

News & Views

University of Victoria Student Family Housing Newsletter



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Hours for February

Tuesdays 9:30am - 5:30pm
Wednesdays 7:00am - 3:00pm



Tuesday mornings:
Storytime and Coffee Klatsch
10:00am - 12:00am

Tuesday afternoons:
After School Club
3:00pm - 5:00pm



Wednesday mornings:
Breakfast Club
7:00am - 8:30am



Wednesday mornings:
Playgroup and Coffee Klatsch
At Childcare Services Complex B
10:00am - 12:00pm

Friday afternoons: (Feb 6 & 20)
Latin American Mom's Group
12:30pm - 2:30 pm



Friday Night: (Feb 13th & 27th)
Knitting Night
7:00pm - 9:00pm

Welcome • Willkommen
Bienvenue • Bienvenida
Bem Vindos • Witamy
Maligayang Pagdating



An Introduction From Our New Practicum Students

My name is Shannon Price, and I am a third year nursing student at the University of Victoria. I am 29 years of age and I married this past summer. I work part-time at a group home with people who have mental health and developmental issues.

I have just begun a three month practicum at the University of Victoria Family Centre. During this placement, I will be focusing on building caring and trusting relationships with families, and meeting different needs by facilitating the implementation of various community programs that are of interest to your community. I look forward to meeting all of you, and I would greatly appreciate any input and/or ideas regarding health concerns and needs that will aid me in the planning of these programs. My e-mail address is price@uvic.ca. I will be open to hearing any ideas that you have. I look forward to hearing from you, and to this exciting learning opportunity. Thanks!! Shannon Price

Hello, my name is Julie-Anne. I am a third year nursing student at UVic, as well as a married mother of two children. I have been placed at the UVic Family Centre for one semester as part of my practicum practice. My goal at the centre is to observe community life and find ways in which I may contribute to the centre. My colleague and I will be asking Martha about issues which the people of the community would like the centre to focus on. In the past, multi-cultural activities, including a potluck dinner, have been something that the community has enjoyed but not been able to sustain. The community may like to guide activities that we may be able to facilitate. Although this is one suggestion, we are open to further suggestions that would allow more members of the community to access the centre. My e-mail address is newspiff@uvic.ca. Shannon and I would welcome suggestions at our e-mail addresses or via Martha. I will have the pleasure of meeting some of you while I continue with my practicum. Please feel free to say hello in passing. Au revoir, Julie-Anne Lee

Submissions to the News & Views

Items for the newsletter may be sent via e-mail to the editor Katherine Tevaarwerk (klt@uvic.ca), and will be included on a first come, first served basis. Please limit your submissions to a maximum of 250 words, and include a name and contact address. Please note that due to incompatibilities between the many extant versions of the software, Microsoft Word (.doc) attachments will not be accepted. **Deadline for Submissions - 20th of each month**



Family Centre News

The Good Food Box

The Good Food Box. For January, the \$15 box included 7 bananas, 10 apples, 10 oranges, 10 lbs of potatoes, 2 lbs of carrots, 1 head of broccoli, 1 head of lettuce, 9 onions, 2 grapefruit, and 15 tomatoes. If you would like to purchase a box of fresh fruit and vegetables, please have your money (\$5, \$10, or \$15) to the Family Centre by Wednesday, February 11th at 3:00pm. Your box will be available for pick up at the Family Centre on Wednesday, February 18th between 3:00pm and 4:00 pm.



Clothing Exchange

Clothing Exchange will be on Tuesday February 17th. Come and check out our selection of clothing for all ages, or make a donation of clean, good condition clothes that you are finished with.

Latin American Mom's Group

Latin American mom's group! Beginning in January there will be a group meeting at the Family Centre every other Friday from 12:30pm to 2:30pm. The first meeting will be on January 23rd. If you are a Latin American mom, and would like to get together for discussion and support, please contact Veronica Pacini-Ketchaban (721-6478) at the School of Child and Youth Care for more information.

News & Views on Web

The Family Centre website now has past and current editions of the newsletter available to download in .pdf format. Just go to the website web.uvic.ca/family-centre and follow the News & Views link.

Tuesday After School Club!

First it was homework then chess, but now we've decided to just call it the After School Club. All school age kids are welcome between 3 and 5 to come and play. We have games to play here or you can bring your favourite game from home to share.

Valentine's Potluck Dinner!

Everyone welcome! Come to the Child Care Centre Complex B on Saturday February 14th from 5:00pm - 7:00pm. Bring a favourite dish of food to share!

