

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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So Many Thank Yous!!



April 4th is the day that the UVic Family Centre celebrates student families on campus and we couldn't do it without a great deal of wonderful community support for our No Foolin' event! We would like to thank Peppers, Panago, Starbucks, Island Savings and their team, Western Foods, Pepsi, Hot House Pizza, Thrifty's and so many volunteers who create fun activities - face painting, henna, crafts, games, storytime from the Victoria Public Library and the dance group from the After School program! And then there are thanks to Campus Security, Saanich Fire and Police and Ace! This is certainly one way that student families feel part of the community on campus and beyond!



After School Club Announcement

The After School Club will not be running for the months of April, May or June due to staffing. We have had a great year this year and hope you have too.

Please check-in with the Family Centre in September regarding after school programming.

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
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



In recognition of Earth day this month (April 22nd), we have decided to do a nature theme for the newsletter. We hope you enjoy.



Purple periwinkles are popping up all around UVic Family Housing. Common periwinkle was first introduced into North America in the 1700s. It is still commonly used as an ornamental ground cover.

Thank you and Farewell

Ciara Harte-Osberg who has been our Work Study student for the past 3 years keeping us organized and our statistics up to date will be leaving soon. We will miss you! You have become part of our Family Centre family.

Rebecca Zunder's practicum with the Family Centre is finishing this month as well. She is a 3rd year practicum student from Child and Youth care and has brought energy, thoughtfulness and many ideas to our programs. We hope to see you dropping by!

How to Make a Leaf Print

1. Explore outside and choose a selection of green leaves. (If they are too dry they won't print well.)
2. Paint the underside of the leaf with one or more colours.
3. Press the leaf into a piece of paper.
4. Remove the leaf to reveal the design left behind.
5. Continue with other leaf shapes and colours.



Forest Lab – An Initiative of the UVic Childcare Centre

What opportunities do 'playing' outside present to children and families? What possibilities might open up when we attend to the relationships between humans, animals, and the forest? How can we support the children and families to engage these relationships? These are just some of the questions we are asking ourselves at the University of Victoria Childcare Centre. As we look around the forest, we notice bits of broken glass and trash, marked trees to be cut down, and sewage outlets. Humans and forests are deeply and complexly entangled. We are thinking intensely about our outdoor space, and our place within all these entanglements.



Building Nature Appreciation for Our Kids

I grew up in a rural community, which means the majority of my weekends and summers as a child were spent outside. I spent my childhood tromping through the woods beside our house, biking evergreen-lined streets to the general store, or exploring the many beaches. This time in nature as a child has left me with a real respect and admiration for the natural world.

As a parent now raising my children in a city, I still find ways to make nature a part of our lives. A big part of it is sharing my own enthusiasm. I point out the birds, plants and animals I notice; even the common deer gets our family in a flurry of excitement. In our overly scheduled and busy lives, getting outside into nature is not only to the kids benefit, but my own as well. If I am feeling stressed or stir-crazy, I find the best thing to do is put on the gumboots and get fresh air. It's easy since we are lucky enough to live in a very green and ecologically diverse urban environment.

The studies are growing regarding the need to encourage time outdoors for children. Not only that, by developing an interest in nature and the environment our children will have a connection to nature that will facilitate the societal changes required to reduce climate change. There are plenty of ways to get kids involved in nature:

- Participate in the programs through Swan Lake and CRD Parks
- Share your knowledge and enthusiasm
- Grow plants and veggies
- Hang bird feeders or feed the ducks at Swan Lake and Beacon Hill
- Spend spare time outdoors
- Visit new beaches and parks to promote a sense of adventure, curiosity and exploration
- Build things in nature and with natural materials like sand castles, forts and crafts
- Point out the changes in the seasons
- Get books out of the library about the natural world or do a research project on one of your child's questions about the world we live in.

Into the Woodland

by [Robert Patinson](#)

I wonder further in the wood
then pause to take in all I could,
and there beneath its canopy
I'm caught up in all its beauty.

The colours start in palest green
a vibrant living leafy screen,
and spreading out in waves of pink
the Willow Herb and nettles link.

Insects buzz in whispered words,
the broad old Oak is full of birds
where Great Tits dare an early call,
beneath Jays dig within the sprawl.

Beyond a line of Foxglove towers rise
above a glade of flowers and light,
a shaft between the trees
guides me on with quiet ease.

News and Views Needs You



We are looking for contributors for the UVic Family Centre monthly newsletter *News and Views*. The more articles we print that are written by members of our community, the more relevant the newsletter is!

Articles can be 200-500 words and about:

- Parenting or children's book reviews
- Tested recipes and crafts
- Research areas that are of interest to our community
- Stories about family experiences
- Family profiles
- Any topic that suits your fancy.

Contact the Editor Avril Nagel at fcnews@uvic.ca for more information.

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.

Wednesday and Friday Playgroups:

Families are welcome from **10:00 am to 12:00 pm** to enjoy an engaging morning full of activities. 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. A healthy snack for all to share is provided with coffee and tea for the adults. Engage in some adult conversation and be a part of the warm, friendly atmosphere. Story time with songs and stories, as well as outdoor play as the weather allows. We try to squeeze in many important favorite elements in a short time, while still being flexible to follow the lead of the children.

After School Club:

The After School Club will not be running in April, May or June. Please check-in with the Family Centre in September for an update regarding after school programming.

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



Family Orienteering Elk/Beaver Lake Park April 5th, 11-2pm

Orienteering is a great way to be active with the whole family. CRD Regional Parks' naturalists will have maps on hand and a beginner level orienteering course set up at Beaver Lake. Get active as a family today. Meet at the information kiosk in the Beaver Lake parking lot. All ages and free.

Annual Egg Rolling Event St Dunstan's 1806 San Juan Avenue April 11th 9:30-11:30

Come along and paint Easter eggs and race them down the hill - roll, them, throw them, smooch them, munch on them - whatever method you choose! Afterwards there is an Easter egg hunt and an Easter story of Hope.

Easter Eggstravaganza Oaklands Community Centre April 12th, 10-11:30 \$4/child

A family fun event to celebrate Easter and spring time. Come join us for arts and crafts, a sing along and a hunt for eggs.

Victoria Symphony Storytime Oak Bay Library April 12th, 10:30-11:15, Free

Join two musicians from the Victoria Symphony and their puppet friend, Kathy Cadence, for a musical performance that matches music to words and feelings. Presentation includes an instrument petting zoo. Parents and caregivers are welcome to participate. For ages 3-4. Register online or call for more information.