WHAT'S **INSIDE**

The Joy of Eating (and saving money!)

Super fun (and affordable!) Spring Break

Play is more than fun and games

Getting Enough Zs?

From our partners





MONTHLY NEWSLETTER

The Joy of Eating (and saving money!)

March is Nutrition Month and the Dietitians of Canada are sharing some practical tips and resources for helping us all eat well - and cheaper. Here's a sampling:

- 10 Tips for Meal Planning on a Budget
- Quick and Easy Snack Ideas
- · Say Goodbye to Picky Eating

Four healthy eating strategies shared by the First Nations Health Authority, also offer some helpful guidance that BC First Nations Peoples have long known, when it comes to healthy eating: balance; moderation, close to nature and variety, are important.

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 gvpl.ca or virl.bc.ca for more details!
- Get outside and play or take a hike. CRD has tons of maps that help.
- Get cracking eggs or whatever you want to cook up and build skills. Try these kid friendly awarding winning recipes - and some great skill building videos to help.
- Puzzle it Start with the edges first and together the family can create a masterpiece. Check out more cheap and cheerful ideas here.





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

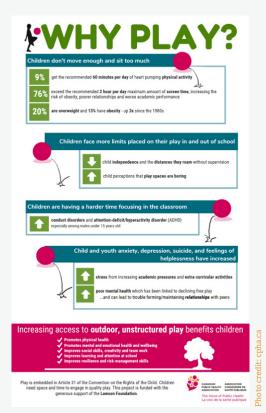
Play is more than fun and games.

Above all, outdoor play - with the risks that come with it - can bring many benefits for children. For example, outdoor play, such as independent exploration, rough-and-tumble play, climbing, chasing, building, and so on, can promote children's social and physical development, emotional well-being, self-confidence, risk management and physical activity. Worrying comes with parenting but evidence reminds us that overprotecting our kids might rob them of exactly what they need. This series of podcasts, featuring a Canadian leader on this topic, reminds us that "popping the bubble wrap" can be a really great thing - and features some practical

strategies on letting go so your kids can grow and flourish. The days are getting longer and warmer – no better time to get outside and play (and that goes for us adults too!). Need more inspiration? "Wild about nature" is the theme for this great line-up of books available from our local libraries.

Getting Enough Zs?

March 17th is World Sleep Day - and just like eating well and exercising, sleep is a behavior that is foundational to one's physical, mental, and social well-being. According to Health Canada, 1 in 4 children are not getting enough sleep. Here are some tips that can help your child get enough Zs – and you too!



From our partners

The Victoria Immigrant and Refugee Centre Society

Provides a range of BC Settlement and Integration Services including free adult English lessons at the JDF library for those who qualify. See their <u>web site</u> for more information.

The Vancouver Island Counseling Centre for Immigrants and Refugees

Have a <u>team of multilingual interpreters and counselors</u>, an community coaches who are fluent in Ukrainian and Russian to help support transition and settlement of new Ukrainian families

Community Partners

With the price of groceries continuing to grow, these <u>community</u> <u>partners</u> are here to help.

Victoria Literacy Connection

Have a <u>variety of free and paid programs</u> available to support your child or youth with reading, writing, math and other school subjects.

Take home Naloxone free training

<u>Is available to all interested</u>. Take the short training course and you can then pick up your free naloxone kit participating sites, including local <u>Health Units</u> and <u>Youth Clinics</u>.

"In The Know" online session

A Conversation for Families About Digital Wellbeing & Mental Health. Various dates available. Registration required: www.familysmart.ca/events



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

