



Summer Newsletter *Saanich Neighbourhood Place*

Hello to all of you!

Summer is once again nearly upon us, and with it the hopes of many of us for some lazy days in the sunshine with not much to do but read a book and sip your lemonade. I know I am looking forward to a few such days myself! But when school is closed and days are long, summer is also often a very busy time for families and children.

Here at Saanich Neighbourhood Place, we will be undertaking a bit of an upgrade in our Pearkes spaces, which will impact our calendar for a few weeks. The Child and Family Centre is also set for our annual maintenance week, closing all programs. [The full calendar](#) for all programs is on our website, indicating the closures, to help families

plan around those dates as needed.

The Pearkes programs will be closed from July 24th to at least August 4th to give us time to do a long overdue kitchen upgrade. This project has had great support from both [Western Coast Insurance Services](#) and [the St. John's Order of Knights Hospitallers](#), who have provided generous donations to the project. We also had a successful offering of evening kitchen classes, attended by many in our community, which raised a further \$1300 for the kitchen. We are looking forward to working with [LTS Cabinetry](#), [Crest Sheet Metal](#) and [Brent Jensen Plumbing](#) to improve the function and look of our hard-working space! [Save-a-lot Hauling](#) will be helping us out as well! The Bell Irving Room (Playroom) is also getting refreshed, thanks in part to [Greggs Furniture & Upholstery Ltd.](#), [Jordans Flooring Outlet](#), and [Luv-A-Rug Services Inc.](#), for helping us with rugs, carpets and recovering kids furniture!

In the Child and Family Centre, we will be freshening up during the week of June 26th – 30th . These hard-working spaces will be getting a good spring clean as we will be touching up paint, refreshing spaces indoors and out and taking the needed time to organize and replenish materials and supplies. Our childcare staff will also have a Professional Development opportunity during this closure, time for important learning and team building. There will be no childcare offered during this week.

May presented an opportunity for Neighbourhood Houses in the CRD to meet with our local MLAs to raise their awareness of the work we do in our communities and to request support as we seek to secure core funding. Currently, neighbourhood houses like Saanich Neighbourhood Place are funded by a mix of service contracts, grants, donations and fees for services or social enterprise ventures. Core funding is needed to ensure the basic operational costs are covered, and more of our resources are going directly to serving our communities.

A giant 'thank you' to all of you who participated in our Strategic Planning Survey in April. We received over 200 responses, and a wealth of information on what our community loves about SNP, and about what we could be doing more of. Our consultant, Catherine Schissel and Associates, has organized all that feedback for our Board of Directors and Management team to work with in the coming weeks. The finished Strategic Plan will be available as part of our fall AGM package, for those

who are interested. Thank you again for giving us your perspective!

June is the 'Great Giving Challenge' through Canada Helps, and we are participating once again. Each dollar donated enters us into a draw to win \$20,000! This year we are asking for donations to support our inclusive childcare programming in our Full o'Beans programs. Inclusive childcare supports little ones to attend licensed childcare programs with dedicated assistance and support. We hold up to 20% of our spaces for families that need this programming. We hope you will consider making a one-time or an ongoing pledge. Any amount helps, and all donations are tax deductible. To donate, please visit the 'Canada Helps' button on our website: <https://www.snplace.org/great-canadian-giving-challenge-2023.html>

On June 7, we held our second Family BBQ at the Child and Family Centre! We had over 300 folks come down for hot dogs, salmon and a variety of yummy salads made in our kitchens. We were delighted to have so many families join us for the event. Pitching in to make it all happen were our Board members Erin, Donna-lynn, Kim, Barb, Dotan and Fiona and many of our staff members. We invited Councillor [Mena Westhaven](#) (Saanich) and [Minister Rob Fleming](#) (MLA) to come and join the fun, surprising them with the reach and scope of Saanich Neighbourhood Place. We enjoyed great weather, and look forward to next year's event.

Finally, September will be the 10th anniversary of Full o'Beans Preschool. Our part-time programs opened in September 2013, hard to believe the first children who came through are now in high school! We hope to see some of our past and current families at an anniversary celebration in the fall, watch the calendar for more information.

