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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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## A day to remember and honour

The peaceful and democratic society we enjoy was created by the efforts and sacrifices of generations of Canadians who have put their lives on the line in the cause of peace and freedom around the world.

The age of your children will ultimately dictate how you discuss Remembrance Day. Veterans Canada has some [ideas and resources](#) that can help. And as always, our schools will also be honouring Remembrance Day.

## Social Emotional Well-being 101

Social and Emotional Learning (SEL) is something you might have been hearing about and perhaps wondering what it's all about. In this [podcast](#) from BC-based [Kelty Mental Health Centre](#), a school counsellor and a world-class researcher from UBC unpack what SEL is and what [parents](#) can do to support their child's social and emotional development.

## Food is therapy

It's a bit of a cliché that the way to someone's heart is through their stomach...but there are increasing indications that not

only is that true, but cooking and eating together is also a powerful tool for boosting health and happiness. Click here for some [ideas and recipes](#).

## A little risk and a lot of play is a great thing!

Risky play is about [children testing their boundaries](#) and flirting with uncertainty, and they're more capable than we think at identifying their limits and managing the risks. What's [the payoff](#)? Increased physical activity, better social skills, improved resilience, higher self-confidence, and better risk management skills. Risky play may make you shudder, but our children stand to benefit from it. [Loose parts play](#), like the photo above from Ecole John Stubbs is another fun (and cheap!) way to bolster the creativity, fun and risk-taking in play!

## It's tough growing up (sometimes)

Emotional health. Online safety. Stress. Concerns like these can be hard to talk about with the young people in your life. But talking can also be an important step to showing them they're not alone. Kids Help Phone has created a range of helpful [practical tips and resources](#) that can help talk about issues that matter to youth – and us all.



### 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.



**MOON OF PUTTING YOUR PADDLE AWAY IN THE BUSH** Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

## Mistakes can make for great learning

Learning from mistakes and errors is an important part of child and adolescent development. This [resource](#) is full of tips for helping your child (and us all) see that there is a positive side to getting things wrong.

## Bugs are flying

Island Health recommends protecting yourself and loved ones by getting the flu shot, available at your local pharmacy, family physician or public health (children under 5 years of age). Check out this site for more information and keep washing those hands. [This graphic](#) reminds us all of what a thorough hand-washing looks like.

## Curious about cannabis?

Everywhere you turn today, it seems somebody is talking about cannabis. Some of the information we hear is conflicting, making it hard to understand the ways it may affect our children. Is it addictive? Does it cause psychosis? Is it really a medicine? What will happen if my child uses it? What should I tell—or not tell—my child about it? This [parent guide](#) helps inform an honest and thoughtful discussion on cannabis.

## What does SOGI mean?

SOGI stands for sexual orientation and gender identity. Since we all have a sexual orientation and gender identity, it includes all of us. SOGI is one of many topics about diversity discussed regularly in schools. If you'd like to learn more, check out [this page](#) for parents.

## Sleep matters

Here's how sleep matters and the recommended hours of ZZZ we need (credit to Burnaby School District).

### BENEFITS OF ENOUGH SLEEP



#### Better Brain

Improved memory and concentration



#### Better Body

Improved energy



#### Better Mood

Improved emotional resilience

Children	Recommended Sleep	Teens	Recommended Sleep
5 - 13 years	9 - 11 hours	14 - 17 years	8 - 10 hours



Photo Credit: [https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/Parent%20tip%20sheet\\_web\\_Final\\_EN.pdf](https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/Parent%20tip%20sheet_web_Final_EN.pdf)

# Coming Soon

## Let's Talk about Vaping (and other substance use) November 28, 7:00pm - 8:30pm

Spencer Middle School is hosting an evening just for parents and other caring adults. This evening will focus on helping parents/caregivers learn more about [vaping](#) and most importantly learn practical tips and strategies for how to address it (and other substance use) with their children.

## "The Military Lifestyle" – Now Available!

A [podcast series](#) from the Military Family Resource Centre that covers a variety of topics that are especially pertinent for people living and working in the Canadian Armed Forces and their families.

### 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: [rumcarthur@sd62.bc.ca](mailto:rumcarthur@sd62.bc.ca) & [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)



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