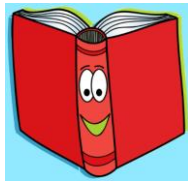


### Stress can be a good thing.

Learning to manage through life's challenging times is key to fostering resilience in young people. [Here](#) are a few great resources geared to helping children and youth learn to manage the stress in their lives (some might be helpful for the adults in their lives too!).

### Books can be a great resource for helping talk about stress and anxiety with kids.

The Greater Victoria Public Library shares recommended books [here](#).



### Bust stress with physical activity!

Need more reasons to get active? Check out [“Everything gets better when you get active”](#).

### Did you know? National Child Day is November 20th!

A day to remember that children need love and respect to grow to their full potential. It's a day to marvel at their uniqueness and all they have to offer. Learn more about this day and the UN Convention on the Rights of a Child [here](#).

### Screaming about screen time?

Digital devices are an integral part of our world today. Learning how to manage their use is key to good health and happiness (not to mention productivity). Check out the links below for practical tips to help your family manage their screen time. While at it, be sure to consider your own screen time. Research has shown that face-to-face time with family, friends and teachers, plays a critical role in promoting children's learning and healthy development. Keep the face-to-face up front and don't let it get lost behind a stream of media and technology.

[Kids & Tech: Tips for Parents in the Digital Age](#)  
[Creating a family screen time agreement](#)  
[Mediasmarts.ca/parents](http://Mediasmarts.ca/parents)



### “Things I wish my parents understood”

Got tweens or teens and wondering what they are thinking some days? The [poster](#) at this link might help shed some light. Tip of the day: there's a reason we have two ears and just one month (hint: to listen more).

### Safe, inclusive schools for all

Everyone has a sexual orientation and gender identity (SOGI). These [short videos](#) answer parent questions about what SOGI-inclusive education looks like in BC schools.

For more check out [www.sogieducation.org](http://www.sogieducation.org).

Looking for other resources related to sexual health? Check out [Island Sexual Health](#) and [Teaching Sexual Health](#).

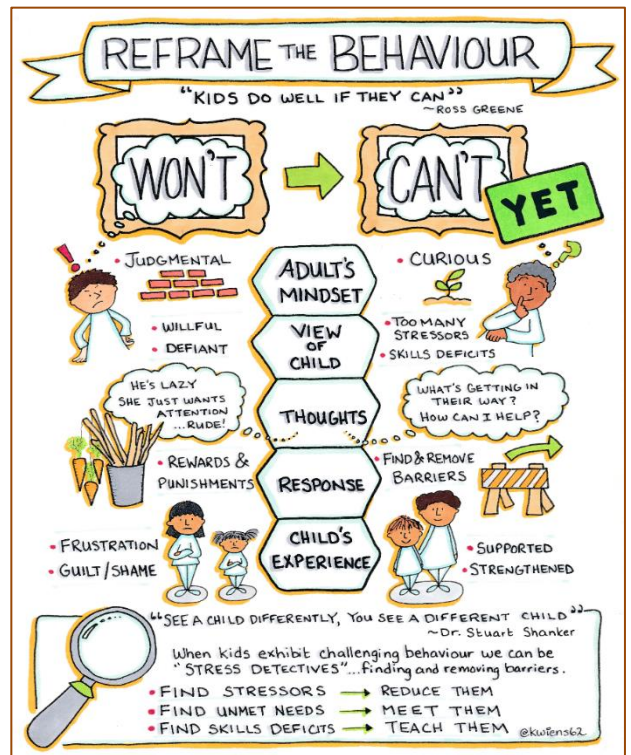


## “Kids do well if they can”

Struggling to understand what’s going on with your child? Consider this [helpful visual](#) for thinking through what might be going on for them and how you can help. The work of Dr. Ross Greene, a clinical child psychologist and author of the book “The Explosive Child,” offers many more research-backed strategies and resources for helping parents help their “kids do well”. Check out [www.livesinthebalance.org](http://www.livesinthebalance.org).

## Concerned about your child’s mental health or substance use?

Here are some helpful [tips for starting conversations](#) from [Foundry BC](#) . **Curious about cannabis?** Check out our October issue online [here](#) for “What’s with Weed?” and related resources.



## Feeding our brains and our bodies

Healthy eating is important for the healthy growth and development of children and youth (and the rest of us too!). When young people eat well at school, they learn better, feel better and have energy for their busy, active days. Healthy eating at school also sets them up for success later in life, reducing their risk of chronic disease and laying a solid foundation for healthy eating behaviours into adulthood. Curious about how schools across BC are promoting healthy eating? Check out [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca). Looking for ideas and tips for your family, check out [Healthy Families BC](#).

## Upcoming Events & Opportunities

### "Anger Management for Parents of Children who are Explosive"

#### Free workshop!

Strategies and tools learned in this workshop can be applied to children with different needs and of all ages – including adults. All are welcomed!

Date: Nov. 26th, 6:30-8:30 p.m.

Location: Military Family Resource Centre,  
2610 Rosebank Road, Colwood

RSVP: <https://bit.ly/2ykcf2l>

### [Boys and Girls Club of Greater Victoria](#) –

#### Outdoor Education and Leadership, After School and Pro D Day Programs

Outdoor Adventure: M/W/F Dunsmuir & Spencer  
T/TH John Stubbs Grades 6 – 8

Roots: Tues: Sangster, Wishart & Hans Helgesen  
Fri: Saseenos & Westmont Montessori Grades 4 – 5

W.O.L.F. Wed: for female identifying youth at John Stubbs,  
Dunsmuir & Spencer Grades 6 – 8

W.I.L.D. Thurs: Belmont and Royal Boy Grades 9 – 12

Explore More: Pro D Day Camps for grades K – 5

Programs run from October 2018 – June 2019.

Registration accepted all year.

For more info contact [march-sharpe@bgcvc.org](mailto:march-sharpe@bgcvc.org)



Got feedback or topics you'd like to see addressed in future issues?

We'd love to hear from you! [candrew@sd62.bc.ca](mailto:candrew@sd62.bc.ca)