

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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The 10th Annual No Foolin' Event

Thursday, April 4th 2012 from 4:30 - 6:30 pm
Outside the Family Centre (2365 Lam Circle)
Free food, free entertainment, free fun for everyone!

It's that time of year again! No Foolin' is a free community event and an opportunity for UVic student families and community supporters to celebrate the energy and diversity that families bring to campus life. No Foolin' is a chance to meet with members of the community, eat delicious food, listen to music, enjoy crafts, and have some fun. And it's all free. We will have lots of activities and entertainment that focus on day-to-day life here at the Family Centre--music, singing, crafts, laughter and fun.

There will be lots of free food donated by local businesses, as well as ethnic food created by members of our community. So come and join us for ice cream, fruit, bagels, coffee, and other tasty treats on your way home from work or school.

This annual event celebrates our vibrant, diverse, and unique community, as well as raises awareness of the challenges some student families face. Come out and show your support for our family-focused community here at UVic. Everyone is welcome. And did we mention...It's free!

We are also looking for volunteers to help on the day of this event with setup, clean-up, and face-painting. Or perhaps you have a talent you would like to share. Magic? Balloon animals? Magic balloon animals? If so, please call us at 250-472-4062 or email us at familyc@uvic.ca if you would like more information about this event. We look forward to celebrating our community with you!

Family Centre Weekly Programs

Monday – Make and Take	7:00-9:00pm
Tuesday – Music and Movement Playgroup	10:00am-12noon
Wednesday – Under 5 Playgroup	10:00am-12noon
Wednesday – Afterschool Program	3:30-5:00pm
Every Second and Fourth Wednesday– Adult Choir	7:30-9:00pm
Friday – Under 5 Playgroup	10:00am-12noon

In addition to weekly programs, the Family Centre is open from 9:30-3:00pm every Tuesday and Wednesday. For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.



Find us on Facebook

Introducing Our New After School Program Leader Brittany



My name is Brittany Johnston and I have been living in family housing for the past 2 years. I am thrilled to be leading the After School Program. My interests include my two boys, being outside and knitting. I'm looking forward to bringing new activities and experiences to the program and working with the kids for a great group program! So come on out Wednesday afternoons and see what sort of fun we get up to!

Some of the activities we will be doing during March include, finding ourselves outside on nature walks, playing games, and perhaps we'll even whip up a batch of something delicious.

Spring Break is Upon Us

Looking for something to occupy the kids while you are at work this spring break. Check out the local recreation centres for the many spring break camps that are offered.

<http://www.saanich.ca/parkrec/recreation/index.html>

<http://oakbay.ca/parks-recreation>

<http://www.victoria.ca/EN/main/departments/parks-rec-culture.html>

Cast Your Vote for the Family Centre

Success by 6 Victoria is excited to be launching our 2013 Early Years Awards Survey which will gather the community's feedback on what you think are the most child friendly services, businesses, workplaces, parks and more.

From now until March 29 the public is invited to cast their vote.

http://successby6victoria.ca/ey_awards13.php

Fill The Freezer

Children and families that attend programs offered by the Family Centre know that there is a snack served during the program. The Family Centre is currently exploring other options for snack, so we can continue serving healthy and exciting snacks to children and parents. As part of this initiative we are inviting parents who would like to donate a snack, to do so during **Fill The Freezer week, which will take place from Tuesday March 19th until Friday March 22nd**. Some examples of freezer friendly snacks that would be greatly appreciated would be banana muffins, or popsicles; however you are welcome to bring other snacks. Donations may be dropped off at the Family Centre during any of the scheduled programs. We greatly appreciate your support and look forward to being inspired by your snack ideas. Thank You, Kayla

Mysterious Magic Mud

As an adult I still marvel at the mystery of magic mud – how does this stuff work anyways?

- 2 cups cornstarch
- 1 cup cold water
- 1 tbsp. food coloring, (optional)

1) Combine cornstarch and water (and optional food coloring) in pan. 2) Mix with your hands until smooth. 3) Play.

Not all bugs are created equal!

