

# News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



## The 8th Annual No Foolin' Event

Friday, April 1st, 2011

4:30-6:30 pm

Outside the Family Centre (2365 Lam Circle)

**Free food, free entertainment, free fun for everyone!**

It's that time of year again! *No Foolin'* is a free community event and an opportunity for UVic student families and community supporters to celebrate the energy and diversity that families bring to campus life. *No Foolin'* is a chance to meet with members of the community, eat delicious food, listen to music, enjoy crafts, and have some fun. And it's all free. 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 businesses, as well as ethnic food created by members of our community. So come and join us for ice cream, fruit, bagels, coffee, and other tasty treats on your way home from work or school.

This annual event celebrates our vibrant, diverse, and unique community, as well as raises awareness of the challenges some student families face. Come out and show your support for our family-focused community here at UVic. Everyone is welcome. And did we mention...It's free!

We are also looking for volunteers to help on the day of this event with set-up, clean-up, and face-painting. Or perhaps you have a talent you would like to share. Magic? Balloon animals? Magic balloon animals? If so, please call us at 250-472-4062 or email us at [familyc@uvic.ca](mailto:familyc@uvic.ca) if you would like more information about this event. We look forward to celebrating our community with you!



### Family Centre Weekly Hours and Programs

Monday	3:30-5:00pm	For Girls Program: 3:30-5:00pm
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon Make and Take: 7pm-9pm
Thursday	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

#### DIRECTOR

ELIZABETH QUONG

#### STAFF

EMMA CHALIFOUR

MIKI McMECHAN

JOE CHALIFOUR

#### FACULTY COORDINATOR

LAURENE SHEILDS

#### NEWSLETTER

KATHLEEN BORTOLIN

#### Address

UVIC Family Centre  
39208- 2375 Lam Circle  
Victoria, BC V8W 2Y2

#### Mailing Address:

P.O. Box 1700 STN CSC  
Victoria, BC V8W 2Y2

**Phone:** 250-472-4062

#### E-Mail:

[familyc@uvic.ca](mailto:familyc@uvic.ca)

Check out our complete listing of programs at:

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

## Helping Hands: Valued Volunteers at the Family Centre



Like most community organizations, the Family Centre relies on volunteers to assist in a variety of ways. Volunteers are an integral part of the Family Centre community, and their hard work and commitment ensures that many of our programs run smoothly, effectively, and when necessary, with a whole lot of fun. This month, *News & Views* profiles four valued volunteers in order to share with our readers how much their effort and commitment is appreciated. We couldn't do it without them, and here's why...

### Kathleen Woods: Enthusiastic Music Group

**Guru** By Rachel Anderson



Come by the Family Centre any Tuesday morning, and you'll see a lobby full of youngsters and their caregivers singing about the weather, doing the hokey pokey, or banging away on ice-cream pail drums. And sometimes they do all three at the same time. But they're not there by themselves. They are led enthusiastically by Kathleen Woods, the

Family Centre's volunteer Music and Movement facilitator.

Kathleen has been leading early childhood music groups since 1988, and has been with the Family Centre for 5 years. With her experience, she has been able to adapt her music program in order to meet the unique needs of the Family Centre where group members include newborns and toddlers up to four years old. Kathleen skilfully acknowledges the diversity of the group, tailoring some activities to include aspects of the different languages and cultures represented in the group any given Tuesday.

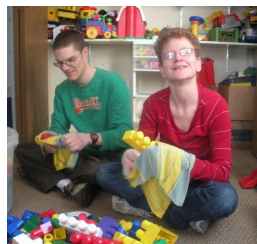
When a parent asked Kathleen why she does what she does, Kathleen responded, "Because we have the magic ingredient - parent participation. I love what I do, but I'm just the guide, you are the teachers as you sing and play alongside. You inspire me to keep singing for just a bit longer!" And you inspire us, Kathleen—with your happy, positive energy each week at music circle. Thank you for rolling your ball, stamping your feet, and shaking your rattle together with us. Because it's fun to do!

### Interested in Knitting?

Every Wednesday night (7pm-9pm) in March at the Family Centre is Make & Take Knitting. Everything is provided and all levels are welcome. Check out this awesome hat we made (you can do it too!)



### The Garth Homer Society: Cleaning Toys and Gaining Life Skills and Independence



The Garth Homer Society's Community Access Team has been volunteering at the Family Centre since 2002. Three volunteers and their support worker come every week to wash toys in our play room - a very important contribution to the Drop-in

Play programs that happen 3 mornings a week. The CAT team members are gaining independence and life skills and contributing to the community through their volunteer work. Brenda Crawford, Scott Young and Edmund Choy say that coming to help at the Family Centre is "great - and we like it". Brenda says that it helped her get a real job at Starbucks. The Family Centre would like to say a huge "Thank You" for all the help they have given student families and the children who frequent the Family Centre playroom!

### Chelsea Turpin and Michelle Pedersen: Student Volunteers at the Family Centre

**Chelsea Turpin** is a second-year student in UVic's School of Child and Youth Care. Chelsea volunteers at the Family Centre in a variety of ways in order to gain experience that will help her academically and professionally. As a volunteer, she enjoys building relationships with children and seeing them every week. Thank you Chelsea for being a great volunteer!

**Michelle Pedersen** is studying languages as a first year student at UVic. She is interested in a career in writing children's books. Through volunteering, Michelle is able to see life through the eyes of the children and is reminded not to grow up too much. Michelle volunteers with the afterschool program. Thank you Michelle, for your continued commitment to the after school program.

