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# HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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## Mental Health Matters

What's good for mental health is also great for the body and our ability to cope with challenging times – like a global pandemic! Here are some tips and resources that might help you and yours:

- Coping skills are key: if you're stressed out, you're definitely not alone (even [Elmo's dad](#) is feeling the crunch!). Check out [EASE](#) for fun, practical strategies to help kids manage anxiety and worries.
- Movement is one of the best mental health boosters there is! Here's a great [line up](#) of fitness-at-home ideas for young children, teens and adults. The [Canucks Autism Network](#) also has online fitness sessions.
- Food is medicine. Check out these [stay-at-home recipes](#) from local Chef Heidi Fink and here's some helpful tips for [preserving food](#) from the First Nations Health Authority.
- Nature nurtures: even Dr. Bonnie Henry is encouraging us to get outside for some fresh air and for [good reasons!](#) Here's a great line up of [ideas for May](#) that might just inspire that and support at home learning.
- Get your ZZZs: easy to say, not so easy to do at this time perhaps? These [tips](#) can help.

## Dig this?

Interested in growing your own food? Here's a few resources that might help:

- Videos, courses, supplies and more online [here](#) from Growing Together.
- Greater Victoria residents who have been impacted by COVID-19 who could benefit from growing their own food might qualify for a free gardening materials package that includes containers, soil, starter plants, seeds and support. Dig in [here](#) for more info.
- [Build your own grow station](#) – a great project to support learning at home for your child perhaps



## 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:  
SƷÁN, EL – THE BULLHEAD  
MOON Credit to: Claxton,  
E. Senior & Elliot, J. (1993).  
*The Saanich Year*

## We are in this together! And we all need someone to lean on.

[Virtual Mental Health Supports](#) are available for youth and all in BC. These services provide online mental health and substance use support. If you are struggling with your mental health or experiencing a crisis, reach out. You are not alone! Here's [another BC resource](#) of five 10 minute-sessions that provide tools and techniques to help you regulate emotions and balance thoughts during this stressful time.

## How to support your child's mental health during the COVID-19 pandemic

During these times, you may notice that your children are anxious or unsettled. They may be confused about why usual activities are disrupted or may be disappointed to miss something that they were looking forward to. All of these things are very natural at this uncertain time. [School Mental Health Assist](#) has some practical resources that can help. This [BC resource](#) might also be helpful.

For those families caring for a young person with mental health and/or substance use challenges, [FamilySmart](#) offers parent support over the phone. Call 250-818-4810 or email [Lisa.Tate@familysmart.ca](mailto:Lisa.Tate@familysmart.ca).

## Good news to share?

Feeling a bit like you're running out of steam? Who can blame you! While there are new challenges we are all dealing with currently, there are some great stories that help life spirits and remind us that together, we'll get through this. Here's [one](#) from Sooke and here's a [great idea](#) to try at home.

Have any great stories of how you and your family are managing? We'd love to hear them via [info@sd62.bc.ca](mailto:info@sd62.bc.ca). We can all use some good news stories!

# Community events & services

## Looking for help on the health front?

Wellness Centre @ Belmont Secondary School, Langford, The Sooke Health Unit and the Westshore Health Unit have services available, by appointment. Click [here](#) for more.

## Looking for some help with feeding your family?

Check out this [list of local food providers](#) who are standing by and eager to help. Feel free to also reach out to us at [info@sd62.bc.ca](mailto:info@sd62.bc.ca). We're here to help.

## Keeping healthy at home

Here's a great list of [fun and helpful ideas](#) that can help.

## Victoria Literacy Connection virtual book club

[For kids in grades 2 through 5.](#)

## RED talk "Wisdom Keeper Series"

[May 20th at 2 p.m.](#), join Senator Murray Sinclair and others as they delve into the COVID-19 pandemic from an Indigenous perspective and context.

## Metis Family Services

is hosting [Youth Circle Nights](#) on Zoom, Tuesdays 3:30-4:30 . For more info email [Farai.simbabure@gov.bc.ca](mailto:Farai.simbabure@gov.bc.ca)



## 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)

