

NEWS & VIEWS



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Find us on Facebook

You're invited to a Pasta Night!

Where: UVic Family Centre

When: Thurs April 20th,

Time: 5 - 6:30 pm

For info : 250.472.4062



Join us at the Family Centre on Thurs April 20th, 5-6:30pm. The Family Centre will provide pasta and sauce. If you can please bring along a dish to share, but don't let this stop you from coming. To help lessen the impact on the environment please bring your own plates and cutlery.

If you have any questions please feel free to contact us at family@uvic.ca.



What is Easter?

For many, Easter is about chocolate eggs and the Easter bunny but the origins of the celebration of Easter are found in the Christian religion. Christians celebrate the resurrection of Jesus Christ after his crucifixion. People also celebrate springtime and new beginnings.

Please remember that the Family Centre closes on all statutory holidays. Therefore there will be no programs on **Friday 14th and Monday 17th April** for Easter.

Family Centre Weekly Programs

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

FREE Fruit and Veggies delivered to Lam Circle! From 5:30pm onwards.

Many of you have taken advantage of the free fruit and veggies dropped off for Lam Circle families over the last two weeks. Danny Martin has kindly coordinated this as a trial to see if it is something families are interested in (thank you Danny for doing this). Based on the last couple of weeks the response has been a resounding 'YES!' We have the opportunity to extend this into a regular weekly event, but to do this we need two more volunteers. We are looking to establish a schedule so that each person would be on a three or four week rotation. Volunteers would be responsible for set-up and clean-up of the food. If you are interested in supporting this opportunity, and are available to help on a Tuesday evening, please contact us at familyc@uvic.ca.



The SPEAKWELL ESL English Conversation Program

On Monday April 10th, at our Learn and Share Program (10am-12 noon), Derek Swallow will be with us to talk about The Speakwell ESL English Conversation Program. Here is some more information about it.

The SPEAKWELL ESL English Conversation Program is a FREE non-denominational English program for ADULTS, with FREE childcare, run by volunteers and sponsored by the Community Development Office, Saanich Parks and Recreation, Municipality of Saanich in Victoria, British Columbia.

Practice English speaking in a small-group facilitated by a fluent English teacher. Improve your English vocabulary, pronunciation, and knowledge of English expressions/idioms through conversation and learning material provided each week based on a different topic.

We welcome all levels of English and the program is open to all adult learners, whether you are an immigrant, refugee, student, or temporary visitor.

Our drop-in classes are held every Wednesday evening from 7:00 – 8:30 pm, at the Gordon Head Lawn Bowls Building - 4105 Lambrick Way (beside the Gordon Head Recreation Center).

The Gordon Head (27) and Majestic (28) buses service our location.

For more information please contact coordinator Derek Swallow at speakwellesl@gmail.com or 250-721-0497

After School Club

Now that the weather is improving, the After School Club has been getting out for more excursions. They have visited Arbutus Cove beach, played at different playgrounds like Arbutus Middle School and Frank Hobbs, as well as walking through the forest and doing a forest scavenger hunt. The After School Club runs **every Thursday 3:30-5pm.**



Early Learning Program

'Welcome to The Office'

This month during our Early Learning Program, children have been enjoying time in 'The Office', an area that is set up at the back of the Family Centre with general office materials. By offering a variety of opportunities with literacy materials, children learn through playing.

Here's a glimpse of some of our children at work:



What would you like to see in this newsletter?

Is there something you would like to write about for 'News and Views'?

All ideas and contributions are welcome.

Please email fcnews@uvic.ca



Summer Fun



The weather is improving and we are fast approaching the season of BBQ's, picnics at the park, community garage sales... Are you interested in being part of a team to put on social events in and around Lam Circle? Danny Martin has offered to help coordinate a team, if you are interested please join him at the Family Centre on **Tuesday, April 11th at 5pm**. If you cannot make this date, but are interested in participating please let us know at familyc@uvic.ca.

Conversation and Coffee Club!

Everyone Welcome!

Thursdays from 1-2:30 pm



We are continuing our Conversation Club. This is a chance to practice your English while playing games and communicating with other families. Each week we play a fun and interactive word game and encourage English conversation. Kids are welcome. It's a fun and busy place so come and join us!



Victory Health & Wellness

Initial Visit Rates on Student Health Plans

		Undergrad Plan	Grad Plan
Massage	55 min	\$20	\$10
Chiropractic		\$12	\$10
Naturopathy	90 min	\$30	\$10
Dietitian		\$22	
Acupuncture	60 min	\$20	\$10

Health tip for spring: increase your intake of garlic and onions. Garlic and onions have antimicrobial properties that help protect against flus and colds that occur with season changes.

Both also contain **quercetin**, which reduces histamine release and can help reduce seasonal allergies.

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.

April 3rd - Jane Wismer, Public Health Nurse

April 10th - Derek Swallow: Speakwell ESL English Conversation Program

April 17th - Easter Monday: No Program

April 24th - TBA

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 K-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.

Conversation and Coffee 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! For the month of April the Family Centre will be offering an opportunity for people to come and practice their English conversation. The program will take place on **Thursday afternoons from 1:00-2:30pm**. Children are welcome to come and play during this time.

Community Events



Exhibition – Terry Fox: Running to the Heart of Canada. Royal BC Museum. Starting April 12 til Oct 1, 10am-5pm daily.

Explore the story of a young man who inspired a nation and established himself as a hero through his courage, hope and determination.

BC SPCA Wild ARC – 13th Annual Open House. Wild Arc, 1020 Malloch Road, Metchosin. April 1-2, 12-4pm. Free admission.

Wild ARC's Open House offers a rare opportunity to go behind-the-scenes at a wildlife rehabilitation centre. Wild Arc cares for over 3,000 injured and orphaned wild animals annually from the community. Visit www.sPCA.bc.ca/tourwildarc to reserve your free tour time. Admission is free but donations of food or supplies are appreciated.

Easter Egg Hunt, Dominion Brook Park (Across from Panorama Rec), North Saanich.

April 16, 1-2pm. Children are invited to bring their Easter baskets to a lovely heritage park – Dominion Brook Park across from Panorama Recreation Centre. The Easter Bunny will have been up since dawn hiding eggs in nooks and crannies. Find them and bring them to the Easter Bunny and you'll receive a scrumptious Chocolate and perhaps other tasty treats! Parents and Grandparents are welcome to take part in the fun.