

# MARTHA CURRIE WELLNESS

MARTHA CURRIE ELEMENTARY'S HEALTH & WELLNESS NEWSLETTER

## Community

With all the growth and changes going on around me I felt compelled to write this newsletter about "Community."

Our little Cloverdale is growing very fast, with so many new developments, new residents and fewer spaces in our local schools, and yet we still maintain our community spirit. I have really enjoyed being part of the PAC and District PAC meetings this year. It was nice to connect with other parents and families, learn what was going on in our growing community and feel like I am contributing to something bigger than myself. We are very blessed to have an amazing, dedicated and committed group of parents and families at Martha Currie Elementary. We have so many programs, after school activities, amazing events, and of course the restoration of the courtyards for outdoor learning too. All of this would not be possible without a "Community."



**Dr. Brenna Jacks, ND**



**Shannon Simpson, BHK,  
TR, HNP**

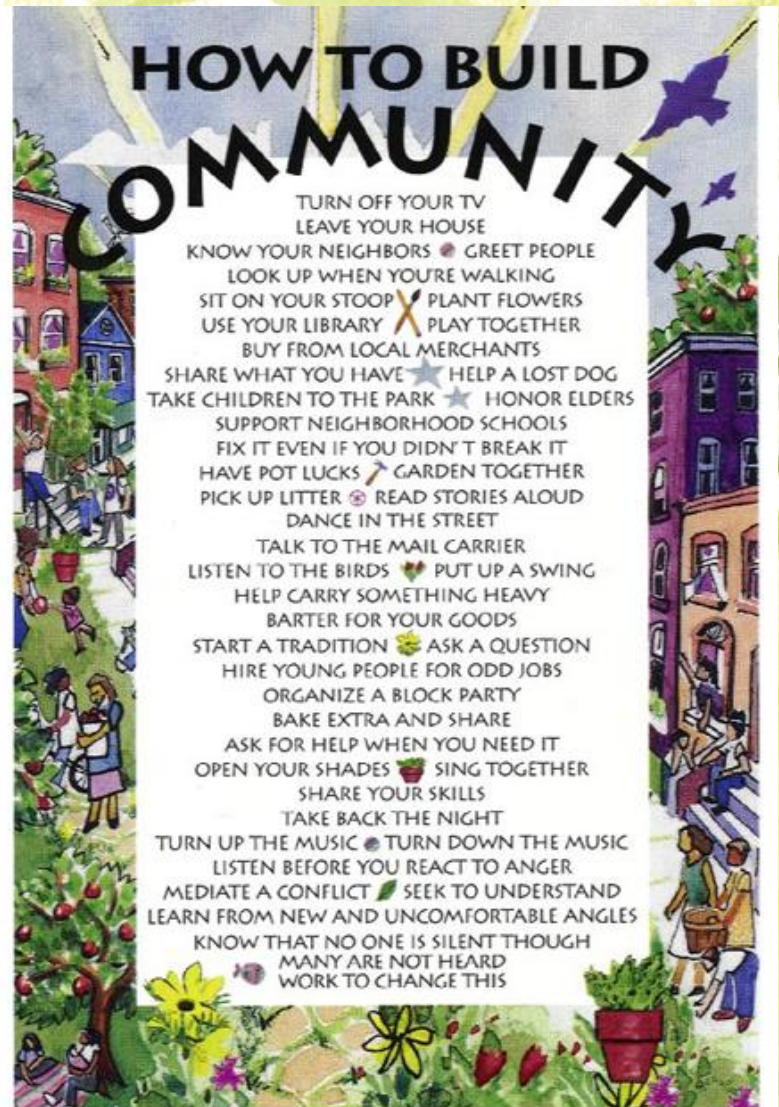
For questions or advice, please email us at: [marthacurrie.wellness@gmail.com](mailto:marthacurrie.wellness@gmail.com)

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.

MARGARET MEAD

There are so many ways to be connected to community whether it is in your church, volunteering at the local seniors home, recreation center, Big Brothers and Big Sisters, sports teams, social visits in your local coffee shop, joining your school PAC, walking your dog or just chatting with your neighbors next door.

Community has this amazing way of making you feel connected, supported, listened to, inspired, and alive. Communities are all around us and we all benefit from being part of something bigger... especially our kids. We are not meant to be independent but interdependent. As the saying goes, it really does *"Take a village to raise a child."*



### A Message from Shannon

It has been my pleasure being part of the Martha Currie Community for three years but this will be my last newsletter from the Mainland as I will be joining a new community in Courtenay on Vancouver Island. I have really enjoyed writing and sharing with you all over the past several years and I hope to continue writing future newsletters with Brenna from my new home on the Island.

*From Brenna and I... wishing you all the best for a safe, fun filled summer.*

## Resources:

*An amazing blog post below on "The disease of being "busy" which saps our ability to be fully present with those we love the most in our families, and keeps us from forming the kind of community that we all so desperately crave. Click below for full article:*

<http://www.onbeing.org/blog/the-disease-of-being-busy/7023>

**Building Community: Nine Ways to Connect and Transform**

<https://experiencelife.com/article/nine-ways-to-connect-and-transform/>

**Another Great Resource:**

Eco Parent Magazine: <http://www.ecoparent.ca/>



**Have a Wonderful Summer**