

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



DIRECTOR

Elizabeth Quong

STAFF

Emma Chalifour
Brittany Johnston
Johanna Payjack

FACULTY COORDINATOR

Daniel Scott

NEWSLETTER

Avril Nagel

ADDRESS

UVIC Family Centre
39208- 2375 Lam Circle
Mailing Address:
P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

PHONE: 250-472-4062

E-MAIL: familyc@uvic.ca

<http://web.uvic.ca/>

WINTER CELEBRATION

The Family Centre would like to invite you to join us for a potluck celebration before you head into the winter break. We will provide hot apple cider and fruit punch and invite you to bring whatever snack you would traditionally eat at a celebration. We will have family craft activities and look forward to seeing you there.

DATE: Thursday December 12th, 2013

TIME: 4:30-6:30pm

PLACE: The Family Centre
39208-2375 Lam Circle

Please call us if you would like more information: 250.472.4062

Calling all youth and teens!

The Family Centre wants to know if there is anything we can do for YOU! Need somewhere to meet up with your friends? Want to make new friends? Come to our **YOUTH OPEN HOUSE, Friday December 6th** from 6:30-8, and let's talk about it! Snacks will be provided, and everyone who comes by will be entered into a draw for 2 passes to the Cinecenta movie theatre! See you there!

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Under 5 Playgroup	10:00am-12noon
Wednesday – Afterschool Program	3:30-5:00pm
Friday – Under 5 Playgroup	10:00am-12noon

In addition to weekly programs, the Family Centre is open Monday (9:30-12), Tuesday (11-3), Wednesday (9:30-3:00) and Friday (9:30-12). For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.



Find us on Facebook

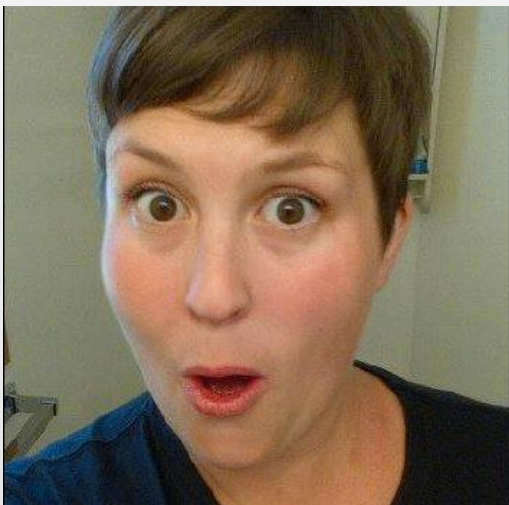
BE SAFE- BE SEEN

By Fiona Puszka. Personal Safety Coordinator, Campus Security Services

Walking and bicycling are convenient for getting around campus, and Autumn is an important time to reinforce pedestrian safety. Reduced visibility on dark, foggy days, wet days makes it difficult for drivers to see pedestrians and bicyclists. Campus Security Services continues to work with other departments both on and off campus to improve pedestrian safety and UVic takes the issue of campus travel safety very seriously. Here are a few tips to help you arrive at your destination safely:

- #1 Don't jaywalk. Cross or enter streets at marked crosswalks only.
- #2 When using a crosswalk, stop at the curb and look left-right and left again for oncoming vehicles. Cross when it is clear. Do not run or dart into the streets, and be extra alert when crossing high traffic areas.
- #3 At crosswalks, make eye contact and make sure the driver sees you before crossing.
- #4 Wearing earphones impairs your ability to hear and react to unseen traffic
- #5 Use extra caution while walking at night and stay on trails and sidewalks.
- #6 Wear light colored clothing, it is easier to see in the dark.
- #7 Wear reflective materials and carry a flashlight.
- #8 In case of an emergency on campus, use the direct dial Help Phones located outside buildings. Visit our website <http://web.uvic.ca/security> for a complete list and map of all our Help Phones.
- #9 Be aware of basic traffic signs, ie/ pedestrian signs indicate a crosswalk or pedestrian traffic signal.
- #10 Drivers should be especially alert to pedestrians on campus. Pedestrian safety on the roadways is the responsibility of every driver.
- #11 Drivers must always follow the street signs and speed limits and stop for pedestrians in a crosswalk
- #12 In parking lots, be especially careful of pedestrians emerging between parked cars
- #13 Cyclists also share the road and may take the entire lane when hazards, road width or traffic speed dictate.

