End of Summer Potluck

The Family Centre is hosting its annual End of Summer Potluck and everyone is invited to join us. Come and meet other UVic families and celebrate the diversity of our community. Bring a dish to share: appetizer, salad, main course or dessert. The Family Centre will provide drinks and ice cream. To help reduce waste, please bring your own plates and cutlery.

Date: Thursday, August 30th
Time: 4:30pm-6:30pm
Place: In front of the Family Centre,

Farewell to Friends and Hello to New Neighbours
August is a month where many families in our community pack up and move forward. To all of our friends and neighbours who are moving on, we wish you the best of luck in your future pursuits. We hope you will stay connected to us in some way, perhaps through our Facebook page. Or if you’re not moving too far afield, feel free to continue stopping by the Family Centre for events and playgroups. For families now joining the UVic community, welcome. Please join us at one of our playgroups to learn more about what is available at the UVic Family Centre.

Family Centre Weekly Hours and Programs

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Documentation at the UVic Family Centre
By Erin McKenzie

Over the past few months, Sherrie and I have been working hard to incorporate “pedagogical narrations” into the Family Centre. Pedagogical narrations require observing, recording, interpreting and sharing moments that a practitioner sees in their workplace. The practitioner observes and records ordinary moments of play and exploration by the children. By observing and recording these everyday moments the practitioner captures traces of the children’s theories and interests and thus makes visible their explorations (Gandini, Kaminsky, 2000). Interpreting and sharing these moments with colleagues further makes visible the children’s learning. It encourages the practitioner to consider if what they have been taught about children matches what is shown in the ordinary moments (Mac Naughton, 2005). For more information on pedagogical narrations you can look at the BC Government’s document from Theory to Practice on the Ministry of Education’s website (http://www.bced.gov.bc.ca/early_learning/pdfs/from_theory_to_practice.pdf).

At the UVic Family Centre Sherrie and I have used documentation to make visible both adult and child learning. We have experimented with posting photos in a variety of different forms: with words and without words, in black and white, at a child’s eye level, and taken by the families. We’ve also shared moments of practice in photo books and on Facebook. We have been inspired by the idea that displaying documentation in different ways invites different responses and generates new questions (Hewett, 2001). For example, posting photos at the children’s eye level opened up questions regarding who the documentation is for and how they might relate to it once given a chance. With each new piece of documentation we’ve invited comments from the families and staff, asking them what they see. We’ve had both the opportunity to talk with the families about the role the Family Centre plays in their life and to talk about how parenthood is experienced across cultures.

From my perspective pedagogical narration is important because through collecting ordinary moments the practitioner is able to see themes in what the children are interested in. This challenges the practitioner to think more carefully about their intention behind activities and programming and to plan activities that provoke new exploration of previously visited materials or ideas. In conclusion we have found exploring different documentation at the Family Centre to be a rewarding and thought provoking process and I thank you for reading about our journey.

Fifty Ways to Get Outside
Motivated by the desire to reconnect children with nature and the outdoors, the National Trust of Britain recently published a list of fifty things children should do before they turn twelve. Here are some highlights.

1. Climb a tree
2. Roll down a really big hill
3. Camp out in the wild
4. Build a den
5. Skim a stone
6. Run around in the rain
7. Fly a kite
8. Catch a fish with a net
9. Eat an apple straight from a tree
10. Hunt for bugs
11. Throw some snow
12. Hunt for treasure on the beach
13. Make a mud pie
14. Dam a stream
15. Go sledding
16. Bury someone in the sand
17. Set up a snail race
18. Balance on a fallen tree
19. Swing on a rope swing
20. Eat blackberries growing in the wild

Ramadhan by Nadeema Gani
All over the world Muslims have begun their holiest month of the year by fasting from dawn until dusk each day. Muslims believe that fasting teaches patience, modesty, spirituality, and reminds followers of religious obligations. Ramadhan began on July 20 this year. The start of Ramadhan is calculated based on the sighting of the new moon, which begins the Muslim lunar month. Eid al-Fitr is the celebration that comes at the end of Ramadan. It begins when the new moon is seen, around the 29th or 30th day of the fast. There is feasting and celebrations with family. The staff at the Family Centre would like to say Ramadhan Mubarak to all of our Muslim friends and families.
My First Camp Trip
By Jenny Li

The weather has not been promising this summer. We finally saw the sun shining all day long in the beginning of July. Luckily it was just before we went on our first camping trip. With my friend Lina’s family we went camping in Tofino for 3 nights. It was full of fun and adventure. Here is my experience to share with you, especially with those who want to go camping but have not yet.

