ourselves to a new way forward.

**Bayview Family Practice is committed to practicing and promoting cultural safety, cultural competence, and cultural humility by listening to and learning from our Indigenous colleagues.**

Here are a few ways to mark this historic day and consider how to make reconciliation part of our daily lives:

- Download the Government of Canada's [Reconciliation: A Starting Point mobile app](#)
- Learn about the [history of residential schools](#) and the [TRC's 94 Calls to Action](#)
- Read novels written by [Indigenous authors](#)
- Watch a Naicatchewenin Elder explain why [land is sacred](#)
- Talk about Truth and Reconciliation with your family and loved ones using the [Kitchen Table Dialogue Guide](#) as a framework for your event

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