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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

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Build an Attitude of Gratitude with Three Good Things

In our day-to-day lives, it's easy to get caught up in the things that go wrong and feel like we're living under our own private rain cloud; at the same time, we tend to adapt to the good things and people in our lives, taking them for granted. [This practice](#) can easily be woven into dinner conversations or a hike with your family – and can help counterbalance those tendencies. Check out these [ideas](#) for helping your children develop an attitude of gratitude.

A Wheely Great Start to the Day

Getting to school actively (where feasible, of course) not only helps your child get some fresh air and physical activity, it's great for their mental health and sets them up for a rewarding day at school. Check out these [resources](#) for helping your child get rolling – and walking to school and here's a few more [benefits](#) to active school travel.



Verywell / Zackary Angeline

How Was Your Day?

Taking a different approach to after-school questions rather than asking “How was your day?” can open up a lot of important conversations, and it can help us reconnect with our children after school. However, remember that every child is different, and while one method might work well for one child, it might not work at all for another. This [article](#) is packed with tips and strategies that can help make the most of the after-school check-in.



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.



PEKELANEW-MOON THAT
TURNS THE LEAVES WHITE
Credit to: Claxton, E. Senior
& Elliot, J. (1993).
The Saanich Year

Game On! Managing Tech Time

Video games have their [benefits](#). The downside is that not all games are suitable for young people – and like anything, too much of something can also be problematic. As parents, we need to be involved in which games our children are playing. Enforcing time limits and self-regulation while minimizing the exposure to inappropriate and violent content is important – and sometimes challenging. Here are some tips and resources that can help you help your child manage their tech time in healthy ways.

- **Moderation is key.** It does not need to be an all or nothing approach, with either absolute prohibition or full unchecked usage.
- **Keep the conversations going.** Open, transparent, and ongoing dialogue with

our children helps. Get curious. Ask questions like: What games do you play? Why do you enjoy playing those particular games? Can I watch you game sometime?

- Thinking of **tech time more broadly**, a healthy relationship with screens depends on the types of activities kids are doing online as well as balancing screen time with other activities like sleep, connecting with family and friends, exercise, and time outdoors. Screen time limits are helpful – but how they are using screens (versus for how long) is even more important. Plus, family conflicts over screen time may be more harmful to children's mental health than the screen time itself.



The Village Initiative

From our partners

Digital Safety workshops

For students and parents to watch together, offered free of charge by the Ministry of Education and Child Care. [Nov 15, 2022 6:30pm to 7:30pm](#) or [Nov 30, 2022 6:30pm to 7:30pm](#)

children aged 3–12 years are struggling with the experience of the Big Worries/Fears, or what the Western worldview calls anxiety.

Mental Health First Aid

Upcoming Mental Health First Aid and suicide prevention workshops available to all interested. Full details [here](#).

Parent/Caregiver Support Program

[We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program](#) is a free resource to support First Nations, Métis and Inuit families across BC, whose

Food help is available

Help is available: Food prices keep on climbing. Community partners are here to help – and several will also be offering special hampers in December. See this [link](#) for details.

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