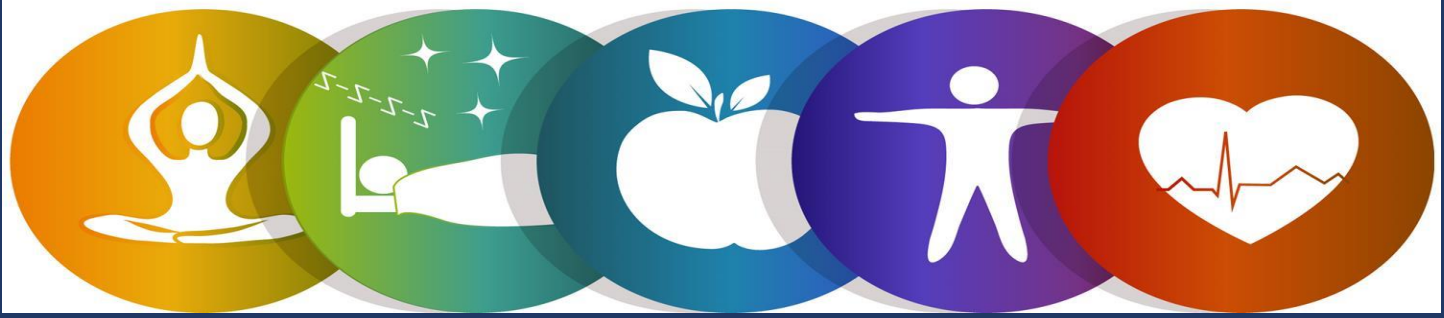


WELLNESS



Cowichan Valley School District Health & Wellness Newsletter

October 25th, 2023

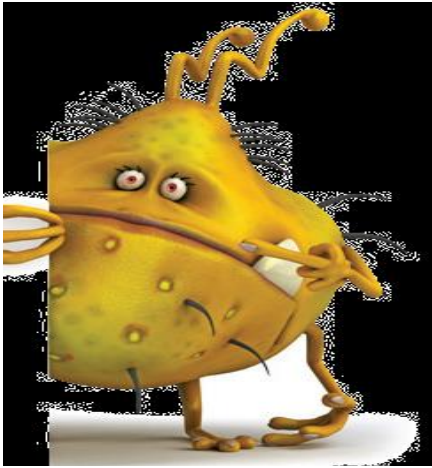
THIS WEEK'S THEME:

BREAKFAST

Cereal is a convenient way to ensure the most important meal of the day – **breakfast** – fits into your busy life. However, if your breakfast cereal is not carefully selected, the calories and added sugar can make it resemble dessert more than a wholesome option! When choosing a cereal, hone in on three items on the label: sugar, fibre and protein. Limit sugar to less than eight grams per serving. Ideally, the fibre is two grams or more and the protein is greater than five grams per serving. Fibre and protein aid in slowing digestion, allowing a longer feeling of fullness. Nutrients are released at a steady pace rather than all at once. A few cereals that fall within these guidelines include Shredded Wheat, All Bran, Grape-Nuts and unfrosted Mini Wheat Bites. If extra sweetness is desired, add fresh fruit such as banana slices, blueberries or dried cranberries. Alternatively, take a break from dry cereal or make it an occasional food only. Instead, opt for these five super-nutritious breakfasts:

- A steamy bowl of oatmeal topped with toasted almonds, warm applesauce and cinnamon
- A two-egg omelette filled with sautéed mushrooms, spinach and a sprinkle of cheese
- A poached egg and sliced salmon on one slice of quality wholegrain toast
- A kale, mango, apple and yogurt smoothie
- A homemade egg, vegetable and ham breakfast sandwich with orange slices on the side





