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FAMILY-FOCUSED MONTHLY NEWSLETTER

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Invest in our Planet

Earth Day is an annual global event celebrated April 22 – and hopefully acted on every day. This year's theme is "[Invest in our Planet](#)". Here are some [ideas](#) that can help you and your family invest in our planet. And while young people are change makers and most likely to succeed in improving planetary health – that can add a lot of stress at a time that already can be pretty stressful. Helping your child cope with life's stressors, including climate change related anxieties, can help. Check out this [article](#) for some tips, including "Helping kids find things that they can do to improve the situation is a great way to lower their anxiety."

Hold on to your Kids

As kids grow up it may feel like they need us a lot less – quite the opposite! As teens develop and grow, it's common for them to push boundaries, gain new experiences and explore their independence. Whether you're raising a teen of your own or building a stronger relationship with a young person in your life, this process can feel challenging to navigate. Kids Help Phone shares these [tips](#) for forming healthy relationships with teens and creating supportive spaces to connect.

Nagging Helps No one

The average parent nags 50 plus times a day (we get it, parenting is hard). Local parent educator, Alison Rees, reminds us that nagging – or "Negative Attention Giving" interferes with a person's ability to think for themselves and take their own initiative. She gives these helpful [tips](#) that reduce nagging and help kids build their own initiative and responsibilities.



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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*

Tooth Tips and Dental Care

Starting early with good teeth cleaning habits is important. This [page](#) offers tips and resources for helping your child learn how to look after oral health.

Dental care is also important – and costly. Here in BC, basic dental coverage for eligible families is available for children through [The BC Healthy Kids Program](#) AND the new [Canada Dental Benefit](#) (information on this program is available in multiple languages via this [link](#).) BC-based families can apply for – and combine - both!

TREATS ARE SWEET

...but don't forget to take good care of your teeth!

Cavities (a hole in your tooth!) happen when germs make sticky, slimy stuff called plaque grow in your mouth and eat away at your teeth. These germs can grow from sugar bugs so our friend Mr. Plaque A. Tack has some good advice for you...

Don'ts:

- ✗ Skip the lollipops and chew candies (sweets are treats, not for every day)
- ✗ Stop the pop, energy drinks or sugary juices
- ✗ Don't add extra sugar on top
- ✗ Stay away from sugary cereals

Do's:

- ✓ Drink water
- ✓ Eat healthy snacks like crunchy vegetables, cheese, and plain yogurt
- ✓ Choose sugar-free gum and candy
- ✓ Eat treats only after meals (not in between)
- ✓ Rinse your mouth after snacking

Keep your regular dental appointments and most importantly, don't forget to brush for 2 minutes and floss, 2 times a day, to help keep the sugar bugs away!

DENTAL HYGIENE CANADA.CA Learn more about oral health for better overall health at www.dentalhygiene.ca

Canada Dental Benefit

Smile! It is here.

For kids under 12 years old

For families with an adjusted net income under \$90,000 per year

For those who don't have access to private dental care insurance

Find out more at Canada.ca/dental or 1-800-715-8836

Government of Canada / Gouvernement du Canada

Canada



Screen Use for Children: Tips & Strategies for Parents & Caregivers

Join us for an informative evening with Ulrich Mueller, Professor of Lifespan Development at The University of Victoria and expert in cognition and brain sciences, to learn about the effects of electronic media on children's development.



École Poirier Elementary
Tuesday, April 11, 2023
6 PM - 7 PM
 *Child minding will be provided on-site free of charge

Topics to be covered:

- Ways to support children with the complexities of screen time and digital technology.
- Effects of digital media on children's sleep, cognitive and social-emotional functioning, and mental health.
- Tools to help address concerns around kids' screen time and content.

Scan the QR code or visit the link below to RSVP!
<https://forms.gle/TokPKFeTdPMeYBpN9>



*RSVP is not necessary to attend, but appreciated so that we can provide enough refreshments and treats for all in attendance.
BONUS: All attendees will be entered into our door prize contest!

Brought to you in partnership with the PACs of École Poirier, John Muir, Saseenos, and Sooke Elementary

Everyone is Welcome!

From our partners

Understanding, Supporting and Connecting with Teens with Depression:

Mood roller coasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? Join [FamilySmart](#) for a discussion about understanding how

depression shows up in teens and ways of journeying with them through it. Multiple dates available. Details and registration [here](#).

Parenting programs

Offered by BGC South Vancouver Island are starting up again in April. See this [page](#) for more details.

West Shore Arts Council

Invites students to submit their works of art for an online Virtual Gallery. Details [here](#); deadline is April 30th.

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



READ THE ENHANCED VERSION ONLINE bit.ly/3i2rvWq

