



News & Views

A Newsletter for Families at the University of Victoria

September 2008

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UVic Family Centre
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Check out our complete listing of programs at:

<http://web.uvic.ca/family-centre/index.htm>

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Family Centre Hours

Tuesdays
9am-6pm
Playgroup
10:30am-12pm



Wednesdays
10am-2pm
Playgroup
10:30-12pm

Thursdays
1pm-5pm
Culture Club
1pm-3pm
After School Club
3:30pm-5pm

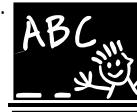
Remember these tips as you meet new people and settle in to school life.



Back to School !

By Dana Sibley

September in our house is a very busy time as many of us, me included, head back to school. This summer I spent some time researching how to make September easier for me and my children. One of the hardest parts of school is meeting new people and making new friends. The following are some tips to help make connections with our peers and fostering those connections into friendships.



1. Ask questions and listen to the answer.

Show an interest in your classmates by asking them what their interests are or about their family. When they answer, show them you are listening by facing them and making eye contact. By listening to their answers we show that what they are saying has value and make them feel special.

2. Give a compliment.

Notice something you like about someone and tell them. People love an ego boost and it can be great way to start a conversation. When you give a compliment be honest and genuine. A compliment about small things, like the colour of their back pack, is likely going to be appreciated and maybe you will receive a compliment in return.

3. Detach yourself from technology- for awhile.

Remove the earphones from your ears and delay the return of that text message or e-mail until later. If you are only paying attention to your phone or Ipod you are making yourself unavailable to others and therefore putting up barriers to making new friends. Look around and see who may be your future friends. Who looks fun or interesting. Who have you not spoken to yet? Spend some time getting to know these people face to face then later you can text message or Facebook them because they are your new friends.

4. Join a group or volunteer.

By joining a group or volunteering you will be connecting with others who have similar interests as you. Look around for different groups to join or for volunteer opportunities at school, in the community, at the Family Centre or at a place of worship. Maybe you are a cello player and would like to meet other musicians. Then you could join an orchestra or a small ensemble. Maybe you are between the ages of 8 and 14 and your parent is a UVic student, then you could come the Family Centre on Thursday's from 3:30 – 5:00 for the After School Club. It is often easier to make friends when you already have something in common.

5. Laugh.

Laugh at other people's jokes and be willing to laugh at yourself. By laughing with others we let them know we are listening and enjoying their company. It shows others that we have a good sense of humour which people often look for in a friend. Laughing is fun and is a great way to reduce stress. Try it.



Training and Resources for In-home Child Care Providers

Are you interested in providing paid in-home childcare or babysitting for other UVic student, staff or faculty families?

Would you like access to childcare resources and referral training? For more information, please contact Jan Nolan.

jnolan@uvic.ca or 250.472.5491.



Path to Sustainability



Campus Consultation Session

Tue, Sep 9, 11:30am-1:20pm

David F. Strong Building, C126

UVic's Office of Campus Planning and Sustainability wants your ideas to help make our campus a sustainable one. We are in the middle of a year-long process to create the university's first sustainability Policy and Action Plan. Please join us for a consultation session to discuss your ideas, find out what is already happening, and help us plan for the future. Your feedback will be incorporated into the sustainability policy and action plan. Now is a good time to make a difference. Contact: Naomi Devine (nsdevine@uvic.ca)



ESL Conversation Club

The Family Centre will start a new ESL Conversation Club from September to November. Please let us know if you are interested in participating. Please register at the Family Centre.

Place: UVic Family Centre

Time: Tuesday nights from 7-8:30pm.
Ten sessions from September 22 to November 25.

UVic Family Welcome

Sunday, September 14,

Student Union Building, Michele Pujol Room

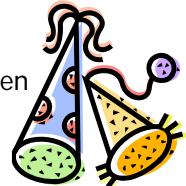
Join other students with families for a welcome to campus! The day begins with breakfast and activities followed a kid-friendly movie in the Cinecenta movie theatre. **Sign up online**

(http://transition.uvic.ca/confirmation/orientation_parent.php) for your free breakfast tickets and movie passes for the kid-friendly movie. For information, please contact Sara Cruch at 250-472-4512.

9:00 am Program Check-In (Michele Pujol Room)

9:30 am Pancake Breakfast and fun activities for children

10:30 am Family-Friendly Movie, Cinecenta Theatre



Congratulations, UVIC Family Centre!

