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News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

Back to School Basics

Returning to school can be a struggle for both parents and kids. September marks a return to a more rigid schedule and routine after the “lazy days” of summer. Below are some ways to make the transition back to school more manageable and reduce the shock to the system.

- **Be prepared.** Shop for school supplies together and well in advance. Most schools provide supply lists that can be used as a guide.
- **Mind mornings and bedtimes.** Try to mirror your school year bedtime and morning routine a couple weeks before the return to school so kids are already physically in sync with the new schedule.
- **Talk about making new friends.** Talk to your children about potential social situations in advance. Make an effort to meet other parents at your child’s school and organize out of school activities to help foster friendships for your child.
- **Attend open houses and tours.** Open houses offer an opportunity to meet teachers and to show your child around the school. Be sure to seek out the essentials with your child like their classroom and the washrooms.
- **Discuss safety.** Perhaps your child will be walking home from school for the first time, or you are setting up a buddy system for pickup. Talk about stranger safety and choose a password shared between family members for unexpected pickups from others from school.
- **Start the day right.** Choose breakfasts that are nutritious and that pack some punch.
- **Teach your children how to plan and manage time.** If needed, help your children break larger tasks such as homework and assignments into smaller, manageable tasks. This can help reduce stress and feelings of overwhelm associated with schoolwork.
- **Remember school isn’t always easy.** Uncomfortable social situations, challenging schoolwork and the grind of the weekly schedule can be a challenge. Be open about the struggles your child may be facing at school. Watch for signs of issues at school and check in regularly with teachers. Make sure your child is aware that they can always approach you to talk about what they are experiencing and as challenges arise, problem solve together.

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) (starting September 17th)
Tuesday	9:30am-3:00pm	Music and Movement Playgroup: 10am-12noon (music starting Sept. 18th)
Wednesday	9:30am-3:00pm	Playgroup: 10am-12noon
Thursday	3:30pm-5pm	Afterschool Program: 3:30pm-5:00pm (starting Sept. 20th)
Friday	10am-12noon	Playgroup: 10am-12noon

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. The Family Centre will be open for drop in playtime each Tuesday, with the popular Music and Movement program beginning again on Tuesday September 18th. 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.

On **September 29th** join in the Faculty of Human and Social Development 50th Anniversary Community Parade. At **10 a.m.** the parade begins at the UVic Family Centre and marches across the Quad to the HSD Building. The parade concludes with an outdoor visioning exercise.

Featuring free music and BBQ!

For more information on this event please contact Linda Metters at (250) 721-6441 or lmetters@uvic.ca.



Prepay with the UVic Good Food Box Families save five percent!

Looking for affordable local and organic produce, with free pick-up on campus? The UVic Good Food Box now offers a 5 box subscription of either snack



or organic boxes for the following pick-up

days: September 26th, October 10th, October 24th, November 7th, and November 21st, 2012.



How to order:

Step 1) Place order no later than Sept. 19th by phone through the Fernwood Community Centre: 250-381-1552
Step 2) Provide credit card number
Step 3) Make sure to mention UVic SUB as your pick-up location!

Community Events



Braefoot Family Fun Night

September 11th, 5:00-7:30pm

Braefoot Park, 1359 McKenzie Avenue

Start the fall off with a bang by joining us for a night of fun at Braefoot Park! There will be activities for all ages...live music, bouncy castle, face painting, games, prizes, loot bags, mascots, and a BBQ by donation! RSVP at <http://braefoot.ca/events.php>.

Art in the Park

September 16th 11:00am-2:00pm

Elk and Beaver Lake

Join a CRD Regional Parks' naturalist to create cool 'back-to-school' nature-inspired crafts. Drop by anytime between 11am and 2pm. Meet at the Beaver Lake Nature Centre off the main parking lot.

Seed Day

Sunday, September 30, 12 p.m. to 3 p.m.

Swan Lake Nature House

Drop-in anytime. By donation.