



News & Views

A Newsletter for Families at the University of Victoria



September 2009

Issue 144

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NEWSLETTER

EMMA CHALIFOUR

Family Centre Hours

Tuesdays 9am-5pm

Playgroup

10:00am-12noon

After School Club

3:20pm-5pm

Wednesdays 10am-2pm

Playgroup

10:00am-12noon

Thursdays 1-3pm

Culture Club
1pm-3pm

Fridays 10am-12noon

Playgroup

10am-12noon

Musings on Motherhood

by: Kristine Mannion

Something strange has happened to me over the last few months.... I have become incredibly happy being a mother! Okay - perhaps I should qualify this a little - I was never UNhappy being a mom - I was just not as happy as I knew I could be in general - even before kids. Maybe that was why it took me more than ten years to decide that having a kid was a good idea....I was so torn up about it - thinking that I needed to get my head screwed on straight FIRST. Little did I know that my two kids would screw it on straight for me! And so I have been wondering what life lessons motherhood has brought me that have led to this fully blossomed happiness....and here's what I've come up with.

1) **Banishing "SHOULD"**: Now - there's a word that came into my head a lot when Connor was a newborn - I was full of that new mom anxiety - "he *should* be able to sleep on his own!" "I *should* be able to get out when I want to!" I have learned that it's these thoughts that make me unhappy much more than the situation that is "causing" them. Once I turned my "should" alarm on (ie: every time I hear that word in my head - I stop and question what it is that comes after) I have had a much easier time!

2) **Being in the moment**: There's nothing like a toddler to force you to be in the moment! Now that I have (almost) mastered the art of just playing without thinking about what-ever might need cooking, or tidying up, I am much happier! I don't think that my home is any dirtier for it either! Mind you - it was never very clean to begin with despite my spending all that time thinking about all the cleaning that needed to be done! And we've always managed to eat too - despite not thinking about that during those play times. Somehow - just being in the moment still allows me to do things that I thought needed all kinds of thinking about and planning for ahead of time....a nice realization!

3) **Not doing it alone**: It came as a surprise to me how isolating motherhood could feel. I felt like I had disappeared from all the "important" work being done in society...that I had suddenly become decidedly UN-interesting. Well - I decided that the work I am doing is simply the most important and interesting work I will ever do (it helps that my husband whole-heartedly agrees!) So I have started learning more about mothering on the internet, and joining groups of like-minded individuals - and this is incredibly helpful. What has been the most helpful though has been actually having my husband parenting full time with me over the summer. It has made the transition to being a mother of two a truly joyful one. Now I just need to figure out a way to "replace" him when he starts back at school this month!

I've had more realizations along the way too (like "chocolate must be available at all times" and "happy me = happy family") but perhaps those are best saved for another time! Happy mothering moms!

Kristine, and her husband Steve, live in Student Family Housing with their two small children, Connor (almost 3 years old) and Maeve (3 months).

Family Centre End of Summer Pot Luck

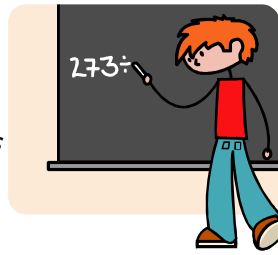


The Family Centre will be hosting an end of summer pot luck on **Friday 4th September at 5:00pm**. Come and meet other UVic families from both inside and outside of Lam Circle; experience the diversity of our community. Bring a dish to share: salad, main course or dessert. The Family Centre will provide 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.

Start the school year off on the right foot!

Written by Penny Loomie

The best thing you can do for your children this time of year is to help them start the school year off on the right foot. Whether your child is starting Grade 1 or Grade 12, there are several simple things that a parent can do to help their child put his or her best foot forward:



1. Ease into a school routine. A routine means doing the same thing each day at the same time. A routine helps to start the school year with a sense of familiarity and with a calmness that allows your child to focus on the classroom. Don't overload your children with activities in September. Let them adapt to the rhythm of the school year.

2. Discuss changes in routines. Explain how this year's schedule may differ from last year's. Children can find it difficult to adjust to changes in schedules or workload. Talk with your children about the possible changes. Will there be more homework assignments? Will they have to wake up earlier? Will they have more than one teacher this year?

3. Make sure your child is getting enough sleep by setting and adhering to a regular bedtime and morning schedule. Sleep deprivation affects concentration and judgment, plus it makes it hard to get ready for school on time. A school-aged child, be they 6 or 16, needs about 10 hours of sleep every night. Without it, mornings can be a hassle and your child won't be getting the best out of school.

