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FAMILY - FOCUSED MONTHLY NEWSLETTER

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Taking time to remember

On November 11th at 11 a.m. many Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. While Remembrance Day services may look different this year, they're certainly no less important. However you choose to reflect and honour, [these books](#), all available at local branches, might help spark conversations with your child. Doing one's part to help make positive change in our community is another way to honour and build upon the service of others. This [list of books](#) is full of inspiring ways to be a change maker and to spread a little kindness.

Budget friendly cooking for families

It's hard not to notice the increasing price of groceries! Here's [20 budget-friendly meals that don't skimp on taste](#) – and help stretch dollars. Cooking with your kids not only

helps get the work done and makes for quality family time – it also helps them build their chef skills for life and saves money. Check out these great [tips and recipes](#) for helping get kids cooking and cracking. Needing a hand with some groceries and household goods? Check out this [list](#).

10.000 Tonight

This amazing SD62 food-raiser is coming back at the end of the month. Stay tuned and get ready to help fill the shelves of Goldstream and Sooke food banks!

Keeping connected with your kids

COVID-19 has impacted us all in different ways and for many has made parenting even more complicated. It has also had the potential to impact the secure attachment and the trust-based relationship you have been building with your children. Our neighbours in the Greater Victoria School District have shared the following [Snapshots](#) to help you build and maintain your connection with your kids.



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.



WESELÁNEW - MOON OF THE SHAKER LEAVES Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Struggling with sleep?

There are many reasons why we can't fall asleep, stay asleep or get a good night's rest. This [section](#) of the Foundry BC website has some practical tips and tools to help you and your loved ones get enough Zs.

Movement is medicine – and so much more!

You probably know that physical activity is a really good thing for all ages (including helping us manage stress and cope during a global pandemic, not to mention [think better](#) and [poop!](#)). As to barriers to getting more active, there's tons of those too! Check out this list of [barrier-busting strategies](#) and resources (including REAL people happy to connect and provide more help) geared to helping you and your family have fun and enjoy the benefits of active living.



MYRTLE ACTON
President of the Rotary
Club of Sooke 2020-21.

From our partners

Literacy Committee of the Rotary Club of Sooke

Live in the Sooke area and want to host a little free library (like the one pictured)? The Literacy Committee of the Rotary Club of Sooke wants to hear from you! Interested in hosting one? Contact the Service Projects Chair, [Rotary Club of Sooke](#). Looking for a LFL in your area? Check this [map](#) out.

NEW library for Sooke!

Construction begins soon and they want your input on its hours of operation via this [super short survey](#).

West Shore Parks & Recreation needs your input!

COVID-19 has impacted WSPR's ability to run a number of different programs for

the community including free & low cost programs for youth. They are striving to reintroduce these programs in the New Year and want your feedback. If you are a youth (or are a parent/guardian of a youth) aged 10 years and up, please take a couple of minutes to answer [this quick survey](#) so that they can plan youth specific programs based around your needs, wants and interests. Survey closes November 20th.

SEAPARC hosts youth programming

Every Friday afterschool. And did you know they also offer swimming lessons? Check it all out at www.crd.bc.ca/seaparc.

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



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bit.ly/3i2rvWq