The Family Centre has been nominated for an Early Years Community Appreciation Award as a favourite place to connect with other parents; favourite source of parenting information and a family friendly workplace. To find out more about this award go to: www.successby6victoria.ca

Fall Holidays Around the World

Ramadan (Islam, Sept 1 to 30, 2008)

The word *Ramadan* is derived from the word *ramd* "to burn". Fasting in the month of Ramadan is one of the five pillars of Islam. The month is spent by Muslims fasting during the daylight hours from dawn to dusk. The name came from the time before the Islamic calendar, when the month of Ramadan fell in the summer. Fasting during this month is often thought to figuratively burn away all sins. Muslims believe that the Qur'an was sent down to the earth during this month. Furthermore, Muhammad told his followers that the gates of Heaven would be open all the month and the gates of Hell would be closed. The first day of the next month is spent in celebrations and is observed as the 'Festival of Breaking Fast'.

Mid-Autumn Festival (China, Sept 14, 2008)



The Mid-Autumn Festival also known as the Moon Festival, is a popular East Asian celebration of abundance and togetherness, dating back over 3,000 years to China's Zhou Dynasty. In Malaysia and Singapore, it is also sometimes referred to as the Lantern Festival or "Mooncake Festival." The Mid-Autumn Festival falls on the 15th day of the 8th lunar month of the Chinese calendar (usually around mid- or late-September) a date that parallels the Autumn Equinox of the solar calendar. This is the ideal time, when the moon is at its fullest and brightest, to celebrate the abundance of the summer's harvest. The traditional food of this festival is the mooncake, of which there are many different varieties. Traditionally, on this day, Chinese family members and friends will gather to admire the bright mid-autumn harvest moon, and eat moon cakes and pomeloes together.

Profile

Advisory Committee - Michelle Koroll



By Emma Chalifour

Did you know that an Advisory Committee assists in the running of the Family Centre? On this committee are representatives from the School of Child and Youth Care, Nursing and Social Work, the office of the Dean of Human and Social Development and other Uvic Faculty and Staff. There are also family representatives. Each month the Advisory Committee meets with Family Centre staff to provide support and to discuss the day-to-day running of the Family Centre. We would like to introduce you to this committee by profiling a member each month.



This month we are profiling Michelle Koroll M.A. Michelle is one of two Practica Co-ordinators for the School of Child and Youth Care. Michelle grew up in Manitoba about an hour and a half from Winnipeg. Her family would often head west for their summer vacation. These camping expeditions resulted in Michelle wanting to make British Columbia her home. Michelle and her husband moved to Victoria in 1978 and have been here ever since. Michelle has two grown-up daughters, is an avid hiker, nature photographer and dog-lover. Despite struggling to single out one place, I did get her to name Long Beach as her most favourite place to be.

Michelle graduated from the School of Child and Youth Care in 1982. She went on to be involved in family counselling, and in 1985 was instrumental in the founding of the Island Family Counselling Centre with which she is still involved. Michelle later went back to school at Uvic to get her Masters. She then started to do some teaching and in 1995 began to job-share her current position as Practica Co-ordinator for the School of Child and Youth Care.

Michelle's interest in family, both as a parent and counsellor, led her to volunteer to be involved with the Family Centre. In addition to placing practicum students with the Family Centre, Michelle has served on the Advisory Committee for the past three years and was acting chair for six months. I asked Michelle if she could offer one piece of advice based on her wealth of experience. Michelle's response was to suggest that we read '*Hold Onto Your Kids*' by Gordon Neufeld and Gabor Mate.



Book Review

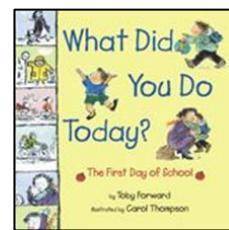
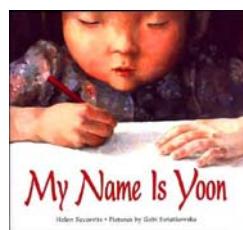
By Emma Chalifour

This month's book reviews focus on the topic of going back to school. Both of these books, along with many more on the theme, are available at the public library. Don't forget: if you have a book you would like to share send the details to fcnews@uvic.ca

My Name Is Yoon

by Helen Recorvits and Gabi Swiatkowska

Yoon's family recently moved from Korea to North America. In the story, Yoon struggles to adjust to life in a new country, especially when she has to go to school. Yoon expresses how isolated and alone she feels. Despite the language barrier, she manages to make friends and discovers that she is still 'Yoon' even though everything around her feels strange. Yoon decides that 'maybe different is good, too.' A beautifully illustrated book geared towards 4 to 8 year olds.



