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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

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Wash those hands and keep your distance

Handwashing has always been a good idea, but recent events remind us that it's REALLY important for good health. This [infographic](#) and [video](#) remind us how it's done well. Physical distancing is hard for us all – and can be a tough concept to grasp for little ones. [Here's a great graphic](#) that might help.

Looking for the latest information on COVID-19?

- [Ministry of Health COVID-19 Support and Information](#).
- [BC Centre for Disease Control COVID-19 Self-assessment for testing and other related information](#).
- and the our district [COVID-19 page](#).

Wondering what's available for health and social services across our area?

This [list](#) includes key organizations and service-related details you might be looking for about the following: Help lines, Emergency food access, Shelter, Health and Well-being – including mental health and substance use, Financial support and Transportation.

Helpful parenting resources during COVID-19

This is a stressful, scary time around BC and the world. This following evidence-backed resources can help you and your family during this challenging time.

- [How can we talk to kids about COVID-19? Be "realistically reassuring"](#) from the Canadian Paediatrics Society
- [Managing anxiety and stress in families with children and youth during COVID-10 outbreak](#) from the Doctors of BC.
- This short book can be helpful in supporting and reassuring younger children
- BC Ministry of Education Open School BC includes a lot of other helpful resources in its Keeping Healthy tab.

Keeping calm and connected during COVID-19

Helping ourselves – and our kids – stay calm and connected is especially important during times of change and uncertainty. Kristin Wiens, a SD62 staff member, has developed this [self-regulation related resource](#) for school staff. One of the best ways to help a child become regulated (calm, alert and ready to make the most of the day) is for the adults to first be regulated themselves. It's a great resource for parents too and includes helpful, practical tips and ideas everyone can benefit from.



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:
SXÁN, EL – THE BULLHEAD
MOON Credit to: Claxton,
E. Senior & Elliot, J. (1993).
The Saanich Year

The Power of Play – indoor and out!

Play is key to building thriving brains, bodies, and social bonds all important in today's world and even more so during this stressful time. Here are some great ideas and opportunities to help you and your kids have some fun and get active.

- ["87 family activities to help you avoid coronavirus cabin fever"](#)
- [One piece of chalk, 8 games](#) with tons more ideas from [Active for Life](#)
- [Playful learning in the outdoors](#) in April (en français aussi!)
- West Shore Parks and Recreation has launched [Stay at Home Family ADVENTurous Calendar](#) that features a new activity everyday in April!
- Royal Roads Recreation Centre has posted [free online fitness classes](#)

Speaking of play, this [Well-Being Playbook](#), developed by mental health experts, is a hands-on guide to helping you nurture your well-being and other's. It's been updated to respond to the new realities we face, including tips for creating a sense of community and belonging during a time of isolation.

Can we go outside and play during COVID-19 era?

Here's the latest from [Outdoor Play Canada](#) on why getting outside during this time is so important and how it can be done safely. It also includes some great ideas like an outdoor [physical activity idea jar](#), and a number of [free nature-based educational resources](#).

BROOKE ANDERSON'S
@MOVEMENTPHOTOGRAPHER

DAILY QUARANTINE QUESTIONS

WHAT AM I GRATEFUL FOR TODAY?

WHO AM I CHECKING IN ON OR
CONNECTING WITH TODAY?

WHAT EXPECTATIONS OF "NORMAL"
AM I LETTING GO OF TODAY?

HOW AM I GETTING OUTSIDE TODAY?

HOW AM I MOVING MY BODY TODAY?

WHAT BEAUTY AM I EITHER CREATING,
CULTIVATING, OR INVITING IN TODAY?

@kwiens62

We're in this together! Kindness and connecting can help.

We need to distance ourselves physically, but that doesn't mean we can't help each other. During difficult times, we often see the most beautiful acts of kindness. If you're home and looking for things to do to keep busy, [check out this page](#) for a list of resources to help and reach out to others over a text, call or screen. We will get through this sooner if we take care of ourselves and each other (without risking contagion).

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: rumcarthur@sd62.bc.ca & candrew@sd62.bc.ca



READ THE
ENHANCED
VERSION
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