4. Feed your children a healthy breakfast and make sure they are also taking a healthy lunch to school each day. Both the brain and the body need certain types of food to perform at their best. Breakfast and lunches that include lean proteins, fibre, whole grains and fruits or vegetables will help your child feel full and focused throughout the day. Avoid sending your children to school with sugary treats—not only do they have little nutritional value, but they can also affect your children's activity level and their ability to focus.

5. Set up a homework schedule and stick to it. If you don't value homework, neither will your child. Make sure your child has a quiet location in which to do homework. Remember that you can help teach your child good study habits, but the homework is his or her responsibility!

6. Set Goals. Take time to set academic goals with your child at the beginning of the school year, and review and/or modify them each month or each term. Be sure to set goals for all of the subjects and make them attainable and realistic. If she attained a "C" in math last term, it may not be realistic to set a goal of an "A." Don't let her set herself up for failure, rather talk about working toward a "C+" or "B" and help set her up for success.

7. Meet the teachers. Introduce yourself to the teachers during the first week of school. Let them know that you are there to support them, and that you want to be kept informed as to how your child is doing at school. Ask them if it is okay to check in with them once a month, informally. Let your child's teacher know that if your child is having difficulties academically or socially you'd like to know right away. For parents of high school students, make sure the school office has your cell phone number on file as your primary number—that way you won't miss any important messages that may get erased at home!

(Edited from "Start the School Year Right" by Penny Loomie, Island Parent Magazine - September 2008)

Transitions

September in Family Housing is always a time of transitions. We are excited to see many new faces of families who have just moved here to start their time at the UVic. It is an exciting time, full of energy and anticipation of what the next year will be like. For those of us who are continuing with our education we need to move from the relaxing days of August into the busyness of September classes. We need to adjust to longer lines at the Bibliocafe and prepare ourselves for the adventure this year will bring. For those who are new to the University of Victoria, welcome to the UVic student family community. Please stop by the Family Centre and meet the staff and fellow student families. Come and learn how we can help make your time at UVic easier. For those who are staying at UVic and continuing your education remember that the Family Centre is here to help provide support as you adjust to your classes. There is never a line up for our coffee and it is free. For those who are leaving UVic, we will miss you and please stay in touch. We love to hear how everyone is doing.

The Family Centre will be at the Orientation Event for New International Students on September 3, 2009 from 8:30am - 3:30pm in the Elliott Building. We will also have a table at the President's Day of Welcome on September 8th so stop by and say hello.

Please look at our programs, services and resources and stop by the Family Centre and see how we can help make your time at UVic a success.

Dana Sibley, Staff



A Great Opportunity for you!

Do you have two or three hours available each week? If so, how about volunteering at the Family Centre? It is a great way to gain hands-on experience with children aged infant - 12 years. You would learn about families from many cultural backgrounds, practice English language skills, learn about how a small social service agency works and get to contribute your special skills to this UVic student family community. If you are interested in finding out more please contact the Family Centre at familyc@uvic.ca or phone 250-472-4062.



News and Views is the collaborative effort of student families and staff at the Family Centre. If you would like to contribute a story, family tradition, recipe, book review...you are warmly invited to do so! Please send your contributions to fcnews@uvic.ca We look forward to hearing from you!

Miki's Corner...

It is hard to believe that September is here already! Some parents may be experiencing the excitement of older children going back to school or perhaps children starting school for the first time. I am looking forward to meeting new student families, and of course catching up with families we have not seen during the summer break. Hopefully it will continue to be warm and we will be able to continue some outside activities as long as the weather permits. There may be more surprises in the water table!

Learning how to share ~ Toddlers are very egocentric. They believe that they are the centre of the universe and that all things and all persons, big or small, revolve around them. It can be frustrating at times, especially when your toddler doesn't want to share, or is grabbing a toy from another child. The good news is, this is perfectly natural, it is part of child growth and development - trust me, your child will grow out of this stage. You can help them through it by playing some simple turn taking games with them, e.g. "I have the red car and you have the blue car. Let's trade, you can have the red car and I'll have the blue car". This may or may not work the first time or two but with practice and consistency your child will begin to respond to turn taking. Redirection is another good strategy, for example - "Sheila is playing with that doll right now, you can play with this doll, then have a turn when Sheila is finished". You may have to help Sheila comply with turn taking or sharing. The following is a gentle and humorous reminder.

