

ÉCOLE LORD SELKIRK ELEMENTARY SCHOOL

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<http://go.vsb.bc.ca/schools/selkirk/Pages/default.aspx>



THE CEDARS' BARK- January 2017

Principal:	Shannon Burton	604-713-4650
Vice Principal Director of Instruction:	Vital Peeters	604-713-4650
	Robert Schindel	604-713-4424
Liaison Trustee:	Allan Wong	

PRINCIPAL'S MESSAGE

Dear Parents and Guardians,

Happy New Year to all Selkirk community members. I hope that you had a restful and enjoyable winter break spent with those close to you. I have enjoyed hearing from students about the highlights of their winter vacations, time spent at home with family, trips to other countries, and activities all throughout the lower mainland. It is hard to believe that we have only been back at school for two weeks. There are many exciting programs and events that are approaching which will be shared in this newsletter.

With the turning of the new year we often encourage students to reflect on their highlights and successes from the past year and to set new goals and ambitions for the year ahead. The impact of reflecting on the positive and recording what we have been grateful for is very powerful. Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression. The increasing scientific research on gratitude reinforces the importance of social emotional learning.

Working with students we try to teach them that they have the ability to cultivate gratitude. We can teach students that even those things that are challenging help us develop strength, character and grit. If students can develop an attitude of gratitude as I will call it, they will often have greater satisfaction with school, relationships and generally in life. This ability to be in a state to reflect on one's experiences and set goals needs to be directly taught.

Often this ability to reflect effectively begins with helping children identify and clearly express their emotions. At Lord Selkirk we work on the "zones of regulation." We want students to be in the green zone so they can learn and be successful at school. If students are tired, hyper, sick, hungry, mad, sad, hurt and many other emotions they are in the red or yellow zone. It is hard to learn (socially, emotionally and academically) when you are in the red or yellow zone. Part of our job is to teach children how to get back to the green zone. This may seem very simple but identifying what zone you are in and what you need to get back to that calm, safe, and happy place to learn can be challenging. I have attached some information for parents on self-regulation. This is the term used when students can identify emotions and regulate their behaviour. If we can teach children to self-regulate, they will more likely be able to deal with a variety of situations and cope as adults in an increasingly challenging world. I have also attached workshops for parents and caregivers to support at home development in these areas.

The rest of the newsletter has important information about what is happening at Selkirk this and next month. Please let me know if you have any questions. I look forward to seeing you around the school. As always, my door is always open.

Sincerely,

Mme Burton

IMPORTANT DATES

January 10	FI Info Night- K/1
January 19	Grade 7s leave for Quebec
January 26	Grade 7s return from Quebec
January 24	Spirit Day-Lunar New Year
January 24	Lunar New Year Assembly – timeTBC
January 30	Professional Day
February 1	BC Lions in the House 1:00 for grades 5-7
February 7/8	Early Dismissal 2 pm Conferences
February 17	Selkirk Royale

WINTER SAFETY

We have been very fortunate to have wonderful sunny clear weather for many weeks now. The flip side to this uncharacteristically cold weather is more snow and ice which can make for slippery conditions. The VSB and our wonderful building engineers have been working hard to pick away at ice and salt and sand our campus. Some areas the ice is far too thick to pick at so we have taken precautions and closed the area. The path from 22nd near the playground to the frame building is closed temporarily. There is a path off 22nd near the parking lot and three entry points off Welwyn Street. Everyone should take care and walk more slowly during these wintery times.



DIGITAL CITIZENSHIP POLICY

Thank you for your feedback on the draft Selkirk Digital Citizenship Policy. We are moving forward together as a staff to link the policy to the district Bring Your Own Device Contract. We will be working on revisions and then sharing the final version with the community. Our goal is to create more educated digital citizens.

Teaching students how to create a positive digital footprint is essential for their success in this world. Online safety, awareness of the permanency of your online activities, as well as respecting others online are some of the areas of education.

