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Shaping Tomorrow Today

HEALTHY
SCHOOLS

HEALTHY
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Happy, Healthy New Year!

You are 10 times more likely to stick to a change made at the start of the new year. What's the science behind this? Have a look at [this video](#). Getting more physically active is a popular resolution; this "[Make your day harder](#)" video might help.

Resilience 101

The "Road of Life" is full of unexpected twists and turns, detours and roadblocks. Resilience is the ability to steer through these obstacles and keep going even when we feel like giving up. Resilience is not something we have or don't have. It's something we work on for our whole lives. Looking for tips to foster resilience in your child? Check out [these resources](#).

Nurture nature time, reduce screen time

Too much time on screens – video games, smartphones, tablets, computers and television – is having a negative impact on children's physical, mental and social health. [These tips](#) and [video](#) can help your child (and you) reconnect with nature and reduce screen time.

Anxious about anxiety?

This [CBC Parents article](#), reminds us that anxiety can be helpful – so too some practical strategies geared to helping your kids learn how to manage it. Here are more [coping skills](#) that might also be helpful – for you and your children.

Risk AND Resilience

Want your kids to be more active, have better social and risk management skills, and improved resilience and self-confidence? Canada's leading expert on risky play, tells us that we should be take every opportunity to [encourage our kids](#) to enjoy self-directed play with risk as an element.



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.

Waste-less School Lunches

Here are some [great ideas](#) for lunches 'on the go' that not only nourish growing minds and bodies, they also help save our planet.

Anger Management

Anger is real and it is powerful—but it needn't be feared, denied, or considered bad. We all feel angry at times, so do our children. *It's what we do with our anger that counts.*

Check out this [video](#) of a father modeling compassion, understanding and strategies to work with anger and have a peek at these [helpful tips](#) from BC's Kelty Mental Health Centre.

10 easy ways to save your money and improve your health

Who wouldn't want to both save money and improve their health? If you're looking for some ways to do so, check out [this article](#) for some quick tips.

Sexts and drugs

[Research](#) suggests that Canadian youth text sexually explicit images more often than you may think. Much like addressing drug use with your kids, "just say no", simplistic approaches don't work. What does? Connecting with your kids, conversations (not just "The Talk") to help them learn [how to be safe](#) in our digitally connected world and learning to how manage their [substance use](#).



Coming Soon

Vancouver Island Parent Conference – Mar. 2, 2019

Putting on world-class parenting conferences for over 10 years, bringing together attendees from across BC. This year's conference theme is "Change: It's Here to Stay". [Learn More](#)

Mind Fit (Ages 13-19)

Learn to incorporate physical activity into a mental wellness plan: 8-session program that uses physical activity and group wellness visits to help teens with low-mood, low energy or stress.

- Westhills YMCA-YWCA, Tuesday(s): 4 - 6 pm Jan 22 – Mar 12
- For more information: mindfit@vancouverisland.ca

Local recreation activity guides are out! Sign up now for Winter/Spring 2019.

[West Shore Parks and Recreation](#) [SEAPARC](#)

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! Cindy Andrew, Healthy Schools Lead, candrew@sd62.bc.ca