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FAMILY-FOCUSED MONTHLY NEWSLETTER

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Celebrating Diversity and Human Rights

Learning about different cultures and traditions enhances the feeling of inclusion for each and all of us and helps

to create a safe, caring, welcoming environment where everyone feels valued and respected. Looking for ideas to learn more about other cultures and traditions? Here's a few that can help.

- Listen to music: [This website](#) has samples of music from all over the world
- Learn to cook food from another culture or share your recipes with others. This [multi-cultural cookbook](#) has some delicious and affordable recipes.
- [Storybooks Canada](#) is a website for teachers, parents, and community members that aims to promote bilingualism and multilingualism in Canada. It makes 40 stories from the African Storybook available in

the major immigrant and refugee languages of Canada, in addition to the official languages of English and French.

- Know your Rights – world wide, December 10 is a day to celebrate the day the United Nations General Assembly adopted, in 1948, the [Universal Declaration of Human Rights](#) (UDHR) that proclaims the rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than [500 languages](#), it is the most translated document in the world. To help celebrate, our library partners have created this [list](#) of books for all ages.

Wondering what to do if experiencing or witnessing hate or discrimination? These [posters](#) provide quick reference information in English, Chinese, Punjabi and Arabic.

Community Response Protocol Against Racism and Hate

What To Do When You Witness Hate

<p>Make sure you are safe</p> <p>Assess the situation to see if you can safely intervene.</p>	<p>Centre the targeted person</p> <p>Announce your presence. Talking to the targeted person and ignoring the perpetrator helps.</p>
<p>Ask for consent</p> <p>Check if the person needs and desires your help. Use simple gestures and maintain a respectful distance.</p>	<p>Ask for help</p> <p>There is safety in numbers. Ask for help from other bystanders if needed.</p>
<p>Document or record</p> <p>Write down as many details as you remember. It might help to share your name and number with the targeted person.</p>	<p>Report</p> <p>If the person asks you to do so, contact the police or medical services. Understand that people may have hesitations around involving the police.</p>
<p>Connect</p> <p>Witnessing hate is upsetting. Reach out to your community. It can be a valuable resource for healing.</p>	<p>Find more information</p> <p>To find crisis lines, local resources, legal definitions and more, go to the Community Response Protocol Against Racism and Hate.</p>

Greater Victoria Local Immigration Partnership | Funded by / Financed par: Immigration, Refugees and Citizenship Canada | Immigration, Réfugiés et Citoyenneté Canada | Anti-Racism Network | ResilienceBC

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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.



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

Cheap and Cheerful Ideas for Winter Break

Here are a few ideas for enjoying some winter break downtime. Have fun and enjoy a relaxing break!

- Nature walks and outdoor play – here's a list of [fun family games](#) to try while outside and a list of [CRD parks and trails](#) in our area to explore.
- Spread joy. Extending kindness to others is always a good thing and bonus, it's also good for those that give. Why not invite your family members to share an idea or two to put to action?
- 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. Local libraries have plenty of movies to offer, free of charge through their streaming services.
- Scavenger hunts are always fun. Check out this [one](#) sponsored by our local library system that explores some highlights in Langford.

Cost less, taste great!

As the price of groceries seems out of this world, here's a great line up of [budget friendly meals](#) that look delicious, quick and easy too! Looking for help with grocery items or other household essentials? The community partners listed [here](#) are ready to help.

Parenting teens?

While it may be challenging at times, this "[please stick with me](#)" letter from a teen reminds us what's going on for teens and how we can be there for them during this incredible life stage.

Scavenger Hunt

LANGFORD

Find scavenger hunt items in your community, then sing a song, read some books and have fun learning together.



THINGS TO LOOK FOR

- A red and blue water slide (there's one outside the YMCA-Langford)
- A statue (try looking outside Langford City Hall, the West Shore RCMP Detachment office or City Centre Park!)
- A book-shaped bench (try our Goudy Branch!)
- A boardwalk (try Langford Lake and Glen Lake!)
- A fountain (try near City Hall, near the roundabout by Goudy Branch, or the roundabout on Goldstream Avenue!)

