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FAMILY - FOCUSED MONTHLY NEWSLETTER

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Ride On!

Bikes and their related services were deemed essential and we couldn't agree more! Cycling is a great activity for almost all ages with tons of benefits for our bodies, our brains and our environment. Here are a few tips and resources geared to help make the most of one of life's (almost free) pleasures.

- [Discovery Rides](#): A fun way to explore the West Shore by bike and maybe win a prize
- [Neighbourhood Safety Scavenger Hunt](#) – helps build safety skills
- [Cycling safely tips](#) and [traffic skills](#)

Back to School

Some of our students are returning to part-time, in-school learning in June. If your children are, here are some helpful strategies that may help your child adjust to school during COVID. Looking for more? This [blog post](#) has great advice for kids and adults.

- Check in with your child. Ask them what they're looking forward to, what they think might be different, what they're expecting, how they are feeling. Validate any fears and correct any misconceptions.

- Problem solve with kids - if something is a particular worry, work with them to help come up with a few solutions. Including them in this problem solving helps them navigate the world better – now and for the long-term.
- Keep calm yourself (easier said, than done sometimes). We are in this together!

The Arts are good for your body, brain and your soul!

Here's a few ways you can tap into the benefits and joy of creativity:

- **CRD ARTS TEAM** has put together a [resource](#) showcasing arts activities for families, youth & children while maintaining physical distancing.
- **12 FAMOUS MUSEUMS** offer [virtual tours](#) you can take from home.
- Closer to home, join in the fun and [spread joy through your drawings](#) with the help of the Sooke Region Community Health Network.



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.



**CENTEKE - THE SOCKEYE
MOON** Credit to: Claxton,
E. Senior & Elliot, J. (1993).
The Saanich Year

Helping Kids Cope with Disappointment

Springtime for students often means the anticipation of milestone events. Summer dreams are filled with plans like beach parties, concerts and special gatherings. This year, we need to keep our distance which has led to loads of cancellations and disappointments. So, what can you do to help your children deal with their disappointment? How can you turn these situations into learning experiences that help foster resilience so that your children are better able to cope with life's challenges? [This article](#) provides helpful, evidence-backed, practical tips specific to the times we're living in.

Too Much of a Good Thing

These days, our many devices are invaluable tools that keep us connected with our families, friends, teachers and the rapidly changing outside world. While grateful for them

let's remember there can be too much of a good thing. Here are some [tips for managing screen time](#) and getting in some activity. [West Shore Parks and Recreation](#) has an awesome line up of creative ideas, story times and workouts that build fun and fundamentals.



A Helping Hand is a Good Thing

We can all use a bit of help now and then. This [list of community services](#) covers a full range of services from help lines to financial advice. Looking for some help on the grocery front? Check out this [list of local food providers](#).

Family violence may rise in times when families are in close contact and experiencing great economic pressure and uncertainty. If you or someone you know needs help, VictimLinkBC is available 24-7. It can be reached toll-free by calling 800-563-0808 or emailing VictimLinkBC@bc211.ca. The service is confidential and available across B.C. and Yukon.



Coming Soon

◀ National Indigenous Peoples Day

June 21 – once again our district is joining forces to celebrate this special day. Stay tuned to this [Royal Roads University link](#) for more and perhaps enjoy a virtual tour of the [First Peoples Gallery](#) at the Royal BC Museum.

Parenting Programs with Boys and Girls Club

Now offering online workshops like Parenting through the Pandemic, Stress and Anxiety & Resiliency in Parenting. For more information contact parentingprograms@bgcvc.org

Summer-time fun may look a bit different this year

Here are some great 'go to' ideas that are cheap, cheerful and help make the most of summer.

- [Island Parent](#) has tons of fun ideas and is worth keeping an eye on as more community partners share their summer programming. Local recreation centres are gradually opening and working hard to bring summer programming that's fun, safe and healthy. Keep an eye on their websites.
- Local libraries may be closed but their amazing websites are always open and filled with movies, music, e-books and more. See gvpl.ca and virl.bc.ca for more.
- Nature is at our doorstep and full of fun and adventure. Check out [this site](#) for some great, family-friendly ideas.

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 candrew@sd62.bc.ca



**READ THE
ENHANCED
VERSION
ONLINE** ➔

bit.ly/sd62healthyschools