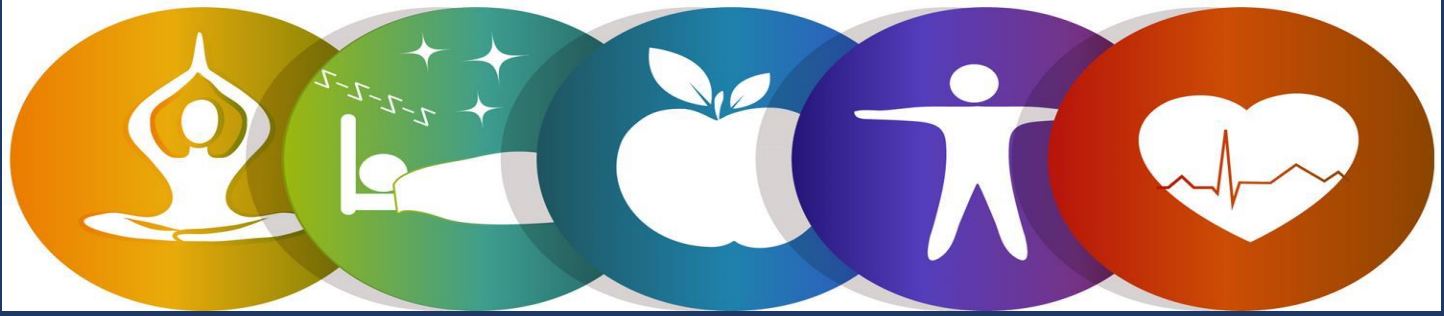


WELLNESS



SD79 Health & Wellness Newsletter



THIS WEEK'S THEME:

THE IMPORTANCE OF A GOOD NIGHT'S SLEEP

September 20th, 2023

As we all know, sleep is an essential function that allows our bodies and minds to recharge, leaving us hopefully more refreshed and alert. Healthy sleep also helps the body remain healthy and more resilient to illness. Without enough sleep, the brain may not be functioning properly, which can impair our ability to concentrate and think clearly. Although a good night's sleep does not always come easily, here are some tips that may help:

- Try to have a regular sleep pattern
- Increase bright light exposure during the day and reducing screen-time in the evening
- Exercise and/or get some fresh air during the day
- Make your bedroom comfortable, quiet and dark
- Try to wind down and relax before going to bed
- Use earplugs, an eye mask or a white-noise machine, if needed



In previous years, staff members overwhelmingly wanted to see corporate rates at fitness facilities. I am in the process of compiling that list and should have that ready for you shortly. In the meantime, do you have a fresh idea for a Wellness Activity that you would like to see? Please feel free to email me at dwhyte@sd79.bc.ca

NEW IDEAS!! COMING SOON TO A NEWSLETTER NEAR YOU!!!

GoByBikeBC
BIKE IT. YOU'LL LOVE IT.

SHIFT YOUR MODE

"Initially, I had a lot of hesitation because I hadn't ridden a bike since I was a child. I had some fear about riding with traffic and uncertainty around my safety. I found my inner strength and courage and haven't looked back. It was the best decision I made because every time I ride, I feel like a kid again! I feel healthier, happier, and overall, my state of mind is calmer."

Kristine Arlott, Abbotsford

GOBYBIKEWEEKS
OCTOBER 16-29, 2023
FREE REGISTRATION: GOBYBIKEBC.CA

BRITISH COLUMBIA
Supported by the Province of British Columbia

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!



DON'T FORGET – YOGA IS BACK!! The September to December schedule was sent out earlier, but I will share it again for you. These classes are free for school district staff and are on a drop-in basis.

Bring a Mat, Blanket and wear comfortable, stretchy clothes.
No experience necessary – all levels are welcome!

Location	Days	Dates	Time	Provider
Quamichan School Dance Room	Mondays	September 18 th – December 18 th	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary – Dance Room	Tuesdays	September 12 th – December 19 th	3:45 – 4:45 pm	Kendra Crighton
Chemainus Secondary Dance Room	Thursdays	September 14 th – December 21 st	3:30 – 4:30 pm	Brittany Leonard

Cowichan Secondary Dance Studio	Thursdays	September 14 th – December 21 st	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	September 14 th – December 21 st	3:30 – 4:30 pm	Julie Madden



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY’S – send me an email!

REMINDER - the “Wellness Matters” quarterly newsletter, has been discontinued and replaced with the new alive@work. Please click [link](#) here. New editions will be available to you monthly.

....until next Wednesday....

Take care,

Donna Whyte

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