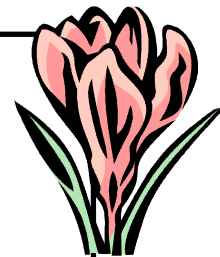




# News & Views

A Newsletter for Families at the University of Victoria



March 2009

Issue 138

**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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## **FACULTY**

## **COORDINATOR**

LAURENE SHEILDS

## **NEWSLETTER**

EMMA CHALIFOUR

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## **Family Centre Hours**

### **Mondays**

*Starting March 9th*

Knitting Club 7-8:30pm

### **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**

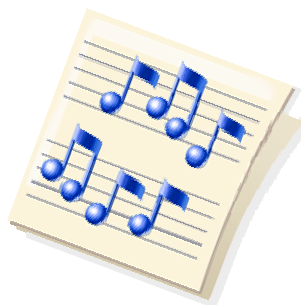
Culture Club

1pm-3pm

### **Fridays**

Parent-led Playgroup

10-12pm



## Music and Movement

Emma Chalifour

One of the privileges of being a part of the playgroups at the Family Centre is the opportunity for children to be exposed to music and movement. Whether it be Kathleen's ever popular Tuesday morning time, Mother Goose programs or humming along to Raffi, music is often central to what is happening with the preschoolers. I love to watch them imitate Kathleen as they clap their hands and sing, 'Come and follow me...' Or what could be more precious than the first time they perform their very own version of the '*Stretching Song*'? It was at the Family Centre that I learnt more than just one lullaby to sing to my children as they go to sleep. The children are doing what they do best, having fun, but more than that is happening.

What is it about music that makes it so vital? In her article, 'Music and Movement—Instrumental Language Development,' Maryann Harman provides some very interesting information regarding the impact of music and movement on child development. Music and movement are natural partners. Maryann Harman describes movement as a young child's means of responding to music before they have language ability. Is it any wonder then that they bounce along before they can even walk? Toddlers need to move in order to stimulate the brain, particularly the frontal lobes vital to language development. Movement gets oxygen flowing to the brain, it causes the production of endorphins. Music is the best way to get preschoolers moving. Swinging scarves back and forth, or stomping around like an elephant swinging its trunk, is not only great fun, but readies the brain for reading.

Brain scans have been able to reveal what is happening while a child listens and responds to music. We now know that an unborn baby is able to respond to music by the time they are four and a half months in utero. Fiber optic cameras have shown unborn babies blinking or moving to the beat. Research has shown that an enriched environment results in brain neurons developing in such a way as to be more receptive to learning. Put another way, music and movement are nourishment for the brain. Singing, clapping, stomping prepare the brain to learn.

Each component of music, repetition, timbre or pitch activate a different part of the brain. Involving the whole brain increases learning, music can help develop a child's ability to memorise and retain information. Music and movement involve all the senses. Rhythm sticks activate speaking, hearing and feeling. Music and movement involve the whole child, not just their eyes or the ears, the more of them that is involved the greater the learning will be. Harman sums up the importance of music and movement by concluding that, "When we put instruments in a child's hands in the early years, we are teaching them an activity that is positive and will last them a lifetime. What a wonderful gift to give our children!" So...let's keep singing, clapping and stomping!

*Adapted from article 601 published in EARLY CHILDHOOD NEWS [www.earlychildhoodnews.com](http://www.earlychildhoodnews.com). MaryAnn Harman MA specialises in Music Education and is a recording artist and educational consultant. For more information please visit her website at [www.musicwithmar.com](http://www.musicwithmar.com)*

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，我们真诚期待您的随时踊跃参与。

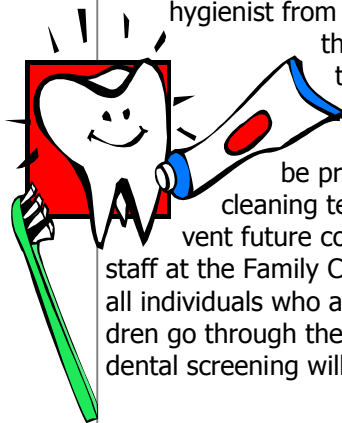
# No Foolin' ...

It's that time of year again!! The Family Centre is getting ready for its 6<sup>th</sup> annual No Foolin' Event, which takes place on the morning of **Friday April 3rd**. No Foolin' is an opportunity for UVic student families and community supporters to come out. It is a chance to celebrate the wonderful energy and diversity that families and their children bring to campus life here at UVic. This annual event is about celebrating our vibrant, diverse, and unique community, as well as raising awareness about the challenges and barriers that some student families face.

