

WHAT'S INSIDE

Hold on to your Kids

Better Together

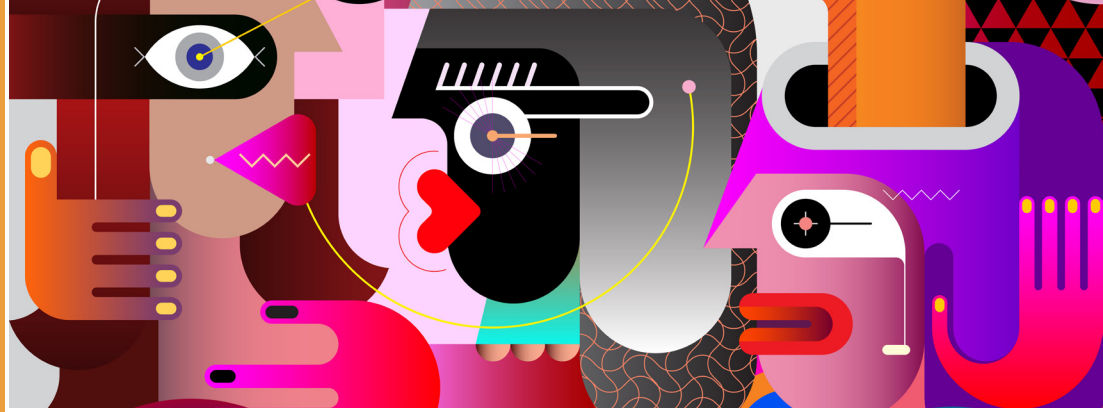
Free Summertime
Family Fun

National Indigenous
Day, June 21

Ride On!

Risk and Rewards

From our Partners



HEALTHY
SCHOOLS

HEALTHY
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

JUNE 2022 | ISSUE 39

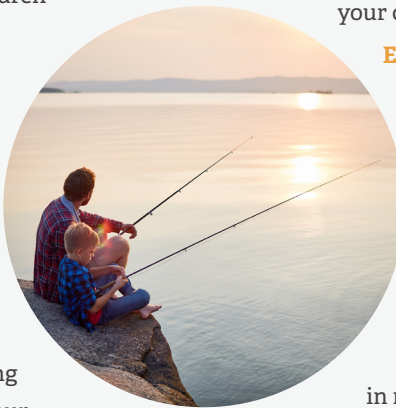
Hold on to your Kids

As local parent educator, Dr. Alison Rees reminds us in this helpful [article](#), "It can be a shock when our children start asserting themselves as they struggle to become independent. A child who was sweet and cooperative one day can suddenly become downright defiant, resistant, and even aggressive the next. And just when we think they have had enough of us, they seek comfort and reassurance."

As a child's independence grows, they still need us and the love and sense of belonging that is so critical for a happy, healthy, flourishing teen. As we head into summer – and perhaps your child into middle or high school – here are a few strategies for helping your developing child thrive.

Keep connected (in a digitally-disconnected way). While it might not feel it at times, our kids need us to be there for them. While they want and need opportunities to become more independent, research reminds us that they still need you, your expectations and supervision.

Keep Communicating. Listening is key to good communication



(as the saying goes, there's a reason we have two ears and just one mouth!). Check out the [12 tips to be a brilliant listener](#) which includes other practical tips for communicating with your child (hint, great for the adults in your life too!).

Encourage self-care. Basics like sufficient sleep, daily physical activity and healthy eating are not only good for one's health (including mental health) – they're important life skills. Foundry BC has a great line up of [youth-friendly tips](#) on all of these skills and more, that can help.

Make the most of learning opportunities. This [article](#) shares some important tips to keep in mind for life's challenging moments and related conversations.

Have fun ... together! See the next page for tons of ideas that are cheap (mostly free!) and cheerful for families.

Better Together

We can all use a bit of help now and then. This [list of local food providers](#) and community services might be of help to you or someone else you care about.



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.



CENFEKI - THE SOCKEYE MOON Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Free Summertime Family Fun

- Local libraries have tons to share – books, magazines, passes to local attractions, and the BC [Summer Reading Club](#)
- Speaking of books - search out some Little Free Libraries across the CRD. Here's a [map](#) that can help.
- Have an adventure. This [calendar](#) features active adventures for families. Activities include outdoor and indoor ideas, small group and individual activities, ideas requiring minimal equipment, and parent-free options to give dad and mom a break.
- Picnic in a park. We're blessed to have a lot of them. Check out this [CRD wide list](#) for some inspiration.
- [Cooking with kids](#) not only helps build bonds, it helps build important life skills.

National Indigenous Day, June 21

Once again our district is partnering with local Nations, Royal Roads University and others to celebrate this special day. Check out this [site](#) to learn more.

Ride On!

Cycling is a great activity for almost all ages with tons of benefits for our bodies, our brains and our environment. Here's a few tips and resources geared to help make the most of one of life's (almost free) pleasures.

- Discover new routes – this CRD wide [bike path map](#) will help and Capital Bike has some great neighbourhood rides
- [Neighbourhood Safety Scavenger Hunt](#) – helps build safety skills and confidence
- Check out local [bike parks in the CRD](#)

Risk and Rewards

Risky play presents unique thrills that are distinct from the excitement of scoring a goal in soccer or hitting a baseball with a bat. It is about [children testing their boundaries](#) and flirting with uncertainty, and they're more capable than we think at identifying their limits and managing the risks.

What's the payoff? Increased physical activity, better social skills, improved resilience, higher self-confidence, and better risk management skills.



From our partners

Parenting Programs

BGC parenting programs include day & evening group sessions for those with youth 13-19 years (ongoing), and one 9-week evening group (July 7th-Sept 1st) for those with youth 9-12 years.

Substance Use: Talking alcohol, vaping & other drugs with your kids

a new podcast hosted by Kelty Mental Health Resource Centre.

Family Smart

Provides emotional support & help

in navigating services for parents & caregivers of a child, youth or young adult with a mental health and/or substance use challenge. Contact our local Parent Peer Support person at Lisa.Tate@familysmart.ca or 1 (855) 887 8004.

\$40 for unlimited youth drop-in

Check out your local recreation centres for fun, free (or close to it) good times – including SEAPARC's Youth Sweat & Splash pass \$40 for unlimited drop-in access to the pool and weight room for the summer.

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

