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# Good for the body and brain.

#BikeToSchool



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# HEALTHY PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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### Everyday is Earth Day



Little things can make us feel happy, human, connected, creative – and they can have a bigger impact than you might think on the health of our planet. While Earth Day is officially on April 22nd, let's make it everyday. Here are [45 Tiny Lifestyle Changes You Can Make Right Now to Help Save the Earth](#) – and support our own health, safety and bank accounts! Wondering about how to talk with kids about the climate crisis with a focus on action and optimism and less depression? This [comic](#) and the resources it shares can definitely help.

### Lettuce get Growing

Thyme to try growing some food and involving your kids in the process? Check out this helpful [video](#) packed with practical, easy steps for starting small and experiencing success. Want more? [Growing Food Together](#) is a local group offering tips, resources and workshops that can't be beet and of course libraries and garden centres can be a big help too!

### Walk and Wheel to School

Spring has sprung so why not encourage, if feasible, your child to get to school actively. There are [loads of benefits](#) (especially with gas prices!) for your child, our community and the planet. The [Plan your Route Activity](#) from CRD's Ready, Step, Roll program helps you plan, prepare, and practice route planning with your child. It includes tips for finding the most direct, accessible, and safe route for your child to travel to and from school. Worried about risks? This excellent [podcast](#) can help in understanding that safe risks are a really good thing (and tips for helping ease your worries). "It's never been a safer time to be a child in Canada than it is now".



#### 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:  
SXÁN, EL – THE BULLHEAD  
MOON Credit to: Claxton,  
E. Senior & Elliot, J. (1993).  
The Saanich Year

## Take a Bite out of Dental Care

Like many healthy behaviours started early, research shows that children with good oral hygiene have better adult oral health. This [page](#), from the Canadian Dental Association, is packed full of tips for helping your child learn how to look after their pearly whites. Access to basic dental care can be a challenge for many, but good news, basic dental coverage is available for children through The [BC Healthy Kids Program](#). Eligibility criteria for the Healthy Kids Program is based on eligibility for Medical Services Plan (MSP) Supplementary Benefits. Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years.

## Talking about Tough Stuff

There's a lot going on in the world right now and you might be wondering how best to talk about it with your kids. This graphic shares some helpful tips and here's a few others that can help.

- [Nine Tips for Talking to Kids about Trauma](#)
- [Holding Hearts in Times of Conflict: An Age-Based Guide](#)
- [Talking to Children about War](#)

## Ways Caregivers Can Support Children in Response to Troublesome World Events



Photo credit: mentalhealthliteracy.org



## From our partners

### Heart-Mind One

Has tips for "How to talk with kids about stress" is just one of many helpful resources from Heart-Mind Online

### FamilySmart

Is hosting a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health. Check this [site](#) for details.

### Island Health

Is once again offering Generation Health, Healthy Lifestyle Program for Children & Families. This FREE family-based 10-week program is for families whose children are ages 8 to 12. Next session starting April 20th. Program details and registration [here](#).

### BGCSVI (Boys and Girls Club)

Offers a wide range of parenting programs. New sessions beginning in April. Find out more [here](#).



### 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](mailto:vrwhite@sd62.bc.ca)



READ THE ENHANCED VERSION ONLINE

[bit.ly/3i2rvWq](https://bit.ly/3i2rvWq)