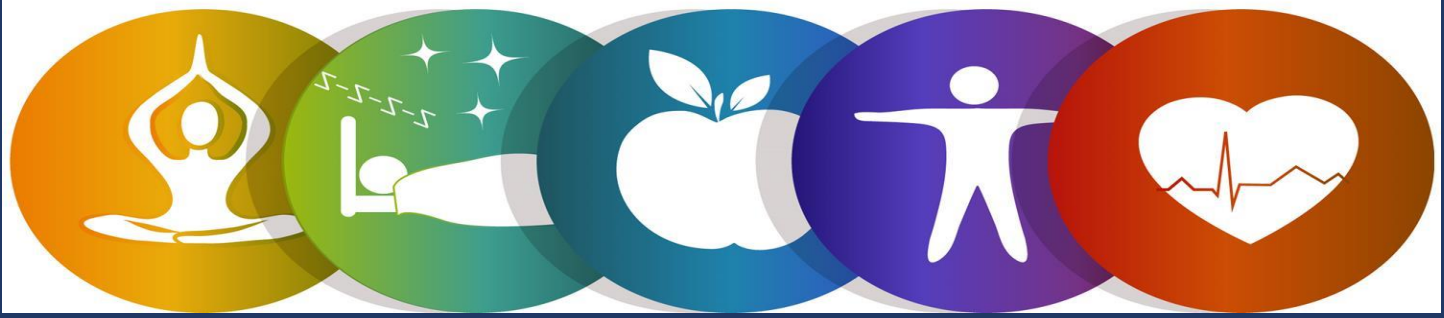


# WELLNESS



## Cowichan Valley School District Health & Wellness Newsletter

**THIS WEEK'S THEME: ARE YOU DRINKING ENOUGH WATER?**

**October 4<sup>th</sup>, 2023**



It's easier to drink water during the Summer months due to the heat and sweating. The Fall months might make it trickier for you to stay properly hydrated. Start tracking your water intake throughout the day and use these helpful tips:

- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles and take one with you for ice-cold water.
- Choose water over sugary drinks, especially when dining out.
- Serve water during meals and add a wedge of lime or lemon to your water for flavor.
- Drink a glass of water before and after each cup of coffee.
- Add lots of ice to your drinks and smoothies.
- Drink a full glass of water with every med or supplement.
- Invest in a smart water bottle that tracks your intake or reminds you to drink.
- Drink from a straw to make it easier and faster.
- Use an app that helps you set goals and track your progress.

**HERE ARE SOME REASONS OUR BODIES NEED WATER:** it lubricates the joints; it forms saliva and mucus; it delivers oxygen throughout the body; it boost skins health; it cushions the brain, spinal cord and other sensitive tissues; it regulates body temperature; the digestive system depends on it; it flushes body waste; it helps maintain blood pressure; the airways need it; it prevents kidney damage; it boosts performance during exercise.....and the list goes on.....so drink your water folks!!!





## PUMPKIN CARVING CONTEST!!

It's that time of year again!!! **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>

**Winners will be announced in the Nov 1st Newsletter!**

### Happy Carving



## 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!

# You still have time to get your answers in!!!!



TRIVIA TIME IS HERE!!  
SUBMIT YOUR ANSWERS FOR A CHANCE TO.....

**WIN A PRIZE!**

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

**RANDOM DRAW – WEDNESDAY, OCTOBER 11<sup>th</sup>**

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



**To encourage not using GOOGLE – YES! partial entries WILL BE ACCEPTED!!**

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## LIFESPEAK – EDUCATION CAMPAIGN – PART 1 OF 4



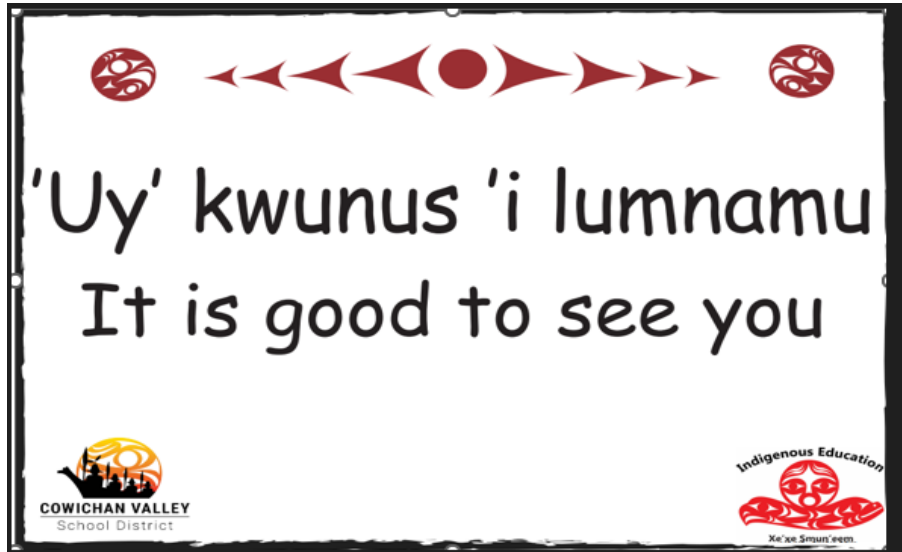
Picture an iceberg; while most of it hides underwater, you only see what appears on the surface. Similarly, we don't see what people are going through, and oftentimes due to stigma, people suffer in silence. Estimates are that over a lifetime approximately 25% of people struggle with a mental health issue, 20% struggle with a substance use disorder, and 1.5% struggle with a gambling disorder. In this part, we challenge the stereotypes surrounding substance use, gambling, and mental health, recognizing that behind every journey lies a unique story waiting to be heard. Join us in breaking down stigma and creating spaces for acceptance and empathy.

Here is the link to the campaign page:

<https://sdbc.lifespeak.com/campaign?sharekey=5a742cb7-6564-4d95-a479-fd05257a839c&lang=EN&section=1>

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

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



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

[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](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)