

# NEWS & VIEWS



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## Hello and Goodbye

The summer is a time that sees some families saying goodbye to their time at UVic while others are just arriving. If you are just arriving, WELCOME! You are entering a wonderful community of people who are sharing a similar journey to you, who understand the complexities of life with school and family. The summer is a wonderful time to arrive as many of us spend time outside. Get out and get to know your neighbours. Come to the Family Centre and see what it has to offer.

To those of you packing up and moving on, you're likely leaving because you have graduated and are moving onto the next phase of life. CONGRATULATIONS! We wish you every success and happiness in your future. You'll be missed. Thank you for being a part of this community. Remember to stay in contact with those you have lived life with over these past few years. Keep up with the going's on in Lam Circle by checking out the Family Centre's Facebook group 'UVic Family Centre'.

## Summer Closure

Please note that the Family Centre will be closed on **July 1<sup>st</sup>** for Canada Day. The Family Centre will also be closed for 2 weeks, **August 1<sup>st</sup>-12<sup>th</sup>**. There will be no programs running during this time.

In the event of an emergency, call Campus Security **250-721-7599**

For housing matters call Residence Services **250-721-8395**

## Family Centre Weekly Programs

<b>Monday – Family Learn and Share</b>	10:00am-12noon
<b>Monday – Mom's Time Out</b>	7:00-9:00pm
<b>Wednesday – Early Learning Program</b>	10:00-12noon
<b>Thursday – After School Program</b>	3:30-5:00pm
<b>Friday – Early Learning Program</b>	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 5-9pm; Wednesdays 9:30-3:00pm; Thursdays 1:00 - 5:00pm and Fridays 9:30 - 1:30pm. We also have monthly book clubs and special events. For more information please check out our Facebook page or contact us at [familyc@uvic.ca](mailto:familyc@uvic.ca).



## Money Matters

*Most of us are living on a tighter budget as students. Every month this column will offer a tidbit of advice to lighten the load.*

*This month...*

Forward thinking to your child's education – **The BC Training and Education Savings Grant.**

Do you have a child born on or after January 1st, 2007 who is currently between 6 and 8 years of age? If so, you may be eligible for a grant of \$1200! You must apply before your child turns 9. To find out more go to SmartSAVER.org. This is a non-profit organization, which helps families navigate education savings accounts. There is no charge for their services and resources are available in many different languages.

Current research shows that children with an education savings account are 3 times more likely to attend university and 4 times more likely to graduate. There are a number of different grants available to help low-income families but on average only around 22% of eligible families are taking advantage of this free money. Don't miss out! Talk to your bank or go to SmartSAVER.org to find out what you are eligible for and how to apply. There are options available which do not require you to contribute money or pay fees. If you need help with this please let us know at [familyc@uvic.ca](mailto:familyc@uvic.ca).

## Thank you Johnson Family

The UVic Family Centre would like to take a moment to say a huge thank you to Brittany, Angus, James and Jasper for all that they have given to student families during their time with us. They have regularly thrown open the doors of their home and extended an open invitation to everyone to come and share a meal with them. We know that so many of you will miss 'Pizza Fridays' and 'Pasta Wednesdays'. Thank You!

In addition, Brittany has volunteered endless hours at the Centre hosting the Mom's Time Out program, running knit-alongs and helping people learn to knit. We appreciate your generosity so much and wish you and your family all the best in the next phase of your life. Miss you already!!!



## Welcome to the Conversation Club!

**Monday evenings from 7-9pm at the Family Centre.**



Since you are enjoying the Conversation Club so much we are going to continue it through July as well! Each week you will be encouraged to learn commonly spoken phrases in English and we hope to learn a few words in your language as well!

Unfortunately we are not able to offer childcare and so we ask that you leave your children at home (nursing infants are welcome). This program is free and open to all women.

*If you would like more information about this program please let us know- [familyc@uvic.ca](mailto:familyc@uvic.ca)*

**See you on Monday!**

**Monday July 4<sup>th</sup>: Recipe Books** ~ In June we noticed that our conversations would always turn to food and what better way to start the month than by sharing our favourite recipes with one another! We will be asking everyone to share their favourite tea time snack ideas. The best conversations are the ones done with food!

