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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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### Happy, Healthy New Year!

This past year has certainly reminded us of the importance of good health – and with each new year, comes an opportunity to reflect on what we're grateful for – and what we might want to strive for in the new year as we look after ourselves and our loved ones. Here's a few ideas that can help.

- *Small changes reap big rewards.* Adding a short walk (preferably outdoors) to your day builds fitness, mental health and [much more](#).
- *Creatures of habit.* Looking to make changes to your behaviours? You are 10 times more likely to stick with a change made at the New Year. Check out [this video](#) for tips to help.
- *Keep connected.* Social connection improves physical health and mental and emotional well-being and thanks to COVID-19, many have tried out new ways to keep connected and reduce loneliness. Curious to learn more about loneliness and how to reduce it? Check out this short [article](#) for helpful, evidence-backed ideas.
- *Get outside.* Research shows that kids and adults who spend more time in nature are happier and healthier. These [tips](#) might help. And check out these [great graphics](#) that remind

us of just how important outdoor play is.

- *Reach out.* Nothing like living through a global pandemic to make us all realize that at times, we all need help. This [list of community services](#) and resources can help.
- *Keep calm, kind and safe* and continue to follow direction from Public Health, online at [covid-19.bccdc.ca](#). Vaccines are coming but we can't let our guard down

### SAVE THE DATE - Online Safety Evening Session on January 19th, 2020

Helping our kids make the most of their online time – and reducing the risks involved – is a challenge for most of us. This upcoming session, co-hosted in partnership with our neighbouring school districts, will help. Can't join in real time? No worries, it will be recorded and the link shared.



#### 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.



**NINENE – MOON OF THE CHILD** Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

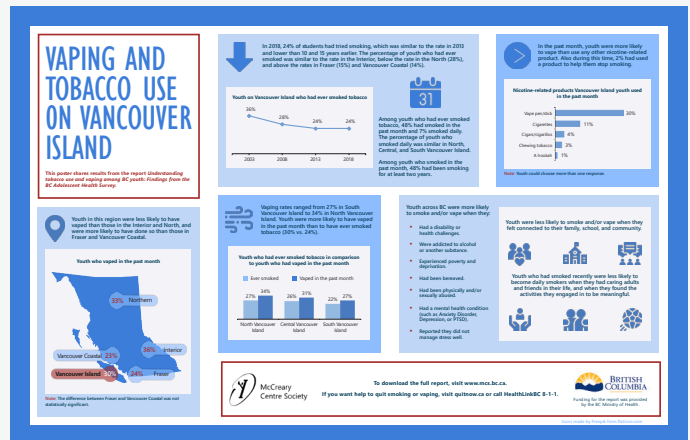
## Helping kids take flight

You've likely heard "The greatest gift you can give your children are the roots of responsibility and the wings of independence." Did you know that when children's opportunities for independent movement (like walking to school or to a friend's place) and play are reduced, it appears that their feelings of self-efficacy, self-confidence, and being able to manage the world are also diminished? [Running free](#), a short video produced by UBC, shares tips and strategies for helping parents – and their children – build independence and good health by getting out to move, play, and take risks, because "the likelihood of something serious happening is incredibly low, and yet the benefits that the kids get from those experiences is incredible."

## National Non-Smoking Week Jan 17-23

While we've all been understandably focused on other health concerns like COVID of late, a recent [report](#) about youth smoking and vaping reminds us that if we're not talking

with our kids about smoking, vaping or other substance use, we should be. We've compiled [this handout](#) full of practical



evidence-backed tips and resources that can help. For those who do smoke or vape, there are lots of resources and strategies to help people quit. Check out [Quit Now BC](#) to learn more.



# From our partners

## Parenting Programs from Boys and Girls Club of Greater Victoria

New sessions start in January with both daytime and evening options. [Find out more.](#)

## West Shore Parks and Recreation and SEAPARC's new program guides are out

Check them out and have fun!

## YMCA Y Mind Teen programs

Are on-line and open to **13 to 18 year old** youth interested in learning practical, evidence-backed strategies for coping with stress and anxiety.

[Find out more](#)

## Community Living BC launches Inclusive Spaces Map

For many people, finding a sense of belonging and connection to others in community can be challenging and often overwhelming. This new [website](#) is making that easier.

## Generation Health

Recruiting families for its January to March 2021 VIRTUAL 10-week program. This fun, interactive and FREE family program is for families with children aged 8 to 12-years-old who want help getting on a healthy lifestyle path. Visit [generationhealth.ca](#) or [contact info@generationhealth.ca](#) or 1-888-650-3141.

## 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)

