

ÉCOLE 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- Nov 2019

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

Principal's Message

Dear Families,

We are at week 10 of our school year and there are many wonderful things happening at Selkirk (both sites). It was great to see so many classes going to visit the Gladstone site, and the older students also coming back to the main site this week for Halloween activities.

Our Selkirk theme for the month is forgiveness. Many people think forgiveness is as simple as moving on or letting go, but we are trying to help teach students that there is more depth to it than that. When one embraces the virtue of forgiveness there is empathy, compassion and understanding towards the person who wronged or hurt you. This makes it a very important powerful virtue. Research has shown that when levels of forgiveness go up, stress goes down.

We have been teaching what it means to forgive and why it is important not to hold onto grudges or anger. While working with the WITS peer leaders on how to navigate conflict they brainstormed that forgiveness is important to create peace. Their thoughts were that without forgiveness people would be angry. One student said "forgiveness helps us use understanding instead of hate". This process of self-reflection on forgiveness helps children become increasingly self-aware and encourage positive well-being.

We have our Remembrance Day Assembly approaching next week on Thursday November 7th at 11:05 for K-5. The grade six and seven students will be attending the Gladstone Secondary Assembly at 9:00am Thursday November 7th. Please ensure they arrive promptly at 8:50 that day.

Families and the school staff, work together in a team approach to support the development of children. Parent support in this endeavor is paramount and a key in successful partnerships.

As always, my door is open if you have any questions, comments, or concerns.

Sincerely, Mme Burton

IMPORTANT DATES

Friday November 1	Kindergarten priority registration begins (all must register online)
Friday November 1	Photo Re-Takes
Monday November 4	PAC Meeting 6:30pm
Friday November 8	Professional Development Day-No School
Monday November 11	No School Remembrance Day
Monday December 3	Assemblies Theme: Gratitude PJ Day
Wednesday Dec. 11	Cocoa and Caroling 5:30pm
Friday December 20	Last Day before Winter Break
Monday January 6	School Re-opens
Monday January 13	K choice registration opens
Friday January 31	Kindergarten Priority closes
Tuesday February 4	Choice programs close

WINTER IS HERE – SELKIRK OUTSIDE DAYS

At Selkirk Elementary, every day is an outside day. There are many undercover areas for students to play in when it is raining and or blustery, but students are expected to get outside. The results of having children outside have been very positive. Learning and productivity has improved, and children are more focused and engaged. We want to help change the recent results on the inactivity and lack of health of Canadian children. Selkirk school is committed to ensuring students are connecting with the outdoors at recess and lunch and getting exercise. The research on this keeps on getting stronger. Let's work together to change the path of too much screen time and increased obesity.

Although we will have indoor days if it is pouring, children need to be prepared as weather changes quickly. It may start as a very rainy day but clear up at recess and lunch.

Please be sure your children are coming to school dressed for the weather with rain boots, winter jackets, toques and gloves. Many children, especially intermediate students, are coming only in a hoodie and still need daily reminders to dress appropriately. If you need assistance with this, please contact me in the office.



KINDERGARTEN REGISTRATION

Kindergarten registration will be online this year, please make sure you are aware of the requirements.

The registration process will have two steps:

Step 1: Complete the online registration process at vsbapplynow.vsb.bc.ca
Print out the completed registration form.

Step 2: Bring the completed registration form along with the required documents to your catchment school.

We encourage parents to call and make an appointment before coming to Lord Selkirk with their registration forms. This will help avoid families waiting if the office is busy.

Note: the registration process is incomplete until you have completed both steps in the process. Visit the Student Registration Page on the Vancouver School Board website for more information.

Should you have questions or require assistance with any part of the registration process please contact your catchment school.

https://www.vsb.bc.ca/School/School-Registration/Kindergarten_Registration/Pages/default.aspx

CROSS COUNTRY UPDATE

Congratulations to all of our 60 Cross-Country runners who participated in a successful season! The Cross-Country team trained hard and competed in three mini-meets and one district meet at Trout Lake. There were 2799 students from across Vancouver who ran at the district meet this year.

An extra special shout out to Alexandra Booth who placed 2nd out of 138 runners in her grade! Well done athletes!

Thank you to Mme Aimee, Mme Rama Ms. Oshry and Mme Houle who coached the students.



REMEMBRANCE DAY POPPY DONATIONS

Students in each class are encouraged to bring in a donation to support Veterans. The donations collected will be given to the Legion which provides financial assistance and support to Veterans, including Canadian Armed Forces and RCMP, and their families who are in need. We are collecting donations the week of November 4 – 8.



