

ECOLE LORD SELKIRK ELEMENTARY SCHOOL

1750 East 22nd Avenue, Vancouver, BC V5N 2P7

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



THE CEDARS' BARK- September 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:

We have had a fantastic first two weeks at Lord Selkirk. I am thrilled to be returning for a third year as Principal of this strong supportive community. We have so many positive supports here for the students at Lord Selkirk and we value our relationship with parents as partners in education.

With the beginning of the new school year, I always find it good to reflect on the importance and power of vulnerability. Changes often place us in vulnerable situations as we are going from a place of comfort to a place of discomfort or unfamiliarity. Often these transitions can be scary or difficult. Students may feel vulnerable in these new phases of their lives. This is an opportune time to help students develop courage. The courage to begin a new year in a new class, possibly with new friends.

Brene Brown writes about the power of vulnerability- "We can choose courage or we can choose comfort, but we cannot have both." This resonates for us in education as we want children to be courageous and strong. It is by embracing challenges and places that are not always comfortable that one can find great opportunity to grow and develop. With positive adult support, students can choose courage and feel strength in their experiences. The staff at Lord Selkirk is excited to be embarking on a new journey with all the students and families.

We have our Meet the Teacher and Selkirk Staff on Thursday September 20th from 6 pm-7 pm. This is a fantastic time to come and meet some of the school staff that support your children over the year, including our teacher librarian, administration, physical education staff, inner city support staff and of course classroom teachers. Please go to meet your classroom teacher to get a passport when you arrive.

This is the only newsletter that will be going home on paper. Please bookmark the Lord Selkirk website <http://go.vsb.bc.ca/schools/selkirk> so that you can check regularly. In addition, I will be sending out our school newsletter via email. If you do not receive it please let the office know.

My door is always open if you have any questions, concerns or comments. Thank you for your continued support of Lord Selkirk School.

Sincerely,

Shannon Burton

Principal Lord Selkirk School

IMPORTANT DATES

Thurs. Sept 20	Meet the Teacher 6 pm-7 pm
Mon Sept 24	Pro D Day- No School
Wed. Sept 26	Photo Day
Fri. Sept 28	Terry Fox Run
Tues. Oct 2	Orange Shirt day
Tues. Oct 2	Assemblies 10:55/11:40
Mon. Oct 8	Thanksgiving – No School
Wed Oct 24	Conferences-early dismissal 2 pm
Thurs Oct 25	Conferences-early dismissal 2 pm

SAFE ARRIVAL AND REPORTING YOUR CHILD'S ABSENCES

REPORTING STUDENT ABSENCES:

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

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-#**

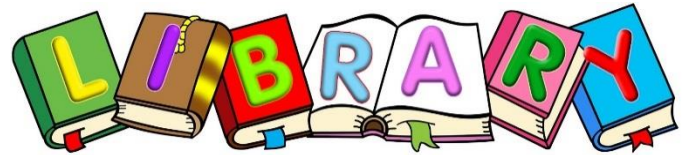
STUDENT SIGN OUT PROCEDURE

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!

LIBRARY NEWS

Welcome to the new School Year!



It has been wonderful to see so many familiar faces and to meet some new ones! As we get everything rolling in the library here is some general information about the library and upcoming events:

OPENING HOURS

In addition to the Primary and Intermediate book exchange periods during school time, **the library is open from 8:40 to 9:00 am and 3:00 – 3:20 pm, Monday through Friday** for parents and students who want to come read, check out books or catch up on homework. Please check the door for any changes to the schedule as these do occur when we have staff meetings or unexpected circumstances.

Library monitor recruiting is well under way. Training and refresher sessions will be available next week. I am so thankful for all these wonderful students whose contributions are invaluable.

VOLUNTEERING

If you are interested in getting involved, there are many opportunities for parents/guardians to volunteer at the library. Some amazing volunteers chose to come on a weekly basis to help with shelving. Others come in from time to time to work on specific projects. There is always something to do in the library. Please come to visit me if you are curious. I also invite you to support our school and participate as a volunteer at this year's book fairs. See below for more details.



BOOK FAIR

Our Scholastic Book Fair will be arriving in October. It's a fantastic book event and a great way to raise funds for our school library. We are fortunate to always have a great customer turn out and therefore can use all the help we can get to run it smoothly.

Here are the dates and times:

Tues, Oct 23th 8:30 – 9:00am & 3:00 – 3:30 pm
Wed, Oct 24th 8:30 – 9:00am & 2:00 – 7:30pm
Thurs, Oct. 25th 8:30 – 9:00am & 3:00 – 6:30pm

I will be looking for help in a variety of areas including:

- Helping with the Book Fair set up and pack up: Monday, October 22nd & Friday, October 26th.
- Greeting customers at the door
- Working at our Cashier Table
- Tidying shelves and restocking books

Please keep your eye out for more details on the PAC Facebook page or the PAC website as the date approaches.

Thank you. I look forward to meeting as many of you as possible this year. Please pop by and say hi. I am in the main building right beside the office.

