

ÉCOLE LORD SELKIRK ELEMENTARY SCHOOL

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



THE CEDARS' BARK- January 2019

Principal:	Shannon Burton	604-713-4650
Vice Principal	Dominic Maggiolo	604-713-4650
Director of Instruction:	Aaron Davis	604-713-4424
School Liason/Trustee	Lois Chan-Pedley	

PRINCIPAL'S MESSAGE

Dear Parents and Guardians,

Happy New Year to everyone in the Selkirk Community. I hope that you had a restful and enjoyable winter break spent with those close to you. It is wonderful to see everyone refreshed and rejuvenated. 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.

The themes for the month of January are Unity and Social Awareness. Unity is an important part of not only school culture but of our community and the world. Without unity people are driven apart by their differences. In many parts of the world prejudice causes disunity and even leads to violence. It is important to teach unity to help students see the connectedness they have to not only each other but to the planet. We teach students to develop a sense of unity with living things and to do their part to take care of the earth. This all helps bring harmony to our school community. We can encourage students to work together cooperatively in unity to get tasks completed. Unity can also be practiced when we are solving conflicts by listening and working together to find solutions.

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 children 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. You can spend time reinforcing this at home by having discussions about gratitude and helping your children reflect on their experiences and learnings.

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,

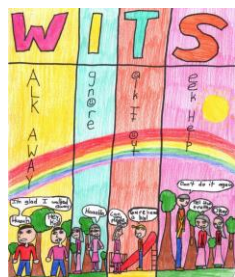
Mme Burton,
Principal

IMPORTANT DATES

January 14	Choice Program registration opens
January 22	Twin Day
January 22	Assemblies 11:00-12:00
January 25	Pro-D - NO SCHOOL
January 31	CSL Reports Go Home
January 31	Last Day to Register at home school for K Priority Regular Cross Boundry Reg. Opens
February 1	K Choice Reg CLOSSES
February 4 @ 4 pm	PAC General 6:30pm
February 12	Curriculum Implementation
February 15	No School
February 18	Family Day – No School
February 22	Selkirk Royale(adults only)
February 27	Pink Shirt Day
February 27	Smile Band Performance K-4

WITS PROGRAM HAS STARTED

Students at Lord Selkirk are learning to use their “WITS.” WITS is a strategy to help students deal with conflict and bullying situations.



WITS stands for:

W- Walk Away

I – Ignore

T – Talk it out

S – Seek Help

We have 40 peer WITS Leaders that are being trained by Ms. Burton to help students use the WITS strategy at recess and lunch. LEADS stands for Look-listen Explore points of view Act it out and Did it work? Seek Help. Supervision aides did the WITS teacher training last week.

The WITS program is a researched based program that has been shown to reduce bullying and victimization by 20 percent.

Please come to the next PAC meeting to hear a brief presentation from Ms. Burton on the

WITS program and how you can support this at home.

CANADIAN SPACE STATION and KIDS CODE JEUNESSE EVENT AT LORD SELKIRK JANUARY 31ST 2019

It is with excitement that I announce a special event coming to Lord Selkirk Elementary School. On January 31st at 9:30 a.m., students will have a live video feed conversation with David Saint-Jacques, who is currently on the Canadian Space Station!

This event is made possible through an organization named Kids Code Jeunesse (KCJ) and The Canadian Space Agency (CSA). Kids Code Jeunesse has been at Lord Selkirk conducting microbit coding classes. Divisions 1,2,4,12,18,19 and 20 are currently working on Astro Pi: Mission Zero, which is an annual science and coding challenge where student-written code is run on the International Space Station. The challenge is organized by the European Space Agency and the Raspberry Pi Foundation. In Canada, KCJ has partnered with the CSA to engage students across the country in astronaut David Saint-Jacques’ mission through the Astro Pi challenge.

