



# Whitevalley Community Resource Centre



Newsletter Issue 2  April 2018

## Meet Our Team



My name is Wendy and I am the Administrative Assistant/Contract Manager at Whitevalley Community Resource Centre. I have been working and volunteering at Whitevalley for 18 years; my currently role began in 2008. My main role at Whitevalley is to make sure contracts are implemented in accordance with the objectives outlined in them. At its core, this role enables the services Whitevalley provides to the community to actually take place. I keep the funders happy, the rest of the staff keep the clients happy. We work together as a team (along with other organizations and groups in the community) to “make things happen” in the community! Whitevalley and its staff truly make a difference in many lives in the community. It is very gratifying to be a part of that - making a real difference to those in need of information, resources, assistance or services.

When I’m not in the office, I enjoy spending time with my “kids” (my son and his fiancé), my dog; walking; cross country skiing; and working with stained glass.

## Cherryville Kid Zone



Wow!!! Another season of Kidzone has flown by.. it seems like we just started planning for the program to begin and it’s already over! We started our program in November and one of our first projects was to construct wooden tool boxes supplied

by Lee Laviolette-this was a hit with the children, the children were proud and excited to wrap them up and give them away as Christmas gifts to family and loved ones, (or keep them for themselves)! In January we had a skating party, we all went for a Wintery walk down to the ice rink. We listened to music, played a little hockey and free skated. The conditions this year were amazing for an outdoor rink, we will be keeping our fingers crossed that this will be something we can do again next year!

Just before we finished our program in March we did one last Easter craft. All the children were given real eggs that they blew out and then cooked into scrambled eggs for their snack, (this was fun to watch and definitely messy); they then colored and dyed their eggs to get ready for Easter-yay!!

The staff would like to thank all the students that came to Kidzone – we had a really fun year with all of you and are looking forward to next season!!

## Lumby After School Program

The Kid’s Space After School Program is ready for SPRING! After the winter months full of activities themed around snow and Christmas we are happy to see the snow pile melting and hoping for some good weather soon. Last month was full of exciting activities; such as making our own rain sticks, creating Easter egg shapes out of string and balloons, and an Easter egg hunt on the last day of school before spring break.

The program will return from spring break on April 3<sup>rd</sup> when the children come back to school. The month of April will bring some new and great experiences for the program centered on science. Science will be the theme for the month.

The program is for children grades K-6 and runs Monday-Friday (including Pro D Days\* with a minimum of 10 kids signed up). It is licensed by Interior Health and operates out of the J.W. Inglis Elementary School Library. We also offer subsidy form assistance for families that qualify for financial aid.

The Summer Day Camp will soon be starting its planning phase and registration as soon as other details are finalized.



## Partner Recognition

Whitevalley Resource Centre would like to thank Valley First credit union and their

Jeans Day Fundraiser!

With your help and support we are able to offer financial aid to families & children in our community attend events, field trips and participate in sports!

Your continued support is greatly appreciated!!





# VOLUNTEER OPPORTUNITY

Are you compelled to help people affected by disasters? Are you looking to make an impact in your community?

The Regional District of North Okanagan and the Canadian Red Cross have an incredible opportunity for you!

Visit us in person at the Village of Lumby Office on Thursday April 12 from 6:00pm-8:00pm for an Information Session on becoming a Level 1 Personal Disaster Responder in Lumby. There is a role for everyone to play!

## COMMUNITY VOLUNTEER INCOME TAX PROGRAM

This is a **FREE** service 

March 2nd - April 30th 2018

OAP Hall

Tuesday's 10:00am—Noon (Beth)

Friday's 10:00am —Noon (Marilyn)

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Saddle Mountain Place Lounge

Monday's 2:00pm—4:00pm (Marilyn)

Wednesday's 2:00pm—4:00 pm (Beth)

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Cherryville Hall

Tuesday's 2:00pm—6:00pm (Shauna)



## Counsellors Café...

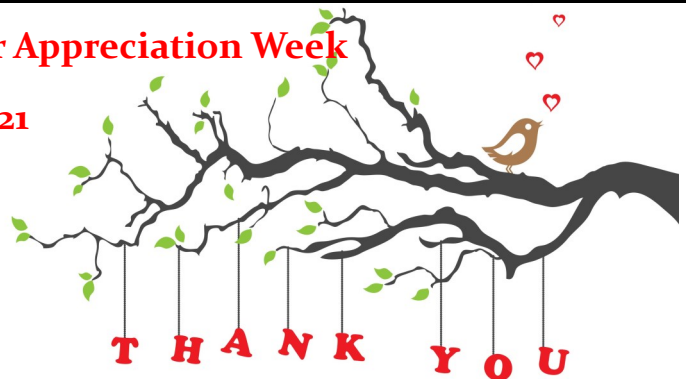
Did you know that number one indicator for student success is parents' involvement? Here are some tips how to keep your teen on track to succeed at school:

- 1. Attend Parent Teachers conferences-** Teens do better in school when parents support their academic efforts. Attending your school's open house or back-to-school night is a great way to get to know your teen's teachers and their expectations.
- 2. Support Homework Expectations-** During the high school years, homework gets more intense and grades become critical for college plans. An important way to help is to make sure your teen has a quiet, well-lit, distraction-free place to study that's stocked with supplies. Distraction-free means no phone, TV, or websites other than homework-related resources. Be sure to check in from time to time to make sure that your teen hasn't gotten distracted.
- 3. Send Your Teen to School Ready to Learn-** A nutritious breakfast fuels up teens and gets them ready for the day. In general, teens that eat breakfast have more energy and do better in school. Teens also need the right amount of sleep — about 8½ to 9½ hours each night — to be alert and ready to learn all day.
- 4. Teach Organizational Skills-** Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. Daily to do lists, breaking big projects into smaller parts or providing a helping hand with prioritizing could be helpful tools to teach your teen.
- 5. Know the Disciplinary and Bullying Policies-** All schools have rules and consequences for student behaviours. It's helpful to know the school's definition of bullying, consequences for bullies, support for victims, and procedures for reporting bullying. It's easiest for students when school expectations match the ones at home, so they see both environments as safe and caring places that work together as a team.
- 6. Get Involved-** Volunteering at the high school is a great way to show you're interested in your teen's education. Keep in mind, though, that while some teens like to see their parents at school or school events, others may feel embarrassed by their parents' presence. Follow your teen's cues to determine how much interaction works for both of you, and whether your volunteering should stay behind the scenes. Make it clear that you aren't there to spy — you're just trying to help out the school community.
- 7. Take Attendance Seriously**
- 8. Make Time to Talk About School-** Besides during family meals, good times to talk include car trips, walking the dog, preparing meals, or standing in line at a store. When teens know they can talk openly with their parents, the challenges of high school can be easier to face.



## Volunteer Appreciation Week

April 15—21



So much for all that you do!