COCOA AND CAROLLING

We will once again be hosting our Cocoa & Carolling evening on Wednesday, December 11 in the school gym. The VSB staff choir will be leading us in some holiday favourites!

We will be selling holiday cards made by Div 13 for \$2 a card, as well as cocoa (with or without marshmallows) for \$1.00

All proceeds from this evening will be donated to the Greater Vancouver Food Bank. We would greatly appreciate if you would consider bringing your own mugs.



AGENDAS-ENGLISH INTERMEDIATE

Over the last month, the school has been attempting to resolve an issue with our English Intermediate agendas. The school puts in their order every year at the same time, to anticipate delays with school start-up. This year, our provider Premier School Speciality has experienced major communication and shipment delays, which have resulted in schools not receiving their orders on time. This problem is unfortunately not only limited to Selkirk and is beyond our control. In the meantime, we have distributed the French/Bilingual agendas until we receive our other shipment. The last communication we have received from the company indicated that it would be another few weeks until we receive our shipment as they are still experiencing delays at the plant where they print the agendas. We're sorry if this has caused any inconvenience. We will be sure to give out the agendas as soon as the school has received them

BEFORE AND AFTER SCHOOL CARE

Cedar Cottage is a licensed childcare facility that operates out of the Selkirk Elementary School lunchroom from 3pm-6pm. We offer a variety of activities that range from arts and crafts, to gardening and homework clubs.

Our monthly fee is \$375, which includes professional development days, spring breaks and winter breaks. The fees also include breakfast program operated out of the Cedar Cottage Neighbourhood House.

We are accepting names on our wait list. Please see Jennifer or Siobhan for more information, or contact us through email: selkirk@cedarcottage.org or phone: 604-876-2044 (between 3pm and 6pm)

LEGO CLUB

Students, please join us every Monday at lunch for Lego Club in the library. You can come and build on your own, in a small group, or participate in a challenge activity.

This month's challenge activities will be the Name Challenge & Tallest Tower Challenge. December's activity will be the Drop Test Challenge. We will rotate grades every Monday, so that we are able to allow everyone a chance to attend.

Schedule:

Nov. 4th: Grades K-2; Name Challenge

Nov. 18th: Grades 3-5; Name Challenge

Nov. 25th : Grades K-2; Tallest Tower Challenge
Dec. 2nd: Grades 3-5; Tallest Tower Challenge
Dec. 9th: Grades K-2; Drop Test Challenge
Dec. 16th: Grades 3-5; Drop Test Challenge

Parents, if you would like to volunteer, please email Koryn Heisler at koryn.heisler@gmail.com



GARDEN UPDATE

Welcome, Sharlene, SPEC's School Gardens Program Coordinator. She will be supporting the school gardens during the school year to encourage students to strengthen their connection to food, each other, nature, and their community.

As a Master Gardener, Sharlene brings her passion for education on the importance and benefits that gardening has on our mental, physical and emotional well-being while learning about food literacy. Students will participate in engaging, and fun hands-on activities that explore themes related to plant life cycles, good and bad insects in the garden, soil science, compost, why seeds travel, seed saving, the key gardening concepts, pollinators and the process of pollination.

Students will develop a better understanding of our food systems and how to grow organic fruits and vegetables.



PAC NEWS

The Lord Selkirk PAC is proud to welcome everyone! We are a friendly group of parents and are looking for

all parents/guardians from all backgrounds to join us and share your voice. Let's all continue to work together to make Lord Selkirk Elementary the best place we can for our kids!

To hear about PAC events at school please subscribe to the PAC e-Newsletter that comes out monthly - email lordselkirkpac@gmail.com with "Subscribe" in the subject line or visit our webpage at <https://selkirkelementary.com/> and click the "sign up now" button at the bottom of the page.

To attend a meeting, please come out on the first Monday of each month at 6:30PM in the staff room. Free childcare provided. (Nov 4, Dec 2, Jan 6, Feb 3, Mar 2, Apr 6, May 4, June 1)

SAVE THE DATE!! Selkirk Royale will be on Friday February 21st this year. Mark your calendars! Come join us for a fun night raising funds for the kids!

Thank you to all Selkirk Parents for helping to make our October PAC AGM such an amazing evening. With over 36 Selkirk parents in attendance, we are excited about the diversity of voices and new plans for a great school year. Join us on Nov 4th at 6:30 pm in the staff room!

PAC Fundraising with Food!

Famous Foods

Famous Foods cards available in \$50, \$100, and \$500 values. If you shop at Famous Foods, get grocery cards through the PAC and our school gets 15% donated back. *You purchase, we deliver!*

Available for purchase at PAC meetings and online on the PAC SquareUp [Lord Selkirk Elementary PAC](#).



