



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC

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Check out our complete
listing of programs at:
<http://web.uvic.ca/family-centre/>

A Home Away from Home: One mother's experience with UVic's Family Centre

By Nicci Coffey, New Zealand

Leaving New Zealand for a North American summer was a delight. And, another delight awaited us when we arrived at UVic to find it had a fantastic Family Centre. Visiting the playground in the Family Housing complex one day, I got talking to local mom, Justine, whose son was about the same age as my 4 year old twins. She mentioned the Family Centre. Checking out their website that evening, I was rapt to discover that a playgroup was in walking distance! Excitedly, I made contact via Facebook, and then in person the next day. We had six exciting sessions at the Family Centre before we left UVic, and it was such a blessing. Travelling is a lot of fun - but it is also a lot of work. We had travelled toy-lite and I felt the boys were really missing many of their favourites from home. So arriving at the playgroup the boys instantly spotted familiar friends in the doll house, wheels-on-the-bus and many loved books. They were absolutely delighted to join Miki in the group, and as importantly, they could interact with and enjoy the company of their peers in an age appropriate and safe environment. Getting wet with the water, messy with the paint and creative with the chalk - for them it was bliss! For me, it was wonderful to instantly be able to meet

a group of women and men with whom I had some experiences in common. Many of us were travelers, away from home in some sense, with children in tow. Although we are urged to travel to experience the unfamiliar, it is the comfort of the familiar that makes a place special. I loved being able to just slot into the playgroup as if I'd always been there, and feel like I could create a small piece of home in a place far from home. It was a resource for me—a place to borrow toys (thanks for the big blocks and boat), get ideas and information from others, and to play. It was a place where I could learn more about Victoria and Canada, as well as experience some interesting cultural comparisons by meeting families from many places - Bangladesh, China, Japan, Canada and more! The Family Centre gave me a sense of having exactly that - a centre - to which we could come and go with ideas, information, resources and friendship. Although we loved our time at UVic, with my husband participating in a research collaboration, and us enjoying the amenities and location a great deal, I am quite sure that we would not have felt that it was so home-like and supportive without the Family Centre. Thank you to everyone who contributed to our wonderful experience at UVic and perhaps one day our paths will cross again somewhere in the world!



Family Centre Weekly Hours and Programs

Monday	Closed	Closed
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon
Thursday	1pm-5:30pm	After School Club: 3:30-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon



Gearing up for Back to School?

With the start of school just a few days away here are some ideas to help parents and children ease back into the school routine

(adapted from www.edu.gov.on.ca/eng/parents/backtoschool_tips.pdf)

	Elementary School	High School
School Supplies	Check to see what supplies you still have from last year. Check the dollar store for bargains or take advantage of back-to-school sales. Use a checklist to avoid duplication.	Check to see what supplies you still have from last year, work out a budget and then let teens buy their own supplies. Buy supplies just before school starts to take advantage of back-to-school sales. Don't forget a lock for their lockers.
Bedtime	About a week before the beginning of school, start a routine where children are going to bed earlier, especially if they have been staying up later over the summer holidays.	Establish acceptable hours for school nights that you can both live with. Despite what teens think, they do need a good night's sleep.
Healthy Living	Children need good food, daily physical activity and a healthy environment that supports learning and growth. Look for crunchy fruits and vegetables and low-fat food choices to tuck into lunch boxes. Enjoy family walks, biking or hikes so everyone gets exercise.	Buy a variety of healthy food choices and ask your teens what they want to eat so that lunches are enjoyable and nutritious. Breakfast is the most important meal of the day, so encourage teens to take time to eat in the morning. And remind them that daily physical activity is an important way to maintain their ideal weight and have a positive body image.
School Year Priorities	Figure out the ground rules for after-school activities, chores, homework, television and Internet. By discussing priorities early, you can set a schedule and avoid confrontations later on.	Set priorities for after-school activities, jobs and chore hours, homework and leisure time. Encourage your teen to stick with the list, and revise it if priorities change.
Homework	Set up a well-lit quiet place with a good work surface for your child to do homework. Encourage a regular homework time and discourage distractions.	Encourage a regular homework time with limited distractions. Establish appropriate times for phone calls, texting, electronic games and other activities.
Bullying	Bullying is a serious problem, can be verbal, social, physical and electronic, and needs to be dealt with promptly through dialogue.	Bullying is a serious problem, can be verbal, social, physical and electronic, and needs to be dealt with promptly through dialogue.
Learning at Home	Reading to your child for just 20 minutes everyday can amount to more than 1400 hours by age 12.	Encourage reading for pleasure in the home and provide a variety of reading materials, from novels to magazines that you know your teens will enjoy. Your local library is a great place to start.

