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HEALTHY
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HEALTHY
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FAMILY-FOCUSED MONTHLY NEWSLETTER

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School's (almost) out for the summer!

Here are some tips to help you and your family make the most of summer and keep it safe and healthy.

Have fun in the water. Whether it's fishing, boating, swimming, paddle boarding or pot hole playtime, water safety is something we all need to think about. [These tips from the Red Cross](#) can help.

Get outside and play. Access to active play in [nature](#) and outdoors—with its risks—is essential for healthy child development. There are tons of parks across the CRD, [click here to find out](#) where they are, and [here for the list](#) of amazing line up of nature events.

Savour nature's bounty. The [Get Fresh Guide](#) connects eaters with the

growers, producers, suppliers & supporters of fresh, local food & drink;

plus responsibly sourced farm direct products. Heck, why not try the [Eat Local Challenge](#)?

Be sun safe. This [site](#) shares tips to protect your skin and eyes.

Keep on learning. Play is key to learning, reading is too (it's also great for health!) so why not plan regular visits to your local library. These [39 cozy reading quotes will make you crave a good book.](#)

Limit screen time and be safe online. With the rise of technology at such a rapid pace, raising children in a digital era can be challenging. Moderation is key to managing technology use at home and in school. It does not need to be an all or nothing approach.

[Learn more here.](#)



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.

Together we can #BeatAirPollution

June 5th is World Environment Day and the theme is together we can #BeatAirPollution. [Explore this site](#) to learn about the different types of air pollution and why they matter to you using the [infographics](#), [quizzes](#) and [stories](#) from around the world. Closer to home, the CRD has a ton of helpful tips for [reducing pollution here](#) and the [CRD Clean Air bylaw](#) helps protect the air we breathe.

National Indigenous Peoples Day, June 21/2019

Join in the celebrations - there's plenty to choose from!

June 17th - MAKOLA Housing Society is launching the celebrations with its [Change Makers Gathering](#).

June 21st Royal Roads University is hosting a [celebration at Sneq'wa e'lun](#) - The Blue Heron House

June 21-23rd [Victoria Indigenous Cultural Festival](#)

Everything is fine! Maybe not.

Research shows that males aged 12-17 are particularly reluctant to talk about mental health or ask for help? Our district is happy to participate in a [provincial campaign](#) designed to help shift these perceptions and support young males (et al) in recognizing and seeking help when they need it. [Foundry](#) is one such resource and for other locally available resources, [click here](#).

Life beyond High School

[Know Before You Go](#) is a Canadian resource designed for Grade 12 students as they transition from high school to post-secondary studies and/or employment. This life skills resource helps youth anticipate, identify and navigate situations they will encounter when entering the realm of postsecondary education. It includes topics like paying bills, study skills, roommate issues, identity questions and embedded throughout is how to maintain good mental health and seek help as needed.



Coming Soon

NEW! Opening September 2019: Licensed Nature Based After School Care Program

Transportation from Sangster Elementary School provided Monday to Friday in accordance with SD62. Pro D Day & Holiday camps available through additional registration. Contact mrach-sharpe@bgcvic.org for more information or registration inquiries.

Looking for family focused summertime events?

[IslandParent](#) hosts an [event calendar](#) with free (or close to it), locally available events.



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



READ THE ENHANCED VERSION ONLINE

bit.ly/sd62healthyschools