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News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

Managing Stress Along with Everything Else

In addition to the everyday life of being a parent, student families have a unique set of challenges. Financial strain, exams, assignments, constantly shifting schedules and the desire to balance family life with the pursuit of higher education are just some of the potential sources of stress that go along with our chosen lifestyle. Managing stress can be a challenge, and some days feel near impossible (you know the ones... two kids crying at once for unknown reasons, a house in *desperate* need of a clean, and an assignment due that you haven't started). Although stress is a useful ally in crunch times, overall, many individuals have more stress in their lives than is needed or healthy. Here are some gentle reminders of ways to keep your stress in check.

Exercise. Exercise curbs the ill effects of stress on your body over the long term and getting your heart rate up is a proven way to defuse stress and anxiety.

Find emotional supports. A recent study by Child Trends found that mothers with emotional supports are better able to cope with the challenges of parenting, resulting in positive outcomes for children. The BC Council for Families summarized the findings, explaining that parents with emotional support can better manage stress, are more confident in their parenting and are more likely to employ effective discipline strategies.

Relax and recharge. Set aside your "to do" list for a night and watch a movie. Treat yourself to a massage. Meet a friend for tea or a beer sans kiddies. Small windows of rest and enjoyment make stress more manageable.

Adjust your relationship with stress and stressors. Take time to reflect on things that are causing stress in your life: can you alter your point of view in a way that makes the situation less stressful? Is there anything that you can change to eliminate or better equip you to manage a stressor?

Admittedly, I'm notorious for putting off relaxing and exercising in order to get 'pressing' things done. And inevitably I wake up one day, impatient and testy, and that's when I know I need my running shoes. Making an effort to curb unnecessary stress in your life benefits everyone: happier parents make happier kids.

By Avril Nagel

Have an idea, submission or feedback for the newsletter? We'd love to hear from you. Email fcnews@uvic.ca.

Family Centre Weekly Hours and Programs		
Monday	7:00—9:00pm	Craft Group (Knitting)
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon
Thursday	10am-12noon 3:30-5pm	Studio Time: 10am-12noon (beginning May 10th) Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

Exploring Art Materials Pilot Program

By Erin McKenzie

First, thank you to all the families that have come out to the program so far! During the first two weeks of the program we have been exploring paint in various ways. The first week we used tempera paint to explore clear glass panels as well as paper on the walls, and the second week we introduced a hanging sheet of paper. Each week Sherrie, Denise and I have contemplated what the families were drawn to during that week's program and have considered this in our plan for the next week. For example, the hanging sheet of paper was inspired by the children that were painting high on the glass panels. We have also been photographing the program and sharing our photos and observations with families on the wall near the office inside the centre. Along with our photographs we've been exploring different ways of thinking about art and invite your comments on our process. Discussing art, Sylvia Kind says *"it is not a linear process from conception to image...rather it has stops and starts...struggle, uncertainty,...so that something new comes into being through the difficulty"*.



Supporting *Very* Local Business

Do you run a small business, offer a service or make handicrafts for sale? We would like to do an article featuring businesses, services and talents available right here in our small student family community. Please email fcnews@uvic.ca by June 15th with your business or service details to be included in the feature for the July newsletter.

Vote for Family Day



The provincial government is encouraging citizens to choose preferred dates for Family Day. The new February holiday is being introduced in 2013. Cast your vote at:

<http://blog.gov.bc.ca/bcfamilyday/>.



Celebrate Dad on Father's Day, Sunday June 17th.

Childcare Ads

Family seeking to share a nanny. We are looking for a nanny share for our 18 months old daughter for a few days in the week on a shifting schedule. If you are interested contact Romina at rgehrman@uvic.ca. If you have childcare needs and would like them posted contact fcnews@uvic.ca.

Summer programming at local rec and community centre's is in full swing. There are camps and activities for all interests. Highlights include a comic drawing workshop at GVPL with illustrator Jonathan Dalton, or pretending to be Harry Potter for a week at Oak Bay's "Hogwarts Express" camp. For more, check out the websites below.

Vikes	http://vikesrec.uvic.ca/summer-camps/
Oak Bay Recreation	http://recreation.oakbaybc.org/
Saanich Parks and Recreation	http://www.saanich.ca/parkrec/recreation/alg.html
YMCA-YWCA	http://www.victoriay.com/
Boys and Girls Club	http://www.bgcvic.org/clubs-camps/urban-adventure-camp/
Greater Victoria Public Library	www.gvpl.ca

About the University of Victoria Child Care Services

Child Care Services is a unit of the Department of Campus Services and managed within the Division of Student Affairs and provides service for UVic students, staff and faculty.

We respectfully acknowledge that our services are provided on the territory of the Coast and Straits Salish people and offer our gratitude for the opportunity to work on these traditional lands.

