



News & Views

A Newsletter for Families at the University of Victoria

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Issue 157

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NEWSLETTER

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Family Centre Hours

Tuesdays

9am-3pm

Playgroup

10:00-12 noon

Wednesdays

10am-2pm

Playgroup

10:00-12 noon

Thursday

After School Program

3:30pm-5:00pm

Fridays

10am-12:00 noon

Playgroup

10am-12 noon

Back to School

Kathleen Bortolin



When working on this issue of News & Views, someone suggested including a few "tips for back to school." I assumed these tips would be directed at kidlets and their parents. I don't have school-aged children myself; my oldest is off to preschool this year and my words of wisdom for her include, "have fun," and "don't eat the glue." Admittedly, I was stuck thinking of advice for going back to school. For me (and my parents) going back to school was always the best time of year, easily trumping birthdays and the last day of winter (we lived in Alberta). Going back to class meant that I got to see my friends again, play basketball, and show off my new fall wardrobe. There was never much anxiety involved. Until now. At 34, with two small children, I'm once again heading back to class. I have to make friends now, I don't get to play basketball (as if I have the time), and I can only hope my new fall wardrobe doesn't show baby spit-up or finger paint stains when I sit down in my smarty-pants grown up classes. So I realized that although kidlets and their parents need advice (see page 2), so do, as we're called now, "mature students." So here are 10 tips for student-parents heading back to class this fall.

Get an agenda: During the first few weeks of the semester, the SUB and GSS have boxes of FREE agendas. Get one. Agendas help keep track of your deadlines, and offer you space to organize your daily, weekly, and monthly commitments.

Get organized and stay organized: Spend some time before classes getting organized. This might involve cleaning and organizing your workspace at home, buying school supplies, or even finishing up

any projects you've been putting off. Being organized from the beginning, and staying organized throughout the semester will help cut down stress as you go.

Say No: Don't feel guilty saying no to certain, less-important commitments. Being a student parent is double duty, and some commitments will have to be nixed.

Identify or rediscover your support system: You might need a shoulder or two to cry on mid-semester when you have four assignments due, a soccer game to coach, and a birthday party to organize. Know who can count on to listen to you, and maybe even help you inflate balloons.

Know where to look for help: UVic offers comprehensive counselling services for students. They are located in the University Centre, 2nd Floor, Room B202, and are open M-F, 8:30-4:30. Call 250-721-8341 or visit www.coun.uvic.ca for more info.

Coffee, lots of coffee: and your family will be fine, and might even like you more, if you order a few emergency pizzas throughout the semester to rescue yourself from cooking.

Try to unwind: It's necessary for your own mental health, and the mental health of your loved ones, to take breaks and do something for yourself. This might be a trip to the gym, a night out with friends, or a marathon Wii fest.

Remember why you're doing this: We all have our reasons for going back to school, and they important motivators during tough times. When you're pouring over your latest assignment at 3am, and baby starts crying, remind yourself why you're doing this, and try to focus on the reward at the end.

Family Centre End of Summer Potluck

The Family Centre will be hosting an end of summer potluck on Thursday, September 2nd at 5pm. Come and meet other UVic families from both inside and outside Lam Circle and 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 the environment, please bring your own plates and cutlery. We look forward to seeing you.





FAMILY HOUSING COMMUNITY GARDEN

In the middle of August, Residence Services and the office of Campus Planning and Sustainability sent a survey out to all Family Housing (FSH) tenants. The idea behind the survey was to get your input on the possible creation of a community garden in the University of Victoria's family housing complex. This proposed garden would be for the residents of FSH only, and would be managed by the Residence Service Office with the input from the FSH community. Attached to the survey were four plans that show the location, size and design of a proposed garden. These designs were created by the University of Victoria Facilities department, who examined the site and came up with this location and the suggested layouts for a garden.

If for any reason you did not receive this email or have been unable to view the plans, please contact Karen in the Residence Service office at 250-472-4504. After the results have been collated, you will be invited to a town hall meeting in the fall for discussion and further feedback.

We really want to hear your opinion on whether you would like a community garden in FSH. Please contact us with any questions about the plans or the proposed garden.

New Student Orientations at UVic

The University of Victoria's Student Transition Services offers a variety of orientations to help new students. There are orientations for undergraduates, graduates and international students. These orientations involve tours, workshops, information sessions, and food. To view the orientation programs, and to register, visit www.transition.uvic.ca/orientation.

Morning Care Needed for Frank Hobbs Students

I am looking for a childcare provider that can walk my 2 kids (Gr. 1 & 2) to Frank Hobbs School in the mornings Mon.-Fri. and drop them off at their classroom. I would need to drop off both of my kids at 7:30am at your home if possible. Payment is negotiable
Start Date: Sept 21st, 2010
Please Call Mary @ 250-721-9944



After School Program Thanks UVic

Through the summer the children from the After School Program were out taking a look at life behind the scenes at UVic. We had a wonderful time and would like to extend a thank-you to the following departments for inviting us into their work place; Peter Kilt of Printing Services, Allison Eddy and Fiona Puszka of Campus Security, and Lisa Sheppard from Cinecenta. Thank-you we greatly enjoyed the tours.



Back-to-School Jitters: Tips for taking the fear out of the first day back

Holly Bennett

(from <http://www.todayparent.com>)



School starts soon and your child is acting strange. Maybe she's having trouble sleeping at night. Maybe she's unusually clingy. Or maybe you're lucky enough to have a child who can say what's bothering her: "I

don't want to go to school."

