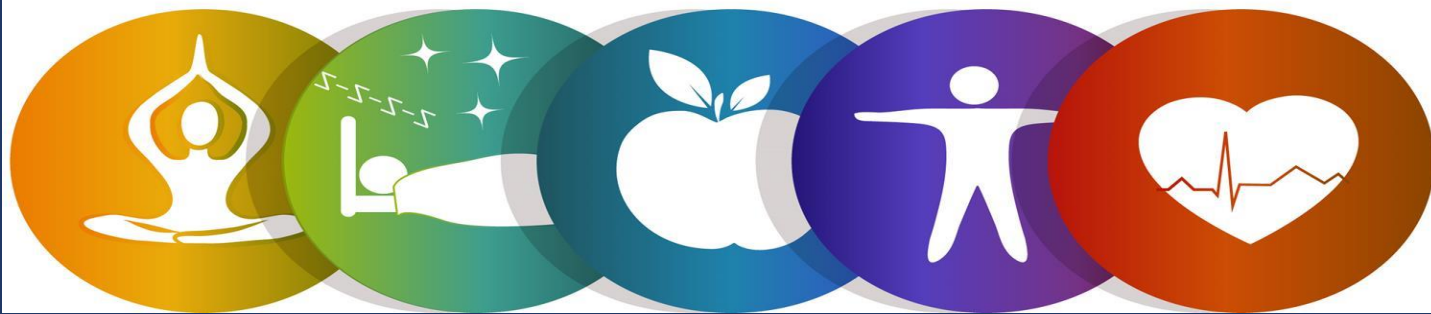


# WELLNESS



## Cowichan Valley School District Health & Wellness Newsletter

October 11<sup>th</sup>, 2023

### THIS WEEK'S THEME: CARROTS



### Grilled Carrot & Avocado Salad with Maple Dijon Dressing

Servings: 4 to 6

#### INGREDIENTS

##### Dressing

¼ cup	maple syrup
¼ cup	canola oil
1 Tbsp	Dijon mustard
1 tsp	chopped fresh thyme
½ tsp	each salt and pepper

##### Salad

4	large carrots, peeled and cut into ½-inch slices
1 Tbsp	canola oil
½ tsp each	salt and pepper
6 cups	packed arugula, baby kale or spinach leaves
3	green onions, thinly sliced
2	sweet red peppers, seeded and thinly sliced
2	avocados, pitted and cubed
½ cup	chopped toasted pecans

#### INSTRUCTIONS

**Make dressing:** In a small bowl, whisk together all dressing ingredients, set aside.

**Make salad:** In a medium bowl, toss carrots in oil, salt and pepper. Transfer carrots to a grill basket. Cook on grill over medium-high heat until slightly charred and tender, 20 to 25 minutes. (Alternately, carrots can also be roasted in a 400°F oven, turning halfway through cooking.) Toss cooked carrots in half the dressing. Let cool or serve warm.

In a large bowl, combine carrots with arugula (or mixed greens), green onions and peppers. Top salad with avocados and pecans and drizzle with remaining dressing.

Although various fruits and vegetables go in an out of style—think cauliflower pizza crust and avocado toast, for example—one tried and true, and always good-for-you vegetable is **CARROTS**. In Canada, carrots are at their peak in the fall season, but great quality, homegrown, nutrient and beta-carotene-rich carrots are abundant all year long. When craving a cold, crunchy snack, simply peel a carrot from the



fridge and enjoy. A great source of fiber, they go with every kind of dip from dill or ranch to hummus and guacamole. Kids love carrots on a veggie platter. Carrots can be sliced in sticks, made super thin in julienne strips like shoestrings, cut into coins, sliced on an angle or with a crinkle cutter to keep them interesting when eaten raw. They're a classic ingredient in winter soups and stews but are also versatile enough to be added to vegetable juice and even desserts like carrot cake, fruit cakes and puddings. They can be grated into a tomato pasta sauce to ramp up the vegetable content or lightly steamed or microwaved before serving raw for those who find a hard carrot a bit tough to chew or digest. Briefly sautéing carrot noodles in a little sesame oil also makes a great side dish. For a twist on a salad that can be eaten warm or cold, try this recipe!



Did you know that School District 79 has a climbing gym that is open to the public?

**Cowichan Climbing Academy** is run out of a gym at Ecole Mt Prevost, providing rock climbing PE classes to students at Quamichan School and Cowichan



Secondary during the day. It is also open to the general public on Tuesdays and Fridays after school (4-6:30pm) for the bargain price of \$5 per person, including equipment. Rock climbing offers a multifaceted array of benefits, encompassing physical fitness, mental resilience and a strong sense of community. It challenges the body, fostering strength, endurance and balance, while also sharpening problem-solving skills and promoting a heightened state of concentration. The instructors at Cowichan Climbing Academy would love to see more SD79 employees utilizing this amazing facility. Drop by with your friends and family on Tuesdays and Fridays! Please enter from the back of the school.

