



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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<http://web.uvic.ca/family-centre/>

Lunar New Year, also known as Chinese New Year or the Spring Festival, is the most important festival in Chinese tradition. Its profound history can be traced back to the Shang Dynasty (1600 BC -1046 BC) when people used to worship gods and ancestors from the end of each (Lunar) year till the beginning of the New Year.

The Chinese Horoscope is a 12-year cycle with each year named after 11 existing animals and one imaginary animal– the dragon. The order is Rat, Ox, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog and Pig. People used to number years by this order and it has been adopted by other countries and nationalities as well. This year, the Chinese New Year's day falls on February 3rd and it is going to be the year of Rabbit. The UVic Family Centre wishes you happiness and prosperity: Gong Xi Fa Cai (Mandarin), Gung Hey Fat Choy (Cantonese).



中国新年，也就是春节，是中国传统中最为重要的一个节日。春节的历史很悠久，它起源于殷商时期年头岁尾的祭神祭祖活动。十二生肖，是由十一种源于自然界的动物即鼠、牛、虎、兔、蛇、马、羊、猴、鸡、狗、猪以及传说中的龙所组成，在多个国家和民族被广泛使用。2011年是兔年,大年初一是2月3日。维多利亚大学家庭中心在此祝大家新年快乐，恭喜发财！

Family Centre Weekly Hours and Programs		
Monday	3:30-5:00pm	For Girls Program: 3:30-5:00pm
Tuesday	9am-5pm	Music and Movement Playgroup: 10am-12noon
Wednesday	10am-2pm	Playgroup: 10am-12noon Make and Take for Adults: 7pm-9pm
Thursday	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

The Family Centre Welcomes Three New Practicum Students: Sarah, Rachel, and Natalie



Rachel Anderson is a second year student in the Community, Family and Child Studies (CFCS) program at Camosun College. Although she doesn't have any "work experience" with children, she has a lot of young people in her life that she is fortunate enough to spend a lot of time with! Several of her friends have kids under three and she regularly takes them for day outings and even the odd sleepover. Rachel is very excited to be doing her practicum at the Family Centre, and really looking forward to meeting and getting to know all of the families.



Hi everyone! My name is Sarah Nantel. I am a 3rd year practicum student from the School of Social Work here at UVic. I am originally from Vancouver, the home of my beloved Vancouver Canucks. I love reading, knitting and walking my giant dog, Magnum. I am enjoying my time at the Family Centre, especially getting to meet and work with so many wonderful people. Thank you for welcoming me into your community.



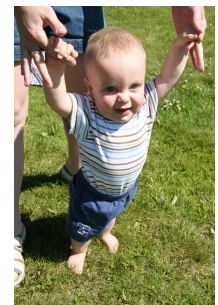
Hello! I am Natalie Watson, a third year nursing student. I have just begun my sixth semester, working toward a Bachelor of Science in Nursing at UVic. I have a strong interest in pursuing my nursing career in pediatrics. I am looking forward to learning more about growth and development in children. Parents and caregivers have an incredible amount of knowledge when it comes to their children; I am hoping to learn from your experiences.

I will have a suggestion box available for anyone to slip suggestions into relating to any health topics you would like to know more about. I am hoping to deliver 3 brief and informative sessions from February to April. Dates will be posted. I look forward to sharing and learning from each and every one of you.

Building Self-Esteem in the Early Years

by Miki McMechan

What is self-esteem? It is a belief that we belong and are accepted, capable, and loved. Self-esteem helps our children be ready to deal with life. From birth to age 6, young children are forming beliefs about their self-worth. Parents can help their children by believing in them, respecting them and encouraging them. The word *encourage* means, "to give heart". The word *discourage* means, "to take heart away". Encouragement helps children learn to believe in themselves, and teaches them to find their own strengths and special qualities. With encouragement, you don't ask your child to be perfect; instead you notice effort and improvement. You show that you accept your child and truly appreciate his or her uniqueness.



