



News & Views

A Newsletter for Families at the University of Victoria



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NEWSLETTER

EMMA CHALIFOUR

Family Centre Hours

Tuesdays
9am-2pm

Playgroup
10:00am-12noon

Wednesdays
10am-2pm

Playgroup
10:00am-12noon

Thursdays
10am-3pm

After School Club
10:30am-12noon
Culture Club
1pm-3pm

Fridays
10am-12noon

Playgroup
10am-12noon

Self-control helps kids be own boss.

Katherine Dedyne

Lots of little kids declare "You're not the boss of me!" to their bemused parents. Yet the kids are on the right track. The sooner parents can instil a sense of "executive function" in their children, the better, psychologists say. Helping even very young children develop ways to regulate their own reactions and emotions has been linked to doing better in everything from school work to getting along with others.

Called "effortful control" by Wanda Boyer, an educational psychologist at the University of Victoria, executive function includes four abilities learned by a child: to keep focused on a task; to shift attention from one task to another whether they want to or not; to initiate actions; and to stop actions whether they want to or not. "These four areas of executive functioning are very important to the health and well-being of children," she says. They foster awareness at an early age of the benefits of exerting personal control over thoughts, feelings and actions, and can be called upon to resolve conflicts, correct mistakes or plan new actions, she says. And kids will likely spend less time frustrated and have more time for fun, friends and finding solutions. Without sufficient self-regulation, a discouraging cascade of events can occur.

"The child who does not have self-regulation at five years of age is the child who cannot follow the teacher's directions at age six or who cannot plan how to solve a problem at age seven," says a report for the U.S. National Institute for Early Education Research. "The child without self-regulation of emotions at age four will not be able to control his temper at five and will have negative peer interactions at age seven."

A former preschool and elementary school teacher, Boyer says she found many children who needed support in self-regulation. And there's even more stimulation and temptation facing them today. Luckily, whether a child is easy-going or strong-willed, exuberant or slow to warm, parents can help their kids acquire self-regulation, she says. In one of her studies, 146 Vancouver Island families and 15 early childhood educators identified five factors that foster self-regulation:

1. **Optimism** -- seeing good events as "permanent, pervasive and personal" and bad events as temporary, specific and not due to the child.
2. **Empathy** -- understanding for the feelings of others. How would you feel if that happened to you?
3. **Stability and consistency in daily experiences** -- set times for waking, reading, bath and bed help kids understand their world is dependable.
4. **Channelling reactions and energy through play and physical activity.**
5. **Ability to use self-talk to comfort and encourage themselves**, as in "It's OK -- I am sad because I lost the toy but I have other toys."

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Family Centre End of Summer Pot Luck



The Family Centre will be hosting an end of summer pot luck on **Friday 4th September at 5:00pm**. Come and meet other UVic families from both inside and outside of Lam Circle; experience the diversity of our community. Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks and ice cream. To help lessen the impact on our environment please bring your own plates and cutlery. We look forward to seeing you.

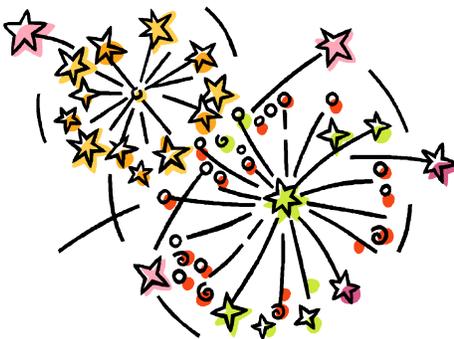
VICTORIA SYMPHONY SPLASH AUGUST 2, 2009



The highlight of the August long weekend is the Symphony Splash. This year is particularly special as it marks the twentieth anniversary of the event. Victoria's Inner Harbour is transformed to a concert venue of gargantuan proportions. Victoria's Symphony Splash is the largest annual outdoor symphony event in Canada, attracting up to 40,000 Victoria residents and visitors. The orchestra and guest performers are set up on a barge directly in front of the Parliament Buildings. Powerful speakers carry the sound to the thousands who ring the harbour to listen. Each year a young soloist is chosen to perform with the Victoria Symphony, a tradition that began in 1994. The concert traditionally closes with The 1812 Overture, complete with guns and the carillon.

This free event is not to be missed. Bring lawn chairs, blankets, possibly umbrellas, binoculars, sunscreen, food, water, hats and cameras. Splash organizers have arranged for 360-degree sound so there's lots of good places to listen. The best place of course is to be in the water, so if you have a canoe or kayak...otherwise you might want to get there early and stake your claim to a piece of the lower causeway!

The opening act begins at 4:00pm with the Vic High R&B Band. At 7:30pm the Victoria Symphony will begin their program which features highlights from the past twenty years. The event will end at approximately 10pm with the 1812 Overture and fireworks.



