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# News & Views

**A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic**

## Keeping your Family Fit in the Fall

Keeping up physical activity during the fall and winter months can be a challenge. That said, according to the Canadian organization Participaction, a minimum of 60 minutes of moderate to vigorous exercise is recommended for school age children each day. Toddlers and preschoolers are recommended to have a combination of structured and unstructured play for at least an hour and a half each day.

The benefits of exercise early in life are numerous and lifelong. Physical activity increases a child's sense of confidence and self-esteem. It also helps them sleep better and will reduce the chances of obesity. Muscle and bone structure are strengthened through activities such as jump rope, gymnastics and monkey bars. Some studies claim children can better manage physical and emotional challenges as a result of their fitness. Kids also develop a habit of physical fitness that often carries forward through life.

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities such as watching TV or riding in the car. Participaction recommends that kids under age 2 should watch no TV at all and children older than 2 should be restricted to less than one hour of screen time a day. Five to eleven year olds should have a maximum of two hours of screen time per day.

To keep moving despite the cold try some of these ideas: walk to school; play sports on a Wii; find an undercover area and play hopscotch, jump rope or tag; have a daily dance party in your living room; visit the local swimming pool; invest in good rain gear and go for a walk in the woods or hit the playgrounds; or, play drop in sports. As parents, join in and have fun. Make physical exercise a part of your family's life, no matter what the weather.

*By Avril Nagel*

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

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

**Take a moment to remember and appreciate on  
November 11th, Remembrance Day.**



*In Flanders fields the poppies  
blow  
Between the crosses, row on row,  
That mark our place; and in the  
sky  
The larks, still bravely singing, fly.*

*Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields...*

*– John McCrae*

**Swan Lake Craft Sale: Your one-stop Christmas  
present shop**

Saturday, Dec. 1st 12:00-3:00pm at Swan Lake Christmas  
Hill Nature Sanctuary,

Please join us at this family friendly CRAFT SALE with demonstrations of quilting, needle felting, card making and painting. Beautifully hand-crafted gifts galore, including quilted & needle felted items, animal hats, almond bark & chocolate truffles, apple sauce, baked goods, cards, and other nature-themed items. Admission by donation; free parking; \$2 to make your own crafts. 100% of funds raised will support the nature sanctuary's educational and habitat restoration projects.

**UVic Hearts and Hands Craft Fair**

November 16th, 10:00-4:30pm at University Centre

Find unique, handmade gifts and support the United Way of Greater Victoria at the UVic Hearts & Hands Craft Fair on Tuesday, November 16th - one day only! Come and check out all the reasonably priced creations offered by artisans from the UVic community. Two baskets brimming with vendors' handicrafts will also be raffled off to raise additional funds for the UVic United Way campaign.

Welcome the Christmas Season on Saturday,  
November 17th. Santa arrives in  
town for the Island Farms Santa  
Claus Parade along Government  
Street starting at 6pm.



**SAVE THE DATE! THE FAMILY  
CENTRE WINTER CELEBRATION IS WEDNESDAY  
DECEMBER 12TH, 4:30-6:30!**



**Harvest pumpkin muffins**

*Perfect for the fall when pumpkins are everywhere.*

**Ingredients:**

- 1 ½ cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 ½ teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- ¼ cup butter or margarine -- softened
- ¾ cup honey
- 1 egg
- 1 cup solid pack pumpkin puree
- 1 cup chopped toasted walnuts

**Directions:**

- In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg; set aside.
- Using an electric mixer, beat butter until light; beat in honey, egg and pumpkin.
- Gradually add flour mixture, mixing until just blended; stir in walnuts.
- Spoon into 12 greased or paper-lined 2-1/2-inch muffin cups.
- Bake at 350F for 25 to 30 minutes, or until toothpick inserted in center comes out clean.
- Remove muffins from pan to wire rack. Serve warm or at room temperature.

This recipe is one of many found in the **Family Centre A to Z Recipe Book** that can be found in the kitchen in the Family Centre. Next time you come to the Centre have a browse.

### Family Assets Identified by the Search Institute

Through research the Search Institute has identified key qualities that strengthen families. According to the institute, when these family assets exist, teens and adults in the family do better in life. The institute outlines five categories of family assets: Nurturing Relationships, Establishing Routines, Maintaining Expectations, Adapting to Challenges and Connecting to Community. The summary of Nurturing Relationships and Connecting to Community are below.

#### Nurturing Relationships:

- **Positive Communication**—Family members listen attentively and speak in respectful ways.
- **Affection**—Family members regularly show warmth to each other.
- **Emotional openness**—Family members can be themselves and are comfortable sharing their feelings.
- **Support for Sparks**—Family members encourage each other in pursuing their talents and interests.

