

## WHAT'S INSIDE

Welcome back!

Help with back to school stress

There to help

Good (support for) Grief

From our partners



SOOKE  
SCHOOLS  
Shaping Tomorrow Today

HEALTHY  
SCHOOLS

HEALTHY  
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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### Welcome Back!

The start of a new school year is a special time and that is definitely the case this year. While health and safety are always top priorities for our school district, there are some things that we can all do for a healthy, successful school year:

**GETTING ENOUGH** 😴: easy to say and not so easy to do perhaps considering young people should get 9-11 hours a night. [Check out these tips](#) for helping you and your child get back to a healthy sleep routine.

**EAT WELL:** Fueled by nutritious meals and snacks, we can all also cope more easily with stress, better manage emotions, improve sleep habits and be ready to learn. This [BC resource](#) is packed full of helpful tips from [kid-friendly, stress free meals](#) to addressing some [common challenges](#) like picky eaters

**MINDFUL MEDIA TIME:** screen time isn't all bad, in fact, screens have likely felt like lifesavers at times during the last few months. But managing it can be challenging, especially with kids. Here are some [tips and scripts](#) that can help.

**KEEP ACTIVE!** Physical activity is one of the most important things we can do to keep well – mentally and physically. Looking for ideas? Check out this [recipe for an active day](#). If getting to school actively is an option for your child, go for it!

Here are [some tips](#) that can help and a reminder of its [benefits](#).

**DEALING WITH COVID:** In this ever-changing situation, the Sooke School District is committed to providing you with as much clarity as we can. For the latest information and resources to support you and your family, visit <https://www.sd62.bc.ca/covid-19>

### Helping with back to school stress

The start of a new school year can cause some jitters and worries in many of us - and this year perhaps even more so. Here are some [tips and resources](#) that you might find helpful in helping your child navigate this return to school. Books can help start some conversations too. Our local library partners have created this short [list of books](#), all available at your local branch.

BC based Kelty Mental Health Resource Centre recently hosted an online session for parents and caregivers. Setting Children & Youth up for a Successful Return to School in the era of COVID-19 is online [here](#).



### 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.



CENQOLEW – THE DOG  
SALMON RETURN TO EARTH  
CENQOLEW Credit to:  
Claxton, E. Senior & Elliot, J.  
(1993). *The Saanich Year*

## There to Help

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 virtual counselling services and more. Looking for some help on the grocery front? Check out this [list of local food providers](#).

Knowing where to look for help can be daunting for anyone – and especially youth! Some SD62 youth have worked with UVic and other community partners to develop a youth friendly list of services. Check it out [here](#). One of the featured services is Foundry – their [virtual services](#) now include drop-in counselling sessions, peer support check-ins, and group offerings to young people ages 12-24 and their caregivers.

## Good (support for) Grief

Youth experience feelings of grief and loss (e.g., death or loss of a family member, friend or pet, illness, divorce, moving to a new home or community, struggling with the uncertainty and changes due to the pandemic) in uniquely different ways and often do not have the coping skills to draw on.

By offering kind intervention, and supportive and empathetic services to youth in need,

Friends of Living and Learning

Through Loss works to increase youth's resilience to help them get through the often-difficult process of navigating personal grief and loss. Their free services include virtual online counsellor support and group program support for youth aged 13-24. For more visit [www.learningthroughloss.org/](http://www.learningthroughloss.org/). The service is confidential and available across B.C. and Yukon.



## From our partners

### West Shore Parks & Recreation

Fall registration is now open. Programs for preschoolers, school aged kids, youth and adults, weight room, fitness classes and more. All to help you re-engage your mind and body in safe manner. Browse online and [register here](#).

### SEAPARC facility

Program updates [online here](#).

### Parenting Programs with Boys and Girls Club

Offering online workshops and parenting programs. For more information contact [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org)

### FamilySmart

Offers a range of services for those parenting a child with mental health experiences. For more see [here](#).

### Y Mind Youth

Supports people ages 18-30 who are experiencing symptoms of anxiety to learn and practice evidence-based strategies to increase coping.

### 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](http://bit.ly/3i2rvWq)