

# NEWS & VIEWS



## FACULTY COORDINATOR

Dr. Esther Sangster-Gormley

## DIRECTOR

Miriam Curtis

## STAFF

Emma Chalifour

Sandra Buyze

## NEWSLETTER

Joy Knudsen

## ADDRESS

UVIC Family Centre

39208- 2375 Lam Circle

Mailing Address:

P.O. Box 1700 STN CSC

Victoria, BC V8W 2Y2

**PHONE:** 250-472-4062

**E-MAIL:** [familyc@uvic.ca](mailto:familyc@uvic.ca)

## Family Day 2017

February 13<sup>th</sup> is BC's 5<sup>th</sup> annual Family Day. For many of you it is a day off from classes or work and for the children it's a day off school. Take the opportunity to be together and explore our great city and surrounding beauty. Take a leisurely stroll down to Arbutus Cove or Cadboro Bay. Get in the car and go further afield to explore Fort Rodd Hill or the Sooke Potholes. Or take part in one of the Family Day events available in the Greater Victoria region.



### Family Arts Festival, Cedar Hill Recreation Centre, 11am-3pm.

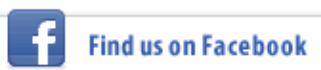
Celebrate Family Day at the Arts Centre! This fun filled family event is a celebration of imagination, creativity and discovery. Kids of all ages will enjoy a wide variety of activities led by Arts Centre staff and guests from Greater Victoria's arts community. Explore the world of visual arts, dance, music and theatre through hands-on stations and performances.

### Family Day at the Market, Victoria Public Market at the Hudson, 12:30-3:30pm. A

free Family Day event featuring live music by Vinyl Wave, face painting, free photo booth, cooking demonstrations, and kids crafts!

### LEGO Brick Festival, Various locations in Sidney, Feb 11-13, 10am-4pm.

3 consecutive days of LEGO fun. Scavenger hunts, LEGO displays, LEGO Movie, a 6-foot LEGO tractor, LEGO bowling and more. See <http://distinctlysidney.ca/event/sidney-family-days-weekend-lego-brick-festival/> for more details on this exciting event.



Please note that the Family Centre will be **CLOSED** on February 13<sup>th</sup> for the Family Day Statutory Holiday.

## Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Wednesday – Early Learning Program	1:30-3:00pm
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](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...*

### Teaching Kids About Money Management

The way we manage our money and how we spend it sends a clear message and example to our children. Studies suggest that starting around the age of 6 years old, giving children the responsibility of an allowance helps them to learn how to handle money, practice math, learn how much things cost, make choices on whether it's a good idea to buy something or not, as well as make mistakes in buying and learn from them.

While some suggest linking the allowance to chores done around the house, others do not and expect that chores should be done no matter what, as everyone should contribute to 'keeping house'.

In terms of how an allowance should be managed, many parents advise a 50/50 rule of 50% for saving and 50% for spending. Others allow their children to fully make the choice with what to do with the full allowance.

As a child gets older, parents can increase allowance amounts to include the responsibility of such things as purchasing necessary clothes or back to school supplies.

Money management learning isn't done in a day but is a life long learning.

For more age specific money tips see <https://www.bccf.ca/bccf/blog/teaching-kids-about-money-management?>



On Monday February 20th Amanda Weinerman will be joining us at our weekly Learn and Share program (some of you will remember teaching her some Arabic when she was with us last year!) Amanda is an optometrist and she will be available to talk to you about any vision related questions you might have. She has a special interest in working with children and she and her family used to live in Family Housing! Did you know that it is recommended that children aged 6 months to 19 years old undergo a full eye exam every year? The cost of this is covered by MSP. Come along to find out how they test vision in young children and other health issues that can be detected during an eye exam. Her website is:

<http://www.amandaweinermanoptometry.ca/>

## Pancake Breakfast

Come and join us for a pancake breakfast



**UVic Family Centre**

**Saturday February 25th**

**9:00 - 10:30am**

A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast.

