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SOOKE
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Shaping Tomorrow Today

HEALTHY
SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

OCTOBER 2021 | ISSUE 31

Giving Thanks

Did you know that taking time to reflect and give thanks is good for one's body, brain and community. Researchers have identified four parts that make up the gratitude experience:

- What we **NOTICE** in our lives for which we can be grateful
- How we **THINK** about why we have been given those things
- How we **FEEL** about the things we have been given
- What we **DO** to express appreciation in turn

Take a look at this family-friendly [activity](#) for helping your child develop an attitude of gratitude and skills that can help.

Calling all Youth (Ages 11-16)

If you were given \$500 to make an impact on youth in your community, what would you do? United Way wants to hear from you on ways to improve your community to benefit young people. If your idea is chosen, you will be awarded \$500 to help make it a reality. All ideas are welcome! Youth are encouraged to team up with friends, teachers and/or family members to let the brainstorming begin. Online submissions are due by **Dec. 3, 2021**. See [here](#) for more about this amazing opportunity. **BONUS:** Evidence shows that helping others can have a positive effect on one's own health and well-being.

YOUTH IN ACTION

IF YOU WERE GIVEN \$500
TO MAKE AN IMPACT ON YOUTH
IN YOUR COMMUNITY,
WHAT WOULD YOU DO?



UNITED WAY WANTS TO
BRING YOUR IDEAS TO LIFE
MORE INFO



BROUGHT TO YOU BY:



POSTER BY AMANDA RUSSELL



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.



**PEKELAN-NEW-MOON THAT
TURNS THE LEAVES WHITE**
Credit to: Claxton, E. Senior
& Elliot, J. (1993).
The Saanich Year

Walking and Wheeling for Good Health

Kids these days are not getting enough physical activity to be healthy. One of the easiest ways for children and youth get at least 60 minutes of daily physical activity is to walk or wheel more often to the places they need to go—like school or a friend's house. It helps instill a love of being active, is great for the environment and supports their physical and mental health. Check out these [resources](#) for helping your child get rolling – and walking.



Separating Facts from Fiction

Looking for ways to help your child develop the [media literacy](#) they need to survive and thrive in our online world? Games

are an interactive way to start a conversation on media issues at home and sharpen your media and digital literacy skills as a family. MediaSmarts.ca has a great series of games and ideas [here](#) in addition to other [helpful information and practical tips](#) for parents and trusted adults to support the young people in your lives through digital issues like cyberbullying, online privacy and more.

Talking about Sexting (and Sex)

According to a recent survey, 56% of kids (between ages of 12-18) reported sending sexts to a partner at least once since the pandemic. Yet, 49% of parents have never talked with their kids about sexting and the associated risks. We get it – it's not always easy to talk about sex with your kids, let alone sexting. The key is to start and keep the conversation going. Here's a few resources that can help: [How to talk with your kids about sexting webinar](#) and a related [tip sheet](#). [How to talk to your kids about sex: an age-to-age guide](#). Island Sexual Health has a great range of [tips for parents](#).



From our partners

Parenting Without Power Struggles

Daytime group for parents/carers - from 12-1:30 PM beginning October 6th-Dec 8th. For more click [here](#).

October 22 Pro D Fun

Check out SEAPARC & West Shore Parks and Recreation sites for special drop-in sessions. Boys and Girls Club is offering a one-day camp at their Colwood location. For more contact jhall@bgcvc.org.

Back to School: How to Promote Resilience and Set Your Kids Up for Success

Webinar. Check out the recording and find helpful resources [here](#).

Diversity is a Strength!

And on that note, our local libraries have teamed up again to produce [this booklist](#) that helps celebrate differences.

Generation Health

A FREE family-based 10-week program to inspire healthier BC families. Learn how families with children ages 8-12 can make small changes to feel better inside and out, and have fun doing it! Begins Wednesdays from 6:00 - 8:00pm, Oct. 6. Call/email to register 1-888-650-3141 or info@generationhealth.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