

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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WELCOME POTLUCK

When: Wednesday September 10th

Time: 4:30-6:30pm

Where: UVic Family Centre



Call:
250-472-4062
for more information.

Come and meet other UVic families from both inside and outside Lam Circle. Experience the diversity of our community.

Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks.

To help lessen the impact on the environment, please bring your own plates and cutlery. We look forward to seeing you.

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Under 5 Playgroup	10:00am-12noon
Friday – Under 5 Playgroup	10:00am-12noon

In addition to weekly programs, the Family Centre is open Monday (9:30-12), Tuesday (11-3), Wednesday (9:30-3:00) and Friday (9:30-12). For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.



Find us on Facebook

The UVic Family Centre: a place of sharing, listening and kindness, so precious for our family's integration.

Late April, we left Brussels and arrived for a new chapter in life in UVic' Family Housing with our two little ones (nearly 3 years old and 10 months old at that time). Through the UVic' website we knew there was a Family Centre and from then we were convinced the Centre would help us to settle down and to feel fine in our new environment.



How do you feel when arriving from abroad in an empty house and with two little ones? You may find loads of information on the UVic website, you may have established first contacts through Facebook or other social media, you still feel ... lost.... and with so many questions in need for an answer. We are looking for a preschool for our eldest, where is one and how do we proceed? Our youngest needs to have immunization shots, where do we have to go and how can I get there? We soon got all the answers at the Family Centre where from the beginning we regularly joined (and still join) the playgroup three times a week. We soon went home with new books to discover, with a new toy to play with and with new names to remember.

The Family Centre is for us a place to meet people, from all over the world, facing sometimes same challenges (mums being with the kids and dads studying hard), it is a place we all feel fine (mum as well as kids and even dads), where our kids can discover at their own pace, no matter whether they understand English or not a single word

Family being too far away to help Félix to blow his first candle and Antoine's three candles, we were happy to share these moments at the Family Centre. We felt less far from what's still home.

We appreciate this kind way of sharing, giving and exchanging. We appreciate this little tap on the shoulder saying 'Hey, why don't you just come over tonight for a cup of tea, at the 'Mum's Time Out' ' (on Monday night).

We'll never forget this first display of kindness: A few weeks before our arrival we posted a message on the Family Centre Facebook page asking for help for the first days. Who could help us by lending us some cutlery, a mattress, some dishes and a pan? We immediately got replies and even before leaving Belgium we knew our sons would have something to sleep on after our 9.5 hour flight and a 9 hour time-difference and we would have the basic stuff to prepare a meal. And what a surprise when we arrived! We even found a bottle of milk, bread and jam! Some people had prepared our arrival, for sure, we were welcome.

Thank you so much Elizabeth, Emma, Angie and Johanna for all the nice mornings we have already spent with you at the Family Centre, for your welcome, for your listening ear. Thanks to all the people who from near or from far have helped us to settle down the first days.

Thierry and Catherine Bodson, parents of Antoine and Félix.

Farewell from Johanna



My last week working as the Early Childhood Educator at the Family Centre Drop-in is done and I am mixed in my emotions, sadness to say goodbye and joyfulness as I move onto my new job at UVic Childcare Services. The Family Centre is a warm, welcoming place of friendship. I will miss that. The Family Centre has a wonderful way of opening it's doors, to welcome people in, and also to say good bye. So many families coming and so many families going, and also families growing! What a special place! It has been a wonderful experience, being a part of the Family Centre. So many happy memories! I am leaving the Family Centre, but will not be too far away, and I will see you at the upcoming September Potluck! And other events as the year goes on. I do love potlucks and pancake breakfasts!

As I liked to sing at the end of our story time, "Shake hands with a friend, it's time to go, I hope to see you another day!" love and hugs to you all, Johanna

Learn and Share this Month

Monday 22nd: Jane Wismer, Public Health Nurse, will be with us at Learn and Share. She will be bringing information about 'Children and Safety' covering topics such as first aid and home safety. Jane will also be available to answer your health related questions, weigh and measure babies and talk about whether your children might be able to receive their immunizations at the Centre.

