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HEALTHY SCHOOLS

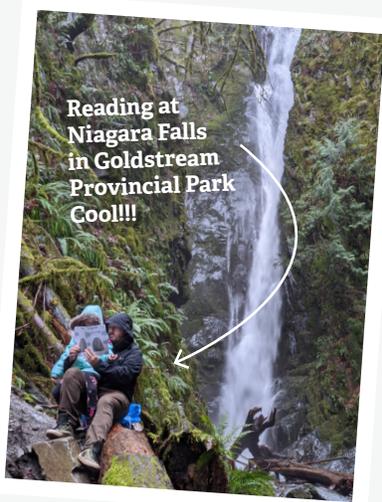
HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

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Spring Break Blast

- Read in the park, read in the dark! Read here and there, why not read everywhere! Try some the fun ideas on these [BINGO cards](#) (and a shout out to Crystal View Elementary PAC for sharing this awesome idea!) Why not snap a picture and post it tagging #SD62?
- If you're happy and you know clap your hands and high-five to this [awesome list](#) of fun clapping activities for all ages to enjoy.
- Libraries have [books full of fun ideas](#) and so much more! Check out your local branch for cool things like scavenger hunts, story walks, make-and-take kits, virtual programs, movies and more!
- Plant a seed and start [Growing Together](#).



- Get outside and play or take a hike. CRD has tons of [maps](#) that help.
- Enjoy some quality, catch-up Zs. These [tips](#) can help.
- Check out our local recreation centres [SEAPARC](#) and [West Shore Parks and Recreation](#)
- Cooking with your kids can be a ton of fun and helps them learn important life skills. [Try these kid friendly awarding winning recipes](#).
- Looking for more ideas, [Island Parent](#) is a great go-to source for tons more ideas and tips.

Mental Health Matters

Worried about your child's mental health? It may not always be clear where you should go or what your options are. This [new tool](#) helps guide families through some support options for children and youth and this [list](#) includes services available in our area that range from immediate crisis support to long-term services and support groups for those directly impacted by mental health issues, as well as their families and support systems. Our mental health is also helped by some "basics" like sleep, a healthy diet, regular physical activity and more. Check out the [tips and strategies](#) that can help.



TERRITORIAL ACKNOWLEDGEMENT

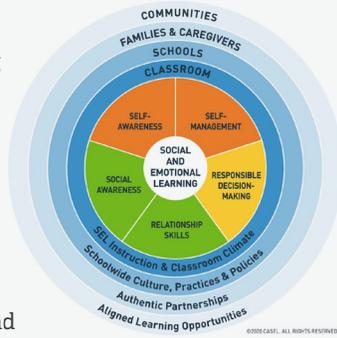
Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Scia'new Nation and Nuu-chah-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation.



COAST SALISH MOON:
PEXSISEN – Moon of the Opening Hands the Blossoming out. Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Social Emotional WHAT?

You've likely heard the words social and emotional learning (SEL) but might wonder what it's all about and why it matters. In a nutshell, SEL is the way that all of us learn and practice the knowledge, attitudes, and skills necessary to: Understand and manage emotions, Set and achieve positive goals, Feel and show empathy for others, Establish and maintain positive relationships, and Make responsible decisions. This [short video](#) provides some great examples of SEL in action, why it matters and ideas for how you can help your child develop their SEL skills. Learning how to manage our feels or emotions is foundational to SEL – and it takes practice. Here's a few resources that can help:



- Online videos for [elementary](#) and [middle/secondary](#)

aged youth can be a helpful way to introduce the topic of emotional literacy. For older children and youth, the [Mood Meter](#) is a very powerful way to visually gauge the ebb and flow of emotional energy throughout the day.

- This great [video](#) features elementary school aged children talking about the power of deep breathing in helping their brains and bodies get back to a calm state. These [activities](#) can help you teach this helpful skill to your child.
- Who knew that making pizzas can help us talk about feelings? Curious? Check [this](#) out.

Is that legal?

Life online has its rewards and, like most things in life, it has risks. This [BC resource](#) was developed to help youth be safer online. It describes situations, including [sexting](#), and explains what the law says about each, and where you or someone you know in these situations can get support services and legal help. Looking for tips on talking with kids about sexting and their online life? [This](#) will help.

From our partners

March is Nutrition month

Did you know you can [dial a dietitian](#) for free helpful advice?

ISPARC (Indigenous Sport, Physical Activity & Recreation Council)

Is hosting free, family fun dance and fitness workshops. See details [here](#).

UBC and BC Children's Hospital

Are doing important research on personal impacts of COVID on families and would love your input. Find out more [here](#).

The City of Colwood

Wants input on their Parks and Recreation Plan. For details see [here](#).

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