Thanks for a Successful Event, Despite the Rain

This year marked the 10th Annual No Foolin’ event hosted by the UVic Family Centre. No Foolin’ is a community event designed to celebrate the diversity and energy that families and children bring to campus life. This year the rain put a damper on some of our planned activities, but it did not stop our community from coming together and celebrating. The event could not go ahead without the generosity and support of our community donors and volunteers. Thank you to the Island Savings team who face painted and engaged in an enthusiastic game of soccer and relay races; the sack races in the rain were particularly impressive! We are also grateful to the large number of Saanich Police who came out to support us. In addition to police cars they also brought Ace, their mascot, who was a huge hit with the children. No Foolin’ just simply would not be ‘No Foolin’ without the fire truck – thank you Saanich Fire for coming and letting our children clamber all over your pristine truck in their wet clothes! Thank you also to Campus Security and faculty members from the Department of Human and Social Development, your support is greatly appreciated. A photo album is posted on our Facebook page thanks to Laurel who photographed the event. Thank you to all our community supporters for donating food and drink: Peppers Food, Ali Baba Pizza, Thrifty’s, Starbucks, Old Dutch, and Pepsi. We would also like to say a huge thank you to all the UVic students who came and volunteered – having you come and engage with the families of UVic makes the event the success that it is year after year regardless of sunshine or rain!

By Emma Chalifour

In addition to weekly programs, the Family Centre is open from 9:30-3:00pm every Tuesday and Wednesday. For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.
UNIVERSITY HEALTH SERVICES –
A HIDDEN GEM OF A SERVICE ON CAMPUS!

Do you or your child have a cold or flu? Have a wound or injury? Need to talk to someone about birth control or STI screening? Feel anxious or depressed? Want to learn how to BE well and stay well? WE CAN HELP! University Health Services is here to look after your health needs while at Uvic. We serve the student community and the families of students who live in family housing.

Who we are: UVic's only medical clinic staffed by team of dedicated health care practitioners providing comprehensive health and confidential care.

Services Provided: Urgent care & treatment, mental health, sexual health, sports medicine, travel health, immunizations, and wellness education. We also have a Doctor on Call service after hours, on weekends and on holidays (Call our main number 250-721-8492 during these times to be put in contact with the Doctor on Call)

Hours: We are open from 8:30 am to 4:30 pm from Monday to Friday except for Tuesday when we open at 9:30 am

Booked Medical Appointments: We offer booked Physician and Nurse appointments. Phone 250-721-8492 to book your medical appointment. We also offer same-day visits and urgent care.

Web: www.health.uvic.ca

Location: We are located in the Jack Petersen Health Centre in front of the Cluster housing at the end of lower parking lot # 5 (Off of Sinclair Rd).

Eligibility- cost coverage: All part-time and full-time students at UVic and their families who live in Family Housing are welcome to use our services. We accept all Canadian provincial health plans. International students can enroll in a private insurance plan (www.uvic.aon.com) which will give them three months coverage until they become eligible for BC medical insurance. We recommend students have BC Medical coverage – download an application at www.health.gov.bc.ca/msp.

"The greatest gift you can give others is your best you—your healthiest you." ~ Joseph J. Sweere

Show Mom you care.
Mother’s Day is Sunday May 12th. Mother’s Day is celebrated on various days in many parts of the world in March, April or May. In some countries it has descended from ancient traditions such as the Roman festival of Hilaria, honouring motherhood.

Would you like to share an experience you’ve had as a student or at the Family Centre? Get in touch at fcnews@uvic.ca. We’d love to hear from you.

No Foolin’ – It’s Fun

Check out our facebook page for more photos of No Foolin’ 2013.
The Neighbourhood Nurse Program is Coming to the Family Centre!

In an effort to reach out to the Family Housing population, University Health Services (UHS) will be bringing its Neighbourhood Nurse Program to the Family Centre. Beginning in May an RN from UHS will be visiting the Family Centre once a month on Tuesdays from 11am – 12pm. The dates are Tuesday, May 7, June 11, July 9, and August 6.

The outcomes for this program:

- To promote health and wellness information and impart useful tips and strategies.
- To offer guidance, resources, and education to students’ and their families unique health inquiries.
- Raise the profile of University Health Services.

Robin Bryson
My name is Robyn, and I am a 4th year student at UVIC. I spent two years at Camosun College, where I received my Child, Family, and Community Services Diploma, before moving on to the Child and Youth Care program at UVIC. Outside of my school life, I enjoy painting and just about anything that allows me to be creative. I am looking forward to my final practicum at the UVIC Family Centre, learning more about the centre, and meeting everyone who is involved!

Cindy Shen
I am a second year student at the University of Victoria, studying Child and Youth Care. I was born in Taiwan and moved to Canada when I was 12 years old. I am planning to specialize in the early years stream as I move into my third and fourth year. I am really excited to meet everyone and become part of a collaborative learning community. Any comments or advice that help me improve my skills and generate new knowledge is welcomed.

Saying Good Bye is part of this time of year…

An unexpected "Good Bye" to Ildiko Danis who has been our Early Childhood Educator for more than a year. We have so appreciated her experience and knowledge, her warm and caring ways with the children, and the supportive way she encouraged students. We all wish her well in her new position and know that she will be close enough to come by for visits! Good Bye and many thanks to our two Work Study Students Ciara and Linda. We couldn't have managed without you!

Summer programming is in full swing at local recreation centres and community program centres. Check out the following websites for fun opportunities for the whole family.

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<td>Greater Victoria Public Library</td>
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Programs and Events

Playgroups:
On Tuesday, Wednesday and Friday mornings from 10am-12noon, the Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Kathleen runs the popular Music and Movement program on Tuesday. On Wednesday and Friday mornings, the Family Centre hosts playgroups with arts and crafts, free play, circle time, and snack.

After School Club:
School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on Wednesdays from 3:30 - 5:00 pm. We will be doing a variety of activities each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows and crafts.

Note: This month the playgroup on May 15th will be cancelled.

Make and Take:
Need a night out? The Family Centre is open on Monday evenings from 7-9pm. Currently the group is working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other people in the community. Don't have a craft project? Can only make it for an hour? Come anyway! The kettle is always on and we'd love to see you!

Book Club:
The Family Centre has a book club that meets on the third Thursday of each 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.

Community Events

4th Annual Island Savings Family Sport & Recreation Festival
Saturday May 4th, 11am-4pm, Free
Pacific Institute for Sport Excellence
4371 Interurban Road Victoria
This event attracts over 1500 children and parents to participate in a variety of sports, obstacle courses, ziplining, rock wall climbing and free sample fitness classes.

Kids Run Victoria
Sunday May 5th, 10am-12pm
Tillicum Centre, Lower Parking Lot
Come enjoy a morning of fun family activities, entertainment, fire trucks, mascots, barbeque by donation, and enjoy our beautiful nature trails. Walk or run the 1km and/or 5km routes. Sole Sisters Victoria is partnering this year with the Saanich Fire Fighters Charitable Foundation to support pediatric oncology at Victoria General Hospital, and the children and families who are living the cancer journey.

Victoria Symphony StoryTime
Saturday May 18th, 10:30-11:15
Nellie McClung Branch
Join two musicians from the Victoria Symphony and their puppet friend, Kathy Cadence, for a musical performance that matches music to words and feelings. Presentation includes an instrument petting zoo. Parents and caregivers are welcome to participate. For ages 3-4. Register online or call for more information.

Island Children’s Festival
May 25th, 2013 12-5pm, $10 (under 5 free)
5575 West Saanich Road
Visit www.islandchildrensfestival.com for more information.