Exercise to Banish the Flu

Doing vigorous exercise for at least two and a half hours a week can reduce your chances of experiencing a flu-like illness by around 10 percent. And, according to research, 100 cases of flu per 1,000 people could be prevented just by engaging in vigorous exercise. No differences were found in rates of flu-like illness based on the amount of moderate exercise reported. Physical activity is a great way to boost our immune system in an effort to prevent the flu and/or speed up recovery. Researchers are still determining the ways in which exercise may enhance immune functioning, but what is known is that exercise improves circulation. That helps your disease-fighting white blood

cells move freely throughout the body to combat invading pathogens. The World Health Organization defines “vigorous” exercise as requiring a great amount of effort and causing rapid breathing and a substantial increase in heart rate. Examples include running, fast cycling or swimming, and competitive sports such as basketball and hockey. Be sure to check with your health professional before starting any new fitness program. **SPEAKING OF EXERCISE.....**

These Corporate Rates are being offered to NEW FACILITY MEMBERS who are Cowichan Valley School District Employees. Additional facilities may be added.

Fitness Facility Corporate Rates

Fit-Co

Bay 2- 5880 York Rd.
Duncan, BC
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee into. rate for 3 months only \$149.99 (new members only)**

Valley Health & Fitness

#1 – 1400 Cowichan Bay Road
Cobble Hill, BC
250-743-0511 or email info@valleyhealthandfitness.ca

- Corporate rate of \$39.95 per month + GST (**with a 1-year membership**) or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

CrossFit Anchored Athletics

Unit #8 L-6961 Trans-Canada Hwy
Duncan, BC
778-997-3562

- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:
 - 8x one on one Personal Training sessions
 - 3 months of unlimited Group Classes
 - 3 months of Gym Access using a Keyfob between 6am and 10pm
 - 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months



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 OR DECORATE** a pumpkin
and send me a photo!

WIN PRIZES

Winners will be chosen in the categories of:

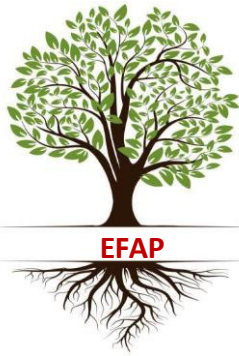
- ★ Scariest Pumpkin
- ★ Happiest Pumpkin
- ★ Most Creative Pumpkin

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

GO BY BIKE WEEKS



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!



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



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

305 - 394 Duncan St
 Duncan, BC V9L 3W4



LIFESPEAK – EDUCATION CAMPAIGN – PART 4 OF 4

Everyone’s experience handling a substance use or gambling issue is unique. The healing process often includes the people in their trusted support network. Through connection and education, you can build a bridge of support and trust. In this part, our experts share ways to create spaces of empathy and safety to walk alongside those closest to you. Healing within a supportive community reinforces that we are not alone in our struggles and serves as a reminder of our shared humanity. Together, we can lift each other up.

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



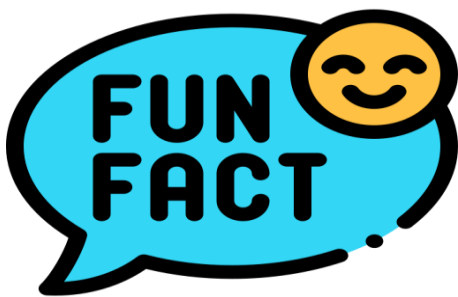
TRIVIA IS BACK!!!.....WITH A TWIST!! – IT’S HALLOWEEN TRIVIA TIME!

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



Wellness Wednesday FUN FACT: The human brain!

The human brain is mostly water!! Even though humans have complex brains, our brains are actually quite small when you take into account the size of our bodies. **A human’s entire brain is only about 2% of entire body weight.**

Plus, the human brain is about **75-80% water**. In fact, the **entire human body is mostly water** (about 60% although there are variations based on your weight, hydration age, etc.).

Health tip

Try to stay hydrated as much as possible. Plus, make sure you protect your vulnerable noggin by **wearing a helmet whenever you’re on a bike, motorbike or horse.**



Hey'ewulh 'o' lumnamu tsu tse 'o' kweyulus

Goodbye, I will see you tomorrow



October Hul'q'umi'num Greetings

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