

WHAT'S INSIDE

All you (and your child)
need is love

Heart and Soul

Overcoming Speedbumps

Screen Time Tips and Tools

Parenting Teens and Teening
Parents

Self-Care for Parents

Lifeguard Parenting

Coming Soon



SOOKE
SCHOOLS
Shaping Tomorrow Today

HEALTHY
SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

FEB 2020 | ISSUE 15

"All you need is love"

The Beatles got that right (or pretty darn close anyway). More than anything, your child needs you and your love. Vancouver-based psychologist, Dr. Vanessa Lapointe, shares these [6 parenting principles](#) that might be helpful. These [little ways to make your child's day](#) are pretty great too (and practical!). Speaking of love, keep in mind Feb. 17 is BC Family Day. Why not plan on spending some time together that day to celebrate!

Heart and Soul

February is Heart Health month (and good news, what's good for your heart is also good for pretty much everything else, including learning and mental health). The Heart and Stroke Foundation shares some [tips and tools](#) to help you and your family be heart smart.

Overcoming Speedbumps

Helping our kids learn that setbacks are normal helps prepare them for life's inevitable (and rewarding) challenges. Asking your kids for advice when you are going through a challenge can help you – and them! Curious, check out this [short video for](#) more on this helpful approach. And this [graphic](#) (from

SD62's very own Kristin Wiens) literally has the A-Z of growth mindset – something that can be helpful for us all, that also makes for a great fridge poster.

Screen Time Tips and Tools

Recreational screen time can be great, and like most things in life, it's all

about finding that health balance. But what is that – and how can we help our children (and ourselves) strike that balance? This [article](#) provides some useful, age-appropriate tips for pre-schoolers through teens and this [tracking tool](#) might be fun to do as a family – and as an added bonus it includes tracking physical activity.



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.



**COAST SALISH MOON:
WEXWS-MOON OF THE
FROG.** Credit to: Claxton,
E. Senior & Elliot, J. (1993).
The Saanich Year

Parenting Teens?

It's not always easy to be a teen – nor parent one. [Parenting Your Teen](#) and [Teening Your Parent](#) are two great Canadian resources from TeenMentalHealth.org that can help make complicated conversations easier, and provide perspectives you may not have considered!

Self-care for Carers

Parenting definitely has its rewards. It can also be exhausting – so a little self-care can go a long way to helping you be at your best (there's a reason why airlines remind us to put our own masks first). [Here's a bunch of great ideas](#), most free, that merit a peek (in your spare time!!).

Lifeguard Parenting

Child development experts say adventurous, risky play is essential for healthy development of children's brains, bodies, and self-confidence. Yet for parents, it can be hard to tell when this kind of play crosses the line from daring to dangerous.

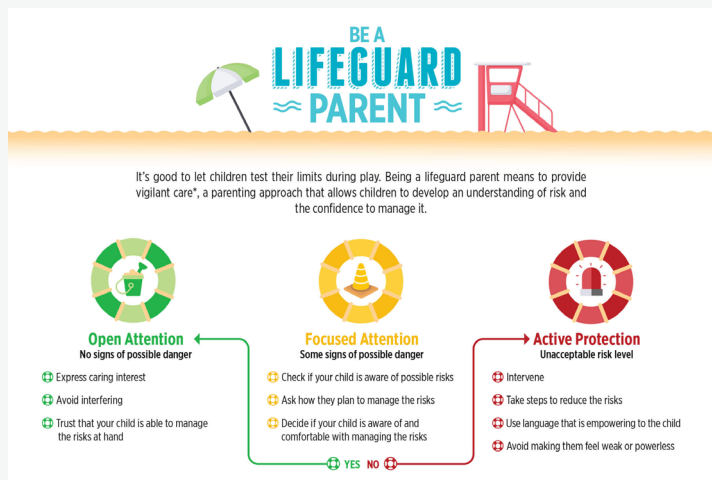


Photo credit: https://activeforlife.com/content/uploads/2019/11/AfL-Lifeguard-infographic_embed_v1.2.jpg

Check out this short article for more – and this [graphic](#) that helps parents allow children to develop an understanding of risk and the confidence to manage it.



Coming Soon

BC Family Day

Monday, February 17th – taking time to be with those you love is what this day is all about! If you're looking for ideas, there's loads of free (or close to it) family fun to be had, including free access to the [Royal BC Museum](#), and swimming or skating at local recreation centres.

Seedy Saturday

Saturday, Feb. 15 and in [Sooke on Feb. 29](#) - The official start to the gardening season and a great way to find seeds, tools, information and inspiration! and there are two options to choose from: Victoria and Sooke Seedy Saturday is your place to find the seeds, tools and information.

Vancouver Island Parent Conference

[February 29, 2020 at Belmont Secondary School](#)

Family Smart

hosts frequent 'in the know' sessions on a variety of topics important to families and/or those working to support the mental health of children and youth. You can view a webinar from this online library anytime or participate in person at a community site near you for a facilitated information sharing and networking session with their local Parent in Residence. See www.familysmart.ca/in-the-know for more information.

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 & candrew@sd62.bc.ca



READ THE ENHANCED VERSION ONLINE

bit.ly/sd62healthyschools