**Monday July 11<sup>th</sup>: Travel** ~ We will be talking about our favourite places to travel, near and far! Travel is not limited to a plane or train, it can be done by bike too!

**Monday July 18<sup>th</sup>: Favourite Things** ~ Come ready to share one or your favourite things and find out what others enjoy.

**Monday July 25<sup>th</sup>: Potluck** ~ We will all have a chance to practice our conversation skills and end the month of July with food from around the world!

## You're invited to a Barbeque!

**Where:** Uvic Family Centre

**When:** Wednesday July 6th,

**Time:** 12 - 1 pm

**For info :** 250.472.4062



Join us for lunch at the Family Centre on Wednesday July 6th, 12noon-1pm. The Family Centre will provide hot-dogs (meat and veggie) and drinks. We invite you to bring along a dish to share. To help lessen the impact on the environment please bring your own plates and cutlery.

## NOBODY'S PERFECT

When helping guide your child's behavior, think about the following:

**Remember your child's age.** As a child grows, so does their awareness and understanding of rules. Think about whether what you are asking your child to do is age appropriate for their development.

**Direct attention to another activity.** When your child wants to do something dangerous or against the rules, redirect them to a safe object or activity.

**Offer Choices.** Kids love to say "No". Instead of asking them a question which requires a "yes" or "no" answer, tell them what you are about to do and offer them a choice. "We are going to the store. Do you want to wear your jacket or your sweater?"

**Follow up with consequences.** Children 3 years and older understand that what they do has certain results. Set consequences for wrong choices. For example, if they throw food on the floor, they have to help clean it up.

For more tips, search "Nobody's Perfect Tipsheets" on Canada.ca

Have you finished grades 1-6?  
Looking for something fun to do? Why not join us at the Family Centre July 11-15<sup>th</sup> for our Summer Fun Week. See page 4 or Facebook for details.



## Thank You Laurene



After ten years of dedicated service as the Associate Dean of Human and Social Development and Faculty Coordinator of the Family Centre, Dr. Laurene Shields has moved onto a new position as the Director of the Learning and Teaching Centre. During her time as Faculty Coordinator Laurene never ceased to advocate for student families. It is because of her unending labour that the Family Centre is able to offer a range of services and programs to support student families. To celebrate Dr Laurene Shields a new sensory table was bought for the Centre. Thank you Laurene and all the best in your new position!



# 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.

**July 4<sup>th</sup> and August 29<sup>th</sup>** – Public Health Nurse Jane Wismer will be here to do immunizations and offer advice.

## 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.

## 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](mailto:familyhousingbookclub@gmail.com).

## Conversation Club

Are you new to Canada and looking for an opportunity to practice your English language skills? If so, this is the program for you! We would also like to learn some of your language, so please come prepared to share! The program will take place on Monday nights from 7-9pm until the end of July. See pg.2 for more details.

## After School Club:

Please note that the afterschool club will **NOT** be running in the summer but will resume in September. Check the September issue of News and Views for the start-up date. Read below for an exciting opportunity for your school aged child.

## Summer Fun Week

From **July 11<sup>th</sup> to 15<sup>th</sup>** the After School Club is turning into a Summer Fun Week! We will be doing a variety of activities throughout the week. These might include outdoor games like soccer, tag, hikes, and a day at the beach. Please make sure your kids are dressed for the outdoors and have a water bottle. The program will run from **1pm to 4pm** and is open to school aged children only (Grades 1-6).

# Community Events



Victoria has so much to offer in July and August. There's something for everyone: Arts and Culture, Food and Wine, Sports and Outdoors, History and Heritage, Music and Film.

Please check the following links for events

<http://downtownvictoria.ca/events>

<http://www.chatterblock.com/events/victoria-british-columbia-c4098/>

<http://www.tourismvictoria.com/events/calendar/>

<http://stayandplayvictoria.com/about-victoria/insiders-guide/>

<http://artsvictoria.ca>

<http://events.uvic.ca/?view=index>

## Yoga

Join certified yoga instructor Yanira for a gentle yoga class at the Family Centre. The class will run on **Wednesday evenings, 8-9:15pm, starting June 29<sup>th</sup>**. If there is a lot of interest, classes will continue in September.