Stay safe!



Hello! My name is Angie, and I am a 2nd year UVIC Social Sciences student. As well as being a student, I am also the mother of 2 energetic, challenging, talented and inspiring kids who keep life pretty interesting! I am a "born and raised" Victorian, and I love living here! When the weather is nice our family spends lots of time exploring local beaches, forests and parks. When its not, we like to go to the movies, visit museums, read books and create lot and lots of crazy art projects! I give excellent hugs, and I make terrible soup. I really enjoy working with children and families; I think we can learn a lot from each other! Thanks for welcoming me into your community!



By popular request we have invited Vicky Neelson, Children's Librarian from Greater Victoria Public Library, to come and do

another story-time with us. Vicky will share a special winter story-time with us on Monday December 9th from 10am-noon. Hope you can make it!



DVBA Ferris Wheel in Centennial Square

The popular DVBA Ferris wheel in Centennial Square returns! Enjoy views of Victoria from 20 metres up this holiday season on Friday evenings and weekends. Rides are \$2.

November 24 – December 22

Fridays (5 p.m. – 10 p.m.)

Saturdays (noon – 10 p.m.)

Sundays (noon – 8 p.m.)



The much anticipated Cadboro Bay Village's annual Caroling in the Village Event is coming up soon! Come celebrate the holidays on Sunday Dec 8th from 6:30pm to 8:30pm.

Festive holiday music featuring Louise Rose and the Open Door Choir, will highlight the night. The always popular Turkey Draw will be hosted by Pepper's Foods. Lots of special holiday treats will be served including hot chocolate, egg nog, warm apple cider and Starbucks coffee.



The Family Centre will be closed for the holidays from Monday December 23rd to Monday January 6th.

A number of services across campus will be closed in the same time frame. In case of an emergency contact Campus Security at **250-721-7599**.

Snack Time Grinch Style

Layer mini marshmallow, strawberry, banana slice, and a grape on a small stick and you get Grinch Kabobs!



Need Help this Holiday Season?

During the holiday season finances can be stretched even further than usual. If you are in need of help this year there are a number of agencies you can apply to. One is the CFAX Santas. Application forms are available at <http://cfaxsantas.com/>. There are also hard copies available on the outside bulletin board of the Family Centre. To apply you will need to complete the form and drop it off at one of the five places listed **before December 6th**.

Programs and Events

Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please contact us by email, phone or Facebook if you have any questions or suggestions.

Playgroups:

The Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Join facilitator Johanna Payjack, an Early Childhood Educator, on **Wednesday and Friday mornings** from **10am to 12noon**. Our goal is to provide children with a rich environment in which they can learn through play. Expect engaging activities in the main room, along with free play in the toy room. There is typically a snack time and elements of art, crafts, story, songs and finger-plays incorporated into the morning. The schedule is flexible to enable us to follow the lead of the children.

After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Wednesdays from 3:30 - 5:00 pm**. 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 and crafts.

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



48th Annual Caroling Week December 2 - 6 (Excluding Dec. 5) Victoria City Hall, Antechamber Noon - 12:40 p.m.

Bring a lunch and join us the first week of December (except December 5) at noon for this annual tradition which showcases choirs from Greater Victoria schools performing favourite Christmas carols.

Sea of Lights Parade Friday, December 6, 2013 Gyro Park Beach and Willows Beach 7pm

Great family fun starts with the fleet passing Cattle Point at 7pm. Spectacular viewing at Willows Beach at 7:15pm where the Kiwanis serve free hot chocolate and cookies by donation at the pavilion. A roaring bonfire is sure to keep everyone warm. At 7:45pm, the fleet parades past Gyro Park beach, where free hot chocolate and coffee is available.

IEOA Truck Light Convoy and Food Drive Saturday December 7th Starts at 5:45

Watch the annual truck parade and help fill the food banks this Christmas. For details on the route visit ieoa.ca. If you watch it downtown, follow it up with the Lighted Ship Parade in the Inner Harbour.

The Nutcracker Sweet Market Square December 15 and 22

1pm, 1:45pm and 2:30pm

Presented by ZarYevka Baller and Market Square. This 30 minute performance features Tchaikovsky music, professional dancers, and excerpts from the Land of Sweets. Enjoy the show and stay afterwards to meet and take pictures with the dancers.