School plays a huge role in children's lives, so it's no wonder that some find the transition back nerve-racking. It's common for kids to feel this way, says Toronto child and adolescent psychotherapist Rosalind Kindler.

What do kids worry about? Plenty, says Kindler. Six-year-olds are heading into grade one and, even if they attended kindergarten at the same school, it's a big step. "Dealing with something that's unfamiliar is anxiety provoking," says Kindler. As kids get further into this age group, school itself is more familiar, but social anxiety may increase: Will the other kids like me? Will my old friends be in my class?

The wrinkle is that most children aren't able to articulate their worries, says Kindler, so we need to pick up on their signs of anxiety. She says, "Ask your child if she's worried about going back to school next week." Some kids may not want

to admit it, so reassure them that a lot of people feel nervous before starting something new and you don't think their fears are silly.

Now that you know what the problem is, how can you reassure your child?

Visit the scene. Take a walk or drive to the school and hang out in the playground. Give your child a chance to remember the layout and get comfortable. You may even be able to meet briefly with the teacher and sneak a peek at your child's new classroom.

Stand behind her. "Let your child know she doesn't have to cope alone," says Kindler. "Tell her, 'Mommy and Daddy have lots of opportunities to speak with your teacher. And if she's worried about you, or if you're worried about school, we're here to help out.'"

Buddy up. Is there a friend from last year who will be in the same class? Why not arrange a playdate so your child can feel he's heading back to school with an ally?

Express your confidence. Kids need our understanding and support — but they also need our faith in them. "Give your child a strong message that you know he will do just fine," says Kindler.



Safety and Security in Family Housing

Please join Campus Security Services' Personal Safety Coordinator Allison Eddy on Thursday, September 23rd from 5:30-6:30 at the Family Centre, where she will be providing information on safety and security in Family Housing. Allison will offer suggestions on how community members can increase the safety and security of themselves and their belongings, as well as answering any questions or concerns attendees may have. Elizabeth Quong, Director of the Family Centre will also be there and refreshments will be served!

Programs and Events

A great way to get connected!



Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am–12pm the Family Centre hosts fun and energetic playgroups for children and their caregivers.



This month, our music guru, Kathleen, returns to continue the ever popular Tuesday morning Music and Movement group. On Tuesday, September 7th, Kathleen will lead an introductory meet-and-greet session. This session will be a chance for Kathleen to introduce the fall

program and (re)connect with children and their caregivers. Kathleen will lead a short music session on the 7th, but the Music and Movement playgroup will begin in earnest on Tuesday, September 14th.

Wednesday and Friday morning playgroups will continue to be led by our Early Childhood Educator, Miki, and involve arts and crafts, free play, circle time, and snack. These playgroups are a great opportunity for little ones and their caregivers to play, interact with the community, and have fun. We look forward to seeing you and your little ones this fall.

After School Club: Thursday afternoons, 3:30pm-5:00 pm.

Now it's time to go back to school! The After School Club is a great place to meet other people your own age. We will be meeting Thursday afternoons from 3:30 to 5:00 pm at the Family Centre. Our first get together will be on Thursday September 9th.

The After School Club is a free program for children aged 6-12 (Grades 1-6). We do a mixture of activities including arts and crafts, cooking, and outdoor games and activities. A light snack is provided. Come out and join us.

September 9: Getting to know each other games

September 16: Back to school craft

September 23: Outdoor games

September 30: Sports



Community Events

The Saanich Fair, September 4th, 5th & 6th Saanich Fairground (1528 Stellys Cross Rd.)

Western Canada's oldest continual agricultural fair with agricultural displays, midway rides, games, entertainment, food, and more.

-September 4th and 5th: 8am-9pm; Admission: Adults \$10, Seniors and Youth (7-13yrs) \$7, Children under 6 **FREE**

-September 6th: 8am-6pm; Admission: Adults : \$9, Seniors and Youth (7-13yrs) \$6, Children under 6 **FREE**

Visit www.saanichfair.ca for more information.

Victoria Conservatory of Music Open House Saturday, September 11, 10am-3pm 900 Johnson Street, FREE

Join us for a very special day as we open our doors for the whole community to experience the VCM! Check out:

- Free Mini Lessons
- Instrument 'Petting Zoo'
- Free Live Entertainment
- BBQ by Donation
- Meet Our Faculty
- Tours, including New Children's Music Wing
- Enter to WIN a free semester of 1/2 hour lessons

Seed Day at Swan Lake Nature House

Sunday, September 26, 12pm-3pm (drop-in, by donation)

At this time of year while we are harvesting our garden Mother Nature is planting hers. Join us at the Swan Lake Nature House as we celebrate Seed Day. Whether it is by helicopter, parachute, Velcro or by looking delicious, we'll examine the devious ways plants get their seeds planted. Join us for crafts, hands-on exploration, seed bingo, a seed scavenger hunt and event plant a native plant seed to take home.

Kindergym at Henderson Rec Centre (2291 Cedar Hill X Road), Drop-in Fee: \$5.10.

Join us for a fun-filled time with climbing toys, ride 'em cars, loads of sports equipment, music and the new bouncy castle; plus circle time to finish each session.

- Tuesday 10-11am, begins September 14
- Thursday 10-11am & 1-2pm, begins September 16
- Saturday 11am-12pm, begins September 18
- Sunday 11am-12pm, begins September 19

Children must be supervised by their caregivers.

Recommended age: 18 months to 4 years. **Maximum 40 children.**

Tickets on sale 45 minutes before program begins.