What did you do today?

Written by Toby Forward and illustrated by Carol Thompson

A book about the first day of school and all the new things to do, see and experience. The twist in this book is that it is not just about the child. On one page we follow the little boy through his day and on the facing page we find out what his working mother was doing. The illustrations reveal that their thoughts were often of each other. At the end of the day they were eager to ask, "What did you do today?" Geared towards 3 to 5 year olds.

Programs and Events

A great way to get connected!



Playgroups: On Tuesday and Wednesday mornings the Family Centre hosts fun and energetic playgroups.

Tuesday mornings from 10:30-12 features a popular music and movement program with Kathleen. There's guaranteed to be lots of singing, rattling, and playing! Wednesday mornings from 10:30-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with.

After School Club: Are you between the ages of 8 and 15? Do you like to have fun with other people your age? Do you like trying new things and doing fun activities? If so, you should come to the After School Club at the Family Centre on **Thursdays from 3:30 to 5:00pm**. Every Thursday we do something different. Sometimes we cook, or do crafts, or learn history. We also play sports or get help with our homework. Come meet some friends and get to know other people your age while having a great time.

Sept. 4: Getting to know you gathering

Sept. 11: Planning for the New Year. What fun things would you like to do?

Sept. 18: Cultural holidays-Come learn about different cultural holidays like Ramadan and Rosh Hashanah

Sept. 24: Creative Cooking



Culture Club Schedule

The Culture Club is a unique group experience to help you become more familiar with the local environment and resources. We exchange international recipes, do crafts and make friends. Culture Club is geared towards Uvic's International students and new Canadian families with their pre-school children. In September, the Culture Club has a new schedule changing the meeting time from Tuesday to **Thursday afternoon from 1:00-3:00pm**. Please join us and share your thoughts about what other kinds of activities you would like to have for the group.

Sept. 4: Craft

Sept. 11: Walking tour

Sept. 18: Understanding community resources

Sept. 25: Cooking

Community Events

Sun, Sep 7

Grandparent's Day Celebration

In St. John the Divine car park (Quadra and Mason). Bring your grandchildren for fun and crafts. 2-4pm. Donations to the Stephen Lewis Foundation. 250-391-7377 for information.

Sat, Sep 13

Kids Mega Sale

At Pearkes Rec Centre. Gently used baby and children's clothing, toys, equipment and maternity. 9:30am-12:30pm. 3100 Tillicum Rd. 250-642-4735.

Sat, Sep 20

Saanich Community Safety Day. 10am-4pm at Pearkes Recreation Centre. Safety Displays and Emergency Vehicle Exhibits. Safety presentations. Children's activities and door prizes. Free community event sponsored by Saanich Police Block Watch Program.



Sun, Sep 21

Spirit in the Sky

At Clover Point and Dallas Road waterfront. Family activities with roving performers, hands-on activities for kids, face-painting, musical simulcast and refreshment sales. The Snowbirds will take flight at 1:50pm, with seaside festival activities underway at 12:30pm. The aerial portion will last just under one hour. 250-361-0546 or abacon@victoria.ca.

Sun, Sep 21

The Dirt Safari

Trek through the tall grass of the flood plain to discover a 12,000 year old beach. Paint your face with marine clay and feel the earthquake as you jump on pickled peat. Drop-in program suitable for ages 5 and up. Swan lake Nature Sanctuary, 3873 Swan Lake Rd, 12:30 to 3:30 pm, Donations appreciated, Contact: Margaret Lidkea(250-479-0211)

Sat-Sun, Sep 27-28

Friends of the Library Book Sale

At Nellie McClung Branch Library. Thousands of surplus books, low prices. Time to stock up for your winter reading. All proceeds to the Greater Victoria Public Library.

Sat: 5-8pm. \$2/admission.

Sun: 9am-2:30pm. Free admission. From 1-2:30pm, take all the books you want for just \$4.

Sun, Sep 28

Grandparents Swim at Gordon Head Recreation Centre. 10-noon. Grandparents swim for free when they bring their grandchildren.