If you have any questions please do not hesitate to give us a call: 250.472.4062



Take time to appreciate the people in your life this Valentine's Day, February 14<sup>th</sup>.

## Recycling in Family Housing

We are fortunate to live in a part of the world that values recycling and puts every effort into reducing landfill waste. In UVIC Family Housing, we are provided with bins for



various types of recycling. Be sure to familiarize yourself with the dos and don'ts of recycling. In each garbage area, there are signs to guide you on what can and can't go in each bin. If you send your children to take the garbage out, take the time to teach them what goes where too.

### Blue bins – Mixed Paper

#### Yes

- all office paper
- magazines and newsprint
- phone books (small quantities)

#### No

- corrugated cardboard
- paper towels, napkins, and tissues
- paper plates
- coffee cups

### Brown bins – bottles, cans, and mixed containers

#### Yes

- all refundable bottles & cans
- tin & aluminum
- milk cartons and tetra-packs
- hard plastics including coffee cup lids and sushi trays
- coffee cups

**Please rinse all container** before recycling them.

#### No

- soft plastic bags or straws
- styrofoam

### Black bins – landfill waste

#### Yes

- chip bags, candy and granola wrappers

#### No

- paper
- cardboard
- refundable containers
- batteries
- Styrofoam
- soft plastics
- food waste, paper towels or coffee cups.

### Green bins – compostable waste

#### Yes

- All food waste, including meat and dairy products
- Compostable cutlery and clear cups
- Pizza trays
- Paper towels and napkins
- Tea bags
- Coffee cups (lids removed)

#### No

- Biodegradable bags, cups or utensils
- Plastic coffee cup lids

## NOBODY'S PERFECT

[Play is the way your child learns](#)

**Children learn when they play.** Your child will learn how to do new things, how to interact with others, and how to show their feelings.

**Children need to explore.** Your child will learn more from doing things by themselves than they will from being told what to do. Give your child time to explore and discover in a safe environment, both indoors and outdoors.

**Limit screen time.** Children learn the most when they play actively with objects and with people. Children do not learn as much from screen based activities.

**Give your child new experiences.** Stimulate your child's learning by giving them new things to play with. Introduce your child to new people and new situations. Make time every day for play both indoors and outdoors.

For more tips, search "Nobody's Perfect Tip sheets" on Canada.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.

Monday Feb 6th - Public Health Nurse

Monday Feb 13th - Stat Holiday for Family Day

Monday Feb 20th - Optometrist

Monday February 27th - TBD

## Early Learning Program:

Families are welcome to this drop-in program that runs on **Wednesday from 1:30pm-3:00pm and 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.**

## 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).

If you would like to contribute to the newsletter or have any ideas of what you'd like to see here, please email [fcnews@uvic.ca](mailto:fcnews@uvic.ca)

# Community Events



**Spectacular LEGO exhibit, Sidney Museum, until March 31<sup>st</sup>, 10am-4pm. Admission by donation.**

LEGO returns for the 12th year at Sidney Museum. Many more of the latest models are now on display, from Star Wars to Disney, castles to pirates. Included this year are Elves and Ghostbusters.

**2017 Vancouver Island Parent Conference, Royal Bay Secondary School, Colwood, Feb 25<sup>th</sup>, 8:30-4pm**  
Connecting the Dots: School, Home, Community

**2017 Dine around and Stay in Town, Various restaurant locations around town, Feb 17-Mar 5.**

Victoria's most anticipated dining event, Dine Around & Stay in Town. Tickle your taste buds and dive into Victoria's culinary scene at over 60 participating restaurants. Restaurants will offer three course menus costing \$20, \$30, \$40 or \$50 per person.

**Victoria Film Festival, Various locations, Feb 3-12.**

124 films in 10 days. Victoria Film Festival's mission is to expose the community to a range of ideas & lifestyle through presentation of film, video & new media. They aim to stimulate critical analysis & inspire people to recognize & utilize film as a tool.