University of Victoria Child Care Services' mission is to provide the highest quality Early Childhood Care and Education services for the children of staff, students and faculty of the University of Victoria.

University of Victoria Child Care Services recognizes the need for children to learn and grow in a supportive, respectful and inclusive environment that honours who children are today, as well as who they will become tomorrow.

The demand for child care on campus far exceeds the licensed capacity and families are advised to apply to the wait list as soon as possible upon acceptance to UVic either as a student or an employee. An application to the wait list is not a guarantee of placement in the child care programs.

Children who are currently enrolled in the programs are assured continuity of care. Children already receiving care will be automatically placed in the next program level as spaces become available. Following the internal movement of children through the various levels of care, any remaining vacancies in the programs are then offered to families on the wait list.

For more detailed information regarding wait lists and enrollment priorities please visit the UVic Child Care Services website at: <http://www.uvic.ca/services/childcare/index.php>

-Jack Lalonde, Manager, Child Care Services

Being and Thinking With Paint Creating Art with Children

"On a rainy day, we talked about flowers, sunshine and we marveled at our bean plants. They grew so much since we planted the seeds two weeks ago. We concluded that our bean plants needed sunshine and warmth. Let's paint something warm and sunny!" we thought. And this is what happened on that fine fine day when we painted the day away. The major strokes are what the children did, and then the rest of it I've added. I started to see playful almost unrecognizable cute and playful "creatures" and brought them to life. I was seeking a playful harmony, a vivid colorfulness with adding the various colored backgrounds.



Throughout the process I was once again with the children in thoughts. I was recalling the memory of seeing their little hands, how they held the brush, how they dipped it in the paint, and the excited expression on their faces as they were watching their own hands moving the brushes playfully and thoughtfully. I observed them and wondered what they might have been thinking, how does it feel for them to watch the brush as they guide it throughout the surface leaving color marks, lines on the paper. Looking at our finished painting I thought about how children's paint helped me to discover yet another way of expressing myself. After all that is me: An early childhood educator who loves art.

By Ildiko Danis

Programs and Events

Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. The Tuesday morning drop-in time features a lively Music and Movement program. On Wednesday and Friday mornings, the Family Centre hosts playgroups with arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month. During the first two weeks of June our theme for morning drop-ins is 'Insects'. During the second half of the month the theme will be 'Birds'.

After School Club:

School Aged Kids (Grades 1-6)

June 1st, Thursday 3:30-5:00pm: Mystic Vale
This will be the last After School Club for the summer and my last day as my family and I are relocating and moving to Edmonton. Thanks for the wonderful year and have a great and active summer. -Janna

The After School Program will start up again in September. For summer activity ideas see the resources on page 2.

Make and Take:

Make and Take will meet for the last time on Monday June 11th and then take a break for the summer. The program will start up again in September.

The Family Centre as Studio Time:

The Family Centre is open **Thursday mornings** from **10-12** for Studio Time. Focusing on art exploration, this playtime is run by practicum students Erin and Sherri. It is designed for 0-5 year olds (with an adult).

Book Club:

The Family Centre has a book club which meets once a month to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more go to our Facebook page.

Community Events



Oak Bay Tea Party

Willows Beach

June 2nd-3rd

The Oak Bay Tea Party features a parade, live music, air shows and a fair with rides and activities for all ages. Visit www.oakbayteaparty.com.

Open Air Band Jamboree

Market Square

June 2nd 12:30-3:30

Enjoy some lunch while listening to the sounds of an open-air band jamboree, hosted by the Greater Victoria Concert Band.

Gorge on Art

Gorge Waterway Park

June 23rd, 11:00-4:00

Gorge on Art, a free community event, features over 45 invited professional and emerging artists displaying their work along the scenic Gorge Waterway. Visitors have an opportunity to see paintings, prints, photographs, ceramics, watercolours, pastels, carvings and textiles, and to meet and discuss the artists' work. Ongoing musical entertainment.

Family Bike Festival

Belleville Street

June 24th, 11:00-3:00

Bring the whole family out for fun events geared towards family cycling. Events throughout the day will include a bike rodeo, training wheel freedom, family bike equipment showcase, on site bike mechanic, learn to bike polo or how to ride a unicycle, and don't forget the "Bling your Bike" parade and contest.

Going Batty

Swan Lake Nature Sanctuary

Sunday, June 24, 12:00 to 3:00 p.m.

(drop-in anytime) Admission by donation.

The bats are back. Are they as scary as we hear or do they just need better press? With activities, exhibits, crafts and stories we'll discover the real world of bats.

Catch free concerts in Centennial Square from **June 22nd to July 1st** as part of the TD Victoria International JazzFest. <http://jazzvictoria.ca/jazz-fest>

