



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

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Sort it out!

Recycling & Composting Systems on the UVic Campus

By Rita Fromholt, Sustainability Coordinator

UVic's Facilities Management Group and the Office of Campus Planning & Sustainability have been working hard over the past couple of years to improve our campus recycling and composting systems. We have been standardizing our basic collection systems and signage to make the system more convenient and easy to understand. While we can't capture everything that *can* be recycled, our 3-bin sorting system is designed to accept the most frequently recycled items. Here's how it works:

- Blue Bins – Are for mixed paper, including bond paper, cereal boxes, phone books, magazines and flattened card board. No coffee cups or paper towels.
- Brown Bins – All refundable bottles and cans, plus hard plastics including yogurt containers, sushi trays, coffee cup lids with numbers 1, 2, 3, 4, 5, & 7 on the bottom. No tetra paks, milk cartons, Styrofoam or soft plastic.
- Grey Bins – All landfill waste, i.e. everything else! Remember, "If in doubt, throw it out" as a contaminated recycling bin lands up in the landfill anyways.

And we are fortunate to have a very comprehensive composting system that takes all food waste (including meat and dairy products), PLUS paper coffee cups, paper towels and napkins. It cannot however, accept any plastic materials so PLEASE no plastic bags of any kind or coffee cup lids, nor any human waste. Compostable items can be collected in special compostable bags or placed directly in one of the compost totes in the waste compounds located around campus, including in the Family Student Housing area.

Other hard to recycle items such as Styrofoam, milk cartons, soft plastic, batteries and electronics can be brought to the special recycling bins set up in the Student Union Building, or dropped off at the monthly Pacific Mobile Depot neighbourhood recycling depot on the second Saturday of each month from 9 am to noon in Lot #7.

Remember: Waste reduction systems only work if you make the effort to use them correctly!

See www.uvic.ca/sustainability or contact wastenot@uvic.ca for more information.

Family Centre Weekly Hours and Programs

Monday	7:00—9:00pm	Craft Group (Knitting)
Tuesday	7:30am-3pm	Breakfast Club: 7:30-9:00am Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am– 3pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

winter celebration



DATE: TUESDAY, DECEMBER 13 2011
TIME: 4:30PM TO 6:30 PM
LOCATION: THE FAMILY CENTRE,
39208-2375 LAM CIRCLE

The Family Centre would like to invite you to join us for a potluck celebration before you head into the winter break. We will provide hot apple cider and fruit punch, and invite you to bring whatever snack you would traditionally eat at a celebration. There will also be family craft activities. We look forward to seeing you all there!

Please call if you would like more information: 250-472-4062

100 Picture Books to Read Before Kindergarten

Experts say that children need to hear at least 1,000 stories before they begin to learn to read. GVPL's Children and Family Literacy Librarians have selected a list of one hundred exceptional picture books, which will entertain, educate and inspire young children again and again. Brochures available in local branches or online at <http://www.gvpl.ca/interests/parents-educators/gvpl-s-100-picture-books/>

Pedagogical Narrations

You may have noticed that we have been experimenting with different activities during our Wednesday and Friday morning drop-ins for the under fives. We have put tarps up on the walls and floor, covered them with paper, and put out a set of paints and brushes. We have allowed the children to explore with these paints, doing whatever feels natural for them. Our staff has been observing the way children engage with this kind of activity. Denise, a PhD student here at UVic, has also been taking photos and videos of the children; how they paint, and what they say about their artwork. This is called a Pedagogical Narration. That may sound very "academic" so let me explain what it is. Pedagogical Narration is simply recording through photos, videos, or transcription the movements of children's play. This tool allows us to observe, reflect and talk about the "what" and "why" of the activities we do during programs at the Family Centre. Personally, I have found these activities to be very interesting. Just noticing interactions that the children have between each other, and with their parents, is something I have not taken the time to observe closely. We would love to include parents in the discussions about these activities, you can post a comment on our Facebook page, write it down on a post-it note and attach it to the artwork itself or simply talk to one of us – we would love to hear from you!

By Kelsey Heap

Celebrating Miki McMechan



The UVic Family Centre has enjoyed two and a half years of enriching programs based on Early Childhood Education shared with us by Miki. She has shared her knowledge, experience and wisdom and the joy of understanding how children grow and develop with parents, grandparents and children. Her ECE expertise has also helped to guide staff and students in our development of best practices for Family Resource Programs. Her genuine caring ability to relate with people has been much appreciated. Miki creates a warm and welcoming place for families and demonstrates a real joy in working with children. We want to thank Miki for all of this as she moves on in January to new experiences in her life.

