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FAMILY - FOCUSED MONTHLY NEWSLETTER

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10 000 Tonight Campaign

While it might look different this year, [EMCS](#), [Royal Bay](#) and [Belmont Secondary](#) schools are once again doing their part to help fill the shelves of our local food banks. Check the schools' websites for more info or to donate.

The Gifts of Life's Little Things

Life's busy – add in ongoing concerns about COVID, climate change and all - it can be downright distressing at times. With shorter days and a break on the horizon, it's a good time to slow down, catch your breath and celebrate the life's little things, like the gifts of:

- **A FRIENDLY HELLO** (believe it or not, it boosts one's mental health and happiness when we connect with each other)
- **NATURE...** it calms, energizes and provides a perfect place for some family time. Check out this [list of some great parks and trails](#) to explore and this list of fun nature [based games to play](#)
- **A GOOD BOOK** for you and to share with your family. Our local libraries have gifted us with this great [list](#) of inspiring books and other items they have on loan
- **SOME DOWNTIME** to relax, restore, connect and maybe have some fun with a family games night (here's a great [list of suggested games](#) for kids of all ages)
- **COLLABORATIVE KITCHEN TIME** – a great way to share the load, catch up with each other – and build vital life skills. Check out this site for [age-appropriate tips](#) and tasty ideas.

5 WAYS THAT HUMAN CONNECTION BENEFITS US.

- 1 MAKES US HAPPIER**
The Harvard Study of Adult Development, an 80 year study, has shown that our relationships and how happy we are in them, has a powerful influence on our health.
- 2 STRENGTHENS RESILIENCE**
We are all going to go through challenges in life, whether personal or part of a global pandemic. Research suggests that positive relationships and supportive environments have an important role to play in strengthening our resilience.
- 3 MAKES US HEALTHIER**
Social connection is related to our social health, which is one component of our mental and physical health. From heart disease, to diabetes, to dementia, to suicide and more. Staying socially connected is an important part of staying healthy.
- 4 HELPS FIND SOLUTIONS**
Two heads are better than one the old saying goes...and it's true. Not only does speaking with others get us out of our own head, it can help us brainstorm ideas on how we can overcome the challenges that we may be facing.
- 5 BUILDS EMPATHY AND COMPASSION FOR OTHERS**
When we spend time with others, we build the opportunity to better understand them and the struggles they may be facing. This understanding can lead us to more empathy and compassion and recognizing the role we can play in connecting and supporting.

GENWELLPROJECT.ORG

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Human Connection Independent



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.



SIS,ET – THE ELDER MOON
Credit to: Claxton, E. Senior & Elliot, J. (1993).
The Saanich Year

Healthy Relationships

Does your tween or teen know what a healthy relationship looks like? Here's a helpful list for starting a conversation about these traits and what they value in a relationship.

Healthy Relationship Traits

- People feel safe to share feelings and needs
- Each person shows respect when listening to the other
- Each person has equal say in the relationship
- There is respect for physical, emotional and sexual boundaries
- Both people can be honest about how they feel about sexual activity
- Spending time alone is a healthy part of the relationship
- Partners take time to care for themselves
- There are no put downs, name calling or harsh criticism
- There is no physical violence or threat of violence



PrevNet, Canada's leader on youth relationships and violence prevention, also has these [tips and resources](#) that can help youth build their healthy relationship related skills.

Stressed out?

While some stress is a good thing for us all, too much for too long can take a toll. If you're looking for ways to help you and/or your child manage the stress, check out this helpful selection of [tips and FAQs](#) from BC's Kelty Mental Health Resource Centre.

A little help can go a long way

Raising a child is one of life's most rewarding and at times challenging experiences (and that's before a global pandemic arrived!). As the proverb suggests "it takes a village to raise a child" so if you're looking for a little help, reach out. Here's a [list](#) that includes a ton of organizations geared to supporting you and your family and [this list](#) includes those providing food and gift related hampers. We are in this together!



From our partners

Parenting tweens and/or tweens?

BGCSVI (formerly Boys and Girls Club) offer daytime and evening groups available for parents, all online. For more visit <https://bgcsvi.org/programs/parenting/>

to youth over 16 and not in school. Click [here](#) for more. Looking for other youth employment resources, here's a new comprehensive [youth employment resource guide](#) that can help.

Family Fun

Looking for some family fun and free (or close to it!) ideas for the winter break? Check out your local recreation centres, libraries, festive lights (watch for a CRD wide map of the best lights!) including the Dec. 4 [truck parade and food drive](#).

Parents Like Us

A new resource from Foundry Victoria for parents/caregivers of youth experiencing substance use related challenges. [Online here](#).

Worklink

Offering free employment services



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