

10.000 Tonight
to help our local Food Banks

Promoting your family's Mental Health

Parenting Teens?

From our Partners



SOOKE62
SCHOOLS
Shaping Tomorrow Today

HEALTHY SCHOOLS



HEALTHY
PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

DECEMBER 2020 | ISSUE 23

10,000 Tonight Campaign

**BELMONT AND ROYAL BAY SECONDARY
PRESENT:**

ONLINE
DONATIONS
ACCEPTED
UNTIL THE
NEW YEAR!

\$
♥

**10,000
Tonight**

**WE
NEED
YOUR
HELP!**



**ALL DONATIONS GO DIRECTLY TO THE GOLDSTREAM
FOODBANK TO SUPPORT LOCAL FAMILIES - LINK
ATTACHED BELOW!**

DONATION LINK

• THANK YOU SOO YOUR SUPPORT •

- EMCS students are leading a fundraising campaign from November 30 to December 11. It will include both a donation component as well as an online silent auction. For every \$1 donated/raised, the Sooke Food Bank is able to purchase \$3 worth of food for their clients. If you wish to donate, please visit <http://emcs.web.sd62.bc.ca/> and click on the DONATE button.
- Royal Bay and Belmont secondary students are also going online this year to raise funds for the Goldstream Food Bank. Anyone interested in donating can do so online. Tax receipts will be provided. Make your donation today and let's help fill the shelves of the food banks! [Donate Here](#)

Here are a few family (and budget) friendly ideas for enjoying some winter break downtime with those in your bubble. Have fun and enjoy a relaxing break!

- Nature walks and outdoor play – here's a list of [fun family games](#) to try while outside and a list of [CRD parks and trails](#) in our area to explore.
- Spread joy (it's more infectious than COVID-19). Extending kindness to others has the added bonus of helping our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing. In short, doing good does you good.
- Family game night – who knew playing a board or card game has so many [benefits](#).
- Movie night – mix in some popcorn and pajamas and it can be the making of a relaxing evening of family bliss. Commonsense Media offers this list of their [top ranked movies](#) for kids and local libraries have tons to offer, free of charge through their streaming services.

Story time – check out this [list of 2020's top e-books](#) provided by our local libraries – and did you know their streaming services also include comics and magazines?



Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Scia'new Nation and Nuw-chah-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation.



SIS,ET – THE ELDER MOON
Credit to: Claxton, E. Senior
& Elliot, J. (1993). *The
Saanich Year*

Promoting your family's Mental Health

Shorter, darker and wetter days, let alone enduring the pandemic slog that we're all doing, can take their toll on the mental health of us all. This [podcast](#), featuring one of Canada's best parent educator, shares strategies that can help. Heads up – what's good for our health in general (like getting enough sleep, eating well, moving more etc.) is great for our mental health too! Check out [this resource](#) for helpful tips and resources.

Keeping Tech in Check: Developing Healthy Habits In Your Family

Looking for better ways to guide your kids' technology use, and to avoid battles and negotiations

around screen time, video games, and tech use at home? Check out [this podcast](#) that shares the expertise and insight of a child and youth psychiatrist, and her teenage son and their practical tips for families to develop or reset healthy tech habits at home. Looking for more tips on online safety? Check out [this resource](#) that provides safety tips by age.

Parenting teens?

Lucky you – no really, lucky you! While it may be challenging at times, this ["please stick with me"](#) letter from a teen reminds us what's going on for teens and how we can be there for them during this incredible life stage.



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 or scan the code above!



From our partners

Family Smart hosts "Doing the Holidays Differently"

December 2, 2020 at 4:30pm [Register here](#). If you have a child or youth with mental health challenges, you may already adapt things around the holiday season. As the 2020 Holiday Season may be one for the record books, let's get together and share great tips for how we can increase connections, reduce holiday stress and find a little more breathing space during this important time.

Help is out there!

Knowing where to go for help during COVID can be a challenge. [This list](#) will help!

Parenting can be challenging.

Boys and Girls Club of Greater Victoria has a helpful line up of virtual [parenting programs](#) that might interest you.

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



READ THE
ENHANCED
VERSION
ONLINE

bit.ly/3i2rvWq