Sincerely,

Corinne M Hilton
Executive Director
Saanich Neighbourhood Place



SNP Updates

Pearkes Closure / Renovation

Our hard-working kitchen is getting a make-over this summer. The renovation will take place from July 24th till August 4th. We are also updating the Bell Irving Room and Boardroom in our Pearkes location at the same time with the Kitchen renovation. Please call 250-360-1148 to ensure staff are available to assist you during this period.

Preschool / CFC Closure

Last day of Full o'Beans Preschool before the summer closure is June 23rd. Our Child and Family Centre is scheduled for a freshening up by getting touch-up paint and a good cleaning during the week of June 26th - 30th. The Centre will be closed during this time for that and for our staff's Professional Development. Please note that there will be no childcare offered during the closure.

Summer Programs 2023

Some of our popular programs are running this summer, so if you are around, join us! Our Summer programs will start in July and registration is now open. [Check out the calendar here.](#)

Regular Programs available in Summer 2023

Dad's Drop In (No sessions on July 1, August 5 and September 2)

Baby Groups (No sessions on July 26 and August 2)

Best Babies (pre/post natal support) (No sessions on July 25 and August 1)

Playgroups for under 5 (No sessions on July 26 and August 2)

Kindergym

Toddler Kindergym

We will be operating programs in two of our locations at Saanich Pearkes Recreation Centre and SNP's Child & Family Centre (behind the Pearkes Rec Centre). [Visit our programs calendar](#) for more information and email us at admin@snplace.org or phone 250-360-1148.

SNP Summer Statutory Holiday Closure	
Jul. 1 (Sat.) - Jul. 3 (Mon.)	Canada Day
Aug. 5 (Sat.) – Aug. 7 (Mon.)	BC Day
Sept. 2 (Sat.) - Sept. 4 (Mon.)	Labour Day

[SNP 2023 Summer Programs](#)



Great Canadian Giving Challenge 2023

Saanich Neighbourhood Place is proud of its commitment to provide accessible childcare to our community, dedicating up to 20% of our preschool program spaces each year to children with extra support needs.

Since opening our preschool in 2013, SNP has provided up to 54,600 supported care hours to children needing 1-on-1 support to play, interact, and learn with their peers. Early childhood experiences are foundational in building skills and abilities for all children and vital to children with extra support needs. But we need your help to keep offering this type of inclusive care!

Until now, we have been able to access wage subsidies to recruit and retain experienced Supported Childcare Workers. However, recent funding changes are threatening our access to these wage subsidies and our ability to offer 1-on1 supported care.

We appreciate any support you can give, especially during the month of June when we're taking part in the Great Canadian Giving Challenge. Every \$1 donated enters us for a chance to win \$20,000!*

Please consider donating today, because every child deserves access to quality

childcare programming. If you have any questions about our programs or would like to discuss other ways to give, please reach out to Corinne at ed@snplace.org

*For the official contest rules, click [here](#)

Donate to SNP



Photo credit: Mena Westhaver (Saanich Councillor)

SNP Family BBQ 2023

Saanich Neighbourhood Place hosted a community family BBQ for our program participants and their families on June 7th. It was a sunny and gorgeous afternoon and more than 325 people participated. The attendees enjoyed hotdogs, baked salmon, a

variety of salads made in our kitchen and treats. We also had kids' craft and bubbles stations for the little ones to entertain themselves.

It was great to connect with people we don't get to chat normally and see their smiling faces. A big thank you to our sponsors, who include [Save-On-Foods](#) (Coke and Pepsi), [the Mustard Seed](#) and [ColdStar Solutions](#) for their contributions to the event.

The participants were also happy to take home some seedlings that were delivered from [City of Victoria](#) as part of their popular "[Get Growing, Victoria!](#)" program, which was created to tackle the challenges of food insecurity and to cultivate gardening knowledge to help people grow their own food.

We are grateful that we had the opportunity to socialize with the SNP community. Thank you so much for those folks who came and celebrated our wonderful community with us!





Pride Month

At Saanich Neighbourhood Place, we strive to provide a community that respects and celebrates all individuals and families. Our Family Services Manager, Jacquelin Green, joined Mayor Murdock of the District of Saanich for the Mayoral Proclamation and flag raising on June 1st.