Astrid
Teacher-Librarian

STUDENT LEADERSHIP

All students in grade 5-7 are expected to be involved in a leadership opportunity contributing to the community; these include office monitor, morning message readers, peer helpers, tech crew, hot lunch monitor and library monitors. As part of the social responsibility curriculum they are expected to do 15 hours per term.

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

Crossing Guards

We take safety very seriously at Selkirk. One way we like to keep Selkirk students safe is with our Crossing Guard program. This initiative was piloted last year with great success and we are excited to bring it back again this year! With that being said, we need volunteers, wishing to dedicate 20 minutes before and or after school. This is a student-run program, with adult support. The VPD will be joining us in a few weeks to train interested students and will continue to support the school with any crossing guard needs. All crossing guards are equipped with a helmet, flashy vest and stop sign. Students are also equipped with a waterproof jacket for those pesky rainy days.

If you are interested in volunteering with your child (grades 5-7), please see Dominic or send him a quick email.

Dominic Maggiolo
Vice Principal / Directeur Adjoint

TERRY FOX

The Terry Fox Run is happening on Friday September 28th. It is to raise awareness for Cancer.

It is always a fun event. However, it is important that you send your children with appropriate clothing, water bottles and snacks.

The school will be collecting donations of Loonies and Toonies. It is also possible to donate directly to the Terry Fox foundation website:

<http://www.terryfox.org/get-involved/ways-to-give/>



SAFETY ANNOUNCEMENT-NO WHEELS

Wheels of any sort, bicycles, scooters, skateboards, **MUST BE WALKED** from 8:30-3:30 on school grounds. We have had several near collisions including parents and need to reduce these preventable accidents. Thank you for walking your wheels while on the school grounds.



RAINY DAYS

At Selkirk Elementary, every (almost) day is an outside day. There are many undercover areas for students to play in when it is raining and or blustery.

We live in beautiful but rainy Vancouver so that means we must be prepared for rainy weather and go out and get our exercise even if it is rainy. Students should ALL wear proper rain gear including boots or a change of shoes for wearing inside.

Students are encouraged to be active as an essential part of school life. Research is increasingly showing that physical activity improves attention span as well as increases academic performance. Children should be doing 60 minutes or more of physical activity per day and vigorous activity at least 3 times a week.

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

All students at Selkirk are expected to go outside at both recess and lunch so they can get some of this prescribed physical activity. Except for absolute downpours, students are expected to be outside.

Please be sure your children are coming to school dressed for the weather with rain boots and a rain jacket. Getting some physical activity at lunch hour

is essential for students in order to maximize learning in the afternoon.



BOOKS AND BREAKFAST

Everyday Books & Breakfast is held in the 002 room in the basement. We open the doors at 8:15 and serve breakfast until 8:45. All are welcome. It's a great opportunity for students to meet different staff, meet other students in different divisions, get help with homework and have a bite to eat. If your child would like to participate, please make sure to sign the consent form the first morning you drop off your child.

SELKIRK IS ALLERGY AWARE!

Children with a severe food allergy must not eat even tiny amounts of the food that cause them to have an allergic reaction. A severe allergic reaction can come on quickly and cause death. Even when a child tries to be careful, an accident can happen. A child with a food allergy and their families are responsible for staying safe but need help from other children, parents, and teachers to help reduce the risk of an accidental exposure. There are a few ways we can help reduce the risk of allergy and/or anaphylaxis.

We ask that you try to avoid sending foods with nuts and/or seeds.

Teach your child to wash his/her hands with soap and water before and after eating. This helps stop food from getting on other things like desks, toys and books. Washing hands is good for everyone; it can also help reduce the spread of colds and flus.

Teach your child not to share his/her food, drinks or eating utensils with others. Many children love to share. Teach children to share non food items

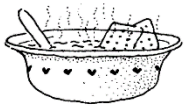
instead (e.g. toys, stickers, games).



HOT LUNCH

Just a reminder that **Selkirk Hot Lunch Program is a full pay program**. Unfortunately there are no subsidies available at this time for the program if you have not spoken to Ms. Burton already.

That means that the amount is set for the entire month regardless of how many of the days your child wants to eat.



HOT LUNCH

HEALTH LIVING

A strong immune system is the first step in prevention during this upcoming cold and flu season.

Did you know too much sugar can reduce your child's ability to fight infections and make them more susceptible to getting sick! Instead of sugary snacks and treats, offer a wide variety of colourful fruit and veggies including berries, pomegranate, avocado, oranges & pink grapefruit, red grapes, apples, kiwi, tomatoes, sweet potato, peas and spinach. These foods contain important immune boosting nutrients like vitamins A, C, D, E and zinc.

To further boost up your child's defenses, ensure they are getting a good night sleep (school aged kids need 9-11 hours), reduce stress levels and consider supplementing with probiotics, vitamin C & D, and zinc.

