

Guest Speakers Fuá Nascimento and Sandra Lamouche

Last Friday, during our In-Service Day, faculty and staff participated in the zoom workshop “Capoeira as Cultural Competence Builder” with the Brazilian Capoeira Mestre, **Fuá Nascimento**. Mestre Fuá and the Hilltop staff discussed the history and physical movement of capoeira, considered one of the largest Black resistance movements. Capoeira is a cultural ritual practice that involves fighting, dancing, singing, rhythm, and other skills developed by enslaved people in Brazil during the colonial period. Through a multidisciplinary approach, Fuá worked with us to confront our own biases and at the same time embrace the possibilities for transformation. This experience released many emotions, some more difficult than others, but at the same time allowed us to recognize the importance and urgency for doing this work and reaffirming our vulnerability and resilience as a community.

A special thanks to the Vermont Arts Council and the National Endowment for the Arts for the support and funding of these programs.

Fábio Pereira Nascimento, aka Professor Fuá, is from the city of São Paulo, Brazil. Fabio began formal capoeira training in 1988 and graduated to Professor in 2008 under the tutelage of Mestre Aberrê. During all these years Fuá trained 4 to 5 days a week, taught and performed in a variety of venues, including Aberrê’s academia, theatres, clubs, public and private schools, prisons, colleges, and NGOs. Through capoeira, Fuá had the opportunity to experience the transformative power of capoeira, the different realities of other socio-economic classes, and capoeira’s ability to empower individuals and unify and communities. Fuá studied Physical Education at the University Cruzeiro do Sul, Brazil; and Has a BA in Early Childhood Education and Capoeira Studies from Goddard College, VT. Fuá is the creator of the Jagube Capoeira Method: Capoeira as Cultural Competence Builder. Currently, he is a Lead Teacher at the Edge Kids & Fitness

pre-school, a lecturer at the University of Vermont, and a speaker at the Global Leadership Program at Dartmouth College.

Sandra Lamouche, visited the CH Birch room this Friday 20th in the morning and she will be visiting the Willow Room on Monday for story telling and hoop dancing presentation. A Zoom link will be shared with the families of students at home. Sandra Lamouche is a Nehiyaw Iskwew (Cree Woman) from the Bigstone Cree Nation in Northern Alberta and married into the Piikani Nation in Southern Alberta. She is a wife, mother, award-winning educator, and champion Hoop dancer. In January 2020 she did a [TEDx Talk](#) sharing some of her knowledge and experiences with Indigenous dance and education.

We've been thrilled to be able to engage authentically with Indigenous people in recent weeks. If your family would like to further this work, here is information about an event to participate in next week! Please read about a journey Kegan has been going on for many years. [The 50th Anniversary of the National Day of Mourning.](#)