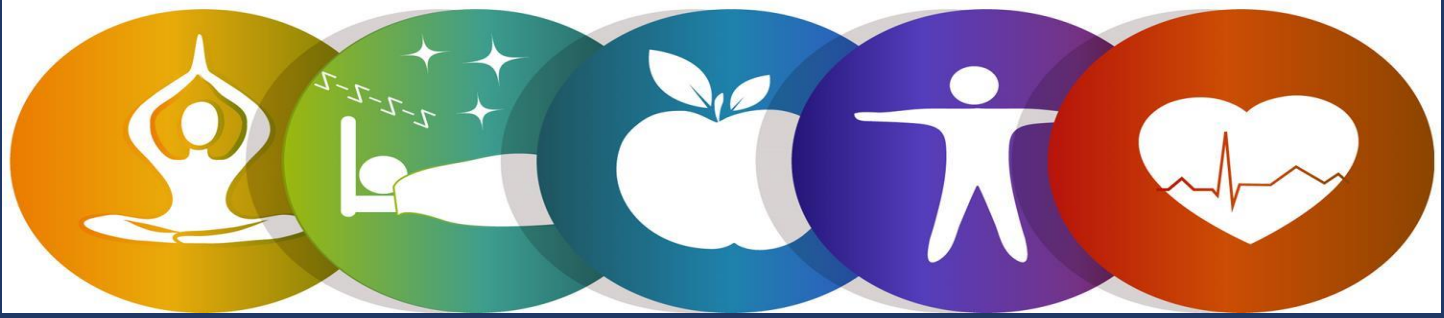


WELLNESS



Cowichan Valley School District Health & Wellness Newsletter

October 18th, 2023

THIS WEEK'S THEME:

Butternut Squash

Butternut squash is a type of Winter squash with pale orange skin, a bright orange interior and is shaped almost like an elongated pear. Butternut squash is in the same family as pumpkin and zucchini, also called the Cucurbitaceae family (learned something new today!). Squash is among the oldest known crops, dating back 10,000 years to Mexico and Central America. The taste of butternut squash is fairly mild, somewhat sweet and a little bit nutty. Its flavor may remind you of a cross between a sweet potato and a carrot or turnip. When I think of Butternut Squash, the first thing that comes to mind is that yummy soup! – Which, truth be told, I have never made. So, I am going to make it a point this weekend, to give it a go!! – here is a quick and simple recipe I will try and I hope you do too!



Soup:

1 tablespoon olive oil
1 onion, chopped
1 medium butternut squash, peeled and chopped
2 cloves garlic, minced
6 cups hot chicken stock
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh sage
1/2 cup heavy cream
Kosher salt and freshly ground black pepper

Topping:

1/4 cup heavy cream
1/4 cup sour cream

Directions:

1. **For the soup:** Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until beginning to soften, about 5 minutes. Add the squash and cook, stirring occasionally, until beginning to brown around the edges, 8 to 10 minutes. Add the garlic and cook for another minute. Pour in the chicken stock, add the thyme and sage and bring to a simmer. Simmer until the squash is very soft, 10 to 15 minutes. Stir in the heavy cream. Puree using an immersion blender. Season with salt and pepper and drizzle on the topping. Serve hot! (or let cool completely, pour into freezer bags and freeze).

2. **For the topping:** When ready to serve, mix together the cream and sour cream in a small bowl. Be creative.....drizzle designs over the soup with the mixture!!



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, OR cowichanclimbing@sd79.bc.ca

PUMPKIN CARVING CONTEST

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

**LOOKING FOR THOSE ENTRIES!!
WE HAVE A PANEL OF JUDGES READY TO GO!!!**

This Halloween, carve a pumpkin and send me a photo!

WIN PRIZES

Winners will be chosen in the categories of:

★ Scariest Pumpkin

★ Happiest Pumpkin

★ Most Creative Pumpkin

Send your entries to dwhyte@sd79.bc.ca by Sunday, October 29th



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



★ ★ ★
If you would like to speak to a counsellor about your life challenges, please call one of the numbers listed

 305 - 394 Duncan St Duncan, BC V9L 3W4	Vancouver Island Counselling Duncan: 250 746 6900 Nanaimo: 250 754 8222 Port Alberni: 250 723 7001 Victoria / Gulf Islands / Lower Mainland 1 877 746 6911
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GO BY BIKE WEEKS – STARTS THIS WEEK



Join us or make your own team!! – DON'T FORGET.....Go by Bike Weeks is October 16th – 29th - 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 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!



TRIVIA IS BACK!!!.....WITH A TWIST!! – IT’S HALLOWEEN TRIVIA TIME!

1. What is another name for trick-or-treating (we called it this when I grew up in Scotland!)?
2. Halloween’ is a poem written by whom?
3. What sort of supernatural being is Dracula?
4. Who wrote the novel “Frankenstein”?
5. Which classic movie is set in the Overlook Hotel?
6. What image is usually carved into a Jack-o’-Lantern?
7. What is another word for ghost starting with the letter “P”?
8. In which year was the first “Halloween” movie released?
9. Who was the first actor to star as Frankenstein?
10. Name the Doctor associated with Mr. Hyde?

Okay, let’s see those answers!!! – NO GOOGLING!! – Partial entries MOST WELCOME!!

DRAW DATE: TUESDAY OCTOBER 31ST

WINNER WILL BE ANNOUNCED IN THE NOVEMBER 1ST NEWSLETTER

LIFESPEAK – EDUCATION CAMPAIGN – PART 3 OF 4



Harm reduction is about being mindful of our actions and taking small steps that can make a positive difference over time. Rather than requiring abstinence, harm reduction supports people making changes at their own pace, respecting their autonomy to choose what works best for them. Step into a compassionate world that believes in the power of harm reduction – where understanding, safety, and support take center stage. In this part, we embrace a proactive approach, empowering individuals to make informed choices surrounding substance use, gambling, and mental health.

Here is a link to PART 3 of the campaign page: <https://sdbc.lifespeak.com/campaign?sharekey=5a742cb7-6564-4d95-a479-fd05257a839c&lang=EN§ion=3>

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 – note that the link sometimes opens up as a NEW tab at the top of your screen.

[Beginner Greetings \(Level 1\) – Indigenous Education \(sd79.bc.ca\)](https://sd79.bc.ca)



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

....until next Wednesday....

Take care,
Donna Whyte
Donna Whyte
HR Health & Wellness Manager
dwhyte@sd79.bc.ca