

## WHAT'S INSIDE

Giving Thanks

From Island Health

Feeding growing brains and stretching every dollar

Rough moments, big feelings

Rain, rain you're okay!

From our partners



HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

OCTOBER 2020 | ISSUE 21

### Giving Thanks - helps get one through the tougher times

[Research](#) tells us that feeling grateful is good for us – physically and mentally! When life is going well, gratitude allows us to celebrate and magnify the goodness – and when life's more challenging, feeling grateful can help us better cope and maybe even see some silver linings in those challenging times. If cultivating an attitude of gratitude is something you're wanting for your family, check out [this article](#) for a bunch of easy to do activities and our local libraries have teamed up to great this great [list](#) of helpful books.

### From Island Health

#### LOOKING FOR HEALTH CARE?

Looking to access health care from the comfort of wherever you are? Here's a list of [virtual options](#) that can help. All are fully covered by MSP and offer a wide range of operational hours.

Did you know Island Health offers services for children and youth (up to 25) in some of our schools or nearby?

They include:

- Wellness Centres at Belmont, Royal Bay, and Edward Milne Secondary Schools
- Youth Clinic at [West Shore Health Unit](#) and [Sooke Health Unit](#)

Appointments by phone available although in-clinic appointments are encouraged. Services include: immunization, affordable birth control, STI testing, medical treatment, referrals, prescriptions, counselling and more. Appointment necessary and same day appointments can be accommodated on a case by case basis. To book an appointment at Belmont, Royal Bay High School or the Youth Clinic at West Shore call 250-519-3580; for Edward Milne and Youth Clinic at Sooke Health Unit call 250-519-3487.

#### GET THE SHOT, NOT THE FLU

Flu season is approaching, and Island Health's public health teams are working with family doctors and pharmacists to make vaccines available in our communities. Getting a flu shot is particularly important this year! The flu vaccine will be available in early October. Visit the [Island Health flu site](#) for updates.



#### 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.



PEKELAN-NEW-MOON THAT  
TURNS THE LEAVES WHITE  
Credit to: Claxton, E. Senior  
& Elliot, J. (1993).  
*The Saanich Year*

## Feeding growing brains and stretching every dollar

Learning takes a lot of energy – ditto growing! If you're looking for nutritious and affordable ideas for your child's school day, check out this [list of 45 ideas!](#) Needing a hand with some groceries and household goods? Check out this [list](#).

Canning is a wonderful way to preserve food at the peak of its freshness so you can eat and share it with others throughout the year. This [resource](#) from First Nations Health Authority provides all you need to know to get cracking (or peeling!).

## Rough Moments, Big Feelings

When you're experiencing a rough time with your child, knowing what to say or how to say it can be a challenge. Here's a thought that might help.

**When your child or teen has big feelings,**

**Try:**  
You're done with today aren't you. Would you like me to sit with you or give you space? We don't have to talk about what's going on if you don't want to, but I want you to know that there's nothing you can say or feel that I can't handle.

karen young   karenyoung\_heysigmund

## Rain, rain you're okay!

We can and should still get lots of outdoor play! Kids – in fact all of us – benefit from getting outside and reconnecting with nature. Need proof? Check out this [graphic](#). Looking for ideas and helpful tips to get your family's fix of nature time? Check [this](#) out. Outdoor time during the school day is also important so please remember to send your child with what they need to stay dry and warm. [Here](#) are some great suggestions.



Isn't it a crazy time?

Yeah, but your life doesn't have to be...

Here are some spots to check out!



For youth resources, visit [tinyurl.com/y6jj4fx9](https://tinyurl.com/y6jj4fx9) or scan the code above!



## From our partners

### Youth focused list of services during COVID-19

SD62 has teamed up with UVic and Island Health to produce [this list](#) of youth services.

### Growing up in a pandemic: health and resilience in kids

[Webinar Oct. 1st 11:30-1:00 PDT](#) (Can't join in real time? It will be recorded and posted [here](#).) Parents and caregivers are essential to helping young people navigate change and build resilience, which supports physical and mental health and development. Join three UBC experts from the Faculty of Medicine as they share their insights for how to guide the children and teens in your family to thrive in the abnormal world of the pandemic.

### Vancouver Island Regional Libraries

have a variety of virtual and in person programming including StoryWalks, virtual story times, and at-home kits. Check out this [link](#) for details. Need to register for a card, no problem! You can do it online [here](#). For GVPL clients, check out their programs [here](#).



### 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 [vrwhite@sd62.bc.ca](mailto:vrwhite@sd62.bc.ca)



READ THE ENHANCED VERSION ONLINE 

[bit.ly/3i2rvWq](https://bit.ly/3i2rvWq)