Based on the educational program “Do Bugs Need Drugs?” I put some information together about hand washing and proper antibiotic use to share at the Family Centre last week. The main points of the program are:

1. Hand washing is the best way to stop the spread of infection. Rub hands together for at least 20 seconds (or the time it takes to sing Twinkle Twinkle Little Star).
2. Not all bugs are created equal. Both bacteria and viruses cause infections but antibiotics only work against bacteria.
3. Use antibiotics wisely to stop bacteria from becoming resistant to antibiotics.

For more information and activities you can visit their website at www.dobugsneeddrugs.org

By Jillian Pozsgay





No Foolin':

UVic Supports Student Families



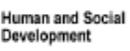
**Join friends, colleagues & students
to celebrate families at UVic
Thursday April 4th, 2013
4:30-6:30pm
UVic Family Centre
2375 Lam Circle**

Games & Crafts

Face Painting

Nature Play

Food & drinks

FREE

Contact Information:
tel: 250-472-4062 email: family@uvic.ca <http://web.uvic.ca/family-centre/index.php>

Activity Time

The following activity is “tried and true” meaning it has been done before and has had little to no hassles.



If you and your children are looking for something to do, try out this month's activity. (Suitable for children over 3 and always under adult supervision.)

Marble Race Track

You will need:

- 1 large foam pool noodle (you can purchase at a dollar store or Walmart)
- Marbles
- Shoe box
- Masking tape

Instructions: Cut pool noodle in half lengthwise (refer to picture), tape both halves together side by side. Then tape one end to shoe box (to catch marbles at the bottom so they aren't scattered about your house). Lean marble racetrack against elevated surface i.e. table, stairs etc. Allow your children to race their marbles down, one on either side.

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 **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!

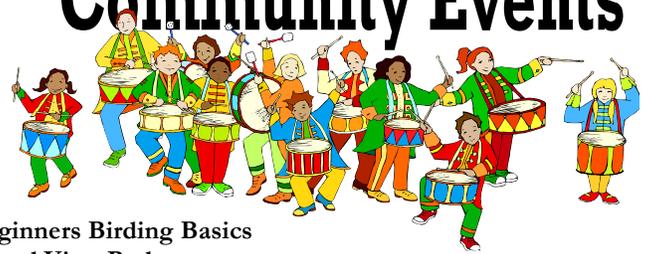
Book Club:

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.

Adult Choir:

The Family Centre has started a choir led by Lina Guo. The Choir meets on the 2nd and 4th Wednesday of the month from 7:30-9:00 pm.

Community Events



Beginners Birding Basics

Island View Park

Sunday, March 3rd, 10am-Noon

Ever wanted to bird watch? This is a great time of year for birding, with courtship and territory disputes filling the air with song. Join a CRD Regional Parks naturalist to learn what to look for, and how to use binoculars and field guides. Bring binoculars if you have them. A spotting scope is provided. Meet at the picnic shelter on Homathko Rd, off Island View Rd. 9+ years.

Fancy Nancy Party

Nellie McClung Branch

Tuesday March 12th, 10:30am - 11:30am, Free

OOO-la-la! Come celebrate in style with stupendous stories and activities. Dress up in your fancy best—the more accessories the better. For ages 3-5.

Let's Build A Play

Nellie McClung Branch

Thursday March 14th, 2:30pm - 3:30pm

This brainstorming workshop will take your ideas from page to stage. We will get our creative juices flowing through writing, improvisation, skits, and visual art to create stories that will be told on stage at the Victoria Fringe Festival. For ages 6-12. Register online or call for more information.

Family Sunday

Art Gallery of Greater Victoria

March 17th, 2013 2pm-4pm

Children and their families are invited to explore the art and lifestyle of 19th century Japan with hands-on art-making inspired by KOSHASHIN, an exhibition of early Japanese photography. Included with Gallery admission or free with membership.

5th Annual Easter Egg Hunt

Beckwith Park

Sunday, March 31, 2013, 10am - 1pm

Bouncy castle, face painting, crafts, games, clowns, police and fire vehicles, BBQ. Egg hunt starts at 11am for all children. Rain or shine. \$5/kids 13 and under; free for children 14 and over and adults.

Hummingbird Day

Swan Lake Christmas Hill Nature Sanctuary

Sunday, March 31, 2013, Noon - 3pm, By donation

It may seem early, but Anna's Hummingbirds are nesting and it won't be too long before the summer hummers, the Rufous return for their annual visit. Join us for crafts, stories, hands-on exploration and song.