The Family Centre, all of us, wishes Miki the very best!

Miki's Corner

On these cold, brisk mornings I am reminded of this poem by C.E. Pike.

Jack Frost
Look out! Look out!
Jack Frost is about.
He's after our fingers and toes;
And all through the night
The gay little sprite
Is working where nobody
knows.



He'll climb each tree,
So nimble is he,
His silvery powder he'll shake.
To windows he'll creep,
And while we're asleep
Such wonderful pictures he'll
make.



Across the path
He'll merrily pass,
And change all it's greenness to white.
Then home he will go
And laugh ho, ho, ho,
What fun I have had in the night.

In the month of December we will look at the changes in the weather, animals that live where it is very cold, winter celebrations and more....
Please come and join us at the UVic Family Centre.

Holiday Family Fun Around Town

Thursday, December 1st

Christmas Lights Across Canada
Parliament Buildings, 4:30pm

Friday, December 2nd

Sea of Lights Boat Parade, Gyro Park, Cattle Point and Willows Beach, 7:00pm

Saturday, December 3rd

Deck the Halls, Saanich Municipal Hall 5:00-8:30pm

IEOA Truck Light Parade and Food Drive

Visit www.ieoa.ca for route details. 5:45-8:15pm

Lighted Ship Parade

Victoria Inner Harbour, 7:00pm

Sunday, December 11th

Caroling in the Village, Cadboro Bay Village
6:30-8:30pm

Saturday, December 17th

A Christmas Carol told by Jason Stevens. Market Square, Noon and 2:00pm.

Month of December

Victoria Festival of Trees

The Fairmont Empress - 721 Government St.
Open all-day everyday.

The Great Gingerbread Showcase

The Inn at Laurel Point
10:00am-6:00pm daily



Programs and Events

The Family Centre will be closed from
December 23rd to January 3rd.

Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. Kathleen's lively Music and Movement Playgroup meets on Tuesday mornings. On Wednesday and Friday mornings, Miki hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

After School Club:

School Aged Kids (Grades 1-6) are invited to the After School Club at the Family Centre on **Thursdays from 3:30 - 5:00 pm**. It is a short month with winter holidays around the corner. Come and join us for a papier-mâché activity, fun games, food, and a small party to kick off the winter season.

December 1st: Rockin' Rainmakers Part 1

December 8th: Rockin' Rainmakers Part 2

December 15th: Farewell Frenzy

December 22nd: Closed

December 29th: Closed

Make and Take:

Need a night out? The Family Centre is open on Monday evenings from 7-9pm. Currently a group are working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other people in the community. Don't have a craft project? Can only make it for an hour? Come anyway! The kettle is always on and we'd love to see you!

Breakfast Club:

Come and stop by Tuesday mornings between 7:30 and 9:00am for a breakfast drop-in group run by Laura and Kelsey, our practicum students. Pop by on your way to school, work, daycare...come share some food, meet new people or connect with friends. Each week will be a different breakfast food, along with the staples like toast and cold cereal. We hope to see you there! **EVERYONE WELCOME!**

Community Events



Victoria Kids Consignment Holiday Toy Sale

St. Joseph's Elementary School Gym

757 W. Burnside Road

December 3rd 1:00-6:00pm

Entry \$1 for Santa's Anonymous

Mystery Creature (Guided Walk)

Lone Tree Hill Regional Park

"Riddle me, riddle me through the park. Find the answers before it gets dark!" Solve the riddles to find the clues hidden along the trail with a CRD Regional Parks' naturalist. At the end, we'll piece the puzzle together to discover who the mystery creature is! December 28th, 10:00 am - 11:30 am. All ages.

Robert Munsch Storytime

Central Branch Library

December 29, 2011 2:30pm - 3:30pm

What better way to celebrate Family Literacy Week than with the stories of Robert Munsch. Be prepared to laugh along as you listen to some of your favourite stories brought to life through books, puppets and short films. For young children and their families; children under 3 must be accompanied by an adult.

Cinecenta Kids Matinees

Winnie the Pooh

December 3rd and 4th, 1:00pm

Eeyore has lost his tail, so Pooh and his friends hold a contest to get him a new one.

Dolphin Tale

December 10th and 11th, 1:00pm

Morgan Freeman and Ashley Judd star in a story about the friendship between a boy and a dolphin whose tail was lost in a crab trap.