On January 31, KCJ will kick off national Astro Pi activities with a headline event at Lord Selkirk. The event will feature a live video feed with David Saint-Jacques answering students’ questions, an engaging ‘unplugged’ activity off the computer, a panel of the school’s best Astro Pi projects, and appearances by special guests. The parents of students involved in the event will also be invited to attend. If you do not have a child participating but you are very interested in attending please contact Ms. Burton.

The event will be streamed live through the Canadian Space Station’s Facebook page. The rest of the classes at Lord Selkirk Elementary will have the opportunity to follow the event on Facebook Live.

We are very lucky to be involved in this innovative and progressive educational experience. Many thanks to Kids Code Jeunesse, The Raspberry Pi Foundation, and the Canadian Space Agency.



COMMUNITY SCHOOL AFTER SCHOOL PROGRAMS STARTING SOON

Gladstone Community Schools Team After school programs are back!

Programs start January 31-March 7, 2019 (6 weeks) please see attached brochure.

Registration: January 24 at 3:05pm in the Multi-Purpose Room

Moresports at Gladstone Secondary begins January 26 - March 9

If you have any questions please contact Keani Pratt at 604-713-5884 kpratt@vsb.bc.ca

SELKIRK PAC

Happy New Year!
Your PAC has been hard at work getting ready for 2019. Read on for more information on events coming up.
Have questions? Comments? We'd love to be in touch with you. Please connect with us via our email lordselkirkpac@gmail.com, or stop and talk in the school yard. We look forward to speaking with you soon!

- Like us on Facebook to stay up to date on the latest Selkirk Events www.facebook.com/selkirkpac

Sign up for our e-newsletter on our webpage <https://selkirkelementary.com/>
Click the "Sign Up Now" button at the bottom of the page!

Next general PAC meeting is Feb. 12th at 6:30pm in the library. All Selkirk adults are encouraged to attend! We will have babysitting available in the 002 room.

8th Annual Selkirk Royale – Tickets now on sale!

Selkirk Royale 2019 is right around the corner and we can't wait to see you there! Come enjoy the festivities with us on Friday Feb. 22nd 2019. Doors open at 7pm. Tickets available for \$15 now at

<https://squareup.com/store/LordSelkirkPAC>

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

Do you have time to help out at the event? Please email lordselkirkpac@gmail.com to get added to the volunteer list.

Canucks Fundraiser for Selkirk!

The Vancouver Canucks are pleased to provide everyone an exclusive ticket offer to four upcoming home games at Rogers Arena to cheer on your Canucks! Net proceeds from each ticket purchased will go directly towards Selkirk programs and services.

Mon, February 11th vs San Jose Sharks
Mon, February 25th vs Anaheim Ducks
Weds, March 13th vs New York Rangers
Thurs, March 28th vs Los Angeles Kings

To secure tickets, please go to tinyurl.com/selkirkcanucks and be sure to use the PROMO CODE: **SELKIRK18**

Fundraising with Famous Foods and Spud.ca

Famous Foods

Do you buy your groceries at Famous Foods? If so, then consider buying a FF card through your PAC. Now available on the PAC SquareUp Lord Selkirk Elementary PAC in \$50, \$100 and \$500 denomination, with 15% donated back to Selkirk. You purchase, we deliver!

Spud.ca

Does your New Years resolution include more time with the family and less time at the grocery store, healthier food options, or prepared meal kits? Spud.ca makes it easy with online grocery shopping and delivery to your work or home. Purchase a produce box or spud cards, and Spud.ca donates 25% and 10% back to Selkirk. Get started and keep shopping at Fundraising | SPUD.ca and spud.ca/spudcards.



SPUD.CA
Local & Organic Groceries Delivered

SPORTS CENTRAL

SELKIRK GIRLS VOLLEYBALL WINS CITY CHAMPIONSHIPS AGAIN.....AND AGAIN!!!

Congratulations to the Senior Girls (g.7) and Junior Girls (g.6) for each winning the city championships in their respective divisions.

