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Making the most of each school day – routines help

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HEALTHY
SCHOOLS

HEALTHY
PEOPLE

FAMILY - FOCUSED MONTHLY NEWSLETTER

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Welcome to a new school year and here's to a healthy, happy, rewarding year ahead!

Health is key to learning and vice versa. Here are a few tips and resources that can help your child, and in fact us all, be at our best and make the most of the year ahead.

- Physical activity and [risky play](#) builds brains and bodies. This [infographic](#) is packed with helpful information relevant to 5-17 year olds. Looking for ways to help integrate some activity into your family's life? [Check out Active for Life.](#)
- Nourish stomachs and brains. [Canada's Food Guide](#) reminds us to enjoy a variety of foods each day and shares tips to help. [Try these ideas](#) for lunches and did you know involving your child in meal preparation not only shares the work but helps them develop skills – and results in fewer lunch leftovers?



- Sleep matters - a lot. School-aged children and youth need between 9-11 hours of sleep per night. [Click here for some tips](#) to help you and yours get their daily dose.
- Managing screen time is easy to say, and often harder to do. [These four important steps can help.](#)

- Connection time – whatever their age, what your child needs most is you. [Check out this article](#) for some great, doable ideas. This resource from [Healthy Families BC](#) merits a look. Packed with practical, evidence-backed tips, it addresses a range of topics and tips for helping your child, and family, flourish.

The Swing of Routines

Back to school time is a great time for getting into routines and doing so helps young people develop important life skills and can help them make the most of each school day. [Check out this article](#) for why routines are important and some tips to help.



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.

Back to School Butterflies?

Heading back, or going to a school for the first time, can be exciting and perhaps a bit stressful or anxiety provoking. [This article has a great line up of tips](#) to help your child manage the transition in a healthy, helpful way. Our local library has teamed up to offer this [related list of books](#) and [this great video](#) reminds us that stress can be one's friend.

How was school today?

Eager to learn more about your child's school day? [Here's a great line up of questions](#) that might help in learning more and sparking some great conversations.



Coming Soon

YMCA Mind Fit at the Westhills Y

Offered in partnership with SD62, this 8-week program is for teens ages 13-19 with mild to moderate symptoms of depression and/or anxiety. 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. For more click [here](#).

Nature-based after school care program

Boys and Girls Club of Greater Victoria is offering a licensed nature-based after school care program in Metchosin. Transportation from Sangster and Wishart Elementary Schools provided. Contact mrach-sharpe@bgcvc.org for more or register online at www.bgcvc.org.

Local Libraries have posted calendars of events and programs

Our local libraries have posted their calendars of events and programs. Check out what's going on at your local branch in [Sooke](#) and on the [West Shore](#).

Great, family-friendly programming

[West Shore Parks and Recreation](#), [SEAPARC](#) and the [Military Family Resource Centre](#) also offer a ton of great, family-friendly programming.

Looking for Sport Funding?

Looking for funding to help get your child in sports and recreation programming? Connect with our local recreation centres, [KidsSport](#), [JumpStart](#) and [SPORTASSIST \(Langford residents only\)](#).

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: healthyschools@sd62.bc.ca



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bit.ly/sd62healthyschools