

NEWS & VIEWS



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A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC

Many Thanks!

A huge "Thank You" to Jan Burke and colleagues from Student Awards and Financial Aid and Chardelle Lalonde and team from the Office of the Associate VP Student Affairs! Student Families and their children will benefit so much from the wonderful collection of items they donated in December to enrich play experiences at the UVic Family Centre.

The Doll House will now have people and furnishings, our play materials now include paper and colours to reflect the diversity of our families as well as a good representation of local animals for the play table. It is such a thoughtful gesture to think about what can be done to further support the experience of Students with Families.

Family Literacy Week

Family Literacy Day is a national awareness initiative created by ABC Life Literacy Canada and held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. There are also lots of events happening at the Greater Victoria Public Library during the last week of January for Family Literacy Week (gvpl.ca). Taking time every day to read or do a learning activity with children is crucial to a child's development. Even just 15 minutes a day can improve a child's literacy skills dramatically, and can help a parent improve their skills as well. Check out [these 15-minute activities to get started!](#)

Are there Student Family parents who would be interested in an English Conversation Group? This would be an opportunity to practice using English in a relaxed and comfortable setting at the Family Centre. Please email familyc@uvic.ca with suggestions of an evening and time.

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
Thursday – After School Club	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

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. [Mark your calendar: Public Health Nurse Jane Wismer will be joining us February 16th to answer any health related questions, weigh and measure babies and check immunisation records.](#)

Wednesday and Friday Playgroups:

Families are welcome from **10:00 am to 12:00 pm** to enjoy an engaging morning full of activities. Expect 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.

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**. 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.

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm** for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You are more than welcome. (Note: Nursing infants are welcome.)

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 join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

It's Flu Season...

We always love to see you at the Family Centre. However, if your little one has a runny nose, cough or fever, please keep them home. Thanks!

Community Events



PANCAKE BREAKFAST

We welcome you to the UVic Family Centre for a Pancake Breakfast on **Saturday January 24th** from **9-10:30 am**. Join us for pancakes, stories and fun! Wear your pajamas, and for those of you with kids, don't forget to bring your favourite stuffed toy along!

Winter Birds of Island View Beach

Island View Beach Park

January 18th, 9:30-11:30

Island View Beach is one of the premiere winter birding locations in the region. Join a CRD Regional Parks naturalist to look for hawks, owls, sea ducks, loons and more. Wear warm clothes and bring binoculars if you have them. Meet at the grassy area adjacent to the picnic shelter off Homathko Rd. 9+ years.

Kindergym

Gordon Head Recreation Centre

Every Saturday, 9:30-10:30, \$3/child

Kindergym is a movement program designed for children and their caregiver to play together. Balls, hoops, ride-on toys, climbers and mats allow children to creatively explore.

Oh Deer

Swan Lake Nature House

January 25th, Noon-3

Deer, deer everywhere. Love them or hate them, they're a part of our natural environment and are here to stay. Play deer games, deer bingo, make deer crafts, and learn more about these fuzzy invaders.

Story Club

Nellie McClung Library

January 26th, 3:30-4:30

Listen to stories, talk about your favourite books, and enjoy fun activities. Snacks included. For ages 5-8. Register online or call for more information.