Winning both girls divisions in the same year has never been accomplished in the history of Selkirk in any sport. With over 130 girls elementary volleyball teams in Van City, this is big. Only one other school (McBride 1996) has accomplished this feat in the past 60 years.

A special shout out to the dedicated staff, coaches and our Gladstone assistants who were all part of this. And to our players who showed a genuine enjoyment of the game and were in the gym every day starting back in the first week of September. Having fun,

supporting each other and enduring the many, many practices.



GRADE 5/6 GIRLS INTRAMURAL VOLLEYBALL

Congratulations to "The Carpets" for winning the girls noon volleyball league last month. This group was made up of all grade 5/6 girls who attended volleyball tryouts back in October. Whether they made the school team or not, all were invited to have the opportunity to play in our own league.

The 40 girls who came out were supported by some grade 7 mentors who played with the younger girls and ran the league games every Friday. These grade 7's (Franny, Sandy, Richelle, Maya, Kristen, Cathleen, Charlize) did an excellent job. This was one of the finest examples of peer leadership witnessed in our gym in many years.



Basketball Update

Basketball is up and running. Schedules are below:

Practices

Sr. Girls basketball season starts January 24 until March 15th, games are Thursday 3:15 - 4:45(5:00) and practices are Tuesday-Wednesday 8:00am – 8:55am and some Fridays

Sr. Boys basketball season will be starting Jan. 23 until Feb. 20. All games are on Wednesdays and are all AWAY. Tournament dates TBD. Go Sr. Boys!

Game times

Sr. Girls – Thursdays (Mr. Nickel)

Sr. Boys – Wednesdays (Mr. Chou)

Returning to Selkirk

Will your child(ren) be returning to Lord Selkirk Elementary in September 2019? Please watch for the Returning to Selkirk form that needs to be filled out and returned to your classroom teacher no later than Monday January 28th. If the form is not returned we will assume that **you are not returning** and will be unable to guarantee continued enrollment at Selkirk Elementary.



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KINDERGARTEN REGISTRATION

Kindergarten registration for 2019-2020 has begun!!! This is happening for in catchment student from now until January 31st, 2019. If you or someone you know has a child born in 2014 please have them register right away. Selkirk is a very sought after place to be so in

catchment students must register before January 31st, 2019.

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 14th, 2019 and closes February 4th.

Cross Boundary applications are on line this year and starts February 1st, 2019

K CHOICE: The last day to register for K Choice (French Immersion, Mandarin Immersion, Montessori etc) is February 4th at 4pm. No late applications accepted. Please call the school for your child's PEN number to register online at VSB

Greater Vancouver Food Bank

Thank you for raising 1250 pounds of food through your food drive with Lord Selkirk Elementary School to support the work of the Greater Vancouver Food Bank! We sincerely appreciate the commitment, time and energy you've taken to create a great opportunity for people to give so generously.

The Greater Vancouver Food Bank's mission is to create empowering environments that provide and promote access to healthy food, education and training. We are proud of the many ways we demonstrate our commitment to achieve this, including working with local farmers to buy fresh produce, providing education and cooking demonstrations in schools and community kitchens, and expanding our volunteer program.

We love to see many of our members begin to thrive and gain new confidence through the programs the Food Bank delivers. You are helping us to accomplish all of this and more!

Thank you, once again, for your tremendous support of our work!

Weekend Backpack Program

We are lucky at Selkirk to have the Weekend Backpack Program that sends extra food home with students over the weekend. We are now in our 6th year offering this program, with a new focus to offer nutritionally dense and healthy food, including some perishable items for families. Our goal is to enhance and expand the program to offer more options to our families. If you would like more information about the program or would like your child to participate in the Weekend Backpack Program, please call Ms. Mani at 604.713.4660 or email her at vmani@vsb.bc.ca. There is no cost to participate in this program.

