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Let It Snow! Let It Snow! Let It Snow! by Daycare Staff

We've had an unusual amount of snow this season. Some people didn't welcome the "white" stuff but in the daycare there was excitement in the air. How will the children react? What will they do with it? How will they play? We bundled the children up from head to toe before heading out, some so stuffed into their snow suits and boots they could hardly keep themselves upright but were still determined to test it out. There was lots of tasting, rolling, shoveling, kicking – we made footprints, chased the flakes and experimented with the ice. When fingers and toes got too cold, everyone went back inside and a bucket of snow was put on the table. As it melted into little puddles we wondered about the toddlers' understanding of this "change of state" – something they may not be able to articulate for a few years to come and more snow days.



Artemis Garden Program, by Daya (Youth and Family Counsellor)

Spring is here! The snow is finally gone for good (hopefully) and we are once again imagining our future garden abundant with vegetables, herbs, and flowers. Our partnership with Lifecycles continues. Matthew, our lifecycles facilitator was awarded a small grant and together we plan to offer bi-monthly classes for students through the spring semester. So far, this fall and winter we have learned about soil health, pruning, and mulching. We also took a rainy field trip to the Springridge Commons to harvest willow branches, which we will weave into a living shade structure

in the garden. Now in early March we are beginning to start many seeds indoors, including kale, basil, cilantro, sunflower, salad greens and more. Outside, the bulbs we planted in fall are poking through and we have planted snap peas, trellised along the daycare deck and awaiting little fingers to pluck them for spring time snacks...



Chocolate Banana Oat Bars

The Moms' Group made these delicious bars to take home for themselves and their little ones.

Here's the recipe.

Pre-heat oven to 350 degrees

½ cup butter, melted

¼ cup brown sugar

¾ cup mashed banana

Mix these ingredients together then add...

2 cups oats

½ cup coconut

½ cup nuts or seeds e.g. chopped walnuts, sunflower, pumpkin

½ cup chocolate chips

Grease a pan, press the mixture into it and bake 45 min – 1 hour

Cut into squares. Freezes well.



Climbing at UVIC's CARSA (Centre for Athletics and Special Abilities), by Emily (Educator)



Students are participating in a few rock climbing sessions; they are learning how to be safe on the wall, belay one another, boulder and climb. The first session was a huge success with five students trying out the routes. Everyone was excited to practice climbing and use their new belay techniques to support each other to get up the wall. All students had the opportunity to set their own challenges and come away feeling accomplished.

Community Meals, by Amber (Youth and Family Counsellor)

Every Wednesday morning in the kitchen you will find a TC (Teacher/Counsellor) group and students busy preparing a healthy lunch for the whole school community. The students have a voice in deciding what we will cook and we always have a vegetarian option, a gluten free option as well as we cater to peoples food sensitivities and allergies. When the meal is served a student or staff member will gather everyone in the kitchen for a territory acknowledgement and we thank the chefs who have prepared our homemade meal. Last week we made homemade pesto pasta with roasted veggies and salad. Thanks to the Root Cellar for a monthly \$50 donation to help stock



our kitchen with an assortment of in season healthy veggies.

Medicine Horses, Jae (Youth & Family Counsellor)



Artemis students had the opportunity to visit Medicine Horses at Thirteen Moons Farm in Saanich. Medicine Horses have special energetic healing abilities. Elders have described what the Medicine Horses do as taking away physical pain and moving negative emotion away from the individual.

Here is one student's experience visiting the Medicine Horses:

When I first walked in the barn I could feel a lot of energy and not the type you feel when you walk into a regular horse barn. While we were sitting in the circle I felt very tired. When it got time for us to go see them I was drawn to a particular horse. After a while I started crying and I didn't know why. When I looked into the horse's eyes, I could see that her ears were back and she lowered her head. In my mind I asked her why she looked so sad and she asked why I was crying. It was an emotional experience that felt healing in the end.



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