



Cheryl Ginger - walking on September 30, 2024 for National Truth and Reconciliation Day



Please send your pictures to
Carla.halvorsen@uchucklesaht.ca



DROP-IN & COME JOIN!

MEN'S SOCCER EVENINGS

EVERY TUESDAY STARTING OCTOBER 8 2024

LOCATION: NUCH GYM 4841 REDFORD ST (4TH AVE)

TIME: 7:00-8:30PM

Any men Ages: 30-65 interested
joining/practicing Mens Soccer Team

Inside this issue:

MENS SOCCER PRACTICE TUESDAYS	1
UCHUCKLESAHT HEALTHY FOODS - SALMON -	2
BACK TO SCHOOL TIPS	3
UCHUCKLESAHT PICTURE GALLERY	4

Do you have articles or news for the
newsletter? Please send those to
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HEALTHY FOODS - SALMON -

Salmon is a sustainable choice that packs protein and heart-healthy omega-3 fatty acids and helps support heart health by reducing total cholesterol and blood pressure, two risk factors for heart disease.

While salmon is a nutritious food, high-quality protein and various vitamins and minerals, **consuming it excessively may lead to potential issues, including excessive calorie intake, mercury exposure and nutrient imbalances.**

As for how much fish to eat, consuming at least two servings of salmon per week can help you meet your omega-3 fatty acid needs. Salmon is rich in long-chain omega-3 fatty acids, which have been shown to **reduce inflammation, lower blood pressure, and decrease risk factors for disease.**



Suuḥa

Pronounced: SUE - HA means: Spring Salmon



BACK TO SCHOOL TIPS

It's that time of year again!

The kids are all excited about starting up another school year. Here are a few tips to help you throughout the year.



Zekiyah George and Zavaia Rush

1. Plan for what you need

Decide what supplies, clothes, course registrations, backpacks or anything else you need for the new school year.

2. Help kids develop independence

Help the children learn how to build skills and learn responsibilities. Teach them how to do tasks such as making or choosing breakfast and lunch, for instance.

3. Early to bed, early to rise

Assist the children into the habit of going to bed earlier. Gentle winding-down activities such as bath time and reading before bed can help your child relax. Take away electronics about 2 hours before bedtime to assist with a good sleep.

4. Re-establish a routine

Establishing a consistent routine is important for kids. Write out the steps in the routine and rehearse them with your child. In the evening, this could include doing homework, playtime, brushing their teeth, having a bath, and reading before bed.