



# News & Views

*A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic*



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## A Wonderful GIFT!!

The UVic Family Centre is tremendously appreciative of being a recipient of Island Savings Growing Island Families Together (GIFT) Program.

Through the GIFT Program, Island Savings has made a commitment to provide funds over a three-year period to enhance the Early Childhood Programming at the Family Centre. As a result of this funding, the Family Centre will be able to add valuable resources to this important campus resource, enriching early learning and play experiences for children. By having the opportunity to learn and play together, connect with other families and access resources both on campus and in the community student families are supported in their goal of thriving in the UVic academic environment.

The Family Centre and UVic Student Families say **"Thank You"** to Island Savings for believing in the importance of healthy families as part of a healthy community.



Watch the Facebook Page for an announcement about our upcoming Family Centre Halloween bash, with our friends from Campus Security and potentially Penny the Owl.



**Have an idea, submission or feedback for the newsletter? We'd love to hear from you. Email [fcnews@uvic.ca](mailto:fcnews@uvic.ca).**

## 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

## Finding Childcare

By Bonnie Way

Finding childcare is one of the most stressful parts of being a student and a parent. Here's what I've tried and learned in my two years as a student mom.

### UVic Daycare

Get on the waitlist as early as possible. The UVic childcare websites advises that waitlists for preschool-age children can be up to a year and a half. If you are expecting, you may put your child on the waitlist as soon as you know you are pregnant. Call the daycare regularly to check your spot on the waitlist and keep them updated about your student status.

### Child Care Resource and Referral

The CCRR (<http://www.childcarevictoria.org/>) provides resources for parents in Victoria. They have a list of childcare providers and offer workshops, newsletters, and more.

### Nanny / Babysitter

Many families hire a nanny or babysitter to care for their child(ren) in their home. You may be able to find a nanny by speaking with others in Family Housing. I also found babysitters by talking with fellow students and advertising on an internal student email list. Many students are happy to work for a few hours a week—particularly students in the education program. For suggestions on interviewing and selecting a reliable babysitter, see <http://www.focusonthefamily.ca/parenting/toddlers/finding-the-right-babysitter-for-your-family>.

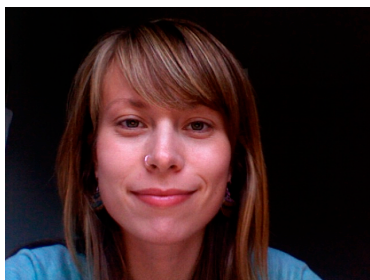
### Dayhome

A dayhome is similar to a daycare, but is usually run by a mom who takes care of a few children as well as her own in her home. Dayhomes can be registered with the CCRR. You may be able to find a mom in Family Housing who is willing to care for your children while you are in classes; this worked for me one semester. Talk to your neighbours or staff at the Family Centre.

### Preschool

Preschool offers part-time care for children aged two and a half to five. Research preschools around UVic to see which programs are suitable for your child(ren). However, registration for many preschools happens long before registration for undergraduate classes at UVic, which may cause scheduling problems for you. If you are a BC resident, there is a subsidy available from the government to help with preschool fees.

If you cannot get your children into a daycare, then some flexibility and creativity will help you find childcare. UVic also offers a Childcare Bursary to help students with daycare, dayhome or babysitting costs (you can apply each semester). Good luck with finding the right childcare for your family!



### CYC Practicum Student

I am really looking forward to my first practicum at UVIC's Family Centre! For the past two years, I have been working at a childcare centre called Simply Fun and I have also been a volunteer with the Victoria Therapeutic Riding Association. During my three month practicum with the Family Centre, I hope to help with existing services and to generate some new ideas that will further support the hard working students and their families. I look forward to getting to know everyone and becoming a part of the collaborative family learning that the centre fosters! See you around! ~ Sasha Routley

## Making a New Home

By Richard LeSueur

Our boys were just 3 and 5 when I accepted a teaching position at a college in Jerusalem. Up to that point our lives had been pretty predictable and cocoon-like.

I was nearly finished my doctorate when all of a sudden our lives were cast into a vortex of change. We had to say yes. It was a great opportunity. We were ready for an adventure. But there were challenges and sacrifices ahead we were yet to fully appreciate.

