

# ÉCOLE LORD SELKIRK ELEMENTARY SCHOOL

1750 East 22<sup>nd</sup> Avenue, Vancouver, BC V5N 2P7

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



## THE CEDARS' BARK- April 2017

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

### PRINCIPAL'S MESSAGE

Dear Parents and Guardians:

We are now in the home stretch of the school year. It is hard to believe that we are approaching eight months together. April is a time for planning for the next school year, while simultaneously keeping learning moving vigorously forward.

This newsletter will contain key information for parents. First and foremost, if your status has changed for next year and now you are moving, or now you would like to stay, please let the office know right away. School organization and class casting are dependent on numbers. A change of one student can cause an entire shift in school organization.

Spring is a time when we notice great changes in our students. They are not only growing physically, but also intellectually, emotionally and socially. We strive at Lord Selkirk to make social emotional learning an important part of school. At this point in the year, as students get prepared for the next grade, we encourage increased independence and responsibility. Student's are expected to show increasing ability to make good decisions, and to take responsibility for their learning. At home you can encourage this by giving your children small tasks and by talking about the processes they use to solve conflict and problems. This responsibility and reflection are important parts of learning.

I hope to see you soon. As always, my door is open if you have any questions, comments, or concerns.

Sincerely,

Mme Burton

## IMPORTANT DATES

Friday April 14	Good Friday-No School
Monday April 17	Easter Monday – No School
Tuesday April 18	Spirit Day-Earth Day
Wed. April 19	Ready Set Learn @ Trout Lake 10:00am
Monday April 24	Class Photos
Thurs. May 4	EarthQuake Drill
Friday May 5	Summer School
Friday May 19	Registration opens Sports Day – 2 pm dismissal
Monday May 22	Victoria Day – No School
Wed. May 24	Welcome to K-for FI families enrolled for next year
Thurs May 25	Welcome to K-for English families enrolled for next year

## READY SET LEARN

Calling all three to four year olds!!! Ready Set Learn will be on April 19<sup>th</sup> at Trout Lake. Please see flyer attached.

## ADOPT A SCHOOLYARD CONTINUES

Thank you for your continued support in keeping our schoolyard clean. We have had so much positive feedback from the community on how much cleaner our schoolyard is. Our next goal is to reduce the amount of waste we are creating by sending snacks and lunches in re-useable containers instead of plastic bags. The next prizes will be given mid may for 4 classes efforts with their area.

## FIRST NATIONS CARVER COMING TO SELKIRK

We are excited to announce that James Harry, First Nations Carver, will be working with students from Selkirk to carve a Spindle Whorl for the Canada 150 plus celebration. We received financing from PAC and through a

VSB grant. We are excited for this project that will be displayed outside the library when it is complete.

Students in grade 6 (division 18 and 17) will be attending the First People's Festival in May at the MOA.

## EARTHQUAKE DRILL - MAY 4th 2 pm

We will be having an earthquake drill on May 4<sup>th</sup> at 2:00 pm. The staff and students will practice the safety measures that they are to take in the event of an earthquake.

If you have someone that may pick up your child in the event of an emergency we need to have this information in the office. This may be a neighbour or a friend. In order to release your child, the person MUST be on the contact information we have.

This year we invite up to 50 parent/guardian volunteers to participate in the drill. You will need to bring photo ID and read the attached "Reunification Drill Information." Please let Ms. Burton know if you are able to come at 2:30pm on May 4<sup>th</sup> to participate in the drill. Thank you in advance.

## SPORTS DAY

Sports day will be on Friday, May 19<sup>th</sup> from 9 am until 2pm. As teachers will be working through the lunch hour, dismissal will be at 2 pm. Please make arrangements to pick up your child at 2pm. More information about this fun day to come.



## SELKIRK PAC

### SPUD Fundraiser

The Organic Roasting Vegetable produce box is a great option for creating a delicious dinner. Each month, our fundraising efforts with SPUD.ca (25% from 8 different organic produce boxes) grows. To get started... go to SPUD.ca, select SPUD fundraising under the main menu tab, add a produce box to your order, enter FUNDRAISING in the promo code box and select Selkirk Elementary. For more information, go to the Lord Selkirk Elementary PAC Facebook page, or <http://www.selkirkelementary.com/> fundraiser page. We appreciate your support!

### Mabel's Labels

Summer camps are around the corner. Prepare ahead so your kid(s) don't lose their stuff! Mabel's Labels has new Sleepaway and Day Camp Label Packs now available. Early bird pricing until April 30th!