Dental Screening at the Family Centre

Vancouver Island Health Authority
Community Dental Hygienists
will be at the Family Centre
Friday, September 30th
10:00 - 12:00 am



- Learn dental health tips for your children's teeth.
- Dental screening and fluoride varnishes as required.
- For children up to age 5 Years

For more information phone the Family Centre at **250-472-4062**.

Miki's Corner:

What's happening at our playgroups this month

September has arrived. I would like to welcome both new and returning families to the Family Centre. The theme for September is "I am Special." The children will learn that they are unique and that all of them are special in their own way. They will share their uniqueness through age appropriate stories, music and movement, cognitive activities, and art and crafts. Please come and join us at the Family Centre this month. We look forward to meeting you or welcoming you back.





Welcome to the community!

September is a time to welcome new student families to our community. Settling into a new neighbourhood and a new school term can be overwhelming. The following are just a sampling of resources and programs that may help you. For more information about our community, please visit or call the Family Centre **(250-472-4062)**. We're here to help you.

The Family Centre

The Family Centre is an inclusive family resource centre located in the Student Family Housing complex supporting a diverse student family community living both on and off campus. Our programs include: drop-in playgroups for the under fives, clubs for school-aged children, information, referral and support services, social events, community celebrations, and many more. At the Family Centre our goal is to make you feel at home whether you've come to UVic from near or far. For more information, please call us at **250-472-4062** or visit our website at <http://web.uvic.ca/family-centre/>

Multifaith Services



Located next to the bookstore, the Multifaith Chaplains Services provides religious support and spiritual care for the students and staff at the University of Victoria. Our team represents a variety of faiths. There is also an interfaith chapel located on campus next to Finnerty Gardens. Please call us at **250-721-8338** or visit our website for more information: <http://web.uvic.ca/multifaith/index.html>

The Jack Petersen Health Centre is located off of Sinclair Road, at the end of parking lot #5 in front of Cluster Housing. This is a small clinic offering walk-in services to students and their families, as well as booked appointments. They are **NOT** open on weekends, but are open **Monday, Wednesday, Thursday and Friday from 8:30-4:30am** and on **Tuesday from 9:30-4:30pm**. Appointments are recommended, and you can book an appointment, often for the same day, by calling **250-721-8492**.

Grad House Burger and Beer Special

Located next to the Student Union Building, and across the street from Family Housing, the Grad House offers a popular Burger and Beer Special on Thursday evenings from 5pm. Cost: \$6. Family friendly.



International Exchange and Student Services (I.E.S.S) provides ongoing support and assistance to all international students once they have been accepted at UVic. For more information, visit: <http://iess.uvic.ca/index.html>

Victoria Childcare Resources and Referral (CCRC)

Are you a parent/guardian looking for child care? Our Referral/Subsidy Consultants can do a detailed search for you to find child care. The search is based on your child's age, the area of the Capital Region where you want child care to be, your work or school schedule, and the type of care you prefer. If you would like a complete list of licensed child care facilities, kindly contact the Community Care Facilities Licensing at: 250-519-3401. For more information, please visit <http://www.childcarevictoria.org/> or call **250-382-7000**.