Settlement Workers in Schools (SWIS)

The Greater Victoria School District has established a school-based outreach program called Settlement Workers In Schools (SWIS) to help newcomer students and their families settle into their school and community. The role of the Settlement Workers In Schools (SWIS) is to facilitate the settlement and integration of newcomer families through referrals and cross-cultural education. SWIS helps to increase new parents understanding of Canadian culture and encourages families to be involved in school and community life. SWIS workers can help families with a variety of issues such as housing; healthcare; social benefits; immigration; childcare; legal and tax issues.

Settlement services are delivered with cultural sensitivity and confidentiality. SWIS workers can serve families at their children's schools or at their office. SWIS services are available in many languages. If you would like to access the service you can drop in at the Greater Victoria School District SWIS offices at George Jay Elementary School, 1118 Princess Avenue. Alternatively you could call to set up an appointment, contact Nasim Hamed at 250-385-3381 (ext. 238) or Andrea Menichetti 250-385-3381 (ext. 234). Settlement Services are available from 8:30am-3:30pm.

WANTED: I have just moved into Family Housing and will be taking classes in September. I am looking for part-time daycare for my two month old daughter. I am hoping to find something in, or close to, Family Housing. Please contact me if you are interested. You can phone me at 250-886-1608 or email me at rfeng@uvic.ca. Thanks.



Miki's Corner... Summer is really here! We have been enjoying the nice warm weather at the Family Centre. Activities have been set up both outdoors and indoors, so that the children and adults can move in and out as they desire. We have been having snack indoors and we usually have circle outside, weather permitting.

The children seem to have enjoyed learning about sea creatures and there have been several reports by parents that the 'Slippery Fish' song was a big hit both at the Centre and at home. Children love water play and so much learning is acquired around the water table; pouring, floating, sharing and, watching some of the sea creatures grow as they spent time in the water.

The theme for the last week in July and first week in August will be frogs, turtles and reptiles; will they be in the water table? Mmmmmm... I think so!

As you are aware the Family Centre will be closed for two weeks in August but I look forward to seeing everyone again on August 25th for Music and Movement and August 26th when the Drop-In will resume with more fun activities.

Have a fun and safe summer.

Miki.



Movies at the Library

Join us for free feature films ... popcorn provided! Perfect for the whole family. Younger children should be accompanied by an adult. Call 250-477-7111 to register.

Bolt (Rated G)
Nellie McClung Branch
Friday, August 7, 1:30 pm

Holes (Rated PG)
Nellie McClung Branch
Friday, August 21, 6:30 pm



Counselling Services Mini Workshops

facilitated by Wendy Lum

Self Care Equals Less: It is important to take care of ourselves, by taking responsibility for what we need and want. How stress can impact our lives will be explored. Caring for self is a healthy way to ensure success. **Wednesday August 5th from 10:45 until Noon.**

Growing in Relationships: We are social beings and growing in relationships can bring us puzzles, challenges, friendships and joy. How to positively relate to another so that they can feel heard, understood and connected will be shared. Five love languages will be discussed. **Tuesday August 11th from 10:45am-12noon.**

Please check out <http://coun.uvic.ca> for more details, or call 250-721-8341

Summer Camps for Children

Looking for ideas of things to do over the school holidays? Pick up a copy of the Saanich Active Living Guide or the Island Parent Family Summer Guide - both available at the Family Centre. They are jam packed full of things to do over the summer holidays. Activities range from one day events to week long summer camps. If you are a Saanich resident, and have a low family income, you can apply for LIFE passes and might be eligible for 50% off program fees (call 250-475-5424 for more details).

There are **'Mini-Madness'** camps for 3-5 year olds which offer a little bit of everything—games, crafts and adventures. Camps take place at Gordon Head Recreation Centre from 9am-12noon either **August 10-14th or 24-28th**. Five sessions of three hours each costs \$79.

What about a **'Trash to Treasure'** art camp? This camp is geared towards 8-10 year olds. Children will get to take some commonly trashed items and turn them into treasures. The camp takes place **August 10th-14th** at Gordon Head Middle School and costs \$90.

Dancing is your thing? There's a **'Bollywood Dance Camp'** for 11-13 year olds. Experience one of the most popular dances around, a fusion of traditional and classical Indian dances with the influence of some jazz, hip-hop and modern dance. Cost is \$38 for four lessons. **August 10-13th.**

There are also cooking camps, gardening camps, aqua camps, various arts and crafts camps to name but a few. There really is something for everyone!



Pick up your guide and register now!

Summer Break At The Family Centre

The UVic Family Centre will be closed from **August 10th-21st**. In the case of an emergency please phone the Housing Office (250-721-8395) or Campus Security (250-721-7599). We look forward to seeing everyone again the week of August 24th. Check out the 'Events' section if you are looking for things to do with your family. The library offers a story time for toddlers and preschoolers, as well as numerous activities for pre-teens and teens. They are also offering family movie times now! Check out their website for more details www.gvpl.ca. Alternatively, Gordon Head Recreation Centre has many family activities planned for August, look at www.saanich.ca for full details of events.

