

# WHAT'S INSIDE

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## HEALTHY SCHOOLS

# HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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## Happy, healthy new year!

Welcome back – and to those new to SD62, a special welcome! It's an exciting time of the year and perhaps a bit nerve wracking (for you and your child). Here's a few things we can all do for a healthy, successful school year:

**Get enough Zs** To be at their best, children and youth need 8-11 hours a night. Check out this [article](#) for practical tips and insight for helping you and your child enjoy a healthy sleep routine.

**Healthy eating helps nourish bellies and brains.** This BC [resource](#) is packed full of helpful tips from [kid-friendly, stress free meals](#) to addressing some [common challenges](#) like picky eaters.

**Keep active** – and for our kids, a great way to do that is [getting to school actively, when possible](#). These [tips](#) for safe, active routes to school can help. Regular physical activity is vital to being at one's best – both physically and mentally. Looking for ideas to help your family get more active, check [this](#) out.

**Better Together** While life's busy, connection time for you and your family is important. Eating together can be a good time (and here's [some ideas](#) that can help) – so too can watching a flick together or playing a game together.

**Healthy digital habits** Tech time isn't all bad but managing it can be challenging. This helpful selection of [tips and resources](#) can help your family have a healthy, balanced approach to tech. Looking for more? [Digital Connections](#) is a six-part video series from Common Sense Media for tweens, teens & their parents that focuses on how to use tech safely & responsibly.



## 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.



CENQOLEW – THE DOG SALMON RETURN TO EARTH CENQOLEW Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

## Growing a Growth Mindset

A growth mindset can encourage a passion for learning and an ease in facing new challenges and bouncing back from life's inevitable challenges. This graphic provides some helpful things to think about as we encourage a growth mindset in our kids. Kristin Wiens, a SD62 staff member, designed these [growth mindset permission slips](#) as a fun tool for supporting more growth mindset kind of thinking. Why not try them out over a family dinner - inviting everyone to pick one that they can relate to and sharing an example.

## Books and Free Stuff

Libraries offer books and so much more – like movies, free passes to public attractions, story times for little ones, free access to technology. They also regularly partner to share book lists with our families like “[New Beginnings](#)” – a great line up of books to support the start of a new school year.



Infographic credit: <https://hrmhandbook.com/blog/2022/growth-mindset/>

# From our partners

## KidSport Victoria and SportAssist Here to Help

With steep increases in groceries and other essentials, a little help is available. [KidSport Victoria](#) and [SportAssist](#) help support families get and keep kids active by providing funds. [These organizations](#) offer support for groceries and other household goods.

## Island Health Wellness Centres

Belmont, Royal Bay & EMCS serve Sooke and West Shore youth aged 25 years and younger are welcome. Services provided include mental, sexual, and physical

health, including STI testing, birth control, prescriptions, referrals, and more. For full info click [here](#) or call 250-519-3580.

## Kelty Mental Health Resource Centre

Looking for help in supporting your family's mental health? The [Kelty Mental Health Resource Centre](#) helps families across BC navigate the mental health system, connect with peer support, and access resources and tools to support well-being. [Family Smart](#) is also here to help – providing emotional support, information, resources and help in navigating services for all parents and caregivers with a child, youth or young adult with mental health

and/or substance use challenges. All services are free.

## Pacific Centre Family Services Association

Launching a WestShore Based Support Group for those who have lost a loved one to suicide. The group is free, open to anyone age 19+, and facilitated by experienced mental health practitioners. Occurs monthly on the 3rd Tuesday of every month starting Sept 20th from 6pm-8pm at 200-324 Goldstream Ave. For more info or to register: call (250) 940-4373 or email [intake@pcfsa.org](mailto:intake@pcfsa.org).



## 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](mailto:vrwhite@sd62.bc.ca)



READ THE ENHANCED VERSION ONLINE

[bit.ly/3i2rvWq](https://bit.ly/3i2rvWq)