

# 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- January 2018

Principal:	Shannon Burton	604-713-4650
Vice Principal	Dominic Maggiolo	604-713-4650
Director of Instruction:	Aaron Davis	604-713-4424

### 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. There are many exciting programs and events that are approaching which will be shared in this newsletter.

With the turning of the new year it is that time to 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 know I have shared this information last year but it is increasingly pertinent today.

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,  
Principal

## IMPORTANT DATES

January 24	Pyjama Spirit Day
January 29	Curriculum Day-NO SCHOOL
January 31	Last Day to Register at home school for K Priority Regular Quebec Exchange Trip
January 31 to February 7	
February 5 @ 4 pm	K Choice Reg CLOSES!
February 6	PAC General 6:30pm
February 6	CSL Info Session 8:00pm
February 12	Family Day – No School
February 14	Valentines Day
February 16	Selkirk Royale(adults only)
February 19	Pro-D Day
February 26 to March 2	Scholastic Book Fair
February 28	Spirit Day/Pink Shirt Day

## COMMUNICATING STUDENT LEARNING

We have had a lot of positive feedback about the Communicating Student Learning Pilot thus far that many classes are participating in. I appreciate all feedback parents are giving to this pilot. My door is always open for your thoughts.

Parents can look forward to a written progress report being sent home Friday January 23<sup>rd</sup> for French and Wednesday January 31<sup>st</sup> for English.

I will be offering an information session for parents on **Tuesday February 6<sup>th</sup> at 8:00pm** in our school library.

The session will be a brief explanation of the new Communicating Student Learning pilot and time to ask questions. It will start after the PAC meeting ends. Please RSVP to [selkirk@vsb.bc.ca](mailto:selkirk@vsb.bc.ca)

## COMMUNITY SCHOOL AFTER SCHOOL PROGRAMS STARTING SOON

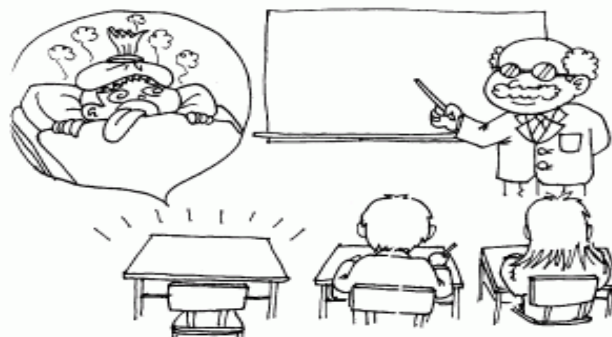
### After School Programs Grades 1-7

This term there is Books & Blocks for grades 1-3, Junior Chefs for grades 3-5 and Comic Booking for grades 5-7.

If you have any questions please contact Melanie Mayede or Keani Pratt at 604-713-5884 or [mmayede@vsb.bc.ca](mailto:mmayede@vsb.bc.ca) / [kpratt@vsb.bc.ca](mailto:kpratt@vsb.bc.ca)

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

## SAFE ARRIVAL AND REPORTING YOUR CHILD' ABSENCES



### Reporting Student Absences:

Ensuring student safety is a shared responsibility. In order to assist schools, we ask parents to notify schools of student absences.

**To Report Your Childs Absence** – Please call (604)713-5159 prior to 9 am. Please press # and then # you will then be prompted to provide the two-digit (76) extension for the student's school to access the school's voice mailbox for reporting an absence. #-#-76-#

## Student Sign out Procedure

When you pick up your child during the school day, please ensure that you sign them out at the school office. If you do not sign out your child, they will be unaccounted for, and the school will identify your child as a 'missing' student and will commence a search of school grounds. If the school staff do not locate the child, and are unable to reach a parent promptly, the school will call the Vancouver Police Department. Therefore, clear communication is essential for ensuring the safety of your child and to prevent unnecessary searches.

Thank you for helping us keep your children safe!

## TERM 2 LEADERSHIP FOR ALL GR 5-7

Term 2 Leadership is in the process of rolling over. As part of the requirement of being a student at Lord Selkirk ALL grade 5-7 students are expected to be involved in contributing to the school community. The leadership opportunities for term 2 are:

- office monitor
- morning message reader
- assembly leader
- library monitor
- lunch monitor
- peer helpers

A peer helper program will be starting soon. We will need approximately 40 grade 5-7 students. Training will be in the next few weeks. Students will be trained to help other students solve small problems and to lead outside games.