For more information, visit our [Cowichan Climbing Academy website](http://CowichanClimbingAcademywebsite), OR [cowichanclimbing@sd79.bc.ca](mailto:cowichanclimbing@sd79.bc.ca)



**IT'S THAT TIME OF YEAR AGAIN!!!  
TIME FOR A PUMPKIN CARVING CONTEST!!**

**This Halloween, carve a pumpkin and send me a photo.**

**Winners will be chosen in the categories of:**

**★ Scariest Pumpkin**

**★ happiest Pumpkin**

**★ Most Creative Pumpkin**

Send your entries to [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca) by Sunday, October 29<sup>th</sup>

# EFAP – Employee and Family Assistance Program

## Vancouver Island Counselling

Vancouver Island Counselling is a non-profit society supported by local employers, unions and employee groups. They provide professional counselling to affiliated employees, retirees and eligible family members as part of a workplace benefit. They offer in-person, secure video and telephone sessions. Their counsellors have earned a well-deserved reputation for providing quality counselling and intervention services to organizations, their employees and family members. Contact Information:

**Duncan Office: 250-746-6900: Nanaimo Office: 250-754-8222: Port Alberni: 250-723-7001**

**Toll free phone: 1-877-746-6911**

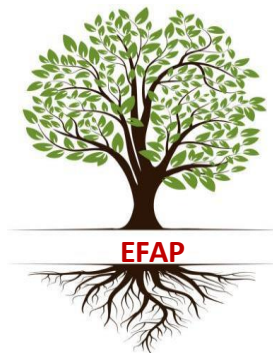
[www.vancouverislandcounselling.com](http://www.vancouverislandcounselling.com)



## Patience is a Virtue...

October 2023

It has never been easy to be patient, but it's probably even harder now than any time in history. In a world where messages can be sent across the world instantly, seemingly everything is available with a few clicks of the mouse, and a swift movement of your thumbs can take you into a fantasy game world, it's very hard not to expect instant satisfaction.



We don't always get instant gratification, and some of the best things in life require years of hard work and waiting. Fortunately, patience is a virtue that can be cultivated and nurtured. It does take time to fulfill this goal, but once this has grown into an ordinary skill for you, you certainly won't be disappointed at what life can offer you with some spare time.

You will be surprised by how boring, restless, and lagging hours can evolve into a passing time of relation and peace of mind.

Patience remains a valuable tool in life. It is not just waiting until something happens over which we have no control: the arrival of the bus, the end of the rain, the return of a friend, the resolution of a conflict. Patience is not waiting passively until someone else does something.

*Patience asks us to live the moment to the fullest*, to be completely present to the moment, to taste the here and now, to be where we are. We behave as if the real thing will happen tomorrow, later and somewhere else. Let's be patient and trust that the treasure we look for is hidden in the ground on which we stand.

# GO BY BIKE WEEKS



Join us or make your own team!! – **DON'T FORGET....Go by Bike Weeks is October 16<sup>th</sup> – 29<sup>th</sup>** - Experience the joy of cycling and have a chance to win great prizes. **Any ride counts** - getting groceries, riding to and from work, trail rides, or other recreational rides. Getting around on smaller wheels like rollerblades and scooters count too! Log all rides to enter the prize draw, track your progress, and see how many greenhouse gas emissions you offset by choosing to go by bike. Create a team for more chances to win team prizes. Visit the [GoByBikeBC](http://GoByBikeBC) website for more information. If you are interested, click on the following link - [Cowichan Valley SD79 Riders](#) – I have created a team called

Cowichan Valley SD79 Riders – look at the top by **TEAM STATS** and click on **RIDERS** and add yourself!



Kevin van der Linden !!!!



ANSWERS!!!

TRIVIA PRIZE



1. What is the name of the body's largest, strongest, and longest bone? **THE FEMUR**
2. Approximately, how many taste buds does a normal healthy human have? **ABOUT 10,000**
3. What is the medical term for dizziness, which also served as the title for one of Alfred Hitchcock's movies? **VERTIGO**
4. What does the Latin word "phobia" mean? **FEAR**
5. Would a blood pressure of 160/90 be classified as high blood pressure? **YES**
6. Cells of the nervous system connect and interlink to form what tissue? **NERVOUS TISSUE**
7. What is the name of the smallest bone in the body? **THE STAPES**
8. Where can the smallest bone in the body be found? **IN THE EAR**
9. What type of blood cells are responsible for fighting infections and diseases? **WHITE BLOOD CELLS**
10. Which body system is concerned with the production and regulation of hormones? **THE ENDOCRINE SYSTEM**

THANK YOU SO MUCH EVERYONE FOR PLAYING ALONG!!

WATCH FOR ANOTHER ROUND OF TRIVIA IN NEXT WEEK'S NEWSLETTER

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## LIFESPEAK – EDUCATION CAMPAIGN – PART 2 OF 4



Did you know many people face mental health and substance use issues? In fact, these two often go hand in hand, with one impacting the other. When we struggle with mental health, it's not uncommon to turn to things like substance use or gambling to cope. Yet consuming substances and gambling can in turn have an adverse impact on mental wellbeing. In this part, we'll delve deeper into the impact of substance use and gambling on our mental and physical wellbeing. Experts, including Dr. Terri-Lynn Mackay, C. Psych, Mental Health Director at ALAViDA Substance Use, a product of LifeSpeak Inc., provide valuable insights into this significant connection and its impact on our lives.

Here is the link to part 2 of the campaign: <https://sdbc.lifespeak.com/campaign?sharekey=5a742cb7-6564-4d95-a479-fd05257a839c&lang=EN&section=2>

# October Hul'q'umi'num Greetings (Level 1)

Hul'q'umi'num greeting for this week:



Please follow link for an audio of how to properly pronounce this and other greetings and words

[Beginner Greetings \(Level 1\) – Indigenous Education \(sd79.bc.ca\)](https://www.sd79.bc.ca/indigenous-education/beginner-greetings-level-1)



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S –  
send me an email! [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)

....until next Wednesday....

Take care,

*Donna Whyte*

**Donna Whyte**

HR Health & Wellness Manager

[dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)