

## WHAT'S INSIDE

Canada's new Food Guide

The joy of cooking – with kids

MyBooklet BC e-tool for families

Making friends 101

Helping Children with ADHD thrive

Spring Break = Screen Break

Five Facts about Motivation

Tweens & Teens – not to be missed



# HEALTHY SCHOOLS

# HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

MARCH 2019 | ISSUE 6

### Announcing - Canada's New Food Guide

It's out and here's a taste of it and some ideas and resources geared to helping you and your family enjoy the joy of eating:

- The Guide's related [recommendations for healthy eating](#) remind us that getting back to the basics is key.
- The [Dietary Guidelines](#) section gives guidance about foods and beverages that undermine healthy eating, including a section warning about health and social risks linked with alcohol.
- Eating together as often as possible and modelling healthy eating habits have the strongest influence on what kids eat. Letting kids decide whether and how much to eat is also helpful in their development of healthy eating habits.



- [www.ellynsatterinstitute](http://www.ellynsatterinstitute) – a great resource for addressing picky eaters and other nutrition related challenges
- Got a nutrition question? Dial 811 or email a Dietitian [via this link](#)

### Let the Kids Cook!

For tips, recipes and more reasons why getting your kids cooking is a great idea, [check this out!](#)

### MyBooklet BC e-tool for families

A free online tool that families and people with additional needs can use to create and share a beautiful and personalized information booklet about a loved one or themselves. [mybookletbc.ca](http://mybookletbc.ca)



### HEALTHY EATING RESOURCES

- [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating) for a great line-up of ideas, recipes and more
- [www.unlockfood.ca](http://www.unlockfood.ca) from the Dietitians of Canada

### Making friends isn't as easy as it sounds

Friendships can play a big part in one's life. Friends are the people we choose to share our lives with, and sometimes friends can mean as much as family. But it's not always easy to make friends. [These tips](#) from Kids Help Phone can help.



### TERRITORIAL ACKNOWLEDGEMENT

Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Scia'new Nation and Nuu-chah-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation.

## Five Ways to Help Children with ADHD Develop Their Strengths

Interested in some positive and practical strategies to support children with ADHD? The “five C’s method” is a roadmap for reducing family stress and equipping children with the skills they need to thrive. Curious? [Find out more here.](#)

## Spring Break = Screen Break

Spring Break is a great time to get kids being creative, playing outside or exploring new activities. Dr. Vanessa Lapointe, a BC child psychologist, offers 5 practical ideas for reducing screen time for kids. [Click here to learn more.](#)

## Physical activity builds brains and more!

Curious, check out [this short video](#) and then [www.Activeforlife.com](http://www.Activeforlife.com) for a ton of practical ideas for helping your family get more activity.

## Island Parents Tweens and Teens issue

Is out and packed with tons of great articles and resources about sex, drugs, mental health and more! [Check it out here.](#)



# Coming Soon

## Vancouver Island Parent Conference – Mar. 2, 2019

Putting on world-class parenting conferences for over 10 years, bringing together attendees from across BC. This year’s conference theme is “Change: It’s Here to Stay”. [Learn more](#)

## Spring Break – Mar. 15 - Apr 1, 2019

Spring break fun is to be had all over the place - including the libraries who offer a ton for free programming. For more [check out GVPL calendar](#) and the Vancouver Island Regional Library [calendar](#).

## Sooke Region Job Fair – Mar. 20, 2019

Find your next career move and network with some of the Sooke Region’s best employers! Join the region’s best employers at the Sooke Region Job Fair on March 20th from 9:30 AM – 12 PM at the Prestige Oceanfront Resort Sooke. [Learn more](#)

### GOT FEEDBACK FOR US?

Health is key to learning (and vice versa), so as part of the district’s commitment to promoting health and learning for all, we’ll share monthly bulletins full of tips and resources we hope you find helpful. Got feedback? We’d love to hear it! Cindy Andrew, Healthy Schools Lead, [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)