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WELCOME BACK



HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Sleep Matters ... a lot

Researchers remind us, sleep is critical for physical and mental health, but many children and youth just don't get enough (for more on that and how many hours of sleep are recommended check [this](#) out). Lack of sleep can cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health. Trouble sleeping can also be a symptom of physical or mental health problems (for kids and the rest of us!).

KELTY MENTAL HEALTH RESOURCE CENTRE OFFERS SOME TIPS FOR HELPING YOU AND YOURS GET A GOOD NIGHT'S SLEEP:

- **Shift into family wind down mode before bedtime.** Sleep is more inviting when everyone slows down before bedtime.
- **Power down devices early in the evening.** Try having the whole family [avoid screen time 1-2 hours before bedtime](#). Even a little screen time before bed, like a quick check on social media, can disrupt sleep.
- **Routines help.** Plan quiet, soothing activities as part of the [bedtime routine](#), such as reading a book, listening to soft music, colouring, or writing down thoughts.
- **Make sleep a family priority.** Set [regular go-to-bed](#)

[and wake-up times](#) and be sure to follow them, even on weekends when wakeups should be within an hour or so of the usual time.

- **Help to reduce stress and worries.** If your child takes their worries to bed with them, have them write them down in a book or on the [Stress in My Day](#) activity sheet. Younger children can put their worries away in a [Worry Box](#).
- **Set up the bedroom for better sleeps.** Make sure the [bedroom](#) is as dark, cool and as quiet as possible (and screen-free which for some can be a challenge. The [list of ideas in this article](#) can help.)
- **Active kids sleep better.** Helping your child get a [daily dose](#) of activity has a multitude of benefits – including better sleeps.

A FEW OTHER SUGGESTED RESOURCES:

- [Tackling sleep challenges](#) includes tips and recommendations when to seek more help.
- ["Sleep for Children and Youth"](#) fact sheet is packed with more helpful tips – and reminds us that sometimes the best way to help get a good night's rest is connection time with a loved one during the day.



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.



NINENE – MOON OF THE CHILD Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

National Non-Smoking Week Jan 16-22

While we've all been understandably focused on other health concerns like COVID, a [report](#) about youth vaping during COVID reminds us that if we're not talking with our kids about smoking, vaping or other substance use, we should be. For those who do smoke or vape, there are lots of resources and strategies to help people quit. Check out [Quit Now BC](#) to learn more. And while smoking and vaping is most definitely harmful to one's health, for thousands of years, natural tobacco has been an integral part of Aboriginal culture in many parts of British Columbia and Canada. Used in ritual, ceremony and prayer, tobacco was considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great [respect](#).

Let's Talk about Mental Health

While January 28th is Bell Let's Talk day, any day is a good day to talk about mental health (and especially during the tough slog we're doing with COVID). Across the district we're working to build the mental health literacy of staff and students. Here's

a few resources you might find helpful in talking about mental health with those you love.

- [Mental health literacy tips and resources during Covid](#)
- [Kelty Mental Health Resource Centre](#) helps people navigate the mental health system, connect with peer support and access resources and tools to support mental health
- [Foundry](#) shares these [tips for talking about mental health](#) with your young person



LIVING LIFE TO THE FULL
for youth

YOUR MENTAL HEALTH MATTERS

8 fun, friendly sessions

In eight enjoyable 90-minute sessions — one per week — this program helps people make a difference to their lives. Participants are taught how to deal with their feelings when fed up, worried or hopeless, and learn skills to help them tackle life's problems.

1 why do I feel so bad?

Want to know what makes you tick? This session helps you understand how your responses to outside events can affect your thoughts and feelings.

2 I can't be bothered doing anything

We've all said this to ourselves when feeling down. This session helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

The Canadian Mental Health Association, BC Division holds the exclusive Canadian license to Living Life to the Full.



Association canadienne pour la santé mentale
Colombie-Britannique
La santé mentale pour tous

From our partners

Island Health Youth Health Clinics

Operate at Belmont, Royal Bay, EMCS and Westshore-Colwood & are open to all youth 12-25. For more info or to book an appointment, call 250-519-3580

Westshore Parks & Recreation

In partnership with CO-OP Peninsula is hosting Friday Night Youth Drop-in. For \$2 youth can enjoy supervised fun from 6-9pm at the JDF Rec Centre. Activities include a youth swim, access to the Indoor Sports Centre and new Youth Room. Click [here](#) for more info.

SEAPARC's Late Night Teen Swim

Last Friday of every month 8:30-10pm, 12-18 Years, \$2 admission. Advanced reservation recommended



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