## ***Educational Equity at UVic: A Research Project that needs YOUR opinion and experience!***

The UVic Educational Equity Advisory Group is interested in hearing from student families about how equitable their experiences are here at UVic. We know that many student families need a strong support system in order to successfully complete their education. We are interested in learning how student families feel that they are being treated, and how certain services affect the experiences of student families. We invite you - wives, husbands, partners, children, grandparents - to tell us more about how UVic could be supportive of families. We'd like to hear suggestions about how UVic might make certain services more accessible, as well as what UVic might already be doing well.



This research project involves a one-hour focus group where we will discuss student family experiences at UVic. Please watch the notice board at the Family Centre for the date and time of a Discussion/Focus Group that will collect information to forward to the President's Human Rights Committee before March 31st. For more information contact **Cole Little** ([ijnlittle@uvic.ca](mailto:ijnlittle@uvic.ca) / 250-588-5446) or **Barb Whittington, Social Work** ([bwhittin@uvic.ca](mailto:bwhittin@uvic.ca) 250-721-8044).

### **Health Discussion Sessions at the Family Centre**

This month, Natalie Watson, one of the Family Centre's practicum students from the School of Nursing, will be leading health-related discussions. The topics were chosen from the suggestion box at the Family Centre and the schedule is as follows:



- **Nutrition:** Wednesday, March 2nd, 10am-12pm (during drop-in playgroup)
- **Self-care for Parents and Caregivers:** Wednesday, March 9th, 7pm-9pm (during Make and Take)
- **Oral Care for Toddlers:** Wednesday, March 23rd, 10am-12pm (during drop-in playgroup)

### **Childcare Ads**

**Seeking childcare:** Couple with two children (ages 2 and 10) living in Family Housing seeks casual childcare for weekend date nights and the occasional day time. Please respond with references, expectations for pay, and availability. Also willing to work out childcare trades. Reply ASAP to [leaneg@uvic.ca](mailto:leaneg@uvic.ca) or **778-433-6559**.

**Childcare available:** Able to provide casual or part-time childcare. I have recent experience and can provide references upon request.

\$10/hour. Please contact Sonya at [sonya.natal.white@gmail.com](mailto:sonya.natal.white@gmail.com) or phone **250-884-0119**

**Childcare available:** Currently living in Family Housing, and available to babysit in my house. Flexible availability—casual, part-time, full days, etc. I have three years of experience providing childcare in my home, and can provide snacks and local outings (Family Centre playgroups, parks, etc). Please contact **Fatea at 250-477-8014**.



### **Miki's Corner: This Month at our Playgroups**

The theme for our Wednesday and Friday playgroups this month will be "Things That Go." We'll be exploring trains, planes, automobiles, trucks and everything in between. Also, March 17th is St. Patrick's Day, so that week we'll be looking at all things green, and maybe even dancing around like cheeky leprechauns. Looking forward to seeing you this month!





# 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.**

This month we're moving away from crafts, embracing warmer weather (hopefully), and moving outside when possible. Please note that the After School Club is cancelled during Spring Break. Here's our schedule for March:

**March 3** Sports Day

**March 10** Baking

**March 17** Closed for Spring Break

**March 24** Closed for Spring Break

**March 31** Hiking Mystic Vale

## **FOR-GIRLS Program at the Family Centre!**

The after school drop-in program for girls runs 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.

**Make and Take : Wednesday evenings, 7-9pm** This month the Make and Take program will be knitting. All levels of knitters welcome. Needles, yarn and instruction is available.

## *Community Events*

### **Spring Break Camps**

Saanich Recreation is offering an array of Spring Break Camps to match the ages and interests of just about all youngsters this March. Some example camps include:

- Musical Theatre Camp (7-11 years)
- Artbreak Camps (8-12 years)
- Spring Break Camp—General (5½-10 years)

For more information, visit Saanich Recreation at <http://www.recreation.saanich.ca> or our registration page at [http://www.recreation.saanich.ca/reconl ... 6628703704](http://www.recreation.saanich.ca/reconl...6628703704).

Early registration is recommended.

## *Community Events Continued...*

### **Spring Break at Swan Lake, Monday, March 21-Thursday, March 24, 12:00pm-3:00pm, by donation, all ages (parent-participation)**

Games, crafts, songs, and hands-on activities – fun for the whole family.

- Get Quacking - Monday, March 21th
- Egg-cellent Adventures - Tuesday, March 22th
- March Madness - Wednesday, March 23th
- Ssssss-Snakes - Thursday, March 24th

### **French Fest, Centennial Square, March 12-13, 12:30-4:00pm**

The Victoria Francophone Society is proud to present its 14th Annual French Fest. Activities include a Kids Zone with bouncing castles, face painting and Ziggy the Clown and his balloon sculptures. The Francophone Society of Victoria believes in the importance of getting together and contributing to the sustainability of different ethnic French-speaking communities of Victoria. For more information on weekend and weekday activities, visit <http://www.francocentre.com/>

### **Splash 'N Boots Concert for UVic Alumni, Saturday, March 19th, UVic**

Join other alumni families and spend a Saturday on campus enjoying lunch at the University Club followed by a matinee performance at the University Centre Farquhar Auditorium featuring "Splash 'N Boots" - Canada's popular children's music group. Lunch for everyone will include macaroni and cheese, hot dogs, fries, veggies, juice and water. We'll have coffee and tea for the adults! This event is open to all members of the family of any age! Children must be accompanied by an adult.

**Schedule:** 12:30 pm to 1:30 pm: Lunch at University Club,  
1:30 pm to 3 pm: Splash 'N Boots, University Centre Farquhar Auditorium

**Pricing Tickets:** \$5 per person (includes lunch, matinee and HST). Use Coupon Code SPLASH to receive your alumni discount. Lunch is on us!

**RSVP by March 17. Book your tickets now at <https://tickets.uvic.ca/TheatreManager/1/online> or by phone: 250-721-8480**