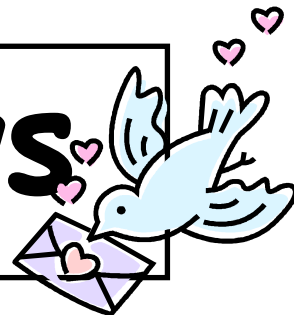




News & Views

A Newsletter for Families at the University of Victoria



February 2009

Issue 137

UVIC Family Centre
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Check out our complete
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<http://web.uvic.ca/family-centre/>

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NEWSLETTER

EMMA CHALIFOUR

Family Centre Hours

Tuesdays

9am-5pm & 7-8:30pm

Playgroup

10:00am-12pm

After School Club

3:20pm-4:50pm

Conversation Club

7-8:30pm

Wednesdays

10am-2pm

Playgroup

10:00-12pm

Thursdays

1pm-3pm

Culture Club

1pm-3pm

Fridays

Parent-led Playgroup

10-12pm



Children Better Prepared For School If Their Parents Read Aloud To Them

ScienceDaily (May 12, 2008) — Young children whose parents read aloud to them have better language and literacy skills when they go to school, according to a review published online ahead of print in the Archives of Disease in Childhood.

Children who have been read aloud to are also more likely to develop a love of reading, which can be even more important than the head start in language and literacy. And the advantages they gain persist, with children who start out as poor readers in their first year of school likely to remain so. In addition, describing pictures in the book, explaining the meaning of the story, and encouraging the child to talk about what has been read to them and to ask questions can improve their understanding of the world and their social skills.

The review brings together a wide range of published research on the benefits of reading aloud to children. It also includes evidence that middle class parents are more likely to read to their children than poorer families. The authors explain that the style of reading has more impact on children's early language and literacy development than the frequency of reading aloud. Middle class parents tend to use a more interactive style, making connections to the child's own experience or real world, explaining new words and the motivations of the characters, while working class parents tend to focus more on labelling and describing pictures. These differences in reading styles can impact children's development of language and literacy-related skills.

The Reach Out and Read programme in Boston has improved the language skills of children in low income families by increasing the proportion of parents reading to their children. The programme provides books and advice to the parents about the importance of reading aloud. Parents who have been given books were four times more likely to say they had looked at books with their children or that looking at books was one of their child's favourite activities, and twice as likely to read aloud to their children at least three times a week.

Adapted from BMJ-British Medical Journal (2008, May 12). Children Better Prepared For School If Their Parents Read Aloud To Them. ScienceDaily

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。

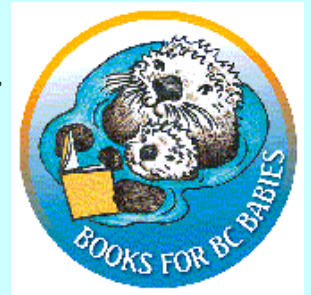


Books for Babies

Books for BC Babies is a community-based literacy program focusing on the importance of reading to newborns. The program is one of several initiatives aimed at making British Columbia the most literate jurisdiction in North America by 2010. Books for BC Babies seeks to improve community literacy levels using a partnership model. The program recognizes the role that public libraries play in BC communities providing resources and programming to support infant and children's growth and development. BC's public libraries also provide parents with the information they need for effective parenting. Library staff are rooted in their communities and are able to connect parents with local services and resource people.

Through the program, every baby born in British Columbia will receive a book bag containing a board book, a CD and information about library and other services in their community. In the Greater Victoria area bag distribution is coordinated by the public health unit, you can contact them at [250-388-2200](tel:250-388-2200) for details on how to get hold of your bag.

Research clearly shows the importance of talking, singing and reading to newborn babies. The Books for BC Babies program aims to create a positive association with books and the library for babies and their parents. The public library provides parents with an opportunity to learn language-rich activities that they can do with their newborns, shows them the range of library materials they have access to, teaches them how to choose books for their baby and provides them with physical space and programs where they and their babies can socialize with other babies and caregivers.



A Valentine's Day Craft

Salt dough is a really fun medium. Children love the mixing, rolling and painting. Why not make some heart shaped magnets or pins for Valentines Day.

