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HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

JUNE 2023 | ISSUE 49

Fostering Independence in Our Kids

As parents, one of our primary parenting goals is to teach our children to be independent. But it's not always easy for them to become more self-sufficient and responsible—or for parents to let go. Some of this is because our instinct as parents is often to make things easier for them, rescue them from their mistakes, and limit their experiences with struggle or failure. The practical ideas in this [article](#), including letting them learn from mistakes, can help.



Free Summertime Family Fun

- Sooke and West Shore have bike parks, skate parks, beaches, playgrounds, fields for fun and fitness and so much more. Why not build a wish list of places to check out with your kids?
- Local libraries have tons to share – books, magazines, passes to local attractions, and the BC [Summer Reading Club](#)
- Picnic in a park. We're blessed to have a lot of them. Check out this [CRD wide list](#) for some inspiration – or discover a new place to picnic in your neighbourhood.
- [Cooking with kids](#) not only helps build bonds, it helps build important life skills.
- Let them go (within reason of course)! Free, unstructured play is fun and builds resilience and mental health, as identified in this series of helpful [graphics](#).
- Grab your sun hat, festival chair and [City Vibe](#), the City of Victoria's guide to more than 200 free events, summer festivals, arts and cultural activities, museums, galleries and public markets. Closer to home here across the Sooke and West Shore area, there's tons of fun in store. Keep an eye on updates from our local municipalities.

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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.



CENFEKI - THE SOCKEYE MOON Credit to: Claxton, E. Senior & Elliot, J. (1993). *The Saanich Year*

Diversity, Equity and Inclusion

Helping to create a more inclusive community is good for everybody. While organizations are defining their approach to diversity, equity and inclusion (DEI) what does it mean when it comes to raising children? This [article](#) provides practical ideas for helping your family learn and apply the principles of DEI that help create a more welcoming, inclusive community for all. Our local libraries have a great line up of books that can help spark great conversations and learning.

Mental Health Matters

Supporting the mental health of our loved ones can be challenging. This new [brochure](#) provides helpful resources and tools that touch on a wide range of topics. Looking for some helpful advice from others with lived experience? Reach out to [Family Smart](#) which provides emotional support and help in navigating services for parents & caregivers of a child, youth or young adult with a mental health and/or substance use challenge.



National Indigenous History Month

#NIHM2023



National Indigenous Day, June 21

Once again our district is partnering with local Nations, Royal Roads University and others to celebrate this special day. Throughout the month of June Royal Roads University is celebrating First Nations, Inuit and Métis heritage, culture, food and music with online and in-person events and opportunities for learning and connection. Check out this [site](#) to learn more.



From our partners

BGC parenting programs

Are running all summer long for those with [kids ages 9-19](#).

The Ministry of Children and Family Development

Has developed this [resource](#) for youth, caregivers, and care providers, that highlight important topics of mental health.

Community Services

We can all use a bit of help now and then especially given the cost of living. This list of community services might be of help to you or someone else you care about.

Local Recreation Centres for Fun

Check out your local recreation centres for fun, free (or close to it) good times – including SEAPARC's Youth (7-18 yrs) Sweat & Splash pass \$40 for unlimited drop-in access to the pool and weight room for the summer.

SUMMER Reading Blast

5 week/10 session small-group program for Grades 2-4 and Grades 5-8. Both on-line and in person [options available](#).



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