NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC

WINTER CELEBRATION

The Family Centre would like to invite you to join us for a potluck celebration before you head into the winter break. We will provide drinks and invite you to bring whatever snack you would traditionally eat at a celebration. We will have family craft activities and look forward to seeing you there.

DATE: Tuesday December 9th, 2014
TIME: 4:00-6:00pm
PLACE: The Family Centre
39208-2375 Lam Circle

Please call us if you would like more information: 250.472.4062

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.

Put a little science into the holiday season. Check out littlebinsforhands.com for Christmas science activities including Christmas tree slime and erupting ornaments. More info at: littlebinsforlittlehands.com/christmas-science-activities-kids-top-10-christmas-ideas-kids/
Goldstream Salmon Run
By Briar Gotro

On Wednesday my family went to Goldstream to see the spawning salmon. The scientists thought that 30,000 chum would come back from the ocean, but now it looks like 140,000 made it back. When I visited the river I saw more dead ones than alive ones. I saw the insides of one because a guy cut a dead one open. It was gross, but cool. You can tell the salmon apart because male salmon have a bar pattern and female salmon have a striped pattern. Male salmon also have sharp teeth.

If you haven't gone to Goldstream to see the salmon yet, you should go! It is a fun place for kids and adults. The nature house has a lot of cool stuff to do. The fish will be spawning into early December, but go soon if you can. For more information on salmon look for these books at the library: A Salmon for Simon by Betty Waterton; The Salmon Twins by Caroll Simpson and Salmon by Deborah Hodge.

Are you washing your hands properly? On November 24, Jane Wismer, a Public Health Nurse presented on proper hand-washing to a group of over 30 adults and children at her monthly Learn & Share visit. She explained that using ordinary soap (not antibacterial soap), warm water, and friction is the best way to wash your hands at home. After wetting the hands with warm water, bubble up by rubbing the palms together; then place one hand over the other to wash between the fingers. If you have hardened skin on the palms of your hands, form a knuckle with one hand to rub these parts. Finish off with washing the wrists. The lathering process should take as long as it takes you to sing “Happy Birthday” twice. Rinsing thoroughly with warm water is just as important as scrubbing, since inadequate rinsing just moves the germs around on your hands. After her demonstration, several brave adults and children tested their hand-washing techniques with the help of some germ-simulating lotion and a blacklight. After smearing some UV-revealing lotion on their hands, they washed their hands and checked under the blacklight. A few more tips:

• Wash hands after using the toilet, especially the public bathroom, as their doorknobs are one of the dirtiest places! Use a paper towel (or your sleeve, if paper towels are not available) to turn the tap off, and to open the door.
• Wash hands after coming in from the playground
• Wash hands before eating
• Cough/sneeze into your arm, not your hand
• If no soap is available, you can use hand lotion instead

Jane will join us next month at the Learn & Share from 10am -12 pm on Monday, December 15."

It’s Flu Season

We always love to see you at the Family Centre. However, if your little one has a runny nose, cough or fever, please keep them home. Thanks!

EVERY MONDAY NIGHT AT THE FAMILY CENTRE:

KEEP CALM AND COME TO MOM'S NIGHT OUT
Thank yous

This month we have many acknowledgements for community members and sponsors who have assisted our programs and families over the course of the last two months.

Halloween Success

Thank you to all our wonderful volunteers, Island Savings, Campus Security and UVic Food Services for supporting our Halloween Party once again this year. The weather was kind and over 70 families came out and enjoyed some Halloween fun with us. There was face painting, games, goodie bags, cookies and hot chocolate. The costumes were fabulous! Thank you everyone who participated.

Dr. Arifa Nazneen recently massaged four grateful women at the Monday Learn & Share Program on November 10. The 30-minute full body relaxation chair massages improved circulation, relieved back pain, and gave these moms a much appreciated break. Arifa’s kindness and expertise put me at ease; not only did the massage relax my muscles and warm my body, but my mind also benefitted from the calming experience. Thank you, not only for the massage, but for your continued help, and inspiring us to take care of each other.

- Mari Imahori
Programs and Events

Holiday Closure: December 22nd-January 5th

Family Learn and Share
Dec. 1: Winter Story Time with Vicki Neilson children's librarian from the Nellie McClung branch of the Greater Victoria Public Library. Come with your little one to enjoy a story time.

Dec. 8th: June Saracuse will be with us from UVic Counselling Services. June would like to talk about self-soothing and self-regulation - an important skill for adults to learn and to pass on to their children, in order to help themselves and their children with coping, flexibility and resilience.

Dec. 15th: Jane Wismer, Public Health Nurse, will be with us to weigh and measure babies and talk about any health related questions you may have.

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.

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. Last group December 3rd. Restarts on January 7th.

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.

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. To find out more join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

Community Events

Horse Drawn Trolley Rides
Every weekend November 29 until December 21, Throughout Downtown

DVBA Ferris Wheel
Centennial Square
November 29-December 21, Rides are $2

Carolining Week at City Hall
December 1, 2, 3 and 5, 12-12:40pm

Music in Market Square
December 6, 1-3pm
Enjoy a grand performance of holiday favourites by the Greater Victoria Concert Band.

IEOA Truck Parade
December 6
Owners decorate their trucks and heavy equipment to create this exciting spectacle of light. Expected at Yates and Blanshard at approximately 6:30 pm.

Community Gathering
Jewish Community Centre
3636 Shelbourne Street
December 20th, 2-4pm
Celebrate Chanukah with a secular candle lighting, potato latkes and donuts. Bring along your chanukiah and candles. Everyone is welcome. A $5 donation from non-members appreciated.

Bring in the New Year
Bear Hill Park, December 31st, 11-1
Out with the old and in with the new. End your year with a hike up Bear Hill. We will enjoy fabulous vistas at the top and toast to the coming New Year with some warm forest tea. Bring a snack, wear sturdy footwear and dress for the weather. Meet at the boat launch parking lot off Brookleigh Rd at 11am. 8+ years.