What you'll need:



- ½ cup salt
- 1 cup flour
- ½ cup water
- Heart-shaped cookie cutters
- Magnets
- Pin backs
- Hot glue
- Acrylic paint

How to make it:

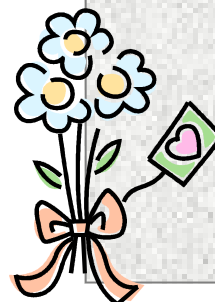
1. Preheat the oven to 250 degrees F.
2. Mix together, salt, flour, and water until dough is formed.
3. Knead the dough on a floured surface until the mixture is elastic and smooth.
4. Roll out the dough to about ¼" thick with a rolling pin.
5. Use different sized heart-shaped cookie cutters to create pieces.
6. For smaller children, use a single shape to make it easier at painting time. For older children, you can double up and even triple some of the hearts for a 3D affect.
7. Place all hearts onto an ungreased cookie sheet.
8. Bake for 2 hours.
9. Remove from oven and allow to completely cool.
10. Paint with acrylic paints, glitter glue and/or glitter paint.
11. To write words on the heart pins, use a toothpick dipped in white paint.
12. Hot glue a magnet or pin to the back of the heart.

Farewell Tomoko!

It is not easy saying "Good Bye" - so the UVic Family Centre says farewell to Tomoko Okada.

Tomoko has been an integral part of the Family Centre Staff for almost 4 years. She has supported student families as they adjusted to a new city and country. Her caring, professional skills enabled many to feel connected and empowered. Tomoko shared her knowledge with staff, volunteers, practicum students and families as we all learned to appreciate and understand the diversity of cultures that are represented at UVic.

Tomoko enjoys people. She played with the toddlers, held babies, shared cooking and creative projects, encouraged group discussions, connected us to the broader Victoria community of services. Whether leading a Mother Goose song time or organizing and supporting an ESL Conversation group Tomoko's gentle persistence added to the wealth of opportunities for student families. Her contributions to creating a caring sense of community have been many.



And so we wish Tomoko all the best as she starts on a new adventure of travel and family and creative pursuits - and time to visit with the Family Centre! We will all miss you, Tomoko!

Introducing the new practicum students...



My name is **Lia van Bourgondien**, I was born and raised in Tofino and have lived and gone to school in Victoria for about 4 ½ years. I am currently in my final semester of a two year diploma program called Community, Family and Child Studies (CFCS) through Camosun College. I have always had a passion for helping and supporting children and their families. I am excited to be doing my practicum at the UVic Family Centre and am looking forward to making connections and getting to know each of you.



Hi! My name is **Kristy Vagg**. I am in my third year of the BSN nursing program at UVic. My primary interests are working with children and families. One day I would love to experience working at the Vancouver Children's Hospital. I am a very social person and like to engage in conversations. I also enjoy being involved in anything in the outdoors such as hiking, biking and running or learning new sports.

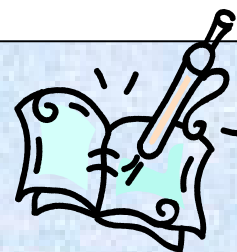
I will be helping co-ordinate crafts at the Wednesday morning playgroup and will also be providing additional resources on health related issues. I look forward to working at the Family Centre and meeting new people, families and all those that make this community special to live in.



My name is **Janie Mai**. I was born in Winnipeg, Manitoba. I moved to Victoria twelve years ago. I am currently a third year Bachelor of Social Work (BSW) student. I hope to work towards my Bachelor of Education and Masters in counselling. In my spare time I enjoy dancing, volleyball, reading, and music.

I look forward to my practicum at the UVic Family Centre, building a positive relationship with everyone. I believe that this will be a great learning experience for me and I

hope that I will provide a good learning environment for everyone else as well.



*Contributions for the newsletter can be emailed to **fcnews@uvic.ca** Recipes; book reviews; parenting tips; reflections ... all gratefully received!*

Please note ~ due to a lack of storage space the Family Centre is unable to receive donations of large items such as furniture or baby equipment. If you have items to give away please send details to fcnews@uvic.ca and we will post them in the newsletter—remember to include your phone number or email address so people can arrange pick up. Alternatively please call local charities. **Thank you!**

Who to call...



