

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Handling Homework

This fall my daughter started kindergarten, which has been a big adjustment for us all. As anyone with school-age children knows, our entire daily routine has changed. Along with managing making lunches, getting out the door in the morning on time, and pickups, homework has put an unexpected strain on our daily routine. The first few months of school homework was a breeze. My daughter was enthusiastic and approached it as fun. But since the winter holidays, homework has been a bit of a drag. She's more interested in doing other things and after getting home from a long day of work/school, the last thing anyone feels like doing is more work! So I turned to Google for help, KidsHealth provides the following tips for parents:

- **Set up a homework-friendly area.** Make sure kids have a well-lit place to complete homework. Keep supplies within reach.
- **Schedule a regular study time.**
- **Help kids make a plan.** On heavy homework nights or when there's an especially hefty assignment to tackle, encourage your child break up the work into manageable chunks.
- **Keep distractions to a minimum.**
- **Homework should take 10minutes per grade.** (ex. 10minutes for Grade 1, 30 minutes for Grade 3)
- **Be a motivator and monitor.** Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns.
- **Set a good example.** Do your kids ever see you diligently balancing your budget or reading a book? Kids are more likely to follow their parents' examples than their advice.

And I would add one more thing to the list – make it a habit. As a parent just entering into the routine of school, I have to make homework a part of **my** daily routine just as much as my daughters.

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Early Learning Program	10:00am-12noon
Thursday – After School Club	3:30-5:00pm
Friday – Early Learning Program	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

Early Learning Program

On Wednesday and Friday mornings the Family Centre is a place where families come to engage in early learning with their infants and young children. Providing an environment that is rich, stimulating and varied encourages children's inherent love of learning and sense of wonder. Play is really the heart of the early childhood curriculum; it provides a way for young children to explore, discover and learn language, social skills, science, and math in a way that is developmentally appropriate.



Spending time in our outdoor environment as well as bringing natural elements into the indoor environment entices the imagination and creates a play space of wonder and awe.



Children learn through play that is hands-on, based on the senses, freely chosen and undertaken for its own sake – play nourishes and fulfills children as it promotes feelings of success.



Bringing families together creates a community of people invested in the early learning process of children.



Help us Celebrate Twenty Years of Supporting Families!

This year the UVic Family Centre is celebrating **TWENTY YEARS(!)** of supporting student families and we need your help to celebrate. We are putting together a special edition of the Newsletter and want to feature your stories, thoughts and photos. What does the Family Centre mean to you and your family? Do you have a great memory of the Family Centre to share? Experience something funny, inspiring, moving within our walls? Write whatever comes to mind. Please send you thoughts, stories and photos to familyc@uvic.ca. (Keep submissions between 50-100 words – thanks!)

Public Health Nurse Available at the Family Centre

Jane Wismer, Public Health Nurse with Vancouver Island Health Authority, will be at the Family Centre from 10am –12 noon on the dates listed below. She will be here to support you with any health related questions, weigh and measure babies and check immunization records. Jane will also be able to give immunizations at the Family Centre. Come with your questions about food, sleep or child development. Look forward to seeing you!



- February 16
- March 9
- May 11
- June 1
- July 6

Like the look of that Valentine's cookie?

Find the recipe here:

<http://allrecipes.com/Recipe/The-Best-Valentine-Sugar-Cookies/Detail.aspx?evt19=1>

Holidays this Month

Celebrate Families on February 9th, BC's Family Day.

Impress your classmates and make heart shaped cookies for Valentine's Day, February 14th.



GUNG HAY FAT CHOY!

Chinese New Year is on February 19th this year. We are entering in to the year of the Sheep or Ram. Characteristics of people born in the year of Sheep are tender, polite, filial, clever, and kind-hearted. They have an appreciation for art and beauty and a special fondness for quiet living.



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.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday mornings from 10:00 am to 12:00 pm**. Learning through play is encouraged by providing an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Thursdays 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.

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. (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



The Lego Exhibit Sidney Museum

January 2nd – March 31st, 2015

The Lego Exhibit – featuring Lord of the Rings, Star Wars, Batman and Harry Potter. As we enter the tenth year of the Lego Exhibit we will be focusing on a marine theme. The Sidney Family Weekend (7th-9th of February) feature Lego build will be a 6 feet Seaspan International tug boat that will be on display at Sidney Museum. Open daily 10 – 4. Admission by donation

Drumming Up Stories

Oak Bay Library

February 21st, 2-3pm

Calling all drummers. Try your hand at the African Djembe with Canadian percussionist Matthew Hodgins from Drumming Solutions. For ages 6-9. Register online or by phone.

Seedy Saturday

Victoria Conference Centre

February 21st, 10am-4pm

\$7 at the door, under 16 free

For everyone who loves to 'play' in the garden. Local/BC seeds, nurseries, seed and used garden book swaps, food and garden products, kids' activities, speaker talks, networking, inspiration. New 12:45pm Worm Composting for 5-8 year-olds (maximum 30), and the film "Open Sesame: the Story of Seeds" at 3pm.

Who Gives a Hoot?

Swan Lake Nature House

February 22nd, 12pm-3pm By donation

Who glides silently, can turn their head almost completely around, and can cough up a wicked hairball? Whoo-who-who? Drop in any time from noon to 3pm and explore the wonderful world of owls through games, stories, crafts and hands-on exploration