We will have a contest with a prize for the person who is wearing the most RED. Also, bring along your favourite tape/CD of love songs for us to play in honour of Valentine's Day! Any help with setting up or cleaning up will be much appreciated.



Life Skills Story Time for children age 5 to 9

Martha will be facilitating a four week series of stories and discussion for school age children. Taken from the series "A Hole in the Fence", we will talk about issues of teasing, dealing with problems, cultural differences, lying and peer pressure. Parents are welcome to stay but don't have to. These discussions are intended for your children. Time: 6:30 to 7:30 pm

Dates: Tuesday evenings in February (3, 10, 17, 24)

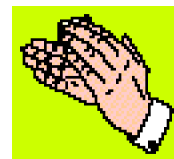
Cost: FREE! Snack provided

Please Register! Call the Family Centre to sign up if you are interested.

This program is sponsored by the UVic Office for the Prevention of Discrimination and Harassment.

Many thanks to...

Over the past few months many wonderful people have been working hard to address the issue of funding for the Family Centre. We are now very pleased to offer a big thank you to our sponsors. Saint Vincent de Paul and Dairyland have generously offered to supply food for our Breakfast Club. And now most recently the UVic Alumni Association has given us a grant to open our doors for a few more hours each week for the next year. Stay tuned to find out more! **Many thanks to Saint Vincent de Paul, Dairyland and the UVic Alumni Association for their generous support of the Family Centre.**



A Standing Ovation for Katherine and Glenn. I would like to personally acknowledge the wonderful support I receive from the Tevaarwerk/Barker family. Katherine and Glenn have been a huge asset to this community and particularly to me here at the Family Centre. They are generous with their time and expertise, warm and welcoming to fellow community members, filled with helpful insights and practical knowledge, and basically just all around good folks. For over two years Katherine has done an excellent job with the News and Views newsletter and Glenn keeps our website looking great as well as coming to my assistance for computer glitches. Along with their sons, Finn and Ewan they bring an invaluable contribution to this community. I don't know what I would do without them! Martha McAlister

Waldorf-Steiner Education?

Are you interested in incorporating the Waldorf-Steiner philosophy in your child's education? If so, please contact Nadine (383-8502) or Lisa (381-6680) to become part of a discussion group.

Cooperative Preschools

What is a cooperative preschool?

All Vancouver Island Cooperative Preschool Association (VICPA)

preschools are parent-operated on a cooperative basis. The preschools are administered and maintained by the parents on a non-profit, non-sectarian, inter-racial basis. Under the guidance of a qualified Early Childhood Educator (ECE) parents assist in the classroom. Parent Participation preschools promote direct involvement of parents. This makes for a unique educational family experience.

Educational Philosophy

The children's educational program emphasizes "Learning Through Play". Through play, many of the necessary skills for later life are developed. Learning through play comes about when the need for freedom and guidance is recognized. VICPA preschools provide a play-based curriculum that; supports the development of the whole child - socially, emotionally, physically, and intellectually; allows for the recognition of each child's unique learning style, abilities, and developmental level; allows for hands on learning, where the curriculum can emerge from the children's interests, needs and desire, making learning concrete and meaningful.

Benefits for parents and children

A parent participation preschool provides for your child:

- social and play experiences with children their own age - guidance by a qualified ECE - the experience of having parent and child mutually sharing and participating in the school's activities - supportive relationships with adults other than their own parents - a safe and nurturing environment, specifically designed and equipped for young children, which encourages curiosity and creativity.

A parent participation preschool provides for you:

- time to observe your child interacting with a consistent group of their peers - the guidance of a qualified ECE as role model and resource on child development - the opportunity to meet, socialize, and work cooperatively with a diverse group of parents from the community - emotional and practical support in parenting from other parents - free access to monthly parent education sessions featuring topics of interest to you - a chance to contribute existing skills and develop new ones.

Parent responsibilities

VICPA preschools are parent-operated on a cooperative basis. Your responsibilities to the preschool include:

- assisting in the classroom on a pre-arranged rotational basis - attending orientation sessions with other parents and ECE - attending monthly meetings of preschool membership for parent education session, preschool business and social - paying a registration fee and reasonable monthly tuition which vary according to the expenses of each preschool - participating in fundraising - sharing the tasks of the preschool such as mixing paint and making playdough, ensuring equipment upkeep, or holding an executive position. There is a preschool job to meet every member's schedule and interest!