In addition, students are encouraged to use mobile devices during learning time and not at recess and lunch. We have students that are sitting and playing video games at lunch rather than getting face to face time. We are working to ensure all students are engaged and active at lunch hour. Mobile devices should stay in the classroom at lunch.

INTRAMURALS



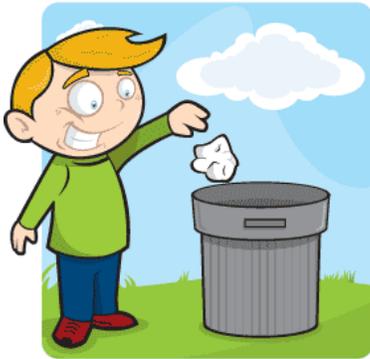
Mr. Peeters and Ms. Burton will be starting our winter in house intramural program. We will play a variety of games from badminton to moss ball and bounce ball.

This is for all students and we encourage participation in these lunch time activities. No previous experience on athletic teams is required. This is a fun way for students to come, have fun and get some exercise at lunch hour.

Mr. Peeters and Ms. Burton will be training our wonderful grade seven students to help lead these noon hour events. Training will take place the week of January 31st and intramurals will begin the week after. To start, grade 6/7 students will be invited on Fridays and grade 4/5 students will be invited on Mondays. Students must eat lunch first and then wait in a line outside the gym. Students will come in and sit down while leaders explain the games.

STUDENT GOVERNANCE TEAM TACKLES THE LITTER PROBLEM

Student representatives from grade k-7 are coming together with Ms. Burton every few weeks to talk about issues at Selkirk, to share student voice and to brainstorm ideas for the school.



The first issue the group has tackled is the litter problem. This is the message they will be sharing with the school. "Selkirk has a big litter problem.

Having a schoolyard with garbage in it is EVERYONE's problem. Litter effects not only humans but animals and the environment. Do you really want to go to school somewhere littered with garbage? It is everyone's job to pick up litter. The Adopt-Our-School Yard Program we have developed is designed to make everyone responsible for putting an end to litter. Each class will have its own quadrant it is responsible for all the time. Yes, everyday. Classes with the cleanest quadrants will receive recognition. We will be sharing our program with classes over the next few weeks.

Thank you for supporting this effort to clean up our school."

FAMILY DIVERSITY

We are looking forward to hosting VSB's Diversity Counsellor, Stephanie Lofquist, in our K and Grade 1 classrooms to talk about family diversity, as a part of the Social Studies curriculum. There are a number of books about families available at your school and local library to support your child's learning at home. Reading and discussing books about diversity encourages your child's social-emotional learning, social responsibility and empathy for others. Ask your school librarian about books available or visit

<http://www.welcomingschools.org/resources/books/diverse-families/>. If you have any questions about this topic, please do not hesitate to speak with Shannon Burton, Selkirk School Principal.

COMMUNITY SCHOOL AFTER SCHOOL PROGRAMS STARTING SOON

After School Programs Grades 1-6

Registration for our Gladstone Community Schools Team after school programs is on Tuesday January 17th at 3:05 in room B002. This term there is Bookworm for grades 1-3, Arts and Crafts Around theWorld for grades 2-4 and Incredible Science for grades 4-6.

If you have any questions please contact Becca Stephan at 604-713-315-3453 or bstephen@vsb.bc.ca

If you need a subsidy for these please contact Ms. Burton

Legendary Leadership - For Grades 7 and 8!

Do you want to participate in activities that will:

- Help you discover who you are as an individual?
- Learn what it takes to be a leader?
- Show you how you can impact your

community?

- Become involved in your school as a leader?
- Creating lasting and positive relationships?

Then this program might be for you!!

Registration is on Tuesday January 17th at 3:05 in room B002.

SELKIRK PAC

Happy New Year! Your PAC Executive and Members at Large have been hard at work getting ready for 2017. Read on for more news about all the things you have to look forward to.

Have questions? Comments? We've love to be in touch with you please connect with us via the options listed below, or stop to talk in the school yard. We look forward to speaking with you soon!

