

## WHAT'S INSIDE

### Be Heart Smart – have a heart

Small changes, big difference!

### Resolution re-boot?

Hang in there! It takes six weeks...

### Getting enough? (Sleep that is.)

Probably not. Some helpful hints.

### Forget screen time rules?! Really?

Okay may be not totally, read on...

### School-based Wellness Centres

Open to all youth 25 and under

### Keeping Kids Safe & Overprotecting

Safety always matters...

### Helping our kids

Puberty - a 'teachable moment'!

### Curious about Xanax?

Tips to help talk about drugs

### #Devicefreedinner

Great ideas for your family



SOOKE  
SCHOOLS  
62  
Shaping Tomorrow Today

HEALTHY  
SCHOOLS

HEALTHY  
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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## Be Heart Smart – and have a heart

February is Heart Month, and did you know: 8 in 10 cases of premature heart disease and stroke cases are preventable through healthy lifestyle behaviours? Learn more on how to live a healthy lifestyle [here](#). Another way to be Heart Smart – being kind. Check out this [short video](#) for the science behind kindness and how it helps our world and our physical and mental health!

## Active living resolutions off to a rocky start?

[Active for life](#) is there for you – and your kids. [See this article](#) for a great strategy geared to helping you stick with your goals.

## Getting enough? (Sleep that is.)

Getting enough sleep is key to helping us all be physically and mentally well, and to our overall quality of life. This infographic on the sleep habits of Canadian [children](#), suggests that our kids are definitely not getting enough! [Here are some tips](#) that can help us all get enough zzz's. Sleep tight.



## Forget screen time rules!?

The overuse of technology is a big worry for parents. [This short article](#) helps shed some light on important steps to take to help your kids learn how to manage their screen time. (Hint: it's all about helping your kids have a healthy relationship and the autonomy to make good decisions.)

## Wellness Centres at SD62 Schools

Did you know? There are Wellness Centres at Belmont, Royal Bay and Edward Milne AND that the services they offer are available for all youth under age 25. Confidential services include mental, sexual and physical health care including counselling, immunizations, prescriptions, referrals, STI testing and/or treatment, birth control and pregnancy testing. Call 250-519-3580 to learn more.



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.

## Managing the Line Between Keeping Kids Safe and Overprotecting Them

Easy to say and not always easy to do – allowing our children to experience adversity helps them build the skills they need to thrive in life. [This short article](#) from CBC Parents explains why and offers us some tips to consider.

## Helping our kids understand what's going on in their bodies helps them – and us!

It's amazing what happens when we explain to kids the physiological reasons for what they're going through. This article, written by the author's experience with her own son, reminds us just how much is going on as our children approach puberty. Looking for resources to help? Island Sexual Health shares a great line up of [helpful books and resources](#) that can help support those conversations. Want to learn more about the brain? Every month neuroscientists at [www.brainfacts.org](http://www.brainfacts.org) answer some brain related queries people are curious about.

## Curious about Xanax?

[This fact sheet](#) from Island Health shares more about a drug you might be hearing more about – and resources that can help you talk WITH our kids (not lecture AT them, since that shuts down, versus opens up conversations). [Let's Talk: Speaking with Our Kids About Substance Use](#) is another great resource.

## Working on improving your family life and connecting more with each other?

If you're a parent - resolving to stop 'technofering' could be one of the most important things you do this year.

[Check out these ideas](#) for #devicefreedinner and more!



# Coming Soon

**PLAYshop full of fun and tips for physical activity**  
David Cameron Elementary | 6:15pm to 7:45pm  
Feb. 19, 2019 | FREE

Physical literacy helps our kids be active for life! Join one of Canada's leaders on this topic, on February 19th (6:30-8:00 p.m.) for a fun-filled evening, geared to helping parents learn the fundamentals of physical literacy and to have some FUN! Just one more example of how our schools are helping promote health AND learning! Please RSVP to Amber at [mamaturek@gmail.com](mailto:mamaturek@gmail.com). Drop-ins welcome.

**Vancouver Island Parent Conference – Mar. 2, 2019**

Putting on world-class parenting conferences for over 10 years, bringing together attendees from across BC. This year's conference theme is "Change: It's Here to Stay". [Learn More](#)

### 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)