

# WHAT'S INSIDE

Heart Smarts

Small Acts of Kindness

Promoting Positive Body Image

Talking About Substance Use

Help is available!

From our partners



PHOTO CREDIT TO ANASTASIA BURKE, DUNSMUIR MIDDLE SCHOOLS



## HEALTHY SCHOOLS

# HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

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## Heart Smarts

Eight in 10 cases of premature heart disease and stroke cases are preventable through healthy lifestyle behaviours. Great news – healthy behaviours learned early can last a lifetime! Check out this [site](#) for a 30-page eBook that includes 100 ideas for quick and easy changes for you and your family. Looking for health advice? Call 8-1-1 (or 7-1-1 for the deaf and hard of hearing) toll-free. You can speak to a health service navigator who can connect you with registered dietitians and other helpful services. Or check out [HealthLinkBC.ca](#), the Ministry of Health's one-stop shop for health information. Translation services available in 130 languages.

## Small Acts of Kindness

February is a heart-filled month and a great time (when isn't it!?) to make an extra effort to foster kindness in our community. As an added bonus, being kind helps boost one's

health and well-being. Here's some ideas for helping your family create a more kind, caring community. This [Friendly February calendar](#) includes some fun, free and feel-good ideas. On February 22, [Pink Shirt Day](#), let's lift each other up this day, and all year round!



## Promoting Positive Body Image

Studies show that kids as young as age 3 have body image [concerns](#). Those concerns tend to increase sharply — year on year — peaking in adolescence but often cropping up over a lifetime. [Foundry BC](#) shares information, support and resources to help you and your child develop a healthy relationship with your body. [Jessie's Legacy](#) offer a helpful range of

resources including this [fact sheet](#) related to

disordered eating that includes practical tips for helping your child have a healthy relationship with their body.



## 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: WEXWS-MOON OF THE FROG.** Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

## Talking About Substance Use

You may have heard about the BC government moving to decriminalize (not legalize) certain illegal drugs for personal use (for adults 18 years and older). You can read more about that change [here](#). The introduction of this approach might spark some curiosity and conversation in your family about substance use. Parents and caregivers often wonder about the best way to approach talking about substance use. There is no single “right” way to have these conversations. What you say and do is valuable and makes a difference. Check out this [link](#) for some tips and resources you might find useful. “[Substance Use: Talking alcohol, vaping & other drugs with your kids](#)” covers the basics of substance use and staying connected with our kids, and how you can help your child develop the knowledge and skills they need to make decisions about vaping, alcohol and other drugs as they grow.

## Help is available!

Looking for evidence-based, kids health information for diverse families on social media from a network of trusted health

professionals? Check out the variety of channels at this [link](#). Here in SD62, support for newcomers is available through the District’s English Language Learners program – and several community agencies. Check this [page](#) for more information.



Photo credit: Twitter @HispanicKH

— Westshore  
Parks and  
Recreation —

## WEDNESDAY YOUTH NIGHTS

6:30 – 7:30: Youth skate for just \$2  
7:30 – 8:30: Youth Room and Sports  
Floor open with one staff present

### Information:

Wednesdays  
6:30 – 8:30 PM

Juan De Fuca Recreation Centre



For inquiries call (250) 478 8384 or email [reception@wspr.ca](mailto:reception@wspr.ca)

## From our partners

### English Language Learners program

Support for newcomers is available through the District’s English Language Learners program – and several community agencies. Check this [page](#) for more information.

### Parenting Groups

Parenting can be tough work! Check out BGC’s February Parenting Groups, space available. For more information and to register see [here](#).

### Toonie youth drop-in sessions

West Shore Parks and Recreation have

toonie youth drop-in sessions every Wednesday (includes skating) and Friday night (includes pool time). [For more info:](#) 250-478-8384; [reception@wspr.ca](mailto:reception@wspr.ca). They also have new youth programs including fitness, dodgeball and pickleball.

### Drop-in skating for youth

SEAPARC offers [drop-in skating](#) for youth grades 6-12 aged every Friday afternoon 2:30-3:45pm

### Finances a barrier to sport

Are finances a barrier to your child’s return to organized sport in 2023? KidSport may be able to help. Check out [www.kidsportvictoria.ca](http://www.kidsportvictoria.ca).



## 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](http://bit.ly/3i2rvWq)