- Check our website: <http://selkirkelementary.com>
- You can like us on Facebook to stay up to date on the latest Selkirk Events:

<https://www.facebook.com/selkirkpac>

- Sign Up for our eNews: <http://selkirkelementary.com/enews-sign-up/>

- Or send us an email: lordselkirkpac@gmail.com

6th Annual Selkirk Royale - Early Bird Tickets on sale now!



Early Bird Tickets are on sale now for the low, low price of only \$10! <http://selkirkroyale2017.bpt.me>

New this year:

- Photo Booth - by donation, with unlimited prints

- Late night Dessert Bar
- Heads & Tails Game

- Do you have a connection that can make a donation to the event? Please email the PAC and put Silent Auction Committee in the subject line to

make your offer! lordselkirkpac@gmail.com

Do you have time to help out at the event?

Here is the link to Google Docs for Royale Shift Sign

Up <https://docs.google.com/spreadsheets/d/1PYPx-8r1C48vrKUmQY0KSeIELhLxrRjX1Idi1a1lkhk/edit?usp=sharing>. If you are interested in staffing a Bar Shift, please note that Serving it Right is preferred.

SPUD Fundraiser



eat. live. be happy.

SPUD is an online grocer that provides local and organic produce/groceries delivered to your door. SPUD has 8 different healthy produce boxes to choose from (ranging from \$20-\$40) and they donate 25% of the produce box sales to our school.

Ordering is easy - sign up for a SPUD account, select and add a **produce box** to your grocery order. At Check Out, type **fundraising** into the promo code box and a SPUD Donation Fundraising drop-down menu appears - select Selkirk Elementary for your school to support. With flexible options, this can be a one-time order, once a month or part of your weekly delivered groceries.

To get started... watch for the SPUD postcard, or go to the Lord Selkirk Elementary PAC Facebook page or <http://www.selkirkelementary.com/> fundraiser page for more information. We appreciate your support!

QUEBEC FUNDRAISING

From the Grade 7 Parent Team:

Dear Parents,
Are you interested in a fun night out AND helping out the Grade 7 Quebec Exchange? Well, you are in luck! The Grade 7 QX 17 Parent Fundraising Team is planning a night

out at Cedar Cottage Neighbourhood Pub. Tickets get you dinner and a drink and a whole bunch of fun - and all proceeds go towards the exchange.

[Saturday, Feb 4th at 5:30 pm](#)

Grade 7's with the Babysitter's Course under their belts are offering babysitting BY DONATION for the evening.

To purchase tickets for the event, please go to: <http://qxc2017.brownpapertickets.com>

Please contact Roland, roland@rolandtanglao.com if you need more information or want to help with the event.



Popcorn Sales

Popcorn Sales will continue on Fridays. Sales will start at 12:30 and all students must eat lunch before purchasing popcorn.

Sale dates are:
Jan 13
Feb 3, 17

Mar 3, 10, 31
Apr 7, 21, 28
May 5, 12, 19

SPORTS CENTRAL

Volleyball Results

Congratulations to our Selkirk teams in all four divisions.

For the first time ever, all teams made it to the city finals tournament. With around 70 teams in each division, any team making to the Final-4 or Final-6 is a lofty goal each year.

This success is based within the students.

Each team supporting the other teams within the school. Teams sharing practice times, kids



playing each other during recess, lunch and PE classes. And the gym always busy as all team players just want to play whenever there is a chance.

There was tremendous support from the staff coaches along with the help of Gladstone students Anita, Valentina and Eva. There was always "sage advice" available to our players.

The teams also got to play staff teams, Vancouver Police teams and Gladstone teams. All important contributions.

