# NEWS & VIEWS



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Find us on Facebook

"Happy New Year" to all our families here at UVic - and a special warm welcome to our new families.

September is always a time for change and renewal and the Family Centre is no exception. We are excited to Welkomin Dobrodošli Husening Swagata Recoger Selamat Datang Swagata Recoger Selamat Datang Swagata Recoger Supakwamukela Husening Swagata Welkom Swagata Recoger Sugakwamukela Husening Swagata Welkom Swagata Recoger Sugakwamukela Husening Swagata Welkom Swagata Tervetuloa Swagata Recoger Sugakwamukela Husening Rambuta Relational Recognition of the Moral Androic Swagata Welkom Swagata Recoger Sugakwamukela Husening Rambuta Ramb

announce that as of September 1st, we will be part of the Division of Student Affairs where we will be working closely with Child Care Services (CCS). This change will increase our opportunities to provide high-quality programming that responds to the diverse needs of our student families, as well as give us the opportunity to be more closely aligned with other child and family services here at the university. This move also provides for more integrated planning across a continuum of services and supports related to students and their families. We look forward to this collaboration and being more connected with CCS.

With this partnership, CCS will be using the Family Centre for their After School Program this year. As a result, the Family Centre's After School Program will look a little different. We will send out more details once our Work-Study students and practicum students have started this fall.

Once again, welcome back and all the best for a successful school year! We are looking forward to seeing you all at our "Welcome Back Pancake Breakfast" on September 16th.

Miriam, Emma and Sandy.

Family Centre Weekly Programs	
Monday – Family Learn and Share	10:00am-12noon
Wednesday – Early Learning Program	10:00am-12noon
Thursday – Conversation and Coffee Club	1:00-2:30pm
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; 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 <a href="mailto:familyc@uvic.ca">familyc@uvic.ca</a>.

### **Pancake Breakfast**



Come and join us for a pancake breakfast and story time.

UVic Family Centre
Saturday September 16th
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 he situte to give us a call: 250.472.4062

### Early Learning Program



The Early Learning Drop-in Program will run Wednesday & Friday mornings from 10am - 12noon. If you have children in the 0-5 age range, this program is ideally suited to them. Families are welcome to drop in and participate in learning through play.

We look forward to welcoming back families as well as meeting new families.

## Public Health Nurse Available at the Family Centre

September 18th

October 2nd

November 6th

December 4th.



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 immunizations 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!





The UVic Graduate Students' Society (GSS) is the representative voice of graduate students on campus. We provide advocacy, peer support, referrals, and advice from people who have "been there". We also meet with the President and Senior Administration regularly and raise concerns on behalf of our members.

All GSS board members (including Jess and Danny who live in family housing!) and most GSS office staff are graduate students, too. We are familiar with UVIC rules and regulations that affect

graduate students, and can provide referrals, advice, confidentiality and support.

The GSS has organized a series of social events as part of a Welcome Weekend for new students. The goal is to introduce you to one another, to UVic, and to the city of Victoria! Events include icebreakers, an evening social downtown, a hike up Mount Douglas and a day by the beach in Cadboro Bay. Visit the GSS website gss.uvic.ca or follow us on Facebook <a href="https://www.facebook.com/UVICGSS">https://www.facebook.com/UVICGSS</a> for more information and how you can get involved.

## Set Your Kids Up For Success in School

Teacher and writer Patricia Porter has extensively studied why some children learn more easily than others. Her answer is simple. Parents make the difference!

Parents often worry over choosing the top tutoring programs or the best books to buy to aide their children's learning. And while these might be helpful and beneficial, simply showing

your kids how to learn is incredibly powerful.



With an adult student in every home in Family Housing, we are apt to provide our children with this opportunity. If you want your child to learn, show your child that you are learning and let them see the process you are going through.

Do you want your child to learn to read? Let him see you reading a book or a newspaper. Do you want your child to love math? Let her see you enjoying math problems, or working out your weekly budget. Do you want your child to get good grades? Let him see the effort you put into doing good work.

Be the best role model you can be. Spend time learning in a space where your child can observe you. Show your child how much you love learning and how important it is to make the effort and work hard. Making a small lifestyle change that takes little time and effort won't cost you anything but can guarantee turning your child into a better learner.

## **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 4th –** Labour Day stat holiday – No programs.

**September 11th** – Childcare Resource and Referral.

September 18th - Public Health Nurse

**September 25th** – Personal Safety Coordinator, Campus Security.

### Early Learning Program:

Families are welcome to this drop-in program that runs on Wednesday 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.

Watch for details on a start date for this program.

### **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.

### **CAMPUS SECURITY**

For emergencies call 250 721-7599, nonemergencies 250 721-6683. The non-emergency number can be used for questions or requests for information or services.

### **Community Events**



### Saanich Fair, Saanich Fairground, 1528 Stelly's Cross Rd, Sept 2<sup>nd</sup>-4<sup>th</sup>, 8am-10pm.

The Saanich Fair marks the end of the summer for kids and the start of school. The Saanich Fair is great for all ages- kiddie rides to the daring Zipper at the Midway, fun games to win prizes, petting zoos, and lots of live entertainment. Check out http://saanichfair.ca/officialsite/ for the calendar of events,

### Emergency Preparedness Workshop, Victoria City Hall Antechamber, September 13<sup>th</sup>, 1-3pm and September 28<sup>th</sup>, 7-9pm.

Learn about the hazards that can affect Victoria, what to include in your emergency kits, what you can do to protect your home from an earthquake, and how to reunite with your loved ones after a disaster. Register by email or phone. This event is FREE.

### One Day – Free Community Event. Topaz Park. September 16<sup>th</sup>, 10am-3pm.

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 (fully accessible!); a FREE Children's Fun Zone which features inflatable castles, face painting, and mini-golf; special guests; and much more. There is also a Marketplace at One Day where crafts people and artists can sell their wares.