Adapted from *Systematic Training for Effective Parenting*

Education, Research and Service: Three Ways the Family Centre Continues to Serve the University Community

By Barbara Wittington,
School of Social Work, The University of Victoria



As you can see, there are a number of new faces at the Family Centre this semester. These fine people are students doing their field work experience, usually called practicum. The UVic Schools of Nursing, Social Work and Child and Youth Care, as well as a variety of programs at Camosun College, often ask the Family Centre to assist in providing experiential learning opportunities for students. Why do they ask? And why does the Family Centre say yes? They ask because experience IS one of the best teachers, and is a requirement of most, if not all, professional programmes. The Family Centre says yes because its mandate includes a commitment to education and training. Furthermore, practicum students enrich the environment of the Family Centre by their helpfulness, their ideas, and their willingness to learn and participate.

In addition to **education** being one part of the Family Centre's three-part mandate, **research** and the provision of **services** to UVic families make up the other two parts. Research and the dissemination of knowledge are essential for our faculty and students. Faculty projects and Master's theses have enriched the work of the centre through the years. Furthermore, these learning partnerships have added to an understanding of what the Family Centre does, and of the families it serves. Education, research and service make the centre a unique and dynamic part of our university community.

A Cherished Friend, Student, and Volunteer: Maricela Lopez Figueroa

Practicum students, work study participants, and volunteers are an integral part of our Family Centre community. Their involvement in our lives affect us and our children in innumerable and invaluable ways. This month we honour this community by remembering one remarkable student volunteer, Maricela Lopez Figueroa. With kitty-stamps, bubble-blowers, and endless enthusiasm, you touched our lives forever. We miss you, Maricela.



Miki's Corner: What's Happening at Family Centre Playgroups this Month?

During the month of February many of our families will be celebrating Chinese New Year and Valentine's Day. At the Family Centre we will celebrate Chinese New Year on February 4th. There will be a special snack, a Dragon Parade, and little red envelopes for each child. This is the year of the Rabbit, or more precisely, the year of the Iron Hare. This means that the next couple of circle times will be centered on 'bunnies.'



February 14th is Valentines Day – the focus will be hearts and the colour red.

We will carry over the colour red and other primary colours for the rest of the month and incorporate them into stories, songs, movement and arts and crafts.



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. Kathleen's energetic 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: Thursday afternoons, 3:30pm-5:00 pm.

To celebrate Lunar New Year and Valentine's Day we will be doing a variety of crafts this month.

- February 3** Chinese New Year
- January 10** Valentine's Day Craft
- January 17** Craft with Sarah
- January 24** Baking

FOR-GIRLS Program at the Family Centre!

The For-Girls Program continues this month. The program will run on **Mondays from 3:30-5:00pm**. All girls **ages 6-12** are welcome to come and partake in a variety of activities including crafts, games, and unique projects. Here's February's schedule:

February 7: Knitting

February 14: Bracelets and Brownies

February 21: Paper Flowers

February 28: Cookies and Games



Make and Take on Wednesday Evenings

Make and Take for Adults continues on **Wednesday** evenings from **7:00 - 9:00 pm**. We are knitting for the next month. New and accomplished knitters please join us for a social time to learn and share fun and interesting skills.



Community Events

Bridging the Gap 2011: An Early Education Expo Saturday, February 5, 9:30am-2:30pm, University Canada West, 955 Kings Road, by donation

Questions about your child's education? Come explore and discover the rich diversity of options available in our community! Join us for an interactive, fun and informative day for the whole family! Play centre, loot bags, free coffee, healthful and tasty snacks, face painting & balloon animals. For more information, visit:
<http://tinyurl.com/mothermayi-events>



Reading Buddies, The Greater Victoria Public Library

Does your child need a little help with reading? Reading Buddies provides reading practice, literacy-based activities and fun with volunteer teen Big Buddies. English or French sessions are available! For children in Grades 1-4. Also, if you like working with children, enjoy reading, are a fluent English speaker and want to help struggling readers, we need you! Volunteering as a Big Buddy gives you great experience working with kids. We provide training and, upon completion, a letter outlining your volunteer experience and hours. One hour on a week on Saturdays for eight weeks is all it takes. For more information, visit: <http://gvpl.ca/news-events/reading-buddies/>



Who Gives a Hoot, Swan Lake Christmas Hill Nature Santurary, Sunday, February 27, 12 noon to 3:00 p.m., by donation

Swan Lake Christmas Hill Nature Sanctuary hosts a wide variety of programs for diverse audiences: programs for families, special events, and parent and child programs. Who glides silently, can turn their head almost completely around and can cough-up a wicked hairball – who-who-who? Drop-in anytime as we explore the wonderful world of owls through games, stories, crafts and hands-on exploration.