



Artemis Place Society  
 3020 Richmond Road  
 Victoria, B.C. V8R 4V1  
 t: (250) 598-5183  
 f: (250) 388-9153  
 info@artemisplace.org  
 www.artemisplace.org



## Winter Celebrations at Artemis!

The week before winter break was full of celebration and joy here at Artemis Place. On Wednesday, December 19th, we decorated the school and ate a feast together, including turkey, vegetables, stuffing and gravy. Students and staff worked together to cook the meal, and enjoyed eating together at beautifully decorated tables. The following day, a student dressed up as the Artemis Santa, and students received wonderful gifts that were



thoughtfully purchased, made and wrapped by our community of elves. We are so grateful for the generous donations from the community to make the holidays memorable!

## Arbutus Heights Roast Chicken



- ½ cup salt
- ½ cup sugar
- 1 whole chicken
- Butter and olive oil
- Pepper and additional Seasoning (if you want)
- Fresh Herbs and Garlic (Optional)

Dissolve Salt and Sugar in water, soak chicken overnight in refrigerator. Remove Chicken from brine, pat dry and place on rack in roasting pan (good) or V rack (better) or preheated cast iron dutch oven (best)

You can rub some butter under the skin (makes it extra yummy, but I'm lazy and just pour olive oil right over the entire bird). Season with pepper. You can stuff some garlic and fresh herbs into the cavity.

Place bird into 400 degree preheated oven with the lid on. (Convection is AWESOME!). The recipe calls you to rotate the bird (again for those with so much time and so little to do... I usually skip this step)

I start the bird "en cocotte" - that just means "covered." and then remove the lid towards the end to crisp the skin. If I get busy and forget to remove the lid, I usually crisp the skin under the broiler for a few minutes.

Remove when the meat thermometer says it's done (based on the advice of legal council: please see the guidelines laid out by the Canadian Food Safety Council :-)

Make some gravy while it rests. (Mmmmmmm)

## Swan Lake Outing

The sun came out on November 19th when we arrived to Swan Lake for our afternoon tour and exploration! There was so much happening, and student engagement was high. We began our outing with some education of the microscopes and students were able to

experiment looking at their own cells from inside their cheeks, their saliva and fragments of an onion peel. They then went outside with



nets and students gathered life from the lake, living and non-living organisms to bring back inside to look under the compound microscope. The day was filled with laughter and learning, and as everyone made their way back to the bus, they were greeted by an owl to close off the day.

## Nature Connections

In today's technical age, are we slowly losing our connection to nature?



The connection to nature is an essential part of living a healthy life. In the daycare we think it is important to encourage children to embrace and respect their natural surroundings. One of the ways we do this is by tuning the children in to all the small miracles around them. The sight and scent of a blooming flower, the beauty and sound of a chirping hummingbird, the clouds moving in the sky, the taste of herbs or the wind swaying branches and leaves of nearby trees bring a sense of pleasure to all of us. Holding bugs and worms gently and feeding our crow friends every morning has become a routine when we're in the play yard. Nature teaches us how to solve problems. Uneven ground and different surfaces teach us how to balance our bodies and to walk with awareness. The number of experiences is limitless. Nature invites us to use ALL our senses. Next time, you and/or your child are at home and there's energy to spare... head outdoors to see what there is to discover!

### Holiday Breakout Box!

Each month, our three teacher/counsellor groups have some sort of challenge. In the fall, we created a stool out of magazines and duct tape that would hold a person, and a boat out of recyclables that would



carry an apple and not sink. Not only is it fun to do, the challenges help students learn about their leadership style, how groups work and how to communicate their ideas effectively.

In December, we tried a new challenge – our Breakout EDU box! Like a small version of an escape room, TC groups had to work together to solve a puzzle that included QR codes, video clips, math skills, decoding and ingenuity to open all five locks on the box to get to the prize inside. It was interesting to see how the puzzles challenged both students and staff! In the end, we got the box open and shared the candy canes. Mystery solved!

### Beeswax Food Wraps

This fall, Artemis Place joined Saanich and other local initiatives in adopting the One Planet Principles (see more at <https://www.bioregional.com/one-planet-living>). To go along with lowering our carbon footprint, as well as brainstorming creative ideas in how to reduce our

waste, we decided to make Beeswax Food Wraps using local beeswax



from Babe's Honey Farm and cotton fabric found in our very own sewing corner of the Art Room! The workshop was a big success, and we now have wraps a-plenty to use in the program!

**Would you like to support our programming? Below are a few ways you can help out!**

- Pick up a Thrifty Foods Smile Card from Artemis Place and a portion loaded onto the card is donated to Artemis Place.
- Use the Artemis Place Co-Op membership number when filling up with gas: the number is 72736
- Contribute monthly by Pre-Authorized Debit (PAD) on the fifteenth of each month

Contact [info@artemisplace.org](mailto:info@artemisplace.org) to set up (PAD) or to have a Thrifty Fundraising card sent by mail. Your generous support allows Artemis Place to continue offering enriched and nurturing programming to our students, and their babies and toddlers.

For more information about Artemis programs or articles in our newsletter, please call (250) 598-5183 or email [info@artemisplace.org](mailto:info@artemisplace.org).