Spud.ca

A great way to save time and have your groceries delivered to your home or office. Order prepared meals, organic groceries, and household items.

To get started or keep shopping at Spud.ca: Use promo code **Fundraising** and select **Selkirk Elementary** in drop down menu.
- Produce boxes: <https://www.spud.ca/catalogue/FundRaising.cfm> (25% donated back to our school)

- Spud cards: <https://www.spud.ca/spudcards.cfm> (10% donated back to our school)

QUEBEC EXCHANGE FUNDRAISER

Holiday Poinsettias and Ethical Bean Coffee Return



Sip your favourite organic, fair trade java blend and get into the holiday spirit with a colourful poinsettia – all while supporting the French Immersion Grade 7 Quebec Exchange. Order for the holidays; both make great gifts! To order, see the order sheets attached to this newsletter email, or ask a French Immersion grade 7 student or parent.

Questions and orders can be sent directly to; Patricia Mortenson at pmortenson@shaw.ca for Poinsettias, and Wendy McMillan at wmcshima@gmail.com for Ethical Bean Coffee. Orders and payment can also be dropped off at Selkirk Main or Gladstone site offices.

Orders due **November 22nd**. Pick up is Friday **December 6th** at 3 pm at the Selkirk Main school gym stage.

Bottle Drive:

We, G7 Quebec Exchange (QX20) need everyone's help!!!

We would like to request every Lord Selkirk family member to support the fundraising event "bottle drive"!

This can be on-going way to support QX20 by simply dropping off your bottles and cans at recycle depot near your home.

We would like to introduce one simple way how you can support us through the year.

There are many recycle locations across BC. There are certain locations where have the system "express drop off".

Person who is willing to support us needs to know the account name (Noriko Tsuchiya) and registered phone number (604-813-6090) in order to process bottle drive for QX20.

INSTRUCTIONS

Please check this website and find a location near you! <https://www.return-it.ca/locations/express/>
Please visit one of the express locations and use the touchscreen at the Express kiosk
Enter phone number: (604) 813-6090

Follow the instruction on the screen and PRINT the labels.
STICK the labels on your bags and LEAVE the bags at the Express drop off!

COMPUTER SCIENCE WORKSHOP FOR GRADE 7 GIRLS

The Committee on Outreach, Diversity, and Equity at UBC, in partnership with SAP, is pleased to be offering GIRLsmarts4tech workshops for the fifteenth year. GIRLsmarts4tech workshops encourage young women in grade 7 to become interested in technology, mathematics and sciences.

For grade 7 girls, SAP will be offering two full-day workshops on Saturday, November 16, 2019 and Saturday, February 8, 2020. Please note that both workshops will cover the same topics.

Space is limited and will be filled on a first-come first-served basis

PARENTING IN THE DIGITAL WORLD

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our children and teach them responsible and appropriate use of technology?

The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. Please join us for an informative presentation

Windermere Secondary Auditorium: Wednesday, November 13, 2019 Doors open at 6 pm
Session begins 6:30 pm

GLADSTONE DROP OFF – PICK UP

Student safety is very important! Please arrive early and drop off prior to 8:48am. Please do not block driveways into the staff parking lots or U-Turn on any streets as this is already very busy. Students are crossing the road from all directions. Thank you for adhering to these traffic safety rules and helping keep our children safe.



AFTER SCHOOL PROGRAMS

The Gladstone community school teams brochure will be sent home with students. Registration is Monday November 4 at 3:00pm please bring payment for the programs with you.

This term the following programs will be offered:
Thursdays 3:15 – 4:30 November 7 – December 12
Books and Blocks (\$30) Grade 1 – 3
Baking (\$50) Grade 4 – 5
Arts and Crafts (\$40) Grade 2 – 4

TRANLINK STRIKE

As you may be aware, Coast Mountain Bus Company could begin job action Friday morning. TransLink expects possible delays to bus and SeaBus services, while other services, such as SkyTrain should not be impacted.

Schools in the District will be in session per normal schedules and the usual attendance procedures will be in place. We encourage you to consider the potential impacts on your child's commute to and from school. Also, please be mindful that there may be additional traffic at schools and heed traffic signage for everyone's safety.

For the latest transit updates, sign-up at alerts.translink.ca or follow @Translink on Twitter.

GRADE 7 FUNDRAISER

The Grade 7 English students are fundraising for their spring camp with SPC cards. The cards sell for \$10 and you will receive exclusive in store and online offers from over 80 stores and vendors. Cards will be sold at Glad-Selk before school, during lunch and after school. Contact Ms. Chan if you would like to reserve cards for you and your friends rchan@vsb.bc.ca.