Monday 29th: Vicki Neilson will be joining us. Vicki Neilson is the Children's Librarian at the Nellie McClung Branch of the Greater Victoria Public Library (GVPL). Vicki will be doing a children's story time as well as letting you know all the wonderful services offered by the library. Those new to the area will have the opportunity to sign up for a library card.

One final activity from Johanna...

Here are the words to a popular finger play
(Use actions to suit)

I have a little hammer and I tap, tap, tap
I have a little saw and I see-saw, see-saw
I tap and I tap, I saw and I saw and I make a little house
for me.

Where is the love? The love is in the house!
Next door build a BIG house (use a BIG deep voice)

I have a big hammer and I tap, tap, tap
I have a big hammer and I see-saw, see-saw

I tap and I tap, I saw and I saw

And I make a big house for me.

Where is the love? The love is in the house!

Next door to that house build a tiny house (use a tiny,
squeaky voice)

I have a tiny hammer and I tap, tap, tap

I have a tiny saw and I see-saw, see- saw

I tap and I tap, I saw and I saw and I make a little house
for me

Where is the love? The love is in the house!



Moon Festival Lantern Celebration, Gordon Head Rec Centre Saturday September 6, lantern-making from 3pm, festival 6-9pm

Visit Gordon Head Recreation Centre for a neighbourhood celebration of light and community! Lantern making starts at 3pm. From 6:00-9:00pm, come for mooncakes and tea, with entertainment by traditional performers. At dusk there will be a lantern procession to join in and see the lantern installations around the park, with a celebration at the end of the route.

Programs and Events

Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please contact us by email, phone or Facebook if you have any questions or suggestions.

Wednesday and Friday Playgroups:

Families are welcome from **10:00 am to 12:00 pm** to enjoy an engaging morning full of activities. Our goal is to provide children with a rich environment in which they can learn through play. Expect engaging activities in the main room, along with free play in the toy room. A healthy snack for all to share is provided with coffee and tea for the adults. Engage in some adult conversation and be a part of the warm, friendly atmosphere. Story time with songs and stories, as well as outdoor play as the weather allows. We try to squeeze in many important favorite elements in a short time, while still being flexible to follow the lead of the children.

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on Monday nights from 7-9pm for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You are more than welcome. Monday nights is simply an opportunity for women to get out and get to know some of the other people from the community. (Note: Nursing infants are welcome.)

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 join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

Community Events



Preschoolers in the Park

Horner Park

Friday September 12th, 10-11:30, Free

Play on our adventure playgrounds, enjoy organized circle time and partake in a nature/urban walk through surrounding neighborhoods. Bring a stroller or child carrier. Facilitated by Saanich Rec. Registration not required. Cancelled if raining at 9:30 am. Up to 5 years old.

Mini-Movers

Gordon Head Middle School

Saturday September 13th, 10-10:45, Free

Delivered by PISE this program takes a playful approach to exploring fundamental movement skills. Enjoy songs, games and free play that will begin the pathway to your child's physical literacy. Create positive physical activity experiences and get your child moving! For 1½ to 3 year olds.

Spider Websites

Uplands Park

Sunday September 14th, 1-3

Free, donations welcome

Frolic with naturalist Margaret Lidkea of the Friends of Uplands Park, through the rocky meadows of Uplands Park. Find spider webs of different shapes and maybe their builders. Discover local spiders, their habits and which ones can bite people. Enjoy a Spider Dress-up to learn about their weird bodies. Play spider games and make your own arachnid to take home. Suitable for all ages. Free; donations appreciated. Cancelled if rainy or stormy. Meet on the grass field on Beach Drive at the entrance to Cattle Point.

**Free Coast Capital Swim, Gordon Head Rec,
Friday, September 26th, 7-8:30pm**