Housing Office	721-8395
Family Centre	472-4062
Maintenance Line	721-8650
Maintenance (Emergency)	721-8658
Health Services	721-8492
Campus Security	721-7599

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. Wednesday mornings from 10:30-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. On Friday mornings the Family Centre is open for a parent-led playgroup.

After School Club:

Times, they are a chang'in ~ The After School Club is moving to a new day and time: Tuesdays from 3:20 – 4:50pm. Every Tuesday we will do something different. Sometimes we cook, or do crafts, or learn history. We also play sports or get help for our homework. Come meet some friends and get to know other people your age while having a great time. We are always looking for new ideas for the After School Club so if any adults or older teens have a talent or expertise they would like to share with this group please Call or e-mail Dana at (250) 472-4062 or familyc@uvic.ca

February 3rd ~ Games Day
February 10th ~ Valentines Day
February 17th ~ Baking
February 25th ~ Popcorn & a Movie

Culture Club Schedule

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00. Its purpose is to support international and new Canadian student families. The following activities are scheduled for January. There may be some time schedule changes at a later stage to accommodate more participants. Please do not hesitate to speak to the Family Centre about your ideas for Culture Club.

Feb. 3 – Child & Infant Development Presentation
Feb. 10 – Workshop for Cultural Presentations at Schools
Feb. 17 – Cooking
Feb. 24 – To be announced

ESL Conversation Club

The Family Centre is running an ESL Conversation Club from **January 27 to March 17** for 8 sessions. Please contact the Family Centre to register at 250-472-4062.

Place: UVIC Family Centre

Time: Tuesday nights from 7-8:30pm

Community Events

Thursday February 5th 2009 ~ Woodwynn Community Farm Education and Fundraising Evening. David Lam Auditorium, MacLaurin Building, UVic. Exclusive screening of "Island on the Edge" a locally produced film about farmland & food security for Vancouver Island. Hear the latest news of the Farmlands Trust's bid to acquire historic Woodwynn Farm. Refreshments provided after the presentation. 7pm. 250-652-2906 .
www.farmlandstrust.ca.

Saturday February 7th 2009 ~ Vancouver Island Parent Conference

At Spectrum Community School. Keynote Speakers include Gabor Mate and Steve Dotto. \$60/day includes lunch and snacks. Early bird discount available. Registration required. 8am-4pm. www.vcpac.ca/index.php for more information.

Saturday February 7th and Sunday February 8th ~ Friends of the Library Book Sale.

Thousands of titles. Fiction and non-fiction, children's books, lots of choices. Come early for best selection. Saturday \$2 admission, 5-8pm; Sunday 9am-1pm, free admission. 3950 Cedar Hill Road.

Sunday February 15th ~ Winterfest 2009

at Pearkes Recreation Centre. Bring your family to enjoy this unique winter event. Pearkes Recreation Centre will be transformed into a magical winter wonderland. Pancake breakfast; bouncy castle; kindergym; face-painting; fun on the ice activities and games. Door prizes and art activities. Adults \$4:50; students and children \$2:00 (children under 5 free).

Sunday February 15th ~ Luv a Duck at Swan Lake Christmas Hill Nature Sanctuary. Mallard Ducks are on winter vacation at Swan Lake. Come and find out more! Make a quacking duck to take home, face painting and songs. 1-3pm By donation. 3873 Swan Lake Rd. 250-479-0211.

February 19th – March 8th ~ Victoria's most mouth-watering dining event of the year! Victoria boasts the second highest number of restaurants per capita in North America. Over 50 local restaurants will be participating in 2009. Tourism Victoria and the Victoria branch of the BC Restaurant and Foodservices Association (BCRFA) invite you to attend the sixth annual Dine Around and Stay in Town event. Participating restaurants offer three-course menus for \$20, \$30, or \$40 CDN per person. Go to tourismvictoria.com for a complete list of participating restaurants and menus.

Saturday February 28th 2009 ~ Kids Mega Sale Pearkes Recreation Centre. Gently used children's clothing, toys, equipment and maternity. 9:30am-12:30pm, 3100 Tillicum Road