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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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### How we eat matters

You've probably heard the expression "you are what you eat" but did you know HOW you eat matters too? This month Dietitians of Canada through its Nutrition Month campaign reminds us that healthy eating is about more than the foods we eat. For example:

- Family meals enjoyed together not only provide those rare chances to share and connect, they help set the stage for lifelong healthy eating habits. Making time for family meals might not be easy – but it's worth it. Here's a [great tip sheet](#) that can help!
- Cooking more often helps develop healthy eating habits, teaches new skills (including reading, math and geography, to name a few), saves money and much more! [This site](#) is packed with tons of helpful tips and tasty family-friendly recipes and [this](#) gives you a sense of ages and stages of cooking skills.
- The joy of eating is universal and opens up more opportunities for learning about new cultures and celebrating traditions. [Check out this page](#) for ideas on including cultures and food traditions in healthy eating with your family.

- [Mindful eating habits](#): these include having a better sense of our body's signals of when we're hungry and when we're full. Dialing in to those signals can help promote healthy eating habits.

### Would it be okay if we talk about consent?

Learning about consent (basically the permission for something to happen or an agreement to do something) is another important life skill that we can begin helping children learn from an early age. It can lead to better relationships with family, friends, peers and eventually, romantic partners. Here's an excellent [Canadian resource](#) that can help.

### Is that legal?

Life online has rewards and, like most things in life, it has risks. This [BC resource](#) was developed to help youth be safer online. It describes situations, including [sexting](#), and explains what the law says about each, and where young adults in these situations can get support services and legal help. If you are looking for tips on talking with kids about sexting, [this](#) will 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.



COAST SALISH MOON:  
PEXSISEN – Moon of  
the Opening Hands the  
Blossoming out. Credit to:  
Claxton, E. Senior & Elliot, J.  
(1993). *The Saanich Year*

## Say good night to restless sleeps

Many young people (adults too) have problems sleeping because of what's going on in their lives. Pressures on grades, college acceptance, love, fitting in, social media and more, can keep them from getting the sleep they [need](#). These [strategies](#), while written for adults, might just help them too.

## Bust a move – it's great for the brain and the body!

Did you know that 80% of 12-17 year-olds and 62% of 8-12 year-olds in our community do not get the [recommended daily dose of physical activity](#)? Let's all do what we can to build more activity into our lives. This is [why it matters](#) and here are tips and resources to help for

[5-11 year olds](#) and [12-17 year olds](#). Given that what's good for kids is good for us all, here are some [tips for adults](#) to add a bit more get up and go to our busy days.

## Stress strategies for teens (and the rest of us)

According to a 2018 survey of SD62 grade 7-12 students, 34% report experiencing quite a bit or extreme stress. While stress can be a helpful thing, its effects can add up and take their toll. [Check out this page](#) that has tips and strategies geared to helping teens (et al) learn how to manage life's inevitable ups and downs. And remember, basics like eating well, getting some activity, managing screen time and getting enough sleep are also great stress management strategies.



# Coming Soon

## Spring break March 16-27

Looking for ideas? Check out your local recreation centre and libraries for starters. Island Parent online also has a [calendar](#) filled with some cool looking options.

## CRD Spring nature outings

CRD offers a great line up of Spring nature outings for all ages and abilities. Check out their [calendar here](#).

## "Parents in the Know"

A program for parents/caregivers of teens at Royal Bay Secondary. Runs 6:30-8:30 p.m. Mondays starting April 20th for 10 weeks. Topics include technology, communication, adolescent development, boundaries and more. See [www.bgcvic.org](http://www.bgcvic.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: [rumcarthur@sd62.bc.ca](mailto:rumcarthur@sd62.bc.ca) & [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)

