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FAMILY - FOCUSED MONTHLY NEWSLETTER

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A day to remember

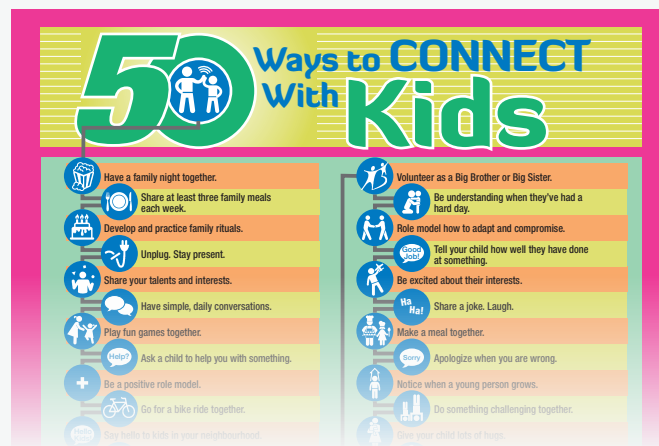
On November 11th at 11 a.m. many Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. While Remembrance Day services may look different this year, they're certainly no less important. However you choose to reflect and honour, [these books](#), all available at local branches, might help spark conversations with your child. Doing one's part to help make positive change in our community is another way to honour and build upon the service of others. This [list of books](#) is full of inspiring ways to be a change maker and to spread a little kindness.

Setting Limits

Boundaries - or limits - help kids to feel safe and secure, by knowing - clearly - what is expected of them. They also help kids to grow up to be kind, respectful individuals who are capable of forging good relationships with others. A challenge we all face at times is setting - and sticking with them. This [helpful article](#) from a local parent educator, provides some great guidance; a focus on [empathy and self awareness](#) can help.

Youth and Vaping

In a recent [BC youth survey](#) on vaping, young people shared that they'd like to learn more about vaping, how they could quit if they are vaping, and the reasons why youth vape. They also shared that, contrary to what some might think, their parents are a helpful source of information. On that note, here are some resources you might find useful in educating yourself and in talking with your kids (keeping in mind that [connecting](#) and [listening](#) is way more helpful than lecturing!) about vaping. [Tips on talking with youth about vaping Resources to support youth to reduce or quit vaping.](#)



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.



WESELÁNEW - MOON OF THE
SHAKER LEAVES Credit to:
Claxton, E. Senior & Elliot, J.
(1993). *The Saanich Year*

Making the most of the shorter, darker days

This time of year, the days are short, the nights are long, the sunlight is fleeting, and for many of us, including our kids, our moods can take a hit. Scientists and mental health professionals alike share that getting daily doses of physical activity is not only good for our heart and our overall health, also releases endorphins that can boost mood and energy levels. Looking for tips for you and your family to get more active? [ParticipACTION](#) and [Active for Life](#) have tons to share.

Money Matters

Helping your child learn how to manage their money can begin early and can help them move into early adulthood with a better understanding of how to manage their personal finances and avoid a lifetime of debt. Check out this Government of Canada [site](#) for some practical tips and strategies you can bank on for helping your child, whatever their age, learn to manage their money.

Talking about Residential Schools

With the passing of the first National Day of Truth and Reconciliation, you might be wondering about how else you can support your learning and that of your children, on our shared journey of truth and reconciliation. Monique Gray Smith, a local author created this short [video](#) that shares ideas and resources that can help you and your family.

Coming soon! 10,000 Tonight

This amazing SD62 food-raiser is coming back soon! Stay tuned and get ready to help fill the shelves of [Goldstream](#) and [Sooke](#) food banks!

From our partners

Calling all youth (11-16 yrs)

Have an idea to make our community even better for youth? Check out www.uwsvi.ca/youthinaction and apply for a 500.00 grant to make it happen.

Westshore Parks & Recreation

[Winter registration](#) for programs will be taking place from 6 a.m., Dec. 9th. [SEAPARC](#) has lots of fun to offer – including for the November 19th Pro-D Day.

FamilySmart

Featuring a video series called “Beyond Behaviours: When Is It More? Sessions

specific to age ranges from 4-13+ year-olds. Access these helpful videos from this [page](#).

Boys and Girls Club (Now BGCSVI)

Has space in their evening parenting programs. For more go [here](#).

The Drug Cocktails Website

[BC Children's Hospital](#) is the go-to, trustworthy website for youth and professionals to 'get the facts' about the risks of mixing prescription medications, alcohol and other substances.



YOUTH IN ACTION

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

Places for youth to connect
Gather ideas from youth
Help others and our environment
Action art projects

UNITED WAY WANTS TO
BRING YOUR IDEAS TO LIFE
MORE INFO

QR CODE

BROUGHT TO YOU BY:

United Way Southern Vancouver Island

YOUTH IN ACTION

HEALTHY SCHOOLS HEALTHY PEOPLE

POSTER BY AMANDA RUSSELL

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