Toddler Property Laws

1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it away from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it is mine.

Cheers
Miki.



LOOKING FOR KIDS' CLOTHING, TOYS OR EQUIPMENT?

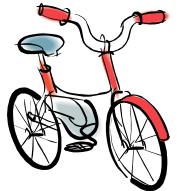


KIDS' HUMONGOUS GARAGE SALE!

Twice a year Gordon Head Recreation Centre hosts a humongous garage sale. This is a great place to pick up clothing, toys, books, baby equipment... Alternatively, maybe you would like to clear out your closets and sell some stuff? If you wish to sell call to reserve a table (250-475-7100). Otherwise just show up at Gordon Head Recreation Centre at 9am on Saturday 26th September.



VIMBA KIDS MEGA SALE. Three times a year the Multiple Births Society hosts a sale of used children's items. It is a great place to pick up baby equipment, clothing, maternity wear, books and toys—especially if you need multiples! The next one will be held on Saturday, September 19th, 9:30am-12:30p.m at Pearkes Recreation Centre—3100 Tillicum Road. It is best to get there early and be aware that it is cash sales only. For more information call Karen at 250-642-4735.



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.

September 3rd ~ Mount Douglas Park.
September 10th ~ Lochside Park.
September 17th ~ Meadow Park.
September 24th ~ Copley Park West.

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:

Tuesdays from 3:20 – 5pm. The After School Club will start up again on September 15th with a welcome to the new year party. Come out and meet other kids whose parents are UVic students and enjoy some fun and games.

September 15th ~ Welcome to the new year party.
September 22nd ~ Games Day.
September 29th ~ Creative Chefs Day.

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

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

Who to call...

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



Community Events



Saturday 5th September - Monday 7th September : Saanich Fair!

This year "How The West Was Fun" is the theme and they are featuring "Horses." The Saanich Fair provides a wonderful outing for all ages. There are multicultural experiences in eating, a large number of farm animals to see, rides, entertainment, exhibits, markets and more! September 5th & September 6th Open: 8 AM to 9 PM Admission: Adults \$9, Seniors and Youth(7-13yrs) \$6, Children 6 and under **FREE**. Monday, September 7th Open: 8 AM to 6 PM Admission: Adults \$8, Seniors and Youth(7-13yrs) \$5, Children 6 and under **FREE**. Ride 'em all day MID-WAY WRISTBANDS: Saturday/Sunday \$29, Monday \$24 ! Saanich Fairground - 1528 Stellys Cross Road - Saanichton. www.saanichfair.ca

Sunday 6th September – End of Summer Bash! Gordon Head Recreation Centre, 1;00pm-5:00pm. Everyone is invited to our end of summer send-off! Contact Rob Phillips for more information 250-475-5558.

Saturday 19th September to Sunday 20th September: Skateboard Park Tour. 11-14 year olds. Enjoy a weekend spent exploring some of the Island's many skateboard parks. This is not an instructional program so some skateboarding experience is required. Leaving on Saturday morning we will head up island to check out some of the islands greatest skate parks and spend an overnight in Parksville returning Sunday afternoon. Transportation provided. \$40 Call to Gordon Head Recreation Centre to register 250-475-7100.

Sunday 20th September – Hartland Happening Open House, Hartland Landfill. 10am-3pm:FREE. Have you even wondered where your garbage goes after you put it out for pick-up? Come and get a look behind the scenes and check out educational displays. Play with mini-machines in the giant sandbox, take a guided tour of the landfill, climb aboard the monster machines like dump trucks and much more. A fun and educational family event. Free hotdogs, hamburgers and juice provided.



Saturday 26th and Sunday 27th September - Friends of the Library Booksale. Nellie McClung Branch, 3950 Cedar Hill Road. Saturday 5:00pm-8:00pm: \$2. Sunday 9:00am—1:30pm FREE. Sunday 1:30-3:00pm all you can carry for \$5.00. Check out the Greater Victoria Library webpage for more details. http://gvpl.ca/news_and_events/

Saturday 26th September - Forest Tea Party. Ages 14 and up. Francis/King Regional Park. You don't have to take a trip to England to find a great cup of tea! The forests around Victoria are full of plants that make delicious teas year 'round. Join us for an interpretive tea tasting featuring some of these local plants. We will go for a short walk in the park before the tea tasting to see some of the plants growing in their native habitat. No fee, though pre-registration required. Call 250-478-3344 to reserve a spot. www.crd.bc.ca/parks.