SELKIRK PAC

2018/19 PAC Fundraising Initiatives

Each year the families of Lord Selkirk Elementary donate valuable time and resources to help make our school a better place. This year, your generosity will contribute towards these exciting initiatives (to name a few of the bigger ones):

- Newly renovated library space: The Harry Potter room is being transformed into a NEW 'Maker Space'
- Expansion of the Garden Box project, for both school and community learning and enjoyment
- New and upgraded sports equipment to support physical activity and popular sports clubs (including badminton, volleyball, basketball, and the new floor hockey and primary cross country teams)

Famous Foods & SPUD.ca Fundraising

Did you know that you can turn your grocery shopping into a Lord Selkirk fundraising machine?

Famous Foods: Find your local PAC member in the school yard at drop off to purchase Famous Food gift card. 15% is donated back to Lord Selkirk!

SPUD: Three ways your groceries will prompt SPUD.ca to donate back to our school:

- 1) Spud gift cards (ideal if you already shop with Spud.ca) Spud.ca/spudcards.
- 2) Spud produce boxes SPUD.ca/fundraising.
- 3) Office 'Fruit For The Week' boxes SPUD.ca/fundraising.

Do your friends and family already use Spud.ca? Their purchases can go towards our school fundraising as well! Just enter code FUNDRAISING at checkout and select Selkirk Elementary from the drop-down list. This ensures 10% of gift card and 25% of produce boxes proceeds are donated back to our school!

Mabel's Labels

Need labels so your kid's stuff doesn't end up in Lost & Found?

Mabel's Labels offer cool designs, great colours, washable and the labels really do stay stuck to your kid's stuff! Get started at campaigns.mabelslabels.com. 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. 20% of your label purchase is donated back our school!

SAFE TRAVEL PLANNING

SCHOOL SAFE TRAVEL PLANNING

We are happy to say that through the leadership of our school PAC parents in cooperation with the school and school board, we have greatly improved student safety.

As a reminder for the **Safety of Everyone** we ask that you:

- Have your child walk to school
- If you must drop-off or pick-up your child, please do not drop off near the crosswalk. Abide by parking regulations posted.

RED CROSS BABYSITTING COURSE-October 19th

Red Cross Babysitting Course

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Information covered includes: Exploring the business of babysitting, creating safe environments, safely caring for ages 0-12, and first aid skills.

Red Cross Babysitting Course

Selkirk, Friday Oct. 19th, 8:30-3:30

Grade 6+

\$60 + GST online registration

<http://www.firstaidhero.com/babysitting-vancouver.html>

Student Accident Insurance

“Thank you for your support of the Kids Plus™ Accident Insurance program. It has been a long and rewarding partnership and is truly appreciated. Over the years, Kids Plus™ has helped many families, providing much needed reimbursements for out-of-pocket costs. We appreciate your support and we are truly grateful for the part you have played.

We have big news: the Kids Plus™ Accident Insurance school distribution program is moving online!

All partner school boards can now access kidsplus.ca/resources for information about Kids Plus™ which they can use on their respective websites, e-newsletters and social media. The main website at kidsplus.ca will continue to be available for parents to purchase coverage, access claims forms and full plan information online. Additionally, for 2018 we've decided to take our mission to be green one step further by discontinuing distribution of all Kids Plus™ Notices (Brochures) to reduce our overall paper use. These changes are part of our ongoing commitment to continuously provide superior and meaningful service to our partners and clients while reducing our impact on the environment.”

If you have any questions or would like to learn more about our new promotional landing page, our Kids Plus™ Client Service Specialists would be happy to assist you. You may contact us toll-free at 1-800-556-7411 or email kidsplus@ia.ca.

Cross Country Team

Welcome to autumn, the perfect time for Cross Country running!

This year we will have the Selkirk Cross Country Team organized by Mr. Audet, Mme. Aimee and Ms Chan.

Our school will be participating in the District's East Zone Mini Meets at Trout Lake on the following dates:

1. Wednesday Sept. 26 3:30-4:30
2. Wednesday Oct. 6 3:30-4:30
3. Wednesday Oct.10. 3:30-4:30

The final District Meet will be held on Thursday Oct.18 from 1-3pm at Trout Lake.

Practice Schedule for Primary and Intermediate students:

Primary practices: Tuesday and Thursday mornings at 8:30-8:50am with Mme. Aimee.

Intermediate practices:

Wednesday and Friday at lunchtime from 12:30-12:50.

Monday -Tuesdays with Ms Chan at lunchtime from 12:30 – 12:50

Wednesday and Friday with Mr. Audet at lunchtime from 12:30-12:50.

Students must try to make it out for practices. If (s)he misses more than 2 practices, they will not be permitted to attend Mini Meets.

Students must also make it to a minimum of 2 Mini Meets to attend the Final District Meet at Trout Lake.

The Cross Country season is only five weeks in duration so please ask your child for the permission form to be signed and handed back to one of the coaches as soon as possible.

Thank you and we look forward to seeing your child run with us!

Art Club for grades 4-7:

Calling all creative souls! Art Club will have a delayed start date as Ms Chan will be participating with the Cross Country Team this fall.

Art Club will be held every Tuesdays at lunchtime starting on October 23 in room 103 in the main building. Bring your lunch and have some fun!

