

ÉCOLE LORD SELKIRK ELEMENTARY SCHOOL

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



THE CEDARS' BARK- March 2018

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

PRINCIPAL'S MESSAGE

Dear Parents and Guardians:

Only one more week until Spring Break. What a wonderful term it has been at Lord Selkirk. There have been many great activities this term both in and out of the classroom -presentations on kindness for Pink Day, building mechanisms with STEM materials, First Nations drumming lessons, coding projects, 100 day projects, Hawaiian dance lessons, badminton try outs, basketball team success, a whole school field trip and many more activities and educational excursions.

As we move into spring (officially on Tuesday March 20th,) I think about growth. One of our goals as educators and parents is to promote student growth in the areas of academics, athletics, social/emotional and the arts. I like to compare our role to one of a gardener, with the students being the flowers planted in the garden. Just as the flowers require watering and sunlight to fully bloom, our students need nurturing, patience, and to be taught and guided. At the parent session last month, I shared information on Carol Dweck's teachings. She talks growth and success in relation to mindsets. As parents and educators we want to encourage students to develop a growth mindset versus a fixed mindset. In a fixed mindset, students desire to be smart in every situation and question "will I succeed or fail?" or "will I look smart or dumb?" In a growth mindset, students want to take risks and learn and they question "will this allow me to grow?" or "will this help me overcome my challenges?" Often in a fixed mindset, students have trouble and/or ignore constructive criticism; whereas in a growth mindset, we learn from criticism to further improve. As conferences take place this week, this is a wonderful opportunity to work with the children to help them develop a growth mindset. Rather than looking at feedback as a static indicator of ability, help your child to question what growth they had since last term, and what they can learn from to help them do better after Spring Break. Developing a more growth mindset in our learners is one of the main reasons for a shift in reporting to be focused on ongoing communication of student learning.

I want to take this opportunity to thank the staff at Lord Selkirk Elementary for all their amazing work with our kids. The children here are truly well supported. Thank you to the wonderful parent community for their support of all the programs here at Selkirk and for being positive partners in education. It is by working together that we have the greatest impact on the children.

I would also like welcome Mme Aimee and Mme St-Onge back from maternity leave. Have a restful and rejuvenating Spring Break. We will see you on Tuesday April 3rd for the first day back.

Sincerely,

Mme Burton
Principal

IMPORTANT DATES

March 11	CLOCKS GO BACK
March 12 -16	Book Fair
Wed March 14	Conferences 2 - 8pm
Thurs Mar 15	Conferences 2 - 7pm
March 19 - 29	Spring Break
April 3	School Returns
Friday April 20	Class photos
Monday April 23	Pro D Day NO SCHOOL
Monday April 30	Immunization clinic Gr.1&6

READY SET LEARN

On Wednesday April 11th from 10:00 – 11:30 Trout Lake Community Centre, invites you and/or care givers to enjoy a morning of “Fun, games, music and stories. There will be staff from 7 local elementary schools. Also in attendance will be health nurses, daycares and various local agencies. **See attached**



SAFE TRAVEL TO SCHOOL

Research shows that walking has a positive effect on the mental and physical health of school children. If you must drive, leave early enough to, 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.

As the weather improves please have your child walk or wheel to and from school if possible.

A REMINDER that parking, drop off and turn-arounds in our Staff Parking lot are not permitted.



SAFE ARRIVAL PROGRAM

To Report Your Child's 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-#**

If your child is going to be late or on vacation please contact the office.

If you send an email to your child's teacher directly to report your child absent, please ensure you copy the school secretary, Cristina Rei at crei@vsb.bc.ca



SPORTS CENTRAL

Basketball Update

The grade 6/7 girls advanced to the final group of 16 schools in the playoffs. In their last playoff game on the road against McBride, they came back from 10 points down to win an exciting game by a final score of 46-34. The team has built great chemistry and has learned to play good positional basketball. The team has developed lots of valuable experience and many of the grade 6 players on the team will return for a great season next year.

WAY TO GO
GIRL

Badminton Season Is Here

Badminton Season is on!

One of the fastest sports in the world is also the most popular activity at Selkirk. There is over 100 students who are part of our program to some capacity. Open gym sessions and noon hour league sees the bulk of participation.

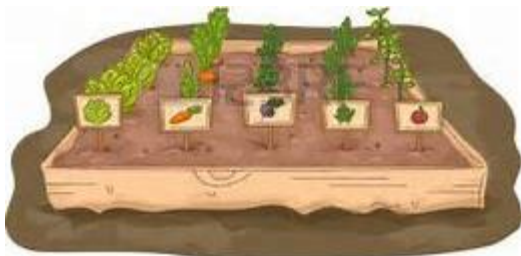
This year Selkirk will be entering four teams into the school league. That's significant as most schools have one team and a handful have two teams. This year sees students from 8 different classes representing our school when games begin in April.

Check us out after spring break.



SELKIRK GARDEN

Our seedlings are sprouting and the worms are wiggling here at Selkirk! Over the last month, some of our students have been hard at work, tending and planting our winter crops. Some of the vegetables planted were cabbage, spinach and kale. Additionally, we had some classes build composting bins filled with their very own classroom worms! As the worms decompose the matter, we will eventually be able to use that as nutrient-rich fertilizer in our garden beds.

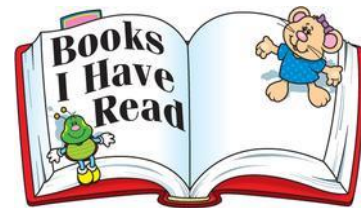


SCHOLASTIC BOOK FAIR

The Scholastic Book Fair and Festival du Livre are approaching quickly. We would like to invite you to participate by volunteering your time (as little as 1-hour commitments are welcomed). You can view available shifts and sign up here.

