

## WHAT'S INSIDE

Walk and Wheel to  
School Week

Kids do Well if They Can

Tips for a good night's sleep

Coast Salish 13 Moons

Talking about Vaping

Start the Conversation

Dealing with Grief and Loss

Coming Soon!



SOOKE  
SCHOOLS  
Shaping Tomorrow Today

# HEALTHY PEOPLE

HEALTHY  
SCHOOLS

FAMILY - FOCUSED MONTHLY NEWSLETTER

OCT 2019 | ISSUE 11

### Walk and Wheel to School Week

This CRD led [campaign](#) geared to helping schools and families build physical activity into their daily routine, increase their sense of community belonging, model safe travel habits, encourage environmental stewardship, reduce their family's carbon footprint and [more](#). Looking for ideas to help your child enjoy all the benefits of active travel to and from school (and beyond), check [this](#) out.

### Kids do Well if They Can

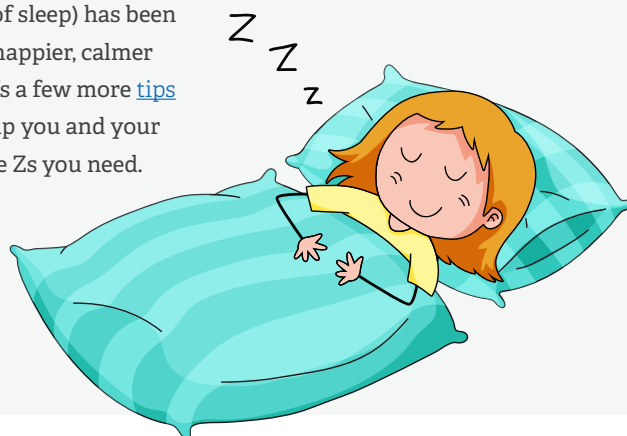
"All kids have times when they struggle to handle life's expectations" writes Ross Greene, PhD whose work takes him around the world, including a recent event with all staff in SD62. While tempting to focus on a child's concerning behaviour itself, Dr. Greene (and many others) suggest that what's key is to help solve the problems that are causing the behaviour and to do so through collaborative problem-solving approaches with your child. For more on this approach and practical strategies and resources that can help, visit this [site](#). This [infographic](#) may help spark some other ideas that may help.

### Giving Thanks

Did you know that being grateful has many benefits for a healthy, happy life? Check out this [piece](#) for tips on helping you and yours have an 'attitude of gratitude' and happy Thanks-giving.

### Tips for a good night's sleep

Science tells us sleep is the most potent thing we can do for our brains and bodies each day. Neuroscientist and sleep expert Mathew Walker recommends routine: "try to go to bed and wake up at the same time every day." Consistency not only makes healthy habits easier to learn, sleep regularity (not just the length of sleep) has been linked to a happier, calmer mood. Here's a few more [tips](#) that can help you and your child get the Zs you need.



### TERRITORIAL ACKNOWLEDGEMENT

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

## Coast Salish 13 Moons

Indigenous peoples across North America have traditional cultural seasonal round calendars, and in our area, the seasonal round is known as the Coast Salish 13 Moons. Check [this](#) out to learn more.

## Talking about Vaping

You might have read a lot about vaping lately and the concerns that are building about its safety. Looking to learn more including useful tips for talking with your children about it? This [page](#) is packed with useful links.

## Start the Conversation – and Keep it Going

On October 10th some young people from our district will be participating in an event geared to promoting their mental health and well-being. An evening

session for parents is also planned for the evening of October 9th, find out more [here](#). Keeping connected with our kids is key to helping them thrive in today's world – so too is keeping the conversations going; these [tips and resources in here](#) can help.



## Dealing with Grief and Loss

When families are dealing with grief and loss, we are here to help. It can be difficult to anticipate who might be affected when there is a death. When there's news of a loss, we encourage you to check in with your child and have an open discussion if you sense your child is impacted. Our district has counsellors in all schools, and we encourage reaching out if you feel your child might need some support. [Learning through Loss](#) and [Kelty Mental Health Resource Centre](#) are also helpful sources of support.

# Coming Soon

## Boys and Girls Clubs of Greater Victoria

(Wale Road location)

Offers affordable (subsidies available) programs for parents, including: Parents in the Know (for parents of teens). Parenting Without Power Struggles (for parents of preteens). New programs starting in October. For more & to register: [parentingprograms@bgcvic.org](mailto:parentingprograms@bgcvic.org)

## FamilySmart

Offers monthly education meetings called 'in the know' that provide expert speakers on topics important to families and/or those working to support the mental health of children and youth. Participating can happen either in person at various [community sites](#) or [online](#).

## YMCA Mind Fit

In partnership with SD62, this is an 8-week program for teens ages 13-19 with mild to moderate symptoms of depression and/or anxiety. New session begins in October. For more click [here](#).

**Youth DROP-IN**  
**FRIDAYS**  
**6:30-8:30 PM**  
**at Centennial Centre**

11 – 14 Years

Youth Drop-In is a place to enjoy free or low cost activities, games, outings and so much more. Every Friday from 6:30-8:30 pm.

For more information about specific dates and weekly activities send an e-mail to [cbryson@westshorerecreation.ca](mailto:cbryson@westshorerecreation.ca)

Facebook: [facebook/westshorerecreation](#) Twitter: [@wsrecreation](#) Instagram: [wsrecreation](#) Email: [cbryson@westshorerecreation.ca](mailto:cbryson@westshorerecreation.ca)

## 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! Email: [healthyschools@sd62.bc.ca](mailto:healthyschools@sd62.bc.ca)



**READ THE ENHANCED VERSION ONLINE**

[bit.ly/sd62healthyschools](http://bit.ly/sd62healthyschools)