1. Going camping with a friend will make your trip easier and more fun.
2. Good weather is very important for camping so try to choose good dates for camping when you do the planning.
3. Get fully prepared before you go. Lina is a good trip planner. We had a meeting one week before the trip and we got almost everything we needed ready.
4. The part I loved a lot was the BBQ. We brought a lot of BBQ food from home. Also we bought a whole fresh salmon from the fisherman for BBQ. Cooking and eating with friends in the forest is awesome.
5. Kids never had enough time on the beach. We went to Long Beach, where the kids had a lot of fun and didn’t want to go back to the campsite until they got soaking wet.
6. The third day, moms and kids played Mini Golf and dads played the real thing. Everybody had a great time, even though the little ones ended up making fishing poles with the twigs and leaves and fishing in the pond of the golf course.
7. We planned to go to Torquay Bay to pick some oysters. After a long bumpy drive, we arrived there, finding out that it was not the right time for oysters. But the kids had a lot of fun collecting the oyster shells and splashing in the water. But if you do plan to search for shellfish or go fishing, check the seasons first.

I love camping. I love sleeping in the nature, listening to the sound of the ocean and even the cawing of the crows early in the morning. If you have never camped before, just try it this summer. I promise you will love it just like me.

Congratulations to our Editor

This month our Editor, Avril Nagel and her co-author Randie Clark MA CCC are releasing *When Your Child Dies, Tools for Mending Parents’ Broken Heart*. The book provides grief-stricken parents tools, strategies and tips on how to heal from and handle the aftershock of this devastating loss. With compassion and empathy, *When Your Child Dies, Tools for Mending Parents’ Broken Hearts* reaches out to console, relate, guide, converse and offer insight to parents on how to navigate the grief process. Suggestions include practical tools for parents to help surviving children understand death and grief, handle reactions and sympathies from relatives and friends and accept loss in their family in healthy ways. No matter what age children are when parents lose them, the pangs of loss often besiege parents’ ability to move forward. *When Your Child Dies* shows parents how to savor their past relationship by giving proven counsel on letting go of regrets, building a new life, incorporating the good memories in new ones and celebrating the joy and love that was shared with their child. For more information and to visit Avril’s new blog about family life, go to [www.avrlnagel.com](http://www.avrlnagel.com). Locally the book will be available at Bolen Books, Munro’s and the UVic Bookstore. For updates, like the book on Facebook at [www.facebook.com/WhenYourChildDies](http://www.facebook.com/WhenYourChildDies).
Programs and Events

Playgroups:
On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. The Tuesday morning drop-in time features a lively Music and Movement program. On Wednesday and Friday mornings, the Family Centre hosts playgroups with arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month. As often as the weather allows we will move our programs outside please come prepared with sunscreen and a sun hat. We look forward to using the water table, blowing bubbles and playing with the parachute.

The Family Centre as Studio Time:
The Studio Program finished in July. The program was a pilot program which ran for ten weeks and was facilitated by two fourth year practicum students from The School of Child and Youth Care. We would love to hear your feedback about this program. If you have any thoughts or comments please email them to us at familyc@uvic.ca.

After School Club and Make and Take:
The After School Program and Make and Take Programs will start up again in September.

Book Club:
The Family Centre has a book club which meets once a month to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more go to our Facebook page.

The Family Centre will be closed Monday August 13th to Monday August 27th.

In case of emergencies you can always contact UVic Housing at 250-721-8395 or Campus Security 24 hour line at 250-721-7599.

Community Events

Victoria Symphony Splash
Inner Harbour
Sunday August 5th
Musical entertainment, food, souvenirs ending with a live performance by the Victoria Symphony. Concert concludes with the grand finale performance of Tchaikovsky’s 1812 Overture complete with cannons and fireworks.

Cadboro Bay Festival
Gyro Park
Sunday, August 12, 11:00 am-3:00 pm
More Sand Sculptures... more activities and more fun for the entire family. Enjoy an afternoon at the picturesque Gyro Park featuring a variety of hands-on activities, bouncy castles, pirate school, information displays, arts & craft stations, and food and fun for the entire family. New this year will be the “People Choice” Sand Sculpting award where you have a chance to vote on your favourite Sand Sculpture created by world-class sand sculptors.

Creatures of the Summer Night
Swan Lake Nature Sanctuary
Friday August 17th, 7:30-9:30 pm
Check out the nightlife a Swan Lake! Sharpen your night senses with owl prowling and raccoon trailing. Using a grab bag of tricks, discover how these animals are adapted to their nocturnal life. Suitable for families with children over 6 years old. Pre-registration required. $4 Members / $6 Non-Members. Please call 250.479.0211 to register.

Victoria Dragon Boat Festival
Inner Harbour
August 17th-19th
Watch the races and enjoy great live entertainment. Visit www.victoriadragonboat.com for more information.

Chinatown Night Market
Wednesday August 22nd, 5-9 pm
The Festival of the Sevens is the theme of this summers third Chinatown Night Market. The Festival of the Sevens is the Chinese Valentines Day, a day for lovers and friends. For more information visit www.chinatownnightmarket.ca.