Crossing guards have now been approved by the VPD. Training is scheduled for February 13<sup>th</sup>. More info to come.

If your child IS NOT involved in a leadership activity please ensure they come see Ms. Burton.

## SELKIRK PAC

Happy New Year! Your PAC Executive and Members at Large have been hard at work getting ready for 2018. Read on for more news about all the things you have to look forward to.

Have questions? Comments? We'd 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](mailto:lordselkirkpac@gmail.com)

## **7th Annual Selkirk Royale - Early Bird Tickets on sale now!**

Selkirk Royale 2018 is almost here and we just can't wait to celebrate with you Friday Feb.16 2018 @ 7pm!

Our annual fundraiser provides over \$10,000 to support Selkirk Programs and Services.

Do you have a connection that can make a donation to the event? We still have a few spaces left in our fabulous silent auction. Please email the PAC and put Silent Auction Committee in the subject line to make your offer! [lordselkirkpac@gmail.com](mailto:lordselkirkpac@gmail.com)

Do you have time to help out at the event? Please email [annaelectric@gmail.com](mailto:annaelectric@gmail.com) to get added to the volunteer list.

Tickets available for only \$10! until Feb.1 2018 Get them here <https://squareup.com/store/LordSelkirkPAC/> while they last.

## Fundraiser for Selkirk

The Vancouver Canucks are pleased to provide everyone an exclusive ticket offer to three upcoming home games at Rogers Arena to cheer on your Canucks! Net proceeds from each ticket purchased will go directly towards your school's initiatives.

Tickets and game dates:

Thursday, January 25th vs. Buffalo Sabres  
7:00pm start

Tuesday, February 20th vs. Colorado  
Avalanche 7:00pm start

Saturday, March 31st vs. Columbus Blue  
Jackets 1:00pm start

\$50 each for Level 300 seats

\$60 each for Level 100 seats

\*Note, seats are subject to availability and some seats are in designated, non-alcohol permitted areas.

To secure tickets, please contact Lord Selkirk Elementary parent:  
Gary Chung  
gary.chung@canucks.com  
604.899.7453

## Spud Fundraising:

Still thinking about trying out [SPUD.ca](http://SPUD.ca)? New accounts get \$10 off their first order. Organic avocados are on sale for 99 cents each and they now have ready made dinners!

Support Selkirk buying fresh produce boxes with your weekly groceries delivered to your home or work. 25% of your produce box purchase is donated to our school. Just enter the code FUNDRAISING at checkout, select Selkirk Elementary from the drop-down list, complete your order, and your groceries will be on their way. Get started today at [SPUD.ca/fundraising](http://SPUD.ca/fundraising).

## Mabel's Labels:

Spring break camps are around the corner. Get ready with Mabel's labels, the perfect solution for stuff kids lose! Great colours, cool designs, and the labels stay stuck to your kid's stuff.

To order, click on the Support a Fundraiser button and select Lord Selkirk Elementary PAC under 'your school/organization' section. It's an awesome deal - 39 customized labels for only \$16.95 + free shipping. Get started at [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com), with 20% of your label purchase donated to our school!

## SPORTS CENTRAL

### Basketball Update

Basketball is up and running. Schedule is below:



### Practices

**Sr. Girls** (Coach - Peter Nickel)

Mondays 3:00-4:15 pm

Tuesdays 8:00-8:55 am

**Sr. Boys** (Coaches - Brian Ee, Andy Chou)

Thursday 8-8:55am

Monday, Tue and/or Wed 12:10-12:50

**Jr. Girls** - (Coaches - Kristina Kernohan, Jennifer Trachtenberg)

Mon 8-8:55am and

Thur 12:10-12:50pm

### Game times

Jr. Boys - Mondays

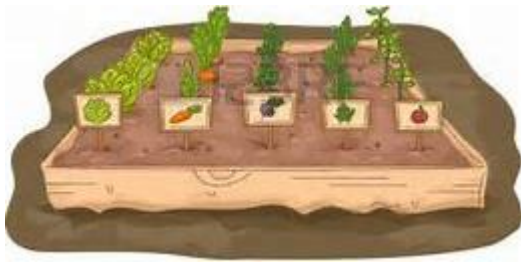
Jr. Girls - Tuesday

Sr. Boys - Wednesdays

Sr. Boys - Thursdays

## COMMUNITY SCHOOL GARDEN

Our Selkirk Community is growing! Our Greening Committee is hard at work planning the next phase in Selkirk's Community School Garden. Our wonderful green thumbs have purchased 3 beautiful cedar garden beds ready to be used for planting. But before we get to this stage, 5 teachers at Selkirk will be working with a garden educator on baby seedlings which will eventually be transplanted in our beds. Keep your eyes peeled for the next few months to see the growth and development of our community school garden.



