

WHAT'S INSIDE

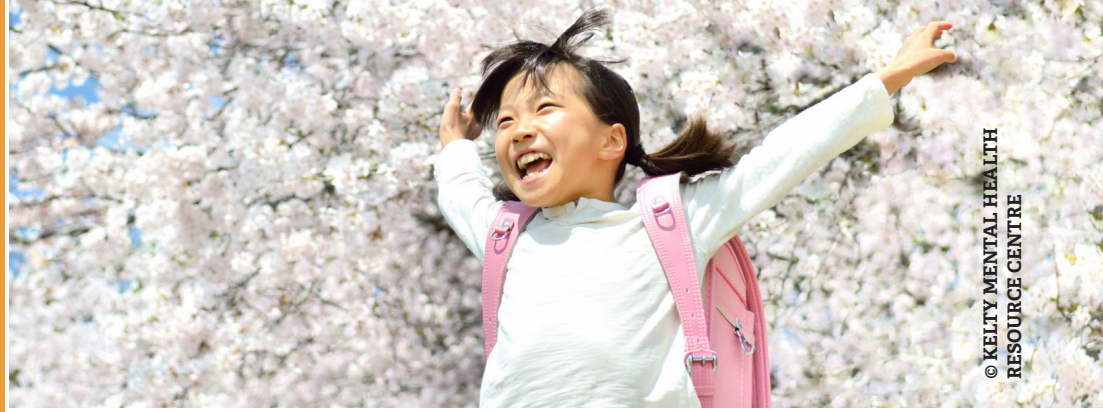
Mental Health Matters

Game on!?

Empower More, Struggle Less

Concerned about vaping?

From our partners



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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

MAY 2023 | ISSUE 48

Mental Health Matters

Just as we take care of our physical health, there are many ways we can help take care of our mental health. Even small changes to our daily lives can have a positive impact on mental health that can last a lifetime. One-third of people in Canada will experience a mental illness or substance use disorder in their lifetime. With the right support, people with mental illnesses or substance use disorders can and do thrive.

These organizations can help:

- [Kelty Mental Health Resource Centre](#) provides tips on the basics for good mental health and answers some common concerns parents might have about their child's mental health, including where to go for help and what to expect.
- This [list](#) includes the many services available on Southern



Vancouver Island that range from immediate crisis support to long-term services and support groups for those directly impacted by mental health and/or substance use issues.

- The Island Health supported Youth Action Team at Belmont Secondary School has launched a [campaign](#) for youth, by youth, to help educate youth about substance use and mental health.

Game on!?

Like helping support our kids to develop the knowledge and skills related to substance use (if and when they choose to partake), there are [some things](#) we can do to help make video gaming a positive part of a child's life including setting up a [family media plan](#) (available in English and Spanish). Media can influence how children and teens feel,

learn, think and behave. This is why it's important to be understand the [risks & benefits](#) of digital media use and how to keep them in balance for your family.



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:
SX'AN, EL - THE BULLHEAD
MOON Credit to: Claxton,
E. Senior & Elliot, J. (1993).
The Saanich Year

RETHINKING POWER NEEDS


@klufens62



POWER IS NOT LIKE A Remote control WHERE ONLY ONE PERSON HAS ALL THE POWER AND CONTROL.



POWER IS LIKE A CANDLE. YOU CAN GIVE A CHILD POWER WITHOUT GIVING AWAY ANY OF YOUR OWN POWER.



YOU DON'T HAVE A SET AMOUNT OF POWER - LIKE A BUCKETFUL. THERE ARE WAYS TO GIVE A CHILD POWER WITHOUT LOSING ANY OF YOUR OWN.

KIDS DON'T WANT YOUR POWER. THEY WANT THEIR OWN.

RICHARD LAVOIE

WHEN A STUDENT FEELS THEY HAVE

- POWER WITH THE ADULTS AS WELL AS
- POWER WITHIN THEMSELVES
- THEY'LL HAVE LESS NEED TO SEEK POWER OVER OTHERS

A NEW UNDERSTANDING OF POWER CAN HELP WITH THIS

"SEE A CHILD DIFFERENTLY... SEE A DIFFERENT CHILD"

STUART SHANKER

6 WAYS TO HELP KIDS MEET THEIR POWER needs

1. OFFER CHOICE, NOT ORDERS
2. GIVE RESPONSIBILITY
3. START WITH STRENGTHS
4. EXPRESS INTEREST RATHER THAN PRAISE
5. ASK FOR THEIR OPINION
6. ASK FOR THEIR HELP

6 POINTS TO REMEMBER

1. AVOID POWER STRUGGLES
2. AVOID MAKING THREATS
3. GROWING POWER needs ARE A HEALTHY PART OF CHILD DEVELOPMENT
4. RESPECT BOUNDARIES
5. THE RULES (NOT THE ADULT) SHOULD BE OBEYED
6. REFLECT ON YOUR OWN need FOR POWER & CONTROL

"THE REALITY IS THAT NO ONE WINS A POWER STRUGGLE" ROSS GREENE

Empower More, Struggle Less

Power struggles are something we have likely all experienced (with our kids and others). The graphic (on left), designed for educators, shares some helpful information and ideas that can help us to empower kids since – as Dr. Ross Green reminds us, “no one wins in power struggles).

Concerned about vaping?

Believe it or not, youth look to their family members for information about substance use – including vaping. While it might be tempting to go with “just say no” or lecturing about the risks, that kind of approach isn’t helpful (remember when you were a teen?!). What does help: getting curious with your child, exploring why people might vape (or use other substances) and other ways to address those needs (e.g., stress, boredom), how to reduce the harms if vaping or using other substances such as alcohol or cannabis. These [tips and resources](#) can help.

From our partners

Family Smart

Hosting a live chat with Dr. Ross Greene about collaborative and proactive solutions since things go better for everyone when we solve problems together. Thursday, May 4, 2023 from 6:00pm - 8:00p.m. (PST). Registration required: familysmart.ca/events.

EMCS Society

Offers a great selection of drop in, low-cost programs for youth. Check out this [page](#) – and get your games on through their upcoming **GAMES NIGHTS**. And if your kids have ideas for youth programs, they invite your feedback. Have your say!

GOBYBIKEWEEK

MAY 29-JUNE 4, 2023

FREE REGISTRATION: GOBYBIKEBC.CA

REGISTER AND ENTER TO WIN ONE OF MANY GREAT PRIZES INCLUDING AN E-BIKE TRAVEL CYCLING ADVENTURE OR GEAR!



GoByBikeBC

BIKE IT. YOU'LL LOVE IT.

E-BIKE GIVEAWAY

Shift your mode during GoByBike Week and you could win 1 E-bike & more!

01 CHOOSE

Choose to subscribe instead of by month rental.

02 LOG

Log your bike rides on LogWhite and earn more Shift to help your transportation needs.

03 WIN

The more miles Shift takes you, the more you can enter for a chance to win an e-bike!

SHIFT YOUR MODE







May 11th Walk to End Violence

As part of the [Moose Hide Campaign](#) all are invited to take a stand against violence against women and children and to take practical steps for our collective journey of reconciliation.

Grocery costs are still crazy!

These [community partners](#) are here to help.

West Shore Arts Council

Will be offering its 3rd annual Fine Arts Scholarship for high school students planning to pursue a career in the Fine Arts. See [here](#) for more information.



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