Local Library

Nellie McClung Public Library, 3950 Cedar Hill Road (at the corner of McKenzie and Cedar Hill Road). Open **Monday, Tuesday, Wednesday and Saturday from 10am-6pm**, and **Thursday from 10am-9pm**. **Closed Sundays**.

UVic Library Services

Also, the curriculum library on the second floor of the MacLaurin Building has a selection of children's books.



Saanich Recreation

The District of Saanich has four recreation centres, and provides recreation classes and programs for everyone in the community. Whether you are looking for ice skating for your preschooler, yoga for your teenagers, or tai chi for your mother, Saanich Recreation probably has a program for you. For more information, including the subsidized L.I.F.E. program for low-income families, please visit:

<http://www.saanich.ca/parkrec/recreation/index.html>

Community Health Information

For general health information and questions about finding a family doctor, please contact the **Saanich Health Unit** at **250-519-5100**





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 aged 0-5 and their caregivers. This month we welcome back Kathleen to our Tuesday morning Music and Movement playgroup. 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.

Welcome Back Kathleen!

Kathleen rejoins the Family Centre after her summer break and will be continuing the Tuesday morning Music and Movement Group. Her first day back is Tuesday, September 13th and we look forward to another year of energetic musical pursuits with Kathleen and our 0-5 year olds. The Family Centre would like to thank Miki for stepping in for Kathleen this summer and taking over the Tuesday morning Music and Movement group. Your enthusiasm and structured, theme-based music group was greatly appreciated by all our summer families. Miki continues to lead our Wednesday and Friday playgroups at the Family Centre.

After School Club:

The After School Club starts up again on Thursday, September 8th from 3:30pm-5:00pm at the Family Centre. This club is led by Joe Chalifour, a local teacher, for children in grades 1-6. The club meets weekly and participates in a number of activities including crafts, sports, cooking, and movie watching. Looking forward to seeing you this fall. For more information, please contact the Family Centre.

Note: Make and Take

Over the last year a group of parents have been getting together on Wednesday evenings to make something and take it home to enjoy. If there is enough interest this program will run again this year. Please contact the Family Centre if you would like to participate.

Community Events

The Saanich Fair, September 3-5th, Saanich Fairground (1528 Stellys Cross Road). Adult: \$10, Youth (7-13yrs): \$7, Children 6 and under: FREE. Midway rides cost extra.

Western Canada's oldest agricultural fair. Attractions include a midway, agricultural displays, petting zoo, dog shows, live entertainment, and much, much more.

Victoria Conservatory of Music Open House, Saturday, September 10th, 10am-3pm, 900

Johnson Street, FREE

This event is free for the entire family – sign up for a free mini-lesson, enjoy live entertainment, meet our faculty, take part in our 'instrument petting zoo', and enter to win a semester of free ½ hour lessons. Visit the Children's Music Department and let your kids have fun experiencing classes like "Drums, Pots and Pans" and "Wee Folks Glee Club." For more information contact Susan Postma at 250-386-5311.



Eat Here and Now: Harvest Festival, Sunday, September 11th, 11am-4pm, Centennial Square, FREE



This family-friendly festival taking features some of the best farmers, fishers, butchers, bakers, processors, vintners, brewers, coffee roasters and restaurants in the region. There will be live music from local musicians and DJs; the regions largest farmers' market; a corn boil sponsored by Silver Rill Corn; a wild salmon roast by the Island Chef's Collaborative and the BC Salmon Council; beer, wine, cider and mead tastings; and local restaurants demonstrating how they make the best use of regional produce and value-added food products.

Art-in-the-Park, Sunday, September 18, 11am-2pm (drop in), Francis King Regional Park, all ages, FREE

Come to the park and express your creative side. These nature inspired activities and crafts are sure to get you excited about the beauty of the natural world. Drop by and join the CRD Regional Parks' naturalists at the Francis/King Nature Centre off Munn Road anytime between 11am and 2pm.