SNP was also invited to have an information tent at the second annual "Saanich Pride in the Park" that took place at Beckwith Park on June 15th, where Corinne and Jacquelin had an opportunity to meet folks and talk about SNP's programs and services. The event was hosted by the District of Saanich by partnering with Victoria Pride Society and the Inter-Cultural Association to create opportunities for visibility, collaboration, ongoing conversations and celebration as we work towards equity for all people of diverse gender and sexual identities. The event was packed with a variety of information displays, entertainment, food and family-friends activities. We are grateful to be part of the diverse community that celebrates our differences and individual uniqueness.



Keep in Touch Interview: Family Services Manager, Jacquelin Green

Jacquelin was interviewed by [Keep in Touch BC](#) eNewsletter produced by [Frog Hollow Neighbourhood House](#) about the VIRCC (Vancouver Island Regional Correction Centre) Parenting Program offered at the Wilkinson Road facility. This program provides information, parenting skills, and resources to parents currently serving out their sentences. This program has been well-received and thanks to [United Way](#) and their support, will continue to be offered in the future.

Jacquelin talks about the processes she had to go through to make the program successful, the positive impact it is making on the participants and their families, and what a great experience she has had working with the group of parents and some challenges they face. To read the whole article, please click [here](#).



Appreciation for Our Sponsors and Donors

We would like to express our heartfelt gratitude for all the support and donations we receive at Saanich Neighbourhood Place. Our work here is only possible with your help, and we truly appreciate the generosity of our communities, individuals and businesses.



Ice Cream Balls

If you would like to elevate that tub of ice cream you have sitting in your freezer, this is an excellent way to do so! This will take it to another level with its crunchy, sweet and cinnamony crust. This is also a fun way for your child to get involved in making yummy summer treat that doesn't require a lot of effort.

Ingredients:

Ice Cream - Any flavour you want.

Crust - A mixture made of graham crackers, peanut butter (or any nut butter), sugar and cinnamon. If you don't like cinnamon, you can take it out.

1. Prepare the crust - Mix together the crushed graham crackers, nut butter, sugar and cinnamon in a large bowl. If the nut butter is a little dense, microwave it for a few seconds to make it softer.

2. Scoop ice cream - Simply scoop the ice cream. Use plastic gloves and form them into evenly-sized balls.
 3. Roll the balls into crust - Work quickly so that ice cream won't melt.
 4. Freeze - Give them about 30 minutes to firm up again.
 5. Enjoy!
-



Sun Protection

Most of us love the sun and we hope you have been enjoying sunny weather, cold treats and water activities. Sun protection for children is so important because the efforts taken at a young age can affect their whole life. Blistering sunburns in childhood are a risk factor for melanoma later in life, so you want to make sure your little ones are well-protected while they enjoy summer activities.

Here are some tips for sun safety for your family:

*Babies under 6 months of age should be kept out of direct sun. Dress them with light-weight clothing and a wide-brimmed hat, covering their arms, legs and neck. Move

them to the shade under a tree, umbrella or stroller canopy. If adequate shade or covering is not available, use a minimal amount of sunscreen with SPF 15 or higher on small areas, such as the face and back of the hands.

*The Sun's rays are strongest between 10am and 4pm. Try to keep out of the sun during these hours, but if not, make sure you apply "broad spectrum" sunscreen with SPF 15 or higher 15 minutes to 30 minutes before going into the sun.

*Wear protective clothing such as sun guard shirts, hats and sunglasses.

*Reapply sunscreen often. At least every 2 hours, and more if your child is swimming or sweating.

Childcare Summer Essentials:

*Sunscreen

*Hat

*Water bottle

Signs of Heat Stroke

*Have hot, flushed, dry skin

*Rapid breathing and heartrate

*Have a headache, feel dizzy, or be confused and/or restless

*Rapidly worsening condition leading to being unresponsive

*Body temperature over 40C° (104°F).

*Nausea and vomiting

*Seizures

Heat exhaustion may start slowly but if it's not quickly treated, it can progress to heatstroke. Heat stroke requires emergency medical attention right away.

We wish everyone a safe and fun-filled summer!

With gratitude, we respectfully acknowledge that we work and serve on the unceded lands of the L'kwungen speaking peoples of the Songhees and Esquimalt Nations.

View our land acknowledgment [here](#).