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# HEALTHY SCHOOLS

# HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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### Winter Break Re-charge

As winter break approaches, here are a few family (and budget) friendly ideas for enjoying some downtime with those you care about. Have fun and enjoy a relaxing break!

- Nature walks and outdoor play – CRD hosts some free [family friendly hikes](#) – combining fitness, fun and learning!
- Local recreation centres offer “almost free” opportunities for some fun. See the Coming Soon items below for two great examples.
- Family game night – who knew playing a board or card game has so many [benefits](#).
- Movie night – mix in some popcorn and pajamas and it can be the making of a relaxing evening of family bliss. Commonsense Media offers this list of their [top ranked movies](#) for kids and local libraries have tons to offer, free of charge.

### Beating the “I’m bored” Blues

Boredom can be a great thing! Check out this [video](#) out for tips on what to do when your child says “I’m bored”. As for us adults, boredom is a good thing for us too, [here's how](#).

### Variety is the Spice of Life

Variety is also great for helping children and youth develop their physical literacy. According to [Active for Life](#), for most sports and physical activities, kids should avoid [specializing](#) early. In fact, to develop their overall athleticism and [physical literacy](#), they should try as many different sports and activities as possible before their teen years.



#### 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.



**SAANICH MOON: SIS,ET – THE ELDER MOON.** Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

## The Gift of Resilience and Reading

Helping children develop strategies for personal [resilience](#) is key to helping them manage life's ups and downs, but it can be challenging to know where to begin. Books can help and one of our local library branches has shared this [book list](#) to give you a sense of what's available. This [article](#) shares more and might just spark a visit to your local library.

## Consent is Key to Healthy Relationships

As a parent, you may have heard the word "consent" but you might not know what it means or what it includes. Simply put, consent is permission for something to happen or an agreement to do something. Consent needs respect and communication. It is an important concept for children to learn about from an early age. It can lead to better relationships with family, friends, peers and, eventually romantic partners. Check out this [Canadian resource](#) that offers lots of tips and resources to help talk with your kids about consent.

## Fostering Gratitude

As parents, we teach and expect our kids to say "thank you" when they receive gifts, a helping hand or the like. And while that's one important part, gratitude also involves other social and emotional skills that can be broken down into steps and practiced. This [activity](#) can help!

## How to Make Stress Your friend

This popular [TED talk](#) by psychologist Dr. Kelly McGonigal helps make the point that how we think about stress affects how it impacts our health and lives. We can learn how to harness and use stress to our advantage. Kelty Mental Health Resource Centre offers a great [range of helpful tools](#) for helping your child manage life's inevitable (and often, positive) stressful times.



# Coming Soon

## YMCA Mind Fit at the Westhills Y

New session starting January 9th/2020. Offered in partnership with District 62, Mind Fit is an 8-week program for teens ages 13-19 with mild to moderate symptoms of depression and/or anxiety. Registration opens December 9th. For more information click [here](#).

## Skate with Santa

Sunday December 15th from 1:00-2:30 pm at SEAPARC Leisure Complex - Family fun that includes crafts and refreshments too! Admission is by donation of food or cash for the Sooke Food Bank.

## Christmas Eve Skate

Monday December 24th from 12-1:30 pm at JDF Arena. Toonie Admission.

## New Year's Eve Skate

Monday December 31st from 12-1:30 pm at JDF Arena. Toonie Admission.

### 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: [rumcarthur@sd62.bc.ca](mailto:rumcarthur@sd62.bc.ca) & [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)

