



ÉCOLE LORD SELKIRK ELEMENTARY SCHOOL

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

Phone: 604-713-4650 Fax: 604-713-4657

<https://www.vsb.bc.ca/schools/lord-selkirk/Pages/default.aspx>

THE CEDARS' BARK- November 2020

Principal:	Shannon Burton	604-713-4650
Vice-Principal:	Meghan Gomes	604-713-4650
Director of Instruction:	Aaron Davies	604-713-4424
School Liaison/Trustee:	Lois Chan-Pedley	

Principal's Message

Dear Selkirk Community,

As we approach our Remembrance Day recognition next week, I would like to share that our theme for the month is Forgiveness. People often 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 powerful virtue. Research has shown that when levels of forgiveness go up, stress goes down.

Forgiveness is a great theme! It is an important virtue to practice and great one to teach students as it is one that we really need to learn in order to be better humans. Holding resentment, grudges and anger is an unhealthy approach which can cause long term issues. **Like meditation, forgiveness is a practice that anyone can learn but needs to be taught.** Practicing forgiveness involves learning understanding, empathy and compassion. Helping student understand that forgiveness doesn't mean forgetting or excusing the harm done to you. It is a valuable lesson that will help bring a kind of peace that students can carry with them in life when they experience hurt, heartbreak and pain. Here is a parent info sheet with some tips on talking about forgiveness. [Forgiveness Tips Sheet for Parents.](#)

We have our Remembrance Day Assembly approaching on Tuesday November 10th. Classes will each participate in a virtual assembly. We thank all the students and classes who are participating in this assembly with a new format to honour and recognize those that have fought and died in the line of duty for our freedoms. We also recognize those that continue to fight for the freedoms of all Canadians.

We hope you have a productive conference with your child's teacher next week. These are essential for you to participate in. It is critical families engage in a home – school partnership in order to create success. 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.

The door may not be literally open as it has been, however, we are here for you and are just at the end of a call or email. Please reach out if you have questions or concerns.

In Health,

Mme. Burton

Important Dates

<i>Sunday November 1</i>	Day light savings ends—set clocks back one hour
<i>Sunday November 1-Jan 2021</i>	Kindergarten Priority Registration- must register online and make an appointment – DO NOT COME DIRECTLY TO THE SCHOOL
<i>Wednesday November 4</i>	Conferences – 2pm Dismissal
<i>Thursday November 5</i>	Conferences – 2pm Dismissal
<i>Tuesday November 10</i>	Remembrance Day Assemblies- Virtual
<i>Wednesday November 11</i>	Remembrance Day: No School
<i>Friday November 27</i>	Pro-D Day: No School
<i>Friday December 18</i>	Last day before Winter Break
<i>Monday January 4, 2021</i>	School Re-Opens after Winter Break

SAFE ARRIVAL AND REPORTING ABSENCES

SIGN IN AND OUT PROCEDURES

Ensuring student safety is a shared responsibility. 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 76 (school code) and then #. Please spell your child’s last name and state the first name and the reason for the absence.

If your child(ren) arrive after their class has entered the school, please come to the front door of the main building, and call the office. Students are not to enter the school unless accompanied by a staff member. Someone will come outside to bring your child to class. Please do not come into the school with your child. If you are signing your child in or out for an appointment, please come to the main 22nd avenue entrance and call the office. We will call your child down and ask you then to come in, sanitize and come sign them out. Please wear a mask when inside the school.

Any supplies or lunches (labelled with child’s name and division) are to be left at the office. It is your child’s responsibility to retrieve the items for the office.



DROP OFF AND PICK UP / VISITORS

Thank you for dropping your student off promptly at 8:55 on school days. We kindly ask that once you get to your division sign and make contact with the classroom teacher/prep teacher you promptly leave the school grounds. Please avoid waiting around until classes go in the school. We want to reduce the number of adults and ensure physical distancing so appreciate your cooperation with this. Thank you.

We also ask that ALL ADULTS ON THE PROPERTY consider wearing a mask. This will help us reduce the chances of a spread if anyone is contagious. Everyone needs to do their part and the VSB is encouraging masks for everyone.



WHEN TO SEND YOUR CHILD TO SCHOOL DURING COVID-19

If your child has any of the following symptoms, they should not come to school:

- fever
- chills
- cough or worsening of chronic cough
 - shortness of breath
- loss of sense of smell or taste
 - diarrhea
- nausea and vomiting

If they have 1 symptom (excluding fever) they should stay home to monitor symptoms. If after 24 hours, they haven't developed any further symptoms, their symptoms have not worsened and they feel well enough to come to school, they may return. If they have 2 or more symptoms, OR a fever, you should seek a health assessment.

Please inform the school of your child's absence by calling the Safe Arrival Line (604)713-5159 prior to 9 am (Please press 76 (school code) and then #).

KINDERGARTEN REGISTRATION CHILD BORN 2016

All kindergarten applicants are required to submit an application to their English catchment elementary school. This includes families who wish to apply for District programs (Early French Immersion, Montessori, Indigenous Focus School, Early Mandarin Bilingual, Nootka Fine Arts) and/or a cross boundary placement.