RHYME - "ROW ROW ROW YOUR BOAT"

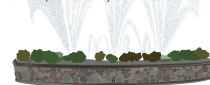


Row row row your boat
Out on Langford Lake
Don't stand up and tip the boat
That's a big mistake!
Continue with *Out on Glen Lake / Out on Florence Lake*

BOOKS BY GREATER VICTORIA AUTHORS AND ILLUSTRATORS

Look for these titles in our catalogue

My Heart Fills with Happiness by Monique Gray Smith
Poem in My Pocket by Chris Tougas
Pride Puppy by Robin Stevenson
Two Drops of Broom in a Cloud of White by Saumya Balasubramaniam, illustrated by Eva Campbell
We Learn from the Sun by David Bouchard



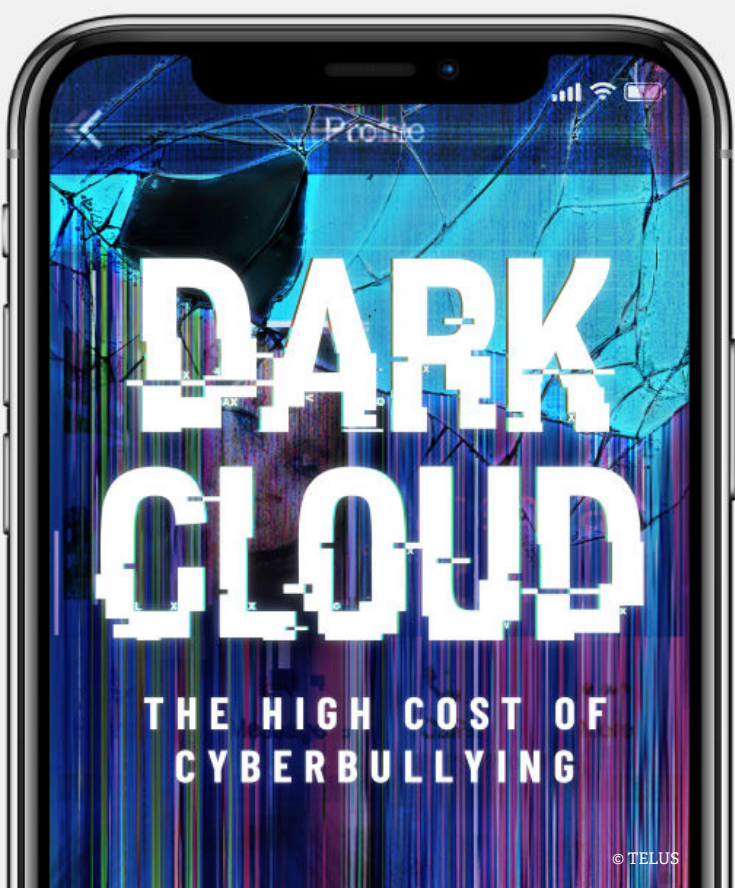
DID YOU KNOW?

Did you know there are three lakes inside Langford's borders? There's Langford Lake, Glen Lake, and Florence Lake!

Come visit us at our Goudy and Langford Heritage Branches!



gvpl.ca



From our partners

Dark Cloud: The High Cost of Cyberbullying

Documentary explores the devastating impacts of cyberbullying on the lives of young people. A related [resource guide](#) helps parents, educators and youth to understand the impacts of cyberbullying and some of the ways we can respond. "Kids in the Know" a personal safety related learning resource, has some helpful tips for parents online [here](#).

BGC of South Vancouver Island

Has a helpful line up of [parenting programs](#).

ADHD - The Real Deal

Join FamilySmart and an Adolescent Psychiatrist to watch a [video](#) and talk with other families about what helps in supporting family members with ADHD. Dates: December 5, 13, 14, 15, 20. For dates and to register visit familysmart.ca/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! Email vrwhite@sd62.bc.ca



READ THE ENHANCED VERSION ONLINE

bit.ly/3i2rvWq