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Shaping Tomorrow Today

HEALTHY
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PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Friendly February

A little extra kindness and compassion, especially during this crazy COVID time, can make a world of difference! Here's a great [calendar of truly user-friendly ideas](#) that may inspire you and your family. Speaking of friendly, making friends isn't always easy to do, especially when we're keeping our distance. This [article](#) has some helpful ideas to help our kids make friends, socialize with the friends that they have, and cope with the many changes the pandemic has brought.

Pink Shirt Day

On Feb. 24th let's paint our community pink as we build on our collective efforts to create an environment where everyone feels safe, accepted and respected – regardless of their gender, race, culture, religion, or sexual orientation. Check out [erase](#) for ideas and resources that can help us all embrace kindness and erase bullying.



Is your child curious about the COVID vaccine?

This [video](#) from CBC Kids features a doctor answering some kids' questions might help, so too [this](#) from the BC Centre for Disease Control.

Heart Smart, Head Smart

What's good for our heart is good for our brains (not to mention the rest of our body!). Check out the Heart and Stroke Foundation's [healthy living tips](#), including this delicious [family-friendly recipe](#)! Looking for ways to get more activity in to your family's life? Check out this [recipe for an active day](#).

Talking about tough topics

Life can be challenging at times and it can be hard to know how to talk about somethings with our kids. As this [article](#) reminds us, books can be helpful in starting helpful conversations and thanks to our partners from our local library systems, here's a [list of more books](#) that can help. The age and stage of our child is also important to keep in mind when talking about tough topics. This [article](#) shares some tips and strategies that can help with toddlers through teens.



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.



**COAST SALISH MOON:
WEXWS-MOON OF THE
FROG.** Credit to: Claxton,
E. Senior & Elliot, J. (1993).
The Saanich Year

Road Safety Fun and Games

Road safety is a big concern for us all! CRD has some games and resources that can help your child learn the basics. [Road Safety Scavenger Hunt](#) challenges families to find different infrastructure, traffic signs, special vehicles, and neighbours while you walk through your community. Use it to teach your child about traffic safety or to change up your daily walks. Check out more fun and games [here](#).

Helping kids cope with life's worries

Learning how to cope with life's stressful, anxiety inducing times is important but sometimes it can be tough to know what's helpful (and what's not) in supporting our children. That's where [EASE](#) (Everyday Anxiety Strategies for Educators) can help. It's a series of evidence-based practical strategies parents and caregivers can use to help young people of all ages learn how to navigate this exciting and sometimes stressful world. Practices like [deep, calming breathes](#) can come in handy for us too!

Puberty Survival Kit – for you and your growing child

Talking about tough conversations, for some that includes puberty. Jen Gibson, a local sexual health educator, shared this great [piece](#) that is packed full of fun ideas that can help you – and your kids. Looking for more recommended resources that can help you support your child's growth and development? Here's a great [list of recommend resources](#) and [tips for talking](#) about sex with your child, from Island Sexual Health.



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

Bridging the Digital Divide

New "community help desk" to support technology needs; includes call-in or email support.

Family Day

February 15, 2021 – here's a great line up of [fun ways to celebrate](#) with those you love. Keep your eyes open for local, COVID safe ideas across our community.

Home Alone course

West Shore Parks and Recreation. Saturday, Feb. 20th. More details and registration [online here](#).

Children's Health Foundation of Vancouver Island

Holding a themed art show that will give all children and youth aged 6 – 18. Read more [here](#). Deadline is Feb. 28.



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