We hope to see you and your children at the fair the week of March 12th to stock up on good books for spring break:

Mon & Tues: 8:30 - 9:00AM and 3:00 - 4:00PM
Wed & Thurs: 8:30 - 9:00AM and 2:00 - 6:00PM

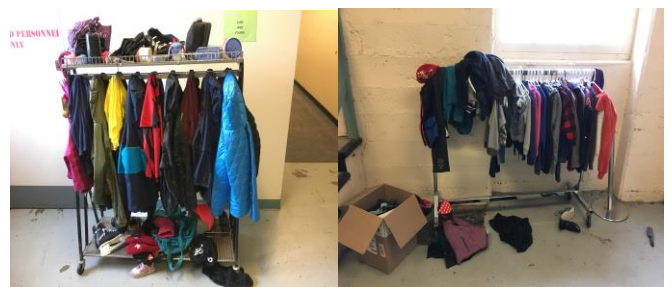


LOST AND FOUND

The lost and found is full again. We have a large collection of coats, sweaters, lunch bags, hats, mittens and even a pair of hockey skates.

Please take a few minutes when you pick up your children to look through the wardrobe.

All items will go to the Thrift store on March 16, 2018.



PAC NEWS

THANK YOU to those that made the delicious **PURDYS** orders. The campaign has raised over 700\$ for the students.

Reminder: Order pick-up is 8:30-9:00 am or 2:30-3:30m on both Thursday March 15 AND Friday March 16th.

Still to come is a good old fashioned neighbourhood **BOTTLE DRIVE** happening just after Spring Break, April 6 and April 7- watch for details posted at the school.

Friday Snack Sales continues weekly - \$1 each for treat and snacks available after lunch undercover on the west side of the school-- all proceeds supports the Selkirk/Quebec exchange program.

Bike to School week

Lord Selkirk will be participating in Bike to School Week 2018 between the 28th of May and June 1st. Bike to School Week is a free, fun, week-long celebration for students of all ages and abilities.

The event is a great way to enhance the green initiatives already happening at Lord Selkirk, build our community, and highlight the benefits of active transportation - like less congestion and healthy, energized students!

We are looking for parent volunteers to help out - approximately 30 minutes of your time to help set up and breakdown our celebration stations during this week. Contact Max Birch for more info - birchmax@gmail.com



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Nutrition

Looking for a fast and easy way to get more nutrition into your child?

Look no further than the smoothie! With so many options and flavour combinations, even the pickiest of eaters will find something they enjoy. Smoothies are also a way to get immune boosting nutrients and an extra serving of fruit or veggies into the daily diet.

Here are some ideas to consider adding to a base of milk (dairy, almond or coconut) with banana or berries: spinach, frozen butternut squash, nut butter, cocoa powder, vitamin C powder, vitamin D drops, probiotics, protein powder, and healthy fats (avocado, chia seeds, and coconut oil or cream).

Smoothie Recipes

Banana Blueberry Smoothie

1 1/2 cups of milk (cow, almond, coconut)

1/2 banana (fresh or frozen)

1/4 cup blueberries (fresh or frozen)

1/4 cup butternut squash (frozen)

1/2 scoop protein powder

Blend all ingredients well and enjoy

Tropical Smoothie

1 1/2 cups of milk (cow, almond, coconut)

1/4 mango (fresh or frozen)

1/4 cup spinach (fresh or frozen)

1/4 cup pineapple (fresh or frozen)

1-2 tbsp coconut cream or oil

1/2 scoop protein powder

Blend all ingredients well and enjoy.



SPUD

Coming soon - new Spud gift card fundraising opportunities at Spud.ca/spudcards. This is a similar concept to the Famous Food gift cards and means any shopping at Spud.ca using a fundraiser gift card will donate back 10% to our school. In addition, the produce box fundraiser

is still ongoing with 25% donated back to the school. Watch for the gift card announcement in the coming weeks.

Still thinking about trying out Spud - get started today at SPUD.ca/fundraising, enter code FUNDRAISING at checkout and select Selkirk Elementary from the drop-down list.

Mabel's clothes labels

There is still time to get label for Spring Break camps. Washable, 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, with 20% of your label purchase donated to our school!

Ready, Set, Learn 2018

CALLING ALL 3 & 4 YEAR OLDS

Trout Lake Community Centre, along with its 7 neighbouring public elementary schools (Beaconsfield, Queen Victoria Annex, Laura Secord, Lord Selkirk & Selkirk Annex, G.T. Cunningham & Sir Guy Carleton) and other community partners, invites you and your caregivers to a **“Ready, Set, Learn!” event at Trout Lake Community Centre (3360 Victoria Drive) on Wednesday, April 11th 2018 from 10:00am - 11:30am.**

Fun & Games ... Music & Stories

Meet your community partners:

Neighbourhood schools staff & administration

Vancouver Schools Aboriginal Enhancement Workers & Multicultural Liaison Workers

Strong Start Program

Trout Lake Community Centre

Cedar Cottage Neighbourhood House

Kensington Public Library

Vancouver Coastal Health

VCC Dental Clinic/Tooth Trolley

Vancouver Fire & Police Departments



Chinese, Vietnamese & Spanish interpreters available.

Doors open at 10:00 am in the gym!

Ready, Set, Learn! is a provincial initiative designed to introduce children, parents and caregivers to school and to community available to children.

the various supports help young



Ready, Set, Learn!