The No Foolin' event will be a time to showcase the Family Centre at UVic. We will have lots of activities and entertainment that focus on day-to-day life here at the Family Centre (music, singing, crafts, laughter and fun). There will be lots of free food donated by local merchants and businesses. Come down to the UVic Family Centre for free hot dogs, ice cream, fruit, bagels, coffee, and more for breakfast on your way to work or school. Please come by and show your support to student families here at UVic!

Everyone is welcome to attend this free community event! It takes place from 7:30 – 9:00 AM in front of the Family Centre at 2375 Lam Circle in UVic Family Housing. We are looking for volunteers to help in the planning and on the day of this event. Please call us at 472-4062 if you would like more information or if you would like to volunteer.

Dental screening is coming to the Family Centre! A hygienist from the Vancouver Island Health Authority will be coming to check the teeth of the younger children. This will be an excellent opportunity to obtain information and be provided with resources on proper cleaning techniques. This could help prevent future complications from arising! The staff at the Family Centre encourages and welcome all individuals who are interested in having their children go through the dental screening process. The dental screening will take place on:



**Thursday March 12th from 1:30 pm- 2:30pm.**

If you have any further questions in regards to this event, we invite you to ask one of our staff! We look forward to seeing you and your smiles! Ph: 250-472-4062

**SINGLE PARENTS ~** If you are a single-parent-student living in UVic Family Housing and are interested in sharing food and fun together with your kids - please bring your favourite dish for a Potluck Dinner @ the Family Centre Sunday March 15 @ 5:00pm. If you need more information or you are interested to participate but are unable to meet at this time, please don't hesitate to contact Anastasia @ [andrewsa@uvic.ca](mailto:andrewsa@uvic.ca) (please put single parent night in the subject line). Thank you, *Anastasia Andrews*



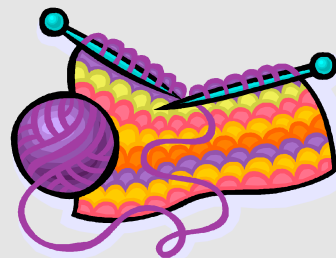
## Who to call...

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



## Knitting Group:

The Family Centre is starting a knitting Group! It will be held every Monday, starting on March 9<sup>th</sup> and will go from 7pm-8:30 pm. All skill levels of knitters are welcome anywhere from the beginners to the veteran knitters and all those in between. Knitting needles and yarn are supplied but if you have your own feel free to bring them along. This group is designed for adults only to give you a chance to congregate with others who share the same interest without the worry of tending to your child. I am really looking forward to help facilitate this group and learn some tricks of the trade of this great skill! So, if Knitting is either something you work on frequently. or have never tried but are curious, come join us on Monday nights.



*Lia Van Bourgondien*

## Profile...

By Emma Chalifour

**Kristine Mannion**, husband Steve and son Connor, joined the Family Housing community last summer. Steve is studying for his Masters in Music. Kristine met Steve in Toronto where they were both studying music. Kristine gained a Bachelor of Education and a Bachelor of Fine Arts, she then went on to study Wildlife Biology in Montreal which enabled her to teach in Parks Canada. For the past nine years Kristine has been teaching at the Heritage Education Centre at Georgian Bay Islands National Park.

Last summer they packed up their clothes, beds and Kristine's harp (more on that later!) and moved to Family Housing. I asked Kristine what has been the most challenging aspect of this move. Both Steve and Kristine's family live in Toronto, so moving away from family, friends and all that is familiar is of itself challenging. However, Kristine expressed that the biggest challenge for her has been adjusting to how busy Steve is. Reading break brought this home once again. Kristine was looking forward to reading break, but has since realised that she was focussed on the 'break' part and now knows that the 'reading' does not let up! Kristine considers the Family Centre to have been vital in helping her transition to life in Victoria. She is one of the key volunteers facilitating the Friday morning playgroup since she wanted to see this resource even more available.

Kristine loves to explore Mystic Vale and has recently bought a bird book to help her become familiar with the local species. Kristine is also learning how to play the harp...well sort of! Kristine was given a harp as a wedding present after expressing that to sing and play the harp was one of her life goals. Despite moving her harp across the country here seven months ago she has yet to pluck a string. Kristine and Steve are expecting their second child in May and so it may be a little while yet before she has time to fulfill her harp-playing dream. She recommends the Blue Fox café downtown if you are looking for a fun place to go on a Saturday morning.



