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Shaping Tomorrow Today

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FAMILY - FOCUSED MONTHLY NEWSLETTER

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## The Gift of Gratitude

Hundreds of studies have documented the [social, physical,](#) and psychological [benefits of gratitude](#) - even in the [midst of adversity](#). Looking for ideas and activities geared to helping your family bolster its 'attitude of gratitude'.

### CHECK THESE OUT:

- [Seven Ways to Foster Gratitude in Kids](#)
- A [booklist for all ages/stages](#) - with gratitude to the Greater Victoria Public Library (JDF Branch) for providing it
- A [great, free card game](#) perfect for playing over the upcoming winter vacation, no electronic devices required!

## Mental Health Matters.

Looking for resources geared to supporting the mental health of your loved ones? Check out the BC-based [Kelty Mental Health Resource website](#). Just updated, it includes sections for parents and caregivers, health professionals, school professionals and youth and young adults.

Keep in mind the brain/body connection. What's good for physical health is also good for one's mental health. Check out the great tips on that in our [October issue](#).

## Bugs are flying – and they don't always need drugs

Here's a few tips from [Do Bugs Need Drugs?](#)

- ✓ Handwashing is the best way to stop the spread of infections.
- ✓ Not all bugs are created equal. Both bacteria and viruses cause infections, but antibiotics only work against bacteria.
- ✓ Use antibiotics wisely to stop bacteria from becoming resistant to antibiotics.

Head lice are common in BC communities.

Although they are a bother, head lice are not a health risk. For tips on prevention and care, check out [this flyer](#) from Island Health.



## 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.

## The Art of Praise: encouraging “resilience” confidence

Parents and educators can help children handle life's challenges by tailoring how they give praise. Here are [some tips](#) that will help. Looking for more info and ideas on helping your children flourish? Check out [Heart-Mind Online](#) for a treasure-trove of research-informed information, and ideas to support you in the most important job in the world!

## Parents of teens? Remember to listen and breathe.

The teen years are truly amazing – and sometimes challenging as young people develop and assert their growing independence (a good thing, honest!).

When times get challenging, here are [seven steps for parents](#) to help manage emotions mindfully instead of adding fuel to the fire.

## Poop happens

An active lifestyle helps keep our digestive system on track. Just one more reason to be physically active. Need others? ParticipACTION has loads [here](#).



## Speaking of physical activity - did you know?

There's financial support available for Sooke and Westshore low income families eager to have their kids participate in sport and recreation opportunities.

### CHECK OUT:

[westshorerecreation.ca/programs/the-l-i-f-e-program](http://westshorerecreation.ca/programs/the-l-i-f-e-program)

### OR IF LIVING IN SOOKE,

[crd.bc.ca/seaparc/admission-registration/life-program](http://crd.bc.ca/seaparc/admission-registration/life-program)



# Coming Soon

## Mind Fit for 13-19 year olds

A free 8-session YMCA-YWCA Community Health program that uses physical activity and group wellness sessions for teens aged 13 to 19 who experience low mood, anxiety, worry or stress. Participants, in a small group setting of 10-12 teens, will have an opportunity to connect with and learn from others in their community who are going through similar experiences. A free Y membership is also included for the duration of the program. This program is being delivered in partnership with SD62 – our next information sessions are scheduled for January 2019.

Find out more [here](#).

## Helping Parents and Teens Grow Together.

Life changes when you are parenting a teen! Would you like some help? Join Boys and Girls Clubs of Greater Victoria for parent education & group support. Parents of preteens & teens welcome. Launching our January parenting programs soon. See: [bgcvc.org/programs/parenting](http://bgcvc.org/programs/parenting)

## 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! Cindy Andrew, Healthy Schools Lead, [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)