

WHAT'S INSIDE

Kindness Counts

Taking Care of Your Heart

Healthy Eating on a Budget

Miss our session on Sleep?

Connecting with your Kids

You Okay to talk about Consent?

From our Partners



HEALTHY
SCHOOLS

HEALTHY
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Kindness Counts (always – and especially during a pandemic!)

Acts of kindness can be game changers – heck life savers! Did you know that an added benefit of helping others is that it is good for our own mental health and wellbeing? Kind acts can help reduce stress and improve our emotional well-being. In short, doing good does you good too. Here's a few ideas for some fun family activities that can help create a more kind, caring community:

- Use this [Friendly February calendar](#) as inspiration for a daily activity and invite family members to share what they did each day
- [Random Acts of Kindness Week](#) is Feb. 13-20. Why not generate a list of some special little acts that can help [make kindness the norm](#)
- It costs nothing to be kind to yourself and others. Enjoy these selected reads for inspiration and motivation to make a [difference](#).

Taking Care of Your Heart

Did you know 8 in 10 cases of premature heart disease and

stroke cases are preventable through healthy lifestyle behaviours? Or, in the case of children, that behaviours (like healthy eating and regular physical activity) learned early can last a lifetime? February is heart month so no better time to invest in keeping our hearts healthy. Making a healthy change can be hard work — but it doesn't have to be. Check out this [site](#) for a 30-page eBook that includes 100 ideas for quick and easy changes for you and your family.

Healthy Eating on a Budget

As the price of groceries goes up, we're all looking for ways to stretch our grocery budget. Here's a [helpful article](#) packed with helpful tips and tasty recipes that can help. Looking for a little extra help? This [list](#) includes local organizations providing food and other household necessities to individuals and families across our area.

Have any questions about healthy eating, food, or nutrition, call 8-1-1 (or 7-1-1 for the deaf and hard of hearing) toll-free in B.C. You can speak to a health service navigator who can connect you with registered dietitians and other helpful services.



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

Miss our session on Sleep?

Check out this [page](#) filled with tips and strategies to help you and yours get a good night's sleep.

Connecting with your Kids

Making time to connect with your kids matters. And while it's easy to say that, it can be tough to do when juggling multiple roles like parent, cook, chauffeur, and more - all while slogging through this challenging time. Here's a helpful [article](#) that includes some fun games to play that might help making the most of those precious connection time. Or try [60+ Get to Know You Questions Printable](#) and get talking! This fun and educational game is sure to spark conversation between you and your kiddo on a long car ride or before bedtime.

You Okay to talk about Consent?

Consent is key to a healthy, happy relationship. So too is helping young people learn how to talk about it. This [article](#) from Kids Help Phone helps explain what consent is, applies to and why it's important and this short [video](#) helps demonstrate



how to talk about consent with one's partner. Both can be helpful refreshers for us adults and in conversations with the youth in our lives. Looking for more ideas and resources, [Options Sexual Health](#) has some including what [consent means legally](#) in Canada.



From our partners

KidSport

Are finances a barrier to your child's return to organized sport in 2022? KidSport may be able to help with season-of-sport registration fees. Check out www.kidsportvictoria.ca for more information and to apply.

Family Smart

Hosting two free online presentations this month: 1) ADHD: The Real Deal: Feb. 16th 6-8:00 pm: and Q&A with Dr. Don Duncan, renowned Child and Adolescent Psychiatrist and ADHD Specialist. Dr. Duncan will dispel the many myths surrounding ADHD by presenting up-to-date scientific facts about cause, prevalence, diagnosis and treatment. He'll explain how and why the ADHD brain

works the way it does; 2) What to Say to Kids (and Teens) When Nothing Seems to Work: Feb 23 6 – 8:00 pm. Dr. Ashley Miller is a Child and Adolescent Psychiatrist at BC Children's Hospital and a clinical associate professor at the UBC. She recently co-authored a book titled: "What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers". She will be speaking to the themes covered in her book. Register at familysmart.ca/events

Victoria Literacy Connection

Offers free online reading programs for kids who want to improve reading in a fun and rewarding way. 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

