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SOOKE
SCHOOLS 62
Shaping Tomorrow Today

HEALTHY
SCHOOLS

HEALTHY
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Welcome to a New School Year!

It's an exciting time of the year and perhaps a bit nerve racking (for you and your child). The start of a new school year is a special time and that is definitely the case this year. While health and safety are always top priorities for our school district, here's a few things we can all do for a healthy, successful school year:

GET ENOUGH ZS To be at their best, children and youth need 9-11 hours a night. Check out [these tips](#) for helping you and your child enjoy a healthy sleep routine.

HEALTHY EATING Fueled by nutritious meals and snacks, we can all also cope more easily with stress, better manage emotions, improve sleep habits and be ready to learn. This BC [resource](#) is packed full of helpful tips from [kid-friendly, stress free meals](#) to addressing some [common challenges](#) like picky eaters.



BETTER TOGETHER While life's busy, it's important to make time for family time. Family meals can be a good time (and here's [some ideas](#) that can help) – so too can watching a flick together.

MINDFUL MEDIA TIME Screen time isn't all bad but managing it can be challenging, especially with kids. Here are some [tips and scripts](#) that can help.

KEEP ACTIVE Physical activity is key to helping us all be on top of our game.

[Active for Life](#) has loads of ideas and tips to help – including [this piece](#) geared to those with kids who are less in to getting active. If getting to school actively is an option for your child, go for it! Rolling and walking to school has tons of [benefits](#).

DEALING WITH COVID In this ever-changing situation, the Sooke School District is committed to providing you with as much clarity as we can. For the latest information and resources to support you and your family, visit www.sd62.bc.ca/covid-19



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.



CENQLEW – THE DOG
SALMON RETURN TO EARTH
CENQLEW Credit to:
Claxton, E. Senior & Elliot, J.
(1993). *The Saanich Year*

Back to School Butterflies

The start of a new school year is exciting – and it can also cause some jitters and worries in many of us.

Here are some [tips and resources](#) that you might find helpful in helping your child navigate this return to school. What matters most? Taking the time to connect with your child - the [conversation starters in this resource](#) can help.

Lunchtime Love

Back to school lunch prep might make some of us lose our appetites. Thankfully there's no shortage of ideas for healthy, affordable, easy options that actually will get eaten. Here's a couple of our favourite go-to sites for ideas:

- [Back to school survival guide for lunches and dinner](#)
- [Lunches to go](#)



From our partners

Our local recreation centres

Offer tons of affordable and fun-filled programs. Check out what SEAPARC has lined up [here](#) or go [here](#) for West Shore Parks & Recreation's offerings.

KidSport

Generously provided funds to help all of our schools buy more physical activity equipment. They're also eager to help support families to help get and keep more kids active. Find out more [here](#).

Island Health Wellness Centres

At Belmont, Royal Bay & EMCS: All Sooke and West Shore youth aged 25 years and younger are welcome. Services provided include mental,

sexual, and physical health, including STI testing, birth control, prescriptions, referrals, and more. Click [here](#) for more.

Looking for mental health help?

In supporting your family's mental health? The [Kelty Mental Health Resource Centre](#) helps families across BC navigate the mental health system, connect with peer support, and access resources and tools to support well-being.

Island Parent Magazine

The current issue of [Island Parent magazine](#) is jam-packed with helpful tips for you and your family.

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



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VERSION
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bit.ly/3i2rvWq