#### Connecting to Community:

- **Neighbourhood cohesion**—Neighbors look out for one another.
- **Relationships with Others**—Family members feel close to teachers, coaches, and others in the community.
- **Enriching activities**—Family members participate in programs and activities that deepen their lives.
- **Supportive resources**—Family members have people and places in the community they can turn to for help.

For information on the other asset categories and the research behind the family assets, visit [www.search-](http://www.search-institute.org)

### CALL FOR PARTICIPATION

Attention: separated/divorced parents of two or more siblings! WE NEED YOU! Please help us to better understand marital separation through the eyes of children and their siblings. Understanding how children support each other can help us provide better support to separating or divorcing families.

I am a Ph.D. student at the University of Victoria, and I am looking for families to take part in a child-friendly study of children's sibling relationships in families where there has been a marital separation within the past four years. In appreciation for your family's time, a stipend will be provided.

For more information about this study or to volunteer for this study, please contact:

Jackie Bush, M.A.

Department of Psychology

University of Victoria

250-853-3790, [jbush@uvic.ca](mailto:jbush@uvic.ca)

### Get Musical!

Do you enjoy singing? Would you like something fun and social to do? The Family Centre will be starting an adult choir led by Lina Guo. Starting on January 9th, the choir will meet every second and fourth Wednesday of the month from 7:30-9:00. No previous choir experience or music reading skills required. \$30 for the term (January to April).

To learn more join Lina on November 28th at 7:30 for information and some singing too! You can also send an email to

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



# Programs and Events

## Playgroups:

On **Tuesday, Wednesday and Friday** mornings from **10am-12noon**, the Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Kathleen runs the popular Music and Movement program on Tuesday. On Wednesday and Friday mornings, the Family Centre hosts playgroups with arts and crafts, free play, circle time, and snack.

In October, the Wednesday and Friday playgroup had fun learning about the Fall season. We read many stories about farms, apples, and enjoyed apples for snacks. We carved pumpkins, made leaf prints and explored the many ways we can include items from nature in our play. In November, we will continue to learn about Fall and Winter seasons. We will also attempt to make Nature Mobiles, Nature Necklaces, Tree Bark Rubbings, and Nature Wreaths. We will incorporate art and its form, and include nature themes, and objects from nature into our activities.

## After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Thursdays from 3:30 - 5:00 pm** beginning on September 20th. We will be doing a variety of activities each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows, crafts, and all kinds of other fun stuff.

Week #1: BAKING or COOKING.

Week #2: MOVIE or ART

Week #3: EXPLORATION

(culture, community, science, history etc.)

Week #4: PARTY DAY or FIELD TRIP

## Make and Take:

Need a night out? The Family Centre is open on **Monday** evenings from **7-9pm**. Currently the group is 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!

## Book Club:

The Family Centre has a book club that meets on the third Thursday of each 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



## **Gubby Builds a Boat**

**Saanich Centennial Branch Library**

**November 8th, 1:15-2:30**

Gubby is a west coast fisherman in need of a new boat. Follow his adventures through each stage of the boat building process then practice drawing graphic novel style illustrations with award-winning illustrator Kim LaFave. For Grades 2 to 4 and great for homeschoolers too. Register online, or call for more information.

## **Spectacular Spiders**

**Island View Beach Regional Park**

**November 10th, 10-Noon**

Join CRD Regional Parks' guest naturalists Cluadia Copley and Darren Copley on a seaside expedition searching for spiders that make the beach logs and shore their home. Meet at the picnic shelter off Homathko Rd, off Island View Rd. 5+ years.

## **Putting the 'I' Back in Parenting**

**Nellie McClung Branch**

**November 15th, 6:30-8:30pm**

Discover the hierarchy of parenting needs and enjoy a renewed sense of optimism, value and connection. Renee Lindstrom will incorporate the teachings of Dr. Marshall Rosenberg and his work on Nonviolent Communication to explore the role of autonomy and its benefits to the well being of your family relationships. A letter of completion will be provided upon request at the end of the workshop. For adults. Register online at or call for more information.

## **Art with Karen Flip Books**

**Nellie McClung Branch**

**November 23rd, 2:00-3:30**

Flip books can be funny or serious, but they are always interesting. Artist Karen Hibbard will teach you how to illustrate a flip book of mix-and-match creatures or people based on your own ideas. For ages 6-10. Register online at or call for more information.

## **Free Kids Floor Hockey**

**St. Dunstan's Church -1806 San Juan Ave.**

Free kids floor hockey is hosted the last Sunday of every month at St. Dunstan's church hall from 6-8pm. For ages 4-14. Sticks, team shirts, drinks and snacks provided.