## A Recipe from Culture Club...

- 250g Prawns (optional)
- 1 small cauliflower, separated into florets
- 2 medium potatoes
- 2 carrot sticks
- 1 cup green peas
- 1/4 Small pumpkin/squash (optional)
- 1 medium onion, finely chopped
- 2 tsp fresh ginger paste
- 1 tsp turmeric powder
- 1 Cumin powder
- 1 tbs fresh coriander
- 1 tsp. Garam masala
- 2,3 Green chillies (according to taste)
- 2 Tsp salt, to taste.
- 3tbs Vegetable oil/butter



Cut the vegetables into small bits, set aside. Heat pan with a little oil. Wash prawns, drain and season with salt and turmeric. Sauté the prawns in the heated pan until golden brown and set aside. In the heated pan, sauté butter/oil until soft and golden brown. Add ginger, turmeric, cumin, garam masala and salt. Stir well until oil comes on top of the cooked onions. Add the cut vegetables except pumpkin and stir for a few minutes. Add water. Cover and cook over medium heat until vegetables are tender. Add pumpkin and prawns and cook with lid closed in low heat for 10 mins. Pumpkin should be added later so as to keep it firm and not mashed. Remove from heat, garnish with fresh coriander, chopped chillies.



Contributions for the newsletter can be emailed to [fcnews@uvic.ca](mailto: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](mailto: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!**

# 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 10:00-12 features a popular music and movement program with Kathleen. Wednesday mornings from 10:00-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. On Friday mornings 10-12noon, the Family Centre is open for a parent-led playgroup.

## **After School Club:**

Tuesdays from 3:20 – 4:50pm. Every week 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](mailto:familyc@uvic.ca)

March 3: Cooking

March 10: Diversity and Culture

March 17: Cinecenta Field Trip (See below)

March 24: Scavenger Hunt

No After School Club on March 31<sup>st</sup> but join us for breakfast on April 3<sup>rd</sup> from 7:30 – 9:00 am

The After School Club is going on a field trip on March 17 (during Spring Break) to Cinecenta for a movie. We will be meeting at the Family Centre at 12:00 and walking together to the theatre. We are asking families to register their children and provide \$2.00 to go towards the entry fee. Forms will be available at the Family Centre. This program is open to kids aged 7 – 14.

## **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 March including cooking, discussion groups and information sessions. Please do not hesitate to contact the Family Centre with your ideas for Culture Club.

## **Conversation Club**

Tuesday evenings 7-8:30pm

## **Knitting Club**

Monday evenings 7-8:30pm starting on March 9th.

## *Community Events*

### **"Be a tourist in your own town!" March 4th-8th**

Present your 'Tourist in your own Town' coupons and take advantage of free or reduced entrance to many of the tourist attractions in Victoria. Coupon booklets cost \$10 and are available at a number of locations such as Thrifty's. For further details check out [www.attractionsvictoria.com/be-a-tourist](http://www.attractionsvictoria.com/be-a-tourist)

### **12th Annual French Fest March 12-15th**

Events include musical workshops, French film workshops. French Festival Days in Market Square 10am-5pm on Saturday and Sunday including music, traditional food, maple taffy, kidzone, artisans, entertainers and more. Form more information on festival events check [www.frenchfest.ca](http://www.frenchfest.ca)

### **The Beauty of Taiwanese Puppet Theatre**

**March 14th and 15th.** Victoria Events Centre. \$6/child \$8/adult. 1pm and 3pm. Check [www.childreasmuse.org](http://www.childreasmuse.org) or ph:250-886-6113

### *Spring Break ~ March 16th - 20th*

**Soccer Camps** for girls and boys at UVic. Monday - Friday mornings 9am-12noon. The camps will focus on skill development, fun competitions and 4v4 and 5v5 games. The cost is \$150.00 for the week. To register or get more information go to [www.emsports.ca/camps/](http://www.emsports.ca/camps/)

**Swing into Spring Gymnastics Camps ~ 2 day, 3 day or 5 day.** Ages 3 through to 14 years of age. Check out [www.falcongymnastics.com/camps](http://www.falcongymnastics.com/camps) for more information.

**Cartooning Classes ~** A chance to have lots of fun and make art at the same time. Five mornings or five afternoons. Ages 8-11 or 12-16. Check [www.islandblue.com](http://www.islandblue.com) for more information.

**Kaleidoscope Performing Arts Studio ~** Geared towards 6-17 year olds. Students will explore their creativity and develop performance skills. Great for beginners or advanced students. For more information call 250-383-8124 or check [www.kaleidoscope.bc.ca](http://www.kaleidoscope.bc.ca)

### **Victoria's Ultimate Hobby and Toy Fair March 22nd.**

Pearkes Arena. Over 100 tables—exhibits and items for sale. Action figures, Lego, comics, Barbies, vintage toys...Loads of draw prizes. 9am-3pm \$3 adults children free. 3100 Tillicum Road. Check [www.cherrybombtoys.com](http://www.cherrybombtoys.com) for