

NEWS & VIEWS



Introducing Our New Outdoor Space!

At the Family Centre we are very excited and grateful for the work that has been done to our outdoor space. It is still a work in progress but our After School and Early Learning groups have already been enjoying our new space!

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NEWSLETTER

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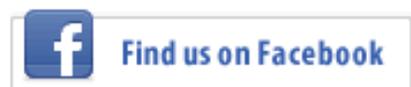
A special thank you to Island Savings for making these changes possible! Thank you as well to Facilities for their work on this project!



Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Mom’s Time Out	7:00-9:00pm
Wednesday – Early Learning Program	10:00am-12noon
Thursday – After School Program	3:30-5:00pm (Final day Dec. 3rd, restarting Jan. 7th)
Friday – Early Learning Program	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 7-9pm, Tuesdays 9-2pm, Wednesdays 9-2pm, Thursdays 2:30-5:30pm and Fridays 9:30-12:30pm. For more information contact the Family Centre through Facebook or by email: familyc@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 drinks 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 10th, 2015

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



In case of bad weather...

Please check our Facebook page for any announcements regarding unexpected closures or program cancellations.

<https://www.facebook.com/UVicFamilyCentre>

An easy and yummy homemade gift: Peanut Brittle

1 cup sugar
1/2 cup light corn syrup
1/8 teaspoon salt
1 cup dry-roasted or shelled raw peanuts
2 tablespoons butter
1 teaspoon baking soda
2 teaspoons vanilla

Combine first 3 ingredients in a large glass bowl. Microwave on high for 5 minutes, add peanuts, and microwave 2 more minutes with 1,000-watt microwave. Microwave 4 more minutes if using a 700-watt microwave. Stir in remaining ingredients.

Pour into a buttered 15- x 10-inch jellyroll pan; shake pan to spread thinly. Cool until firm, and break into pieces. Store in an airtight container.

Holiday Closure

The Family Centre will be closed from **December 21st-January 1st. We wish you a wonderful holiday season.**

We trust that everyone will have peaceful and safe holiday, but in the event of an emergency know that Campus Security is available throughout the holidays.

24 hour Emergency:
250-721-7599

Non-Emergency Phone:
250-721-6683

Pay down parking or library fines with food donations

In time for a holiday season of giving, two University of Victoria initiatives will again help fill local food bank shelves. The annual Food for Fines program offers relief from library fines and parking tickets in exchange for non-perishable food items, which are then donated to the Mustard Seed Food Bank and the UVic Student Society's Food Bank. Between **Nov. 23 and Dec. 11**, non-perishable food items can be brought to Campus Security (for parking tickets) or to UVic's three libraries (for library fines). Parking tickets will be reduced by \$5 with any food donation, while library fines will be discounted by \$2 per food item (to a maximum of \$20).

Traveling with Kids this Holiday Season

As a parent I know I often dread the thought of long car trips with bored children, and the chaos of bedtime for the first couple nights in a new place. The holidays often mean big trips and lots of activities for parents and kids. These tips from Island Parent are helpful reminders and strategies.

Imagine the Trip Through Your Child's Eyes

Anticipate your child's needs and limits. Line-ups, hours spent driving or flying, hectic schedules, delayed meals and disrupted routines are hard on everyone, but especially on children. One way to help calm stress is to explain the unknown. Mark off on a calendar when you are leaving, show pictures and describe what you will see and eat, where you will sleep, and what the climate, noise and crowds will be like.

Bring a bag of activities and diversions. Familiar toys and comfort items—plus a surprise or two—are reassuring and fun. Favourites include crayons and paper, puzzles, books and music.

Bring snacks. Children can find it hard to wait for meals or to enjoy unfamiliar foods. Fruit, veggies, rice cakes, dried fruit, fruit cups, applesauce, crackers or small boxes of dry cereal are healthy, yummy and portable.

Health Needs

Complete a family health check:

- Make sure that your child is up to date with all immunizations. For international travel find out if your child needs extra immunizations.
- Bring prescription medication in its original labeled container and a copy of the prescription.
- Remember your health care card and extended health plan cards.
- Assemble a traveler's first aid kit, including favourite band-aids, anti-motion sickness tablets, antihistamines and fever medicine.
- Remember that hand washing is your most important defense against illness: wash hands frequently when travelling.

For more ideas visit:

http://islandparent.ca/index.php?kic_article_action=display&kic_article_id=633

December Holidays

December is a wonderful month filled with celebrations across many cultures. Here are just a few being celebrated around the world.

Hanukkah:
December 6th- 14th

Bodhi Day
December 8th

Yule/Winter Solstice
December 21st

Pancha Ganapati
December 21st-25th

Christmas Eve
December 24th

Christmas Day
December 25th

Boxing Day
December 26th

Kwanzaa
December 26th-January 1st

New Years Eve
December 31st

New Years Day
January 1st

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.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday** mornings from **10:00 am to 12:00 pm**. Learning through play is encouraged in an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

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. **Please make sure your kids are dressed for the outdoors.**

The After School Club is only running December 3rd this month. The program will restart on Thursday, January 7th.

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're welcome. (Note: Nursing infants 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.

Community Events



Deck the Hall Winter Festival **Saanich Municipal Hall**

December 5th, 5pm-8:30pm

School Christmas Concerts, photos with Santa, horse and carriage rides around the Saanich Hall, seasonal entertainment on the plaza, food, and refreshments.

Drop-In Christmas Craft

All GVPL Branches

December 12th, 2-3pm

What's December without a little (okay, a lot) of sparkle and trim? The library supplies the materials and samples, and you supply the imagination and enthusiasm. Everyone welcome; children under 3 must be accompanied by an adult. No registration required.

Christmas in Downtown

All of December

There are a ton of fun things to do downtown over the holidays – including free carriage rides and a ferris wheel! There is more than we can fit in this small column so to find out more visit:

<http://www.downtownvictoria.ca/events?date=2015-12>

Christmas Hill Holiday Hike

December 27th, 1 p.m. - 3 p.m.

Admission by donation. Please meet at the Nature House (3873 Swan Lake Road). Registration is required by calling the office at 250.479.0211. Need to burn off some holiday calories? Swan Lake Naturalists will lead a two hour hike up Christmas Hill and show you the view from above. Warm refreshments will be served at the Nature House following the hike to reward your effort.