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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

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Happy, Healthy New Year!

Did you know you are 10 times more likely to stick to a change made at the start of the new year than at any other time? Check out this [video](#) to learn more – and if you are looking to make a change, this [article](#) walks you through a helpful goal-setting process.

Learning How to Manage Money

Learning how to manage one's money is an important life skill. If you're looking for resources to help your child learn how to manage money, our local libraries can help. Check out this short [interview](#) with a local librarian to give you some ideas to help, whatever age and stage your child is. This [book list](#), developed in partnership with our local library systems, offers a range of books and resources for helping grow your family's fiscal literacy.

Trying to Quit Smoking or Vaping?

Speaking of saving money, that's another reason to quit smoking or vaping. Help is available! [QuitNow](#) is a free program for British Columbians looking to quit or reduce tobacco and e-cigarette use. They offer a full range of helpful

tips and information as well as counselling support and more – all free of charge. Looking to support someone you care about in quitting? Someone who feels supported during their quit journey has a greater chance of quitting for good. [QuitNow](#) offers tips on that too.

Celebrate Your Heritage

This year's *Family Literacy Day* (Jan. 27) theme is *Celebrate your heritage*. Canada is a great diverse country full of different cultures. Take time to explore and learn about your heritage. Celebrate what you've found and share your culture with others. Check out [this page](#) for some great ideas to get you started. [Unite for Literacy](#) has a digital library that provides free access to more than 400 digital picture books narrated in more than 40 languages.



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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.



NINENE – MOON OF THE CHILD Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Kids Have Stress Too

While stress can be a good thing (honest – watch this [video](#) to learn how), too much stress can have serious impacts on all of us, no matter our age. Learning how to manage life's ups and downs is a skill we all need and it is never too early to start. Here are a few resources that can help, beginning with [how to recognize if you're stressed](#):

- Stressful times can be great opportunities to help your child be more resilient and to manage through what life throws at them. This [fact sheet](#) shares tips on how to do that.
- [Kelty Mental Health Resource Centre](#) has



some helpful practical tips and answers to questions many parents have.

- Everyday Anxiety Strategies for Educators (EASE) is used in our schools – and it includes resources specifically for parents of children in [gr. K-7](#) and [gr. 8-12](#) in several different languages.
- For graduating students moving on to advanced education, this [resource](#) provides a lot of really helpful tips to help make the most of that exciting and sometimes stressful, transition. Helping your child learn to manage stress is key to their mental health. [Foundry](#) shares these [tips for talking more about mental health](#) with your young person.



© WORKLINK EMPLOYMENT SOCIETY

From our partners

WorkLink

Offers a wide variety of [free employment programs and services](#). Those include paid job-skills programs, resume writing, interview coaching, workshops on a variety of topics and more.

Kelty Mental Health Resource Centre

[Podcast series](#) helps families promote their mental health and wellness, navigating important topics to meet you where you are in your journey.

From FamilySmart:

Self Harm: There is Always Help, There is Always Hope – a 30 minute video presentation followed by an online facilitated discussion. Various dates available. For more [see here](#).

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