



HEALTHY
SCHOOLS

HEALTHY
PEOPLE

PROGRESS UPDATE



Spring 2022

Our Vision

Healthy and thriving children, youth and adults across the District.



Work is guided by the best available evidence

Our Mission

Embed health and well-being into:

- District & school cultures
- priorities
- structures



Build on existing strengths and priorities



Relationships and collaboration are critical to achieve our vision.

Goal 1: Ensure school environments promote & support the health and safety of all learners



Progress highlights

- Gender neutral washrooms review/upgrades in process
- Working with Facilities to enhance outdoor learning opportunities
- New garden at Ruth King; expanding WEX program to BSS
- Increased uptake of active school travel programs and resources; district-municipal partnerships (e.g., grants, built environment; social marketing)
- External funding secured for physical activity promotion including communication boards at all K-5 sites and a new sensory circuit at Sangster
- Youth leadership: MDI rollout out to all gr. 6s; 11 Youth in Action projects underway; substance use and sexual health campaigns with YATs support
- Pilot of targeted student nutrition program with Royal Bay family

G2: Enhance Social emotional development & Physical and Health literacy of students



Progress highlights

- Embedded PD on PE for 50 teachers at 4 schools
- 50 teachers released for EASE, MHL, TIP sessions
- Social Thinking training for Elem SEFs
- Additional PD sessions, co-teaching and coaching
- SEL coaching provided to Wishart, EJSM, Sangster
- Sexual health education capacity building project piloted
- Providing sexual health/healthy relationship sessions with secondary sites
- Inservicing for K-12 counsellors
- Created a monthly planner to support school-based efforts
- ENGAGE site content enhanced
- Partnering with Curriculum Transformation (CT) to bolster PHE and SEL related learning resources
- Expand KITK training to all middle school grades in collaboration with IT and CT

Goal 3: Support the health of all SD62 staff



Progress highlights

- HR/SHS co-hosted district staff well-being committee struck to take action on data-informed efforts
- Staff well-being now a standing item for PVP/Leadership meetings
- Staff well-being related reports shared with all partner groups
- Completed Thought Exchange process with staff on email communication; Board and staff gathering to prioritize next steps
- Site specific Wellness Champs reinstated
- Mental health grants spent on site specific efforts
- Joint training with HR and SHS on mental wellness in the workplace
- Learning sessions for staff on sleep and mental health held and well attended

G4: Support parents/caregivers in their efforts to promote the health and safety of their children

WHAT'S INSIDE

- Everyday is Earth Day
- Lettuce get Growing
- Walk and Wheel
- Take a Bit out of Dental Care
- Talking about Tough Stuff
- From our Partners

Good for the body and brain.
#BikeToSchool
ACTIVE LIFE

HEALTHY SCHOOLS PEOPLE
FAMILY-FOCUSED MONTHLY NEWSLETTER
APRIL 2022 | ISSUE 37

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 [35 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

Thrive 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 beat 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'Souke Nation and Soq'w'w'et Nation and Nuxalk Nation, Pacheedahe Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation.

COAST SALISH MOON:
S'K'AN EL - THE BULLHEAD MOON Credit to: Claxton, E. Sanior & Elia, J. (1993). The Soanish Year

Progress highlights

- Monthly newsletters
- Collaboration with SPEAC (e.g., identification of priority topics, hosting learning sessions, extending sharing of key resources/services)
- Enhanced social media messaging on health-related topics
- Inclusion of health promotion materials in Welcome to Kindergarten kits
- Active school travel media campaign in partnership with WSPR, City of Langford and SEAPARC
- Ongoing commitment to updating key community services listings (posted to website and shared with admin/counsellors/SBSW)

Goal 5: Enhance sufficient and seamless level of health and safety related support and services



Progress highlights

- Enhanced hours of school-based wellness centre at RBSS
- Health and social service related resource lists updated annually and shared with families and staff
- Increased signage including door decals – connecting youth to services
- Participation in region wide service coordination related workgroup to help address key priorities including mental health and substance use services & suicide prevention
- Stewardship of multi-sectoral table that has service coordination and infrastructure as top priorities

Goal 6: Strengthen relationships and coordinated, collaborative actions related to health and well-being across the area we serve

Progress highlights

- Project plan being co-created to address urgent and longterm space related service providers' needs
- Regional mental health promotion/suicide prevention strategy in development
- Funds secured from United Way, local municipalities, Island Health, CMHA-BC and BGC to help support this work
- 11 Youth in Action grants awarded to SD62 young changemakers
- Executive representatives from over 30 organizations help inform and lead the work of The Villiage Initiative -a cross-sectoral network co-stewarded by SD62



YOUTH IN ACTION

IF YOU WERE GIVEN \$500
TO MAKE AN IMPACT ON YOUTH
IN YOUR COMMUNITY,
WHAT WOULD YOU DO?

Places for youth to connect
Gather ideas from youth
Help others and our environment
Activism art projects

UNITED WAY WANTS TO
BRING YOUR IDEAS TO LIFE
MORE INFO



BROUGHT TO YOU BY:

United Way
Southern
Vancouver Island

YOUTH
IN ACTION

HEALTHY
SCHOOLS
HEALTHY
PEOPLE

POSTER BY AMANDA BLISS

The poster features three diverse young people holding signs with their ideas. The background is white with colorful circular accents behind each person. The text is in a mix of bold, sans-serif and smaller, regular fonts. A QR code is located at the bottom center, with a green arrow pointing to it from the text 'MORE INFO'.

For more information:
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