One spouse became over-employed with immediate responsibilities while the other (who had been employed) was now under-employed trying to settle the family into a totally new setting. Our extended family was far away as were friends. Even once we had located the nearest grocery store, succeeded in some family outings, and the teaching had commenced, we were in need to find a new community.

The school turned out to be a great forum for making new connections with others like us, who had suddenly been thrust into a new environment. A nearby church, which was popular among young families, also became a source of personal soulfulness, family life and new friendships.

Life has now brought us to Cadboro Bay where I serve as the pastor with St. George's just a ten minute walk down the hill from the Family Centre (on the way to the beach or Starbucks). Google "St. George's" for more web site information or call 250-472-2090.

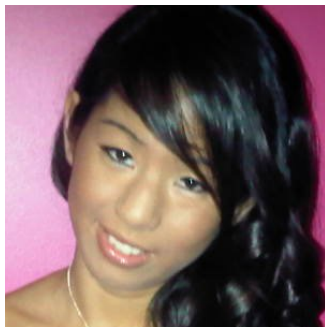
Feel free to give me a call anytime to share the journey.

Blessings and peace, Richard (The Rev Dr. Richard LeSueur)

## Introducing Two New Members of the Family Centre Team



Linda is a third year student at UVic studying English and Sociology. She was born and raised in Vancouver and has been volunteering throughout elementary and high school. In her spare time she enjoys singing, dancing, and hiking.



Annie Chang is a third year student at the University of Victoria, studying Child and Youth Care. She was born in Taiwan and moved to Canada when she was in grade three. She worked as a nanny during high school. In my spare time I enjoy going for drives and dancing!

## NATIONAL FAMILY WEEK is October 1 - 7, 2012

### *The Grandparent Connection*



At a time when the aging population in Canada is becoming larger and more diverse, it is especially fitting to highlight the range of experiences associated with grandparents. This year National Family Week celebrates the role of the grandparent – as nurturer, caregiver, role model, historian and so much more. Visit [www.frp.ca](http://www.frp.ca) for more information.

# 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.

## 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.

## 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.

## **Pregnancy and Infant Loss Candlelight Vigil Garden Chapel, Royal Oak Burial Park October 15th 7-8pm**

If you have been impacted by miscarriage, stillbirth or infant loss, please join us to light a candle in honor of little spirits lost.



# Community Events



## **Children's Harvest Festival**

The 2nd annual FREE Children's Harvest Festival will be held on Saturday, Oct. 6, 11 AM-3 PM at the Horticulture Centre of the Pacific in Royal Oak. Plant garlic, make a bird feeder, create a scarecrow, taste apples, make a lasagne garden, play blue grass music and so much more. [www.HCP.ca](http://www.HCP.ca)

## **Victoria's Ultimate Hobby & Toy Fair**

### **Pearkes Arena**

**Sunday, October 14th, 9am-3pm**

**Adults \$5, Kids Free**

[www.ultimatetoyfair.com](http://www.ultimatetoyfair.com)

## **Stories at Fern**

**October 15th 7:30-9:30pm**

**1831 Fern Street**

**\$5; \$3/students (includes tea and goodies)**

Featuring Victoria Storytellers and guests. For people who love to tell stories, and people who love to listen. All welcome.

## **Lego at the Library**

**Nellie McClung Branch**

**October 19th, 2:00-3:00pm**

Like stories and Lego? Then this is the program for you. We'll supply the Lego and you will use your imagination to construct your own crazy creation to display at the library. For a project to take home, bring your own Lego. For ages 6-10.

## **Broom Bash – Uplands Park**

**October 20th and 21st**

**1:00-4:00pm, Free**

Bring your family, tools (loppers and clippers) and gloves to join in the fun of weeding out Scotch Broom, Ivy and Evergreen Daphne. Meet on Beach Drive at the entrance to Cattle Point and sign in at the Registration table.

## **Forest Spooktacular**

**Francis King Regional Park**

**October 19-21st and October 27th**

**11:00am- 2:30pm**

Drop by anytime between 11am and 2:30pm with family and friends for this spook-tacular afternoon of Halloween fun with CRD Regional Parks' naturalists. At 11:15 and 1:15pm join the guided walks. Displays, Halloween crafts and hot ghoulish brew await. Wear a costume and win a prize. Meet at the Francis/King Nature Centre off Munn Road.