

NEWS & VIEWS



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Find us on Facebook

Setting up for Success

Welcome to the 2016-2017 school year at UVic. We hope you've had a great summer and are ready for a new year. Here are some friendly reminders to get the year off to a good start.

Parking Pass – make sure your parking pass is up to date. Visit Campus Security to renew your parking pass.

School Supplies – beat the crowds on the first few days of the semester and get your books and supplies now. Also if you have school aged kids; help them get off to a good start by ensuring they have everything they need. Check their school's website for a list of required supplies.

Scholarships, grants and bursaries – Visit Financial Aid to see what's on offer. Financial awards help to cover many costs. See the Money Matters column on page 2 for recommendations each month.

Time Management – did you pick up a planner yet? (free student planners are available at the UVSS in the SUB).

Simplify life – limit commitments to focus on main priorities.

Schedule time to your self – recognize when you are working too hard and give yourself a break. Often the most productive thing you can do is do nothing at all. Don't burn yourself out.

Connect – Meet others in your program and get to know your neighbours. Visit the Family Centre and take part in our community events.

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Mom's Time Out	7:00-9:00pm
Wednesday – Creative Movement through Stories	2:00-3:00pm
Thursday – After School Program	3:30-5:00pm
Friday – Early Learning Program	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.



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...

UVIC Student Society Child Care Bursary (Undergrad) and UVIC Graduate Society Child Care Bursary.

These bursaries are awarded to students with demonstrated financial need and are assessed according to British Columbia Student Assistance Program standards and childcare costs.

You can apply for assistance with the cost of

- Private daycare
- UVIC daycare
- Babysitting services

The deadline for the undergraduate bursary is 3 times a year: **September 30, January 31 and May 31** i.e. the end of the first month of each new semester.

The deadline for the graduate bursary is only once per year, **October 15**.

For more information, see <https://www.uvic.ca/registrar/safa/bursaries/other/index.php>

Pick up an application form at Financial Services, located in University Centre.

NEW FAMILY CENTRE PROGRAM!

Attention all parents with children who are 3-5 years old. Starting **Wednesday September 7th**, the Family Centre will be offering a new program called **Creative Movement Through Stories**. This program for preschool-aged children will run every Wednesday from 2 til 3pm. For more details, see page 4.



Public Health Nurse available at the Family Centre 2016



**August 29th
September 12th
October 3rd
November 7th
December 5th.**

Jane Wismer, Public Health Nurse with Vancouver Island Health Authority, will be at the Family Centre from 10am –12 noon on the dates listed above. She will be here to support you with any health related questions, weigh and measure babies and check immunization records. Jane will also be able to give immunizations at the Family Centre (arrangements for these need to be made ahead of time). Come with your questions about food, sleep or child development. Look forward to seeing you!



Hello! My name is Amanda and I am a 4th year UVic nursing student. I will be spending my practicum placement at the UVic Family Center this fall, until December. I am a born and raised Victorian and have a passion for travelling and exploring our beautiful West Coast island. My favorite pastime is reading non-fiction books, as I love to hear about other people's experiences. This past summer I had a Public Health practicum and was able to gain skills and knowledge regarding child development and families. I am excited to build upon these skills this semester. I look forward to meeting the family community and to get to know all of you this fall.



Welcome Potluck

When: Tuesday September 13th, 2016

Time: 4:30-6:30pm

Where: UVic Family Centre



Call:
250-472-4062
for more information.

Come and meet other UVic families from both inside and outside Lam Circle. Experience the diversity of our community.

Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks.

To help lessen the impact on the environment, please bring your own plates and cutlery. We look forward to seeing you.



NOBODY'S PERFECT

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

Stay Calm and Connected

Help your child calm down. Behaviour is better when children are calm. Babies often need to be rocked or sung too. Older children need help being removed from a situation or a reminder to take long deep breaths to relax.

Listen to feelings.

When your child feels heard, they feel respected too. When they feel that they matter, behavior is better.

Accept your child's feelings.

Let your child know it is okay to be upset and angry. Other people have those feelings too. You can accept her negative feelings without accepting negative behaviour.

Stay calm. When your child breaks the rules, losing your temper will not help. Children can think more clearly when you speak calmly.

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

Thank you Housekeeping

We are very grateful for UVic housekeeping who keep the Family Centre beautifully clean. We appreciate all your hard work.

Book Club Coordinator Needed

The Book Club, which meets at the Family Centre on the third Thursday of every month, is in need of a new coordinator. Interested? Call 250-472-4062 or email family@uvic.ca.



Programs and Events

Family Learn and Share

On Monday mornings from **10:00am-12:00pm** 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.

September 5th: Labour Day - STAT no program

September 12th: Public Health Nurse

September 19th: Campus Security

September 26th: ChildCare Resource and Referral

Preschool Program:

Preschool Aged Children (3 - 5 years old) are invited to the Family Centre to participate in our **Wednesday afternoon** program called 'Creative Movement Through Stories'. We will engage in movement through yoga, music and art every **Wednesday from 2 till 3pm**. Parents/caregivers are not required to stay with their preschool child for the duration of this program but will be required to sign them in and out.

Early Learning Program:

Families are welcome to this drop-in program that runs on **Friday** mornings from **10:00am-12:00pm**. 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. Start date to be determined.**

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm, starting September 12th**, 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



One Day, Topaz Park, Sept 10, 10-3

One Day is an outdoor community event for all ages which provides free musical entertainment; a low-cost BBQ lunch and refreshments; organized games and activities that anyone can participate in; a **FREE** Children's Fun Zone

Victoria Conservatory of Music Open House, 900 Johnston Street, Sept 10, 10-3

Live music, free treats and two instrument petting zoos!

Victoria International Chalk Art Festival, Ship Point, Inner Harbour, Sept 10-11

Family friendly, free to attend.

Rifflandia, Various downtown locations, Sept 15-18

The ninth-annual Rifflandia Festival will transform the city of Victoria, featuring a truly diverse line-up of artists across numerous stages, all within walking distance of the downtown core.

Victoria International Wine Festival, Parkside Hotel and Spa, Sept 23-24

This festival is directed at building the knowledge of the average wine consumer, and demonstrating new wines and acknowledging beloved wine standards to veteran consumers.