Carnarvon Park

2800 Henderson Road

Carnarvon Park is a wonderful place to head to for relief on a hot summers day. The children's water spray area is fenced in, suitable for toddlers through to older children and it's free. The water park is open every day from 10 a.m. to 6 p.m. from July 1 to Labour Day.



Preschoolers in the Park

Saanich Parks runs a free program for you and your preschooler. Each Thursday afternoon you are invited to meet at a specified park. The program consists of some free play time on the adventure playground, an organized circle time and a guided nature/urban walk through surrounding neighbourhoods. It is suggested that you bring a stroller or child carrier for the walk. This is a free program and there is no need to register. For more information call Gaileen at 250-475-5424.

6th August ~ Gorge Waterway Park

13th August ~ Rudd Park

20th August ~ Braefort Park

27th August ~ Playfair Park

维多利亚大学家庭中心是为所有住校和非住校的学生家庭服务的。这里为0岁至15岁的小孩提供一些便利的活动（请参考每月简报上的日程表），同时也提供可以外借的图书与玩具，衣物交换，和一些家长们可以参加的活动。这是一个方便学生家庭交流，学习，娱乐的好去处，我们真诚期待您随时踊跃参与。

Programs and Events

A great way to get connected!



Playgroups:

On Tuesday, Wednesday and Friday mornings the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:00-12 features a popular music and movement program. Wednesday and Friday mornings from 10:00-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. Wednesday and Friday morning end with a ten minute circle time.

After School Club:

Starting on July 9th the Family Centre Afterschool Club moves to Thursday mornings from 10:00 to 12:00. This summer the theme is UVic 101. We will be exploring different areas of the UVic campus from Finnerty Gardens and Mystic Vale to the inside workings of Campus Security and other UVic departments. We will have a great time seeing how things on campus work and meeting the staff who make it all happen.

This program is open to kids aged 6 - 14 (must have completed Grade one). As we will be leaving Family Housing parents will need to sign a permission form on the first day. We look forward to a summer of fun. For more information please contact Dana at (250) 472- 4062 or familyc@uvic.ca.

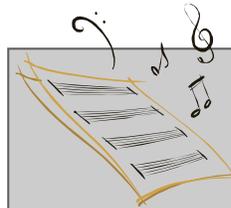
Culture Club Schedule

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00. There may be some time schedule changes at a later stage to accommodate more participants. Its purpose is to support international and new Canadian student families. A variety of activities are planned for August including cooking, discussion groups and information sessions. Please do not hesitate to contact the Family Centre with your ideas for Culture Club.



Community Events

Sunday 2nd August - Symphony Splash. Enjoy a free outdoor performance by the Victoria Symphony in the inner harbour. The program begins at 4:30 and concludes at 10pm with fireworks and the 1812 Overture. This event is very popular so it is best to get there early and travel by bus if possible. FREE.



Music in the Park: Rutledge Series

Enjoy these live music concerts along with crafters, artists, face painting and concession.

Tuesday 4th August	6-8pm	The Sutcliffs	Free
Tuesday 11th August	6-8pm	Bill Johnson	Free
Tuesday 18th August	6-8pm	Shaky Ground	Free

For more information call: 250-477-3673

Monday 3rd August— Spirit of BC Swim. Celebrate BC day at Gordon Head Pool. 1:00-4:00pm. Phone 250-475-7100 for more information.

Thursday 6th August— Snake Day! Snakes, snakes and more snakes. CRD Regional Parks has teamed up with Swan Lake Christmas Hill Nature Sanctuary and UVic for this slithery event. Drop in anytime between 11am and 3pm to watch snakes shows, hold a snake, play a snake game and more. Look for the CRD tents at Beaver Beach.

Wednesday 12th August: The Voyage of the Dawn Treader. 10:30-11:30am. Nellie McClung library. Storyteller Agnes Bartle is back by popular demand! Set sail with Agnes and the crew of the Dawn Treader ever east through Narnian seas on a quest for the seven lost Lords. Dragons, a sea serpent, Dufflepuds, mysterious islands ... who knows what King Caspian, Reepicheep, Lucy, Edmund, and you will meet along the way! For ages 6 and up. Call 250-477-7111 to register.

Saturday 15th August: Victoria Dragon Boat Festival. In the Inner Harbour. Watch 90 dragon boat teams from across North America. Free entertainment stage, Asian Bazaar, martial arts, Chinese Tea Ceremonies and more. www.victoriadragonboat.com.

Saturday 22nd August: Bountiful Berries. At Elk/Beaver Lake Regional Park. Summer might be coming to an end but there is still bounty to enjoy. Join us on a walk to see just how plentiful the late summer woods can be. We'll explore for blackberries, Oregon grape berries, salal berries and more. There will also be an opportunity to taste jams made from some of these natural delights. Meet at the Nature Centre at Beaver Beach at 1pm. Ages 8 and older. BC Transit #70 or #75. 250-478-3344. www.crd.bc.ca/parks.