## LIBRARY UPDATE

### Scholastic Book Fair

The **Scholastic Book Fair** (French and English) is coming to our school the **week of Feb 26th!** What better way to promote reading to our students than by supporting this important literary event.

We invite your entire family to participate by purchasing the latest and greatest in children's books. Your support of this vital literary event is a key part of helping us obtain new books and resources for our library and classrooms.

You'll find hundreds of quality books at our Book Fair with a wide assortment for all reading levels. Visit the Scholastic Book Fairs website at [www.scholastic.ca/bookfairs](http://www.scholastic.ca/bookfairs) to get more detailed information about these books. You can also watch book trailers and author videos with your child on the BookTube page.

## Parent Volunteers Needed

We're excited about sharing the joy of reading with our students. We invite you to participate in this year's Scholastic Book Fair from, Feb 26 to Mar 2, by volunteering.

Scholastic Book Fairs gives our school the opportunity to bring families, teachers, students, and books together. It's the ultimate book event! Additionally, a portion of the sales benefits our school. It's a great way to raise funds while encouraging kids to read.

Please pop by the library to see Mme Astrid or email [agodin@vsb.bc.ca](mailto:agodin@vsb.bc.ca) if you are interested in learning more.



## KINDERGARTEN REGISTRATION

Kindergarten registration for 2018-2019 has begun!!! This is happening for in catchment student from now until January 31<sup>st</sup>, 2018. If you or someone you know has a child born in 2013 please come in right away to register. Selkirk is a very sought after place to be so in catchment students must register before January 31<sup>st</sup>, 2018.

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 opened January 15<sup>th</sup>, 2018 and closes February 5<sup>th</sup>.

Cross Boundary applications are accepted starting February 1<sup>st</sup>, 2018.

**K CHOICE:** The last day to register for K Choice (French Immersion, Mandarin Immersion, Montessorri etc) is February 5<sup>th</sup> at 4pm. No late applications accepted. Please call the school for your child's PIN number to register online at VSB

### **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](mailto:sburton@vsb.bc.ca)

### **NUTRITION TIPS**

Eating healthy fats are essential for growth and development!

Did you know that every cell in the body, including the brain cells, are made up of fat. In fact, 60% of the brain is made up of fat (including omega 3 fatty acids). Healthy fats and omega 3s in a child's daily diet are important to support a growing body, developing brain, memory, and focus.

Offer a variety of healthy fats including avocado, egg, chia seeds, full fat yogurt, dairy products including cheese, olives and olive oil, coconut and coconut oil, nuts and seeds (and nut/seed butters), salmon, tuna and other fish. These foods contain important 'brain food' and with some kid-friendly recipes (like Vanilla Chia Seed pudding and Chocolate Avocado pudding), they will be sure to love them.

### **Kid-Friendly Healthy Fat Desserts**

#### *Vanilla Chia Seed Pudding*

*1 cup of milk (cow, almond, coconut)*

*3 tbsp chia seeds*

*1/2 tsp vanilla extract*

*2 tsp sweetener (maple syrup, honey, stevia)*

*Combine all ingredients together in a jar and stir well. Stir again every 30 second for 2-3 minutes to avoid clumping. Refrigerate overnight or up to 8 hours. Top with fruit, granola or enjoy it just as is.*

#### *Chocolate Avocado Pudding*

*2 avocados peeled, pit and cubed*

*4 tbsp cocoa powder*

*4 tbsp maple syrup or brown sugar (or pinch of stevia)*

*1/3 cup milk (almond, coconut or dairy)*

*1 tsp vanilla extract*

*pinch of cinnamon*

*Combine all ingredients together and blend until smooth. Spoon into dishes and refrigerate for at least 30 min. Serve and enjoy.*