

NEWS & VIEWS



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Canadian Thanksgiving

Canadian Thanksgiving is celebrated every year on the second Monday of October. This year it will be on October 10th. This is a time to be thankful for the blessings of the past year. Traditionally it was also a celebration of the harvest season. For this reason, people decorate with pumpkins, corn, wheat sheaves, and other harvest items grown in Canada. Foods traditionally served at Thanksgiving include turkey, stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, sweet corn, various autumn vegetables (mainly various kinds of squashes but also Brussels sprouts), and pumpkin pie for dessert.

Thanksgiving is a time to get together with family and friends, to reflect on life and be thankful. With that in mind, why don't you take a moment to think about all the things you are thankful for over this past year. Did you complete a challenging course? Did you see your child settled into a new school? Perhaps you're thankful for this great

UVic community. We are all fortunate to live and work and study amongst so many nationalities. On this upcoming Thanksgiving holiday, why don't you consider inviting a friend or a family who has come to UVic from another country to celebrate Thanksgiving with you and your family?



Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Mom's Time Out	7:00-9:00pm
Wednesday – Creative Movement through Stories	2:00-3:00pm
Thursday – After School Program	3:30-5:00pm
Friday – Early Learning Program	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 5-9pm; Wednesdays 9:30-3:00pm; Thursdays 1:00 - 5:00pm and Fridays 9:30 - 1:30pm. We also have monthly book clubs and special events. For more information please check out our Facebook page or contact us at familyc@uvic.ca.



Money Matters

Most of us are living on a tighter budget as students. Every month this column will offer a tidbit of advice to lighten the load.

This month...

UVic General Bursaries

General bursaries are not specific to any department. To be eligible for a general bursary, students must be receiving maximum government student loans and still have unmet financial need. Only one application is necessary to be considered for all bursaries.

To apply for the general bursaries, log onto your student account, click on 'Student Services', then on 'Finances', and then on 'Awards and Financial Aid'. Click on 'Apply for Awards' and follow the prompts. Although the application is online, you will need to take a hard copy of the unmet need Notice of Assessment that Student Loans provides.

The deadline for the general bursaries is **October 15th** for the Sept-Apr award. Decisions are made in late December and funds are awarded in late January / early February.

Family Housing and Family Centre: our introduction to Canada.

After two years and four months, time came to leave UVic's Family Housing. With a pinch of sadness in our heart we left this wonderful place at the end of August. For sure, we will remember this chapter of our family life for a long time. From the very beginning we loved the place and the neighbourhood, we enjoyed meeting the numerous families from different backgrounds, we felt like part of the community.

The multicultural environment of Family Housing has been for us a good introduction to the Canadian society that has succeeded in integrating all these different people despite various challenges. Family Housing was for us a good example of integration, diversity and tolerance.

It is a safe and beautiful environment with lots of friends, playgrounds, and woods. What more do you want for your kids? Antoine and Félix are still young and they probably won't remember these years. But we are sure that living in Family Housing has been beneficial to them.

The Family Centre has definitely contributed to our integration in the community. In September 2014 we wrote in this same newsletter about the Family Centre: *'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'.* The continuous support from the Family Centre has been so precious to us up to the end of our stay.

Emma, Sandy, Elizabeth, Miriam, Johanna and all the lovely practicum students, your support, your listening ear, your empathy has been very important to us.

Thierry and Catherine Bodson-Verhaegen, Antoine and Félix



Professional Development/Planning Day:

There will be no Early Learning program on **Friday October 7th**. Family Centre staff will be meeting during this time for professional development and planning purposes. Sorry for any inconvenience!

If you have ideas you would like for us to consider please email them to familyc@uvic.ca - we'd love to hear from you!

RESP Presentation

Did you know that the government wants to give you free money towards your child's further education? If you've been wondering how to benefit from this, Registered Education Savings Plan (RESP) Specialist, Andy Watson, will be doing a presentation at the Family Centre on **Thursday October 13th, 7:00-8:30pm**. Take the step to start investing financially in your child's future education.