Junior Boys - 5th place in Vancouver Finals
Junior Girls - 3rd place in Vancouver Finals
Senior Boys - 2nd place in Vancouver Finals
Senior Girls - Vancouver Champions

Basketball Update



Basketball is up and running. Schedule is below:

Practices

Sr. Girls & Jr. Boys (Coach - Peter Nickel)
Tuesday 8-8:55am and
Wednesday 8-8:55am

Sr. Boys (Coaches - Brian Ee, Sherman Wong)
Thursday 8-8:55am
Monday, Tue and/or Wed 12:10-12:50

Jr. Girls - (Coaches - Kristina Kernohan, Adrienne Gee, Jennifer Trachtenberg)
Mon 8-8:55am and
Thur 12:10-12:50pm

Game times

Jr. Boys - Mondays
Jr. Girls - Tuesday
Sr. Boys - Wednesdays
Sr. Boys - Thursdays

STUDENT LEADERSHIP

Leadership Team-The Cedar Clan:

The leadership team will be selling hot chocolate every Thursday after school in the West Side Undercover Area for the month of January. It is \$1 with your own cup and \$1.50 without your own cup. Proceeds go to Planned

Selkirk IS student leadership. Part of what makes Selkirk such an amazing place to be is the role that students play in the school. They are involved active citizens that work to help make a difference.

Keep your eyes open for our Selkirk IS Student leadership bulletin board that will highlight all the activities students are involved in leading including office monitors, morning message readers, tech crew, library monitors, assembly leaders and intramural leaders.

Participating in these activities helps the school community while working on developing strong leadership qualities.

CALENDAR 2017 UPDATE

We have been advised by the District that there is a possibility that the Winter Break dates for 2017-18 might be changed from December 18-January 1st to December 25th to January 5th – to align with all other neighbouring districts. We expect to know for certain on January 24th, after a decision at the Board Meeting. We would recommend that you plan accordingly. Thank you for your understanding about this matter.

LIBRARY UPDATE

Scholastic Book Fair



The Scholastic Book Fair is coming Feb 6-10. Keep your eyes out for flyers and volunteer applications.

Hours will be...

Feb 6 and 7 8:30-4:00

Feb 8 and 9 8:30- 7:00

Feb 10 8:30-9:00.

Also, a reminder that the library is open before school at 8:40. Students are welcome to come in to get a book, read or do homework quietly.

KINDERGARTEN REGISTRATION

Kindergarten registration for 2017-2018 has begun!!! This is happening for in catchment student from now until January 31st, 2017. If you or someone you know has a child born in __2012__ please come in right away to register. Selkirk is a very sought after place to be so in catchment students must register before January 31st, 2017.

Everyone MUST register at their home school even if they are applying to a K Choice program or cross boundary to another school. K Choice online applications open January 9th, 2017 and closes February 6th.

Cross Boundary applications are not accepted until after February 1st, 2017

With Kindergarten registration having begun, we would like to remind you of the support available to schools from Diana DiCesare, District Resource Teacher - Early Learning. If you have a child registering for Kindergarten 2017 who has identified special needs or who you feel may benefit from a facilitated transition into school and/or may need extra supports, please encourage the family to complete the Kindergarten Transition Package (attached) and return to Diana DiCesare. (If families indicate that they have been given the forms by their community team or preschool/daycare, there is no need for them to complete an additional package.)

Contact Information:

Email: ddicesare@vsb.bc.ca

Fax: 604-714-5244

Mail: Diana DiCesare

Learning Services, Garibaldi

1580 West Broadway

Vancouver, B.C., V6J 5K8

SELKIRK LUNCHROOM

We are very fortunate at Selkirk to have a full pay Hot Lunch Program. The kids have adjusted to the healthier menu and are enjoying the food. We are working on creating a more calm and enjoyable tone in the lunchroom. The children are to eat sitting down and to try to have conversation while eating their food. This is a very important life skill which we encourage you to also foster at home.

If you require financial subsidy (of any amount) for the Selkirk Hot Lunch Program and you have not already, please contact Ms Burton sburton@vsb.bc.ca

SELF-REGULATION WORKSHOPS

There are several great workshops coming up for parents. I encourage you to consider attending these if your child has anxiety, worries, challenges with stress or difficulty self-regulating. See attached.

- 1) Kids Have Stress Too- parents of 2-8 year old -free and there is babysitting
- 2) Supporting Success in Youth- parents of Cantonese Speaking Families of kids in grades 7-10