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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Happy, Healthy New Year!

Did you know? You are 10 times more likely to stick to a change made at the start of the new year than at any other time? Curious about the science behind this? Check out [this video](#) to learn more – and if you and/or your family is considering a resolution, science also suggests that it's helpful to identify a SMART (specific, measurable, achievable, relevant and time-bound) goal. This [article](#) walks you through that helpful process.

Eating better and getting more physical activity are definitely on the top 10 resolution lists (and as an added bonus, they can both help lift spirits during the darker days of winter!). Here's our short list of 'go to' Canadian resources for some inspiration and information that can help.

- [Getting Started, with ParticipACTION](#)
- [Recipe for an Active Day from Active for Life](#)
- www.healthlinkbc.ca/healthy-eating shares pretty much everything from soup to nuts – and the provincial 'dial a dietitian' service to address your questions
- www.unlockfood.ca from the Dietitians of Canada has some helpful resources, including addressing the common query about [picky eaters](#)

Ode to Organization

Getting – and staying – organized is a life skill that helps build success in school and life and as an added bonus, helps reduces stress. Looking for strategies that can help you and your child be more organized? Check [this](#) out.

Vaping – what's the harm?

Health professionals remind us that the use of vapes or e-cigarettes may cause health risks and those products have not been evaluated for safety and quality by Health Canada. Curious to learn more or looking for tips on talking about vaping with your child? Check out this [handout](#) shared at the Spencer Middle School-hosted event on this topic in November.



Photo Credit: https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/Parent%20tip%20sheet_web_Final_EN.pdf



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.



SAANICH MOON: NINENE – MOON OF THE CHILD. Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

From First Phones to Online Porn: Answers To Your Screen Time Questions

Helping your children manage their screen use is something many parents wonder and worry about. This [podcast](#) and related article provides practical, research-backed tips that can help. Much like addressing drug use with your kids, “just say no”, simplistic approaches don’t work. What does? Connecting with your kids and ongoing conversations (not just “The Talk”) to help them learn [how to be safe](#) in our digitally connected world.

Planning for the future

Parents are key to helping their children think through options beyond K-12 schooling. Here’s two BC resources that can help.

- [WorkBC Parents’ Guide?](#)
- [Education Planner BC](#)

ANTS in your pants? (make that brain!)

Automatic, negative thoughts (ANTs) can wreak havoc for

all of us, whatever age. [Healthy Thinking in Young Children](#) and [Realistic Thinking for Teens](#) resources from Anxiety Canada might be of use in helping your child learn to navigate through the negative self-talk and ANTs that they might be experiencing.

Wellness Centres at Belmont, Royal Bay & EMCS

All youth aged 25 years and younger are welcome! Health services provided including mental, sexual, and physical health, including STI testing, birth control, prescriptions, referrals, and more. Click [here](#) for more.

Household Safety for Medications

Most people use medications safely and effectively to treat a range of health conditions. Yet most young people who use prescription or over-the-counter medications recreationally get them from home or from friends who got them from home. Follow [these steps](#) to ensure medications in your household are being used, stored and disposed of safely.



Coming Soon

YMCA Mind Fit at the Westhills Y

New session starting January 9th/2020. Offered in partnership with District 62, Mind Fit is an 8-week program for teens ages 13-19 with mild to moderate symptoms of depression and/or anxiety. For more see [here](#).

Parenting in the Know

A popular 10-week program for parents/caregivers of teens, running on the West Shore Monday nights in January 2020. For more info email parentingprograms@bgcvc.org.

Skill and Strength for Girls

(9-15 yrs) at PISE. [Runs Jan 18-March 28th](#). Grants to cover costs available [here](#) or from [KidSport Victoria](#).

Understanding the Disability Tax Credit workshop

January 23 from 2:00-3:00 pm at [WorkLink Employment Society](#).

Vancouver Island Parent Conference

February 29, 2020 at Belmont Secondary School.

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: rumcarthur@sd62.bc.ca & candrew@sd62.bc.ca

