



Artemis Place Society
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Artemis YPP

A new year begins – happy 2023! So many changes since September – the crawlers are walking, the walkers running, and many skills have been worked on and mastered. We savor these precious moments as they're happening, by observing the children, listening, and staying curious. We want to be present with them and enjoy where they're at now rather than rushing on to the next activity or focusing on a future goal. In the Multi Age Centre where the children are 4 and 5-year-olds the play has become much more focused and cooperative. They are very interested in books, memory and board games, creative play, and more in-depth learning about space, dinosaurs, transportation and the world around them. And speaking of learning we're looking for donations of gently used materials suitable for preschoolers such as Bingo, Snakes and Ladders, Lego or other games your children may have enjoyed.



Report cards are ready and progress meetings scheduled. Connect with us for updates and planning forward to the end of the year. So much learning happens at Artemis everyday!

Winter Festivities

Winter festivities at Artemis were off the hook! We had a week of making holiday crafts; baking holiday treats; eating holiday food; and watching holiday movies, all connected to curriculum of course.

On the Wednesday before winter break, we had our holiday feast, which involved several students pitching in to cook, clean, and serve; and even more students and staff eating together. We followed up our meal with gifts from Santa and the elves. Thank you to all of our donors. All in all, a wonderful week of winter festivities!

Drum Making Workshop

In January, we were grateful to host a drum making workshop, facilitated by Rob Sam, local Indigenous knowledge keeper, and some of his family. Rob and his grandchildren shared some beautiful local cultural teachings and songs for the drums. The all-day workshop was enjoyed by everyone who participated. Students stretched, and tied beautiful local deer hide to locally made cedar frames. They worked so hard all day! All the



drums turned out well, were finished and sounded so beautiful when dried. Among other teachings shared, the Indigenous view of land was shared by Rob. A view of holding a respectful, reciprocal, and sacred relationship to the land that provides for us and sustains our life as humans: "We do not own the land, we belong to the land." It was a great way to start the new year. Sending out another big thank you to Rob, and our Artemis's supporters, for supporting our students learning and cultural connections this year.



SEA Group

This year at Artemis we introduced the Social Emotional Awareness (or SEA) group which offers weekly workshops on topics related to sensory awareness, mental health and neurodivergence, emotional regulation tools and strategies, healthy communication and relationship skills, self-care, and creativity. So far this year students have learned about how their nervous systems work and have engaged in skill-building activities focused on Mindfulness, Trauma Tapping, and Acceptance and Commitment Therapy (ACT).



We have used some of our time to participate in the Expressive Arts, which utilizes various modalities of the creative arts (visual art, poetry, storytelling, movement, etc.) to help students attune to their vast inner resources and access creative solutions to problems. We have even managed to do one winter outdoor field trip to Elk Lake where students connected to the natural environment while participating in a poetic writing exercise. We are all looking forward to warmer weather to return as we anticipate more of this excellent combination: nature, art, and learning about how to be our best selves in the world!

"Dreamtree" Drawing by Artemis Student-Kaylee

Meet our New Teacher- Char

Hello Artemis, I'm Char! I'm the new Math, Careers, PE, and Active Living teacher. I'm originally from California and have lived in Victoria since 2014. I have a BSc in Biology and Environmental Studies and just finished the teaching program at the University of Victoria. Some of you might recognize me from my time with Science Venture, where I led hands-on STEM workshops at Artemis Place on-and-off since 2018. When I'm not working, I'm playing with my pet rats Moss and Tissue, drawing (mostly silly little comics), or hiking (I hope to hike at least once every month this year!). I'm super excited to start my teacher career here at Artemis and make Math and PE fun again! You can find me in the quiet North Room most days.



Meet our New YFC- Dani

Hi Artemis. I'm Dani. I am one of the new Youth + Family Counsellors (YFC). My role as a YFC is to develop an authentic, trusting relationship that allows for me to be an advocate and voice for our students. When I am not here, I can be found on the hills - mountain biking or hiking, playing guitar and singing (fun fact - country music is my fav!), planning my next bike touring trip (Seattle may be my next stop), creating new meals (my recent fav - gluten free sourdough chocolate cake), or playing with my "new to me" film camera. I'm looking forward to meeting you all and learning about what makes you authentically you. I can be found tucked away beside the south room and right near the garden.



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