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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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### Eat Well, Live Well

March is [Nutrition Month](#) across Canada so we've put together a few ideas and resources for delicious, nutritious and fun ways to celebrate one of life's joys.

- Cooking with your kids can be a ton of fun and helps them learn important life skills. Try these [kid friendly awarding winning recipes](#) – and some great skill building videos to help.
- Healthy eating – and healthy relationships with food – are key to good health, including mental health. Check out this [page](#) for helping your family promote healthy eating and a healthy body image.
- The First Nations Health Authority has prepared this [resource about traditional foods](#). Take a look and be inspired – including by this [Food is Medicine](#) video from [ISPARC](#).
- Dietitians of Canada have shared some delicious recipes [here](#).
- Grocery prices keep going on. Here's a list of [local resources](#) to help ensure no one goes hungry.

- Looking for some help in addressing diet related questions? You can [dial a dietitian](#) or email a [HealthLinkBC Dietitian](#) for free helpful advice.

### Super fun (and affordable!) Spring Break

No need to break the bank to have a great Spring break. Here's some fun and affordable ideas:

- Libraries have [books full of fun](#) ideas and so much more! Check out your local branch for cool things like scavenger hunts, story walks, make-and-take kits, virtual programs, movies and more!
- Plant a seed and start [Growing Together](#).
- Get outside and play or take a hike. CRD has tons of [maps](#) that help.
- Check out our local recreation centres [SEAPARC](#) and [West Shore Parks and Recreation](#)
- Looking for more ideas, [Island Parent](#) and this [article](#) have tons more ideas.



### 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.



COAST SALISH MOON:  
PEXSISEN – Moon of the Opening Hands the Blossoming out. Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

## Sexual Orientation and Gender Identity

Inclusive learning environments—including sexual orientation and gender identify (SOGI) and LGBTQ+ signage, word choices, and extra-curricular opportunities—help to create a positive and welcoming space for all learners in our schools. Since we all have a sexual orientation and gender identity, it includes all of us. Everyone understands and expresses their gender differently, with interests and choices that are common or less common for their biological sex. Some young people may be unsure of their sexual orientation or gender identity. Others may identify as lesbian, gay, straight, bisexual, transgender, queer, two-spirit, cisgender, or other (for more on LGBTQ terminology check out this [resource](#)).

You've likely noticed that SOGI is one of many topics about diversity discussed regularly in schools, SOGI inclusive education simply means speaking about SOGI in a way that ensures every student feels like they belong.

We all want our children and students to love themselves and thrive within their schools and communities. At home, you can be curious and learn about SOGI topics with your

child. You can open up the conversation and keep it open, by allowing them to question, express, and explore their individuality as they wish, and by inviting them to talk openly about their experiences at school. In addition, you can share the values of acceptance and respecting people's differences through your own actions among friends and neighbours, so that your child learns from your example and takes those lessons back to school. Curious to learn more? Here's a few resources that might help:

- This [brochure](#) and these [videos](#) provides, at a glance, SOGI 123 efforts in schools. Short videos are also available [here](#).
- [Island Sexual Health](#) shares some helpful tips on taking with your child or teen and other helpful resources.



## From our partners

### ADHD – The Real Deal

Hosted by FamilySmart  
ADHD – The Real Deal, a video presentation will dispel the many myths surrounding ADHD, and provide up to date scientific facts about cause, prevalence, diagnosis and treatment. Register [here](#).

### Nature Camp

EMCS Society is offering a nature camp during spring break and bursaries are available to help with the cost. Details [here](#).

### Let's Talk Colwood

City of Colwood community survey on climate change – have your say at [www.LetsTalkColwood.ca/LCR](http://www.LetsTalkColwood.ca/LCR)

### Lightning Fast Swim Series

Pacific Coast Swimming is offering the Lightning Fast Swim Series now at SEAPARC in Sooke! Check out their [website](#) for program information and to register.

### 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](mailto:vrwhite@sd62.bc.ca)

