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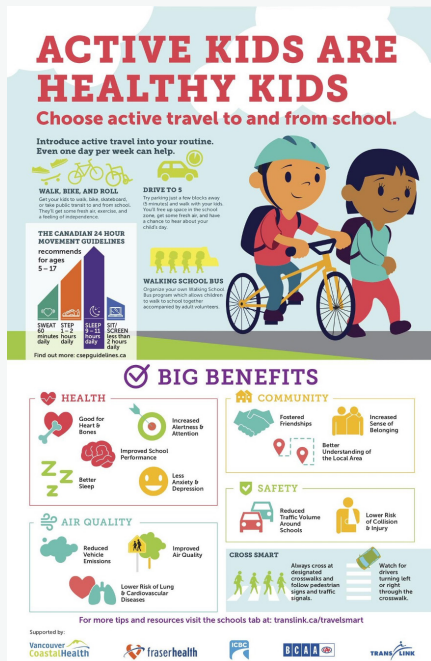
HEALTHY  
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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## Springing into Action

If you haven't already, it's definitely time to bust out your bikes for a spin – and maybe a ride to school, where possible. The [three steps](#) in this article can help get you off on the right foot (or pedal stroke) and if you're looking at ways on how to help your child learn to ride a bike, this [article](#) and [video series](#) are great! Looking to explore new, safe routes in your neighbourhood? Check out CRD's [digital bike map](#). It shows 58 routes throughout the local



13 municipalities, the Juan de Fuca Electoral Area and 10 First Nations. And don't forget the awesome bike parks in our area – including the new Langford based [Jordie Lunn Bike Park](#) set to open late April, the [BMX track](#) in Colwood and the [Sooke bike park and pump track](#).

## Walking and Rolling to School

Active travel to and from school has tons of benefits for the health of our kids and our planet. If you're looking to help your child get to school more actively, here are some ideas and resources that can help:

- [11 Steps you can make to increase your child's safety walking to school](#)
- [Research shows](#) helmets and other protective equipment are the best way to prevent injuries while riding, whether you're bicycling, scootering, skating or skateboarding. Check [this article](#) out for tips on finding the right helmet for your child.
- Worried about risks? This excellent [podcast](#) can help in understanding that safe risks are a really good thing (and tips for helping ease your worries). "It's never been a safer time to be a child in Canada than it is now" as UBC based Dr. Mariana Brussonni reminds us.



## 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:  
SXÁN, EL – THE BULLHEAD  
MOON Credit to: Claxton,  
E. Senior & Elliot, J. (1993).  
The Saanich Year

## Make Everyday Earth Day

April 22 is the official Earth Day, but we can make change for a brighter future and a restored Earth everyday. Here are [45 Tiny Lifestyle Changes You Can Make Right Now to Help Save the Earth](#) – and support our own health, safety and bank accounts! If growing some of your own food is on your list, check out the videos, courses, supplies and more online [here](#), from Growing Together. And you can't BEET this line up of [helpful books](#) shared by our local library systems!

## Fostering Resilience in Testing Times

The pandemic may be testing the limits of young people's resilience (heck, maybe us adults too!). There are proven strategies that can help children cope, even if you feel you're not coping so well. This [CBC podcast](#) helps break down what parents should - and shouldn't - be doing to foster resilience.

## Supporting Your Teen's Sexual Health

When it comes to teens and their sexual health, it's sometimes hard to know what to say or how to spark conversations in helpful ways. Good news, there are resources that can help you have that conversation – and to keep it going, including a focus on [positive sexuality](#) and choices, as well as preventing negative outcomes such as unintended pregnancy or sexually transmitted infections. These [tips from Island Sexual Health](#) can help – and in case you're wondering, learning more about sex and sexuality from their parents helps teens to make better and safer decisions that will protect their bodies, minds and spirits.



## From our partners

### It's thyme to turnip the beet on planting seeds!

Buy seeds and support SD62 school gardens. Find out more by emailing [mkemshaw@sd62.bc.ca](mailto:mkemshaw@sd62.bc.ca)

more help, check out [this list](#) of resources.

### UBC and BC Children's Hospital

Feeling low, stressed or anxious? [BounceBack](#) is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

### Looking for parenting advice?

Being a parent of a young person with substance use challenges is hard. What do I do? What can I say? How can I make them stop? These are all things that many parents ask themselves. This [facilitated discussion](#), hosted by FamilySmart shares some practical ways to move through the challenges. Looking for

### 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)