Information taken from VICPA Website - www.vicpa.org



Lambrick Park Preschool Open House

Interested families are invited to come and look at our facilities on Saturday, February 21st, 2004, from 11:00am - 1:00pm. Lambrick Park Preschool is a cooperative preschool, and a member of the Vancouver Island Cooperative Preschool Association (VICPA). There will be art activities for children and refreshments available. You will have the opportunity to meet and speak with our early childhood educator and preschool members. Please join us at 4205 Tyndall Avenue. For more information phone 477-8131 or go to www.lambrickparkpreschool.org

New Toddler Program

Program: Toddler Time (for children born 2001 or later)

Date: Tuesday, March 23rd to May 25th, 2004

Hours: 12:45pm - 2:00pm

Class size: 10 children and their parent/caregiver

Fees: 10 sessions for \$35

For more information contact Lambrick Park Preschool, 4205 Tyndall, 477-8131 or Shelley, 370-9111.

Kindergarten Registration

Kindergarten registration at Frank Hobbs and Campus View (French Immersion) schools starts Monday February 2nd, through Friday February 6th. If you want morning kindergarten, arrive early on Monday morning and join the queue.

Has the adventure of parenting lost its joy?

Parenting with Compassion with Selinde Krayenhoff.

Invest time in learning effective communication and reap huge rewards in your family. Nonviolent

Communication* provides a way to deepen and enrich relationships with your children and rediscover the delight of being a parent.

Winter 2004 Offerings

Intro Courses: Evenings Thursdays, February 5 -March 10 (6 weeks), \$85/person, \$150/couple

Ongoing Practice/Support Group: Wednesday Evenings, January 28 - April 14 (10 weeks), \$100

Gratitude and Appreciation: Sunday, February 8th, 7:00pm - 9:00pm, \$20 - Learn new and powerful ways of expressing love and gratitude. An exciting evening of learning and creativity.

Mentoring: Thursday afternoon, \$45/session. Individual sessions, up to 4 maximum. Want clarity around your parenting issues? Identify needs and strategies for meeting them.

Call 388-5627 or e-mail jits@telus.net for more information and/or to register.

Class sizes limited so register early to avoid disappointment. *Based on the book *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg.

Wild and Crafty Birds

Date: Sunday, February 29

Event: Wild and Crafty Birds: Drop in and be crafty with us. Egg laying eagles, quacking ducks, flying robins and hatching chicks can all be created.



Place: Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road

Time: 1:00pm - 3:00pm - Craft fee: \$2.00 per person

Contact: Ann Scarfe at 479-0211

Family Video Night at the Grad Lounge

Family Video night in February is on the 24th and we're going to be showing Harry Potter and the Chamber of Secrets. The film starts at 6:30pm and there is free popcorn. Remember to bring your own bowl.

International Graduate Students Group

International Grad Group is a group that meets every week to discuss issues that are particular to International Graduate Students. We hold workshops that are aimed to help International Graduate Students get the most out of their degree at U Vic. We also have lots of fun!

When does the group meet?

This term we will be meeting on Thursdays between 2:00pm and 3:30pm.

Where does this group meet?

In the study room of the student services building. (the building across the ring road from the university centre and next to the bookstore)

Do I have to sign up?

You don't need to sign up. Grad Group is a drop-in group so whenever you have time you may drop by. Some weeks we may be conducting a workshop that is of particular interest to you, stop by and check it out.

Do I have to remain for the whole session?

We understand that you are very busy. Stay only as long as you want to.

What are some of the sessions you will be holding this term?

We will be conducting workshops on improving your relationship with your academic supervisor, how to interview for a job, how to write academically, how to manage your time while working on your thesis... And many others.

Who do I contact for more information?

You can contact Carly at cburpee@uvic.ca
I hope to see you this term. Carly

Cinecenta

Children's Matinees at Cinecenta
Saturdays and Sundays at 12:30 pm
All seats \$3.75

www.cinecenta.com

February 1st - *Brother Bear*

February 7th - *The Princess Bride*

February 8th - Cinekids Festival - see www.vifvf.com

February 14th & 15th - *Looney Tunes: Back in Action*



Survival Skills 2: Defending your rights - Self-Advocacy and Communications Training

The Young Parents Support Network is proud to present Survival Skills 2: Defending your rights - Self-Advocacy and Communications Training. This workshop will give you some of the tools that you will need to ensure that your voice is heard and your rights respected. The course material has been developed by advocates who work on the "front lines" and know the tricks to getting you the benefits you deserve. The course is free, and we will provide childcare for children over 18 months, snacks, and travel money for those who need it. Space is limited and filling up fast! Call the Young Parents Support Network today to reserve a space for yourself and your family. **Where:** James Bay Community Centre. **When:** Starts February 11th - 6:30pm-8:30pm and continues every Wednesday at this time until March 31st. Call 384-0552 to register. Funding provided by The Victoria Foundation.