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FAMILY-FOCUSED MONTHLY NEWSLETTER

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Summer of Play

As this [article](#) reminds us, "Play, already recognized before the pandemic for its holistic benefits for all ages, might be the single-dose prescription for restoring and protecting children's emotional and physical health". Here are some ideas to help you and your family enjoy a summer of play as we make our way through what might feel like the pandemic home stretch!

Search out some Little Free Libraries (over 400 in the CRD) – here's a [map](#) that can help.

Up, up and away. Go fly a kite! Here's a [short video](#) on how to do just that.

Make a cake. Baking together makes for quality time, and delicious goodies, like [these!](#)

Marvel at the night sky. Star gazing apps abound, check out some great ones [here](#).



Explore [local farmer's markets](#) and taste the goodness.

Relax. Here's a great [list of ideas](#) for kids of all ages to enjoy chilling out to.

Outdoor play offers tons of [benefits](#) and limitless fun. Check this [page](#) for how you can help.

Frequent our amazing libraries. They've prepped this [list](#) of just some of what's available.

Picnics in parks (or wherever!) make for great memories. Check out this [list](#) for some spots.

Laugh out loud. Challenge your family to finding – or making – some funny videos.

Active living makes for fun and fitness. Check out these [great ideas](#) to get moving.

You're only young once – and you're never too old to play! Check out this [BINGO card](#) for more fun ideas.



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.



CENTEKI - THE SOCKEYE MOON Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Helping Kids Cope with Disappointment

While optimism is in the air when it comes to COVID and its various restrictions, this can still be a tough time for many, including students who've missed out on some milestone events. So, what can you do to help your children deal with their disappointment? How can you turn these situations into learning experiences that help foster resilience so that your children are better able to cope with life's challenges? [This article](#) provides a lot of helpful, evidence-backed, practical tips specific to the times we're living in.

You're not alone

We can all use a bit of help now and then. This [list of community services](#) can help and covers a full range, including mental health, health care, financial help and more! Looking for some help on the grocery front? Check out this list of [local food providers](#).

National Indigenous Day, June 21

Once again our district is joining forces to celebrate this special day. Stay tuned to this [link](#) and check out this [site](#) to learn more about this important day. In the meantime, check out this [site](#) where you can learn more and join in the celebration of Summer Solstice.

Image credit: Government of Canada
<https://www.rcaanc-cirnac.gc.ca/eng/1100100013248/1534872397533>



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

Learning through Loss offers one on one and small group counselling for youth and young adults. Examples of some reasons for referral include death or loss of a family member, friend or pet; illness; divorce; moving to a new home or community; abuse; struggling with the uncertainty and changes due to the pandemic.

Foundry BC has created an app, designed for youth, by youth aged 12-24 and their caregivers. Use the app to drop-in or schedule a virtual counselling appointment, find peer support, join a youth group or caregiver group or browse our library of tools and resources.

Summer Reading Clubs are hosted by our local libraries and are a great way to encourage reading in children up to 12 (for more see www.gvpl.ca or www.virl.bc.ca).

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