ALL THINGS PUMPKIN

On Monday October 31st from 10-12noon the Family Centre will be celebrating 'All Things Pumpkin'. We will have pumpkin painting, pumpkin carving, sharing of favourite pumpkin recipes and enjoy a pumpkin snack or two! Come wearing orange and win a prize!



Autumn Leaves

Sandra Buyze

In our Early Learning Program at the Family Centre on Friday mornings, we're enjoying the colours of the autumn maple leaves – and what fun to add our own colours to them with paint and brushes!



Including natural materials from the outdoors in art processing offers a varied sensory experience.

HEALTH MATTERS

Flu Clinic

The Family Centre is pleased to partner with Heart Pharmacy to offer a flu clinic again this year. We have a tentative date of **Wednesday October 26th**. This date will be confirmed once vaccine has been made available (this is usually towards the end of the month). Please check our Facebook page nearer the date for more details.

Toddler Wellness Check

Do you have a child who has outgrown the baby scales our Public Health Nurse brings with her each month? Are you curious to find out where your toddler/preschooler is on their growth curve? If so, join us at the Family Centre on **Monday October 17th** for Toddler Wellness Checks. Amanda, our practicum student from the School of Nursing, will be weighing and measuring. We will also have 'Ages and Stages' questionnaires available and some fun games and activities to show your child's growth and development.



NOBODY'S PERFECT

[Keeping your child healthy](#)

Active play every day

To grow and be healthy, activity is key. Your child will be happier having done physical activity too.

Limit Screen Time

Children are not active when they are sitting watching tv or playing on a computer. Limit the amount of time they spend in front of a screen.

Help your child get enough sleep. Depending on their age, most children need 10-14 hours of sleep per day. Children need enough sleep in order to grow and develop properly.

Keeping clean and keeping well. Teach your child to wash their hands and explain how this helps them to be safe from germs.

Regular check-ups. Visit the Doctor and Dentist for regular check-ups. Make sure your child is up-to-date with immunizations.

For more tips, search "Nobody's Perfect Tipsheets" on Canada.ca

Programs and Events

Family Learn and Share

On Monday mornings from **10:00am-12:00pm** 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.

October 3rd: Public Health Nurse, Jane Wismer.

October 10th: Thanksgiving holiday – **Family Centre Closed.**

October 17th: Toddler Wellness Checks

October 24th:

October 31st: All Things Pumpkin

Preschool Program:

Preschool Aged Children (3 - 5 years old) are invited to the Family Centre to participate in our **Wednesday afternoon** program called 'Creative Movement Through Stories'. We will engage in movement through yoga, music and art every **Wednesday from 2 till 3pm**. Parents/caregivers are not required to stay with their preschool child for the duration of this program but will be required to sign them in and out.

Early Learning Program:

Families are welcome to this drop-in program that runs on **Friday** mornings from **10:00am-12:00pm**. Learning through play is encouraged in 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. **Please make sure your kids are dressed for the outdoors.**

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're welcome. (Note: Nursing infants 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



Annual Salt Spring Island Apple Festival, Fulford Hall - 2591 Fulford Road, Ganges. Oct 2nd

Salt Spring Island grows over 450 varieties of apples organically, with an apple history dating back to 1860. The Salt Spring Island Apple Festival is an community event, celebrating the apples (and food) of Salt Spring Island and connecting you with the farms and farmers that produce this very special diversity of tasty, healthy food.

Sunday Funday, Victoria Public Market, Oct 9th, 11-3.

The day will include live music, lots of local artisans selling their handmade items, delicious lunch options available from vendors, and cooking demonstrations and samples out of the Community Kitchen.

Pumpkin Art on Oak Bay Avenue, Oct 27-31

This fall Oak Bay Avenue will be transformed into a sea of orange. From the streetlights to the shop windows, pumpkins will take over this quaint village during the Halloween season. The star of the show will be Pumpkin Art on the Avenue from October 27 to 31

Creepy Crawlies, Swan Lake Christmas Hill Nature Sanctuary, Oct 3rd, 12-3pm.

Meet a variety of six-legged, eight-legged and even no-legged creatures and find out about their amazing adaptations. You might even shake hands with Rosebud the Tarantula. All ages welcome.