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FAMILY - FOCUSED MONTHLY NEWSLETTER

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A Day of Remembrance

On November 11th at 11 a.m. many Canadians pause in a moment of silence to honour and remember the people who have served, and continue to serve Canada during times of war, conflict and peace. How ever you choose to reflect and honour those people, these books, all available at local libraries, might help spark conversations with your family.



Connections are Key

The [research](#) is clear, “social connections are cornerstones of health and wellbeing, and for adolescents the connections with family, peers, and community have a critical effect on development.” This [infographic](#), produced in partnership with [UVic's Centre for Youth & Society](#) and our Sooke-Westshore focused [Village Initiative](#), shares some local data on how our kids are doing – and what we can all do to help foster a caring community where kids (and heck adults too!) feel the sense of belonging and connectedness we all need. Looking for more ways to keep connected with your kids? [This](#) resource has a lot of practical tips and ideas that will help.

Healthy Eating on a Budget

Looking for new meal ideas that also save some hard-earned dollars? Check out this [line up](#) – and some other [tips](#) for budget-friendly and delicious meals. Looking for help with grocery items or other household essentials? The community partners [listed here](#) are ready to help.



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.



WESELÁNEW - MOON OF THE SHAKER LEAVES Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Youth Volunteering

Did you know youth are more likely to volunteer and give back than any other demographic group? Volunteering gives youth the opportunity to work through real challenges and make meaningful change. This [resource](#) from Volunteer Victoria is packed full of tips and resources for helping youth find a good volunteer fit for them.

Coming soon! 10 000 Tonight

On the topic of lending a hand, this amazing SD62 food-raiser is coming back soon! Stay tuned and get ready to help fill the shelves of the [Goldstream](#) and [Sooke](#) food banks.

#8millionRising

There are 8 million kids in Canada and they all have something in common – [their rights!](#) National Child Day is recognized annually in Canada on November 20 in honour of our country's commitment to upholding the rights of children. In 1989, Canada signed the Convention on the Rights of the Child that provides us with a solid road map of what is needed to raise healthy and happy children and adolescents. This activity guide shares some fun and engaging activities geared to helping children (et al) learn their rights. Thanks to our local libraries, here's a great [line up of books](#) that can help inspire young people to speak up and take action on what matters to them.



YOUTH IN ACTION

IF YOU WERE GIVEN \$500
TO MAKE AN IMPACT ON YOUTH
IN YOUR COMMUNITY,
WHAT WOULD YOU DO?



UNITED WAY WANTS TO
BRING YOUR IDEAS TO LIFE
[MORE INFO](#)



BROUGHT TO YOU BY:



POSTER BY AMANDA RUSSELL

From our partners

Calling all youth (11-16 yrs)

Have an idea to make our community even better for youth? Check out www.uwsvi.ca/youthinaction and apply for a 500.00 grant to make it happen.

Beyond the Bubble Wrap podcast

Hosted by [Parachute](#), a national charity dedicated to injury prevention, each episode features a roundtable of parents who talk about an injury topic they worry about.

FamilySmart

Has a wide range of [helpful videos](#) that can be helpful in working through some challenging times.

Parenting Programs from BGC

(formerly Boys and Girls Club) [Day and evening groups Available.](#)

We Are One!

December 3rd [check out](#), in honour of Human Solidarity Day and the International Day of Persons with Disabilities. Sponsored tickets are available through the host organization, [Reach](#).



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