

# Healthy Schools, Healthy People

## Newsletter for Families – Sept/2018

### Happy new school year!

Health is key to learning (and vice versa), so as part of our 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 for us? We’d love to hear it! [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)

#### Four Tips for Parents to Support your Child’s Long Term Success

People for Education, in a review of [30 years of parent involvement research](#) has identified four key things parents can do to help their children succeed, not only academically, but also in the development of vital competencies in health, citizenship, creativity, and social-emotional learning:

1. **Have high expectations**
2. **Talk about school**
3. **Build positive attitudes and work habits**
4. **Read together.**

Check out this short [video](#) and find out more.

#### Brain / Body Connection

Basics like being active, getting enough sleep, eating well and connecting as a family are important for learning and good physical and mental health.

**Curious to know more?** Watch [Brain/body connection 2 minute video](#) or check out the [24 Hour Movement Guidelines for Age 5-17 Years](#)

Want ideas and tips for your family? Check out [ActiveForLife](#) and sign up for their monthly newsletters.

SD62 is a proud partner in a community-wide effort to support [physical literacy](#) across our community. Learn more [here](#).



**Sleep Matters! Getting enough?** [These tips](#) might help.

#### How much sleep is enough?

Age	Recommended Amount of Sleep
Infants (4-12 Months)	12-16 Hours/Day (including naps)
Children (1-2 Years)	11-14 Hours/Day (including naps)
Children (3-5 Years)	10-13 Hours/Day (including naps)
Children (6-12 Years)	9-12 Hours/Day
Teens (13-18 Years)	8-10 Hours/Day
Adults (18+ Years)	7-8 Hours/Day

National Heart, Lung, and Blood Institute
nhlbi.nih.gov

**Lunch Ideas!** Nourishing our bodies helps us all think better. Check out these [delicious & easy lunch ideas](#) and this [short Power Lunch video from Island Health](#) Be sure to involve your kids in making their lunches!



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.

## What's with Weed?



Cannabis will soon be legalized so no better time to get informed and to talk about it and other substance use, with your kids. Here are some recommended resources to help:

- [Cannabis Use and Youth: A Parent's Guide](#) – an honest and thoughtful discussion on cannabis so parents can make better decisions about cannabis use or non-use.
- [Alcohol Sense](#) – tips, tools and videos for starting conversations that will help guide kids towards healthy decisions about alcohol and other drug use.
- [Discovery Youth & Family Substance Use Services \(Island Health\)](#) If your child has a problematic relationship with substance use, you and your family may benefit from a consultation with a substance use counselling professional.

## 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. Delivered in partnership with SD62, it is currently available for SD62 students only. Information sessions set for Sept. 25 or Oct. 2 from 4-6 pm. at the Westhills Y. To learn more or to register, [click here](#).

### Family Smart™ Education & Networking Sessions

Free monthly sessions that explore topics related to child and youth mental health. Find out more [here](#).

### Family Healthy Living Program

A free, family-based 10-week program, run in partnerships with WestShore Parks & Recreation, that promotes healthy lifestyle practices for families whose children are ages 8 to 12 and are above a healthy weight. Find out more [here](#).

### Walk and Wheel to School Week (Oct 1-5)



A week that celebrates and encourages students and their families to choose active travel for all or part of their commute to school. This week reminds us that active travel to schools helps us build physical activity into daily routines, increases a sense of community belonging, models safe travel habits, encourages environmental stewardship and reduces our carbon footprint. Find out more at [www.crd.bc.ca/walkwheel](http://www.crd.bc.ca/walkwheel) and let's do more walking and wheeling to school!

### Westshore/Sooke Public Health School Team

Parents, youth, and school staff - looking for health resources for your family, classroom or school? Contact [WSSookeSchoolTeam@viha.ca](mailto:WSSookeSchoolTeam@viha.ca) or call 250-519-3490 (Westshore) or 250-519-3487 (Sooke). Check out resources at [Island Health](#).