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FAMILY - FOCUSED MONTHLY NEWSLETTER

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Mental Health Matters

Positive mental health and well-being is a resource for everyday living, just like our physical health. Whatever our

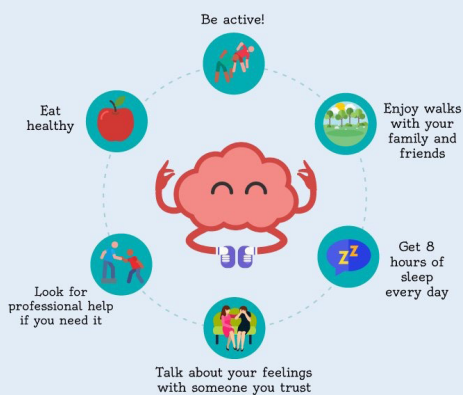
age, having good mental health allows us to stay balanced, enjoy life, cope with stress, and bounce back from major setbacks. Looking for some evidence-backed tips and resources for helping support the mental health

What's good for the brain is good for the body (and vice versa)!

It's probably not a surprise to you that healthy "basics", like the following, are important for one's mental *and* physical health: [physical activity](#), getting [enough sleep](#), [healthy eating](#), quality [connection time](#), [managing stress](#), and getting some [nature time](#). The bonus: what's good for one's health is also key for life-long learning!

May 7th is [National Child and Youth Mental Health Day](#). The day, part of [Canadian Mental Health Week](#), is about having caring conversations and making connections between children, youth and caring adults in their lives. Caring connections enhance the mental health of children and youth and is part of their overall health. [FamilySmart®](#) reminds us how we can [Be That Caring Adult](#) and their "[in the know](#)" series provides expert speakers on topics important to families and/or those working to support the mental health of children and youth. For more, contact lisa.tate@familysmart.ca.

Tips for a good mental health



of your family members? These BC organizations have the latest and greatest – and are eager to lend a hand.

- [BC Partners for Mental Health and Addictions](#)
- [Canadian Mental Health Association \(BC Division\)](#)
- [Foundry](#)
- [Kelty Mental Health Resource centre](#)

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.



Looking for help?

We all go through challenges -- some you can see, most you can't. Here's some 'go to' resources that might be helpful for you and yours:

- Island Health and its Healthy Schools team are a great 'go to' source locally. Call 250-519-3580 and read more about their SD62 Wellness centres [here](#).
- Keltymentalhealth.ca helps families across the province navigate the mental health system, listen and offer peer support, and connect them to resources and tools.
- bc211.ca is an organization that specializes in providing information and referrals regarding community and government health and social services in BC
- [Confident parents Thriving kids](#) program help parents support their children aged 3-12 to manage either anxiety or behaviour challenges.
- <https://kidshelpphone.ca> connects with 1000s of Canadian kids each year over the phone, live chat, text or through their online resources that cover a wide range of topics.
- Your child's school counsellor(s) can also be a source of help.

Immunization Catch-up Clinics

Public Health has started offering the catch-up immunization program to protect against measles for children in Kindergarten to Grade 12. Please watch for more information coming home this month via your child's school. Visit www.islandhealth.ca/health-alerts for updates.



Coming Soon

10th Annual Free Family Sport and Recreation Festival at PISE

Saturday, May 4th. <https://www.pise.ca/family-sport-rec-festival/>

Teen Vaping: Get the Facts at Royal Bay Secondary

Tuesday, May 7th 6:30-8:30. [Here's a handout on this topic](#), in case you can't make it.

PLAYshop at Ecole Poirier

Tuesday, May 14th 6:30-8:00. A free, fun, active evening full of tips to help parents help their kids develop fundamental movement skills and a love of physical activity. Children welcomed!

Summer Inclusion Service Support Application online now

This service matches your child/youth with a disability with a free 1:1 assistant (Inclusion Facilitator) to support them in 1 week of a generic community-based camp of your choice. <https://tinyurl.com/yyqcqw3d>

KidSport Greater Victoria

Exists to remove the financial barriers that sometimes keep kids from taking part in organized sport. Apply anytime! <http://www.kidsportvictoria.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! Cindy Andrew, Healthy Schools Lead, candrew@sd62.bc.ca



READ THE ENHANCED VERSION ONLINE →

bit.ly/sd62healthyschools