To order your labels through this fundraiser, go to [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com) and select Lord Selkirk Elementary PAC. Keeping stuff organized one item at a time!

## QUEBEC FUNDRAISING

### Freezie Fridays

Spring has arrived (we hope!) This means that the Grade 7 QX 17 students will be switching over from Popcorn Fridays to Freezie Fridays. Starting Friday, April 21st and every Friday after that at 3:00 pm in the the schoolyard (Welwyn side.) Freezies for \$1! Please bring your loonie and help support the Quebec exchange. Students from Mont Laurier will be arriving to Vancouver in May!

## FAMILY MULTICULTURAL DINNER

PAC is very excited to be hosting a Selkirk Multicultural dinner on Thursday May 10<sup>th</sup>. This is an exciting community building event which celebrates our diversity. Please see attached flyer.



## SAFE ACTIVE TRAVEL PLANNING

Spring is here. Let's take advantage of this great weather and walk or wheel to and from school if possible.

Research is consistently showing that this has a positive effect on the mental and physical health of school children. If you must drive, please leave early enough to Drive to 5, park a block or two from school and walk the last five minutes. It is a great way to prepare for or decompress from the school day.

There are good parking options near Rona on Kingsway and at Trout Lake Community Center. Walking time from both is under 5 minutes.

We remind parents that there is no parking on our adjacent streets during school hours. If there is no option but to stop and drop on the school boundary please use 22nd Avenue only, coming in from the West and leaving towards the East and Victoria Drive.

Please be aware that this section is undergoing some changes and Parking/ Stopping has become more complex as a result. The city is

in the process of installing a crosswalk and have altered a stretch of curb from no parking to no stopping in recent weeks to facilitate this. Please observe all current city parking signage as vehicles have and will continue to be ticketed if these are contravened. Please be aware that there is a No Idle Bylaw in effect also. We ask that you refrain from using Miller or Welwyn St at all for drop off and pick up. Please do not turn in the road or use any entrance to the school to perform a U turn or stop and drop. Thanks!



### BIKE TO SCHOOL WEEK

Bike to School Week is coming - May 29th to June 2nd. We are looking for volunteers to help set up and run the Celebration Stations during the week.

<https://bikehub.ca/bike-to-school/bike-to-school-week>

Approximately 45 minutes help needed each of the five mornings. Contact Max Birch: [birchmax@gmail.com](mailto:birchmax@gmail.com)



### Summer School 2017

Please note that the 2017 Summer School Program. Registration begins on Friday, May 5, 2017. If you would like further information please click on the link via the Vancouver School Board.

<https://summer.vsb.bc.ca/Pages/default.aspx>

### NUTRITION AWARENESS

A message from our School Public Health Nurse Tracey Reimer:

It's that time when we can think about how we as a family can fuel our bodies! The general rule of thumb these days for good nutrition is  $\frac{1}{2}$  the plate being vegetables,  $\frac{1}{4}$  of the plate being starch, and  $\frac{1}{4}$  of the plate being a protein. I hear a lot from parents that they have problems getting their children to eat certain foods, and that the table can become a battle ground. Try to avoid this by having a division of responsibility. You as a parent are responsible for what food is available, when it is available, and where it is available. Your child's responsibility is to choose if or how much they want to eat, and which of the foods available they will eat. End of story, don't over-think it. If they want to eat a whole plate of starch for 2 weeks in a row don't make it an issue. Some ways to have your child try new and different foods is to involve them in the preparation process. Take them grocery shopping, get them involved in appropriate food preparation tasks. They're much more likely to eat a vegetable they've had a hand in preparing. Another way to encourage your child to try a more balanced diet is to model it yourself. Children will eventually tend to eat what their parents do. Eating together is also a great way to both model and to talk to your child about how their day went. It's difficult to eat together with many parent's work schedules, but even if you can manage having an evening snack together you'll be amazed at what you can learn about what's happening in your child's life, and it makes food just that much more fun.



## IMMUNIZATIONS

Reminder that the 2nd immunization clinic will be Thurs, April 27. It will include primarily Kindergarten and Gr. 6 students. Any student not in those grades requiring shots will be sent a reminder. We will only be immunizing students for whom we've received consent forms checked "yes" beside the individual shots. Please return all consents, if you do not want your child to receive a shot check "no" next to the shots. If we don't have a complete immunization history for your child please attach a copy of it to the consent form. I will contact you and let you know if there are any outstanding shots your child requires based on the new information. If you have any questions please call.

Tracey Reimer – Public Health Nurse