The priority registration period for kindergarten opens on November 1 and closes at 4 pm on January 29. Students who submit an application within this priority period will be accommodated before late applicants.

Please visit the VSB website with instructions on how to register, https://www.vsb.bc.ca/School/School-Registration/Kindergarten_Registration/Pages/default.aspx

After you have registered online via the applynow website, visit the Lord Selkirk website: <https://www.vsb.bc.ca/schools/lord-selkirk/Pages/default.aspx> to book your appointment with the office. We will not be accepting walk in meetings with parents at this time due to COVID-19.

Applications are not considered complete until all documents are obtained at the appointment.

Documents Needed:

1. Proof of residence in Vancouver
2. Child's birth certificate
3. Immigration documentation (if applicable)
4. Immunization records
5. Court orders/documents (if applicable)

Registering at the Annex or the Main School

Lord Selkirk School and Lord Selkirk Annex share one common catchment area. Students who reside within this catchment area (in-catchment registrants) will receive priority for enrolment at one of the two school sites based upon available space.*

When completing a registration form, parents will be asked if they prefer the annex or the main school. The District will attempt to accommodate parental preferences for placement once available space has been determined.

At some sites there may be more in-catchment applicants than available space.* In these instances, the following process will be used to prioritize enrolment:

Kindergarten Applications Received Between November 1 and January 31

1. In-catchment kindergarten registrants who have a sibling who is currently attending and who will continue to attend In-catchment kindergarten registrants who have a sibling who is currently attending and who will continue to attend Lord Selkirk Elementary next year will be enrolled first at their preferred location.
2. The names of all other in-catchment registrants will be entered into a random draw for the remaining kindergarten spaces. Students will be registered at their preferred location as space permits.
3. Students who cannot be accommodated at their preferred location will be accommodated at the location that has space and placed on waitlist for their preferred location in the order in which their name is drawn.
4. Between January 31st and the second Friday in June (when school organizations are finalized), students on the ordered waitlist will be offered spaces at their preferred location as space becomes available. This waitlist will remain active until September 17, 2021.



STUDENT GOAL SETTING CONFERENCES - WEDNESDAY NOVEMBER 4th and THURSDAY NOVEMBER 5th 2pm DISMISSAL

The goal-setting conference will be led by your child's teacher. You, your child (WHO MUST ATTEND) and teacher will have an opportunity to share your child's interests, strengths and areas needing attention & further support. A

significant part of this early conference will be to discuss the 2-3 educational goals with your child and her/his teacher have chosen for this year. Please come ready to talk about 1 or 2 things that you, your child and your teacher can work on this year. Conferences are 15 minutes; at the time of your meeting you can go to the TEAMS calendar and click on the meeting to join it. Please do not join early as the teacher will be in other meetings up until your meeting time. Please be patient as this will be the first time that we are attempting online meetings and all teachers at Selkirk will be online at the same time potentially causing internet crashes etc. We will do our best to make this as smooth as possible but unforeseen difficulties may arise. If you have not heard from your child's classroom teacher, please contact the office so that we can ensure your contact information is correct.



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OUTSIDE DAYS CONTINUE FOR RECESS AND LUNCH BREAKS

Please ensure all students are prepared with proper jackets and footwear as we will spend more time outdoors. At this time, we have rotating recess and lunch breaks to keep the number of children outside limited. Please see teacher program information for recess and lunch based on your child's division. At this time students will not be able to call home to get a change of clothes or other items. Dress for the weather as it changes daily, if not hourly.

Items that are helpful to ensure your child is dressed appropriately are: waterproof jacket or rain poncho, umbrella, rain boots, and change of socks.



CONGRATULATIONS AND FAREWELL

We would like to share some exciting news with our Selkirk Community. We say farewell to our resource and reading recovery teacher, Julia Clark. She has been promoted to Vice Principal at Lord Kitchener Elementary and will start after Winter Break. We appreciate all the wonderful work she has done with our students and staff. She will be missed! We will update you when we have filled her position.

Congratulations

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SOCIAL EMOTIONAL PROGRAMMING FOR GRADES 4-7

STRATEGIES FOR EVERYDAY ANXIETY

As part of our social and emotional learning goals this year, Ms. Laurie Reid (our Youth and Family Worker) has been presenting a program for grades 4-7 to help students manage everyday worries and anxiety. The program is called EASE (Everyday Anxiety Strategies for Educators). If you have any questions, Laurie can be reached at lreid@vsb.bc.ca

The **EASE at home** material can be found at the following website:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

Some ideas introduced so far:

- Anxiety is normal, manageable, and can even be helpful (keeps us alert and can motivate us to do things).
- Some things worry us at first but end up being OK or even fun.
- Creating visual representations of anxiety can help normalize it.
- Worries 'show up' in our bodies as physical discomfort (headache, stomachache, muscle tension, etc) because of the Fight-Flight-Freeze response.
- The Worry Scale: worries vary in intensity. When we recognize the situations that result in our feelings escalating, we can use strategies to calm down and feel better.
- We brainstormed strategies as a class, and in the next month we will focus on some of these strategies in particular:
 - o Calm breathing
 - o Progress muscle relaxation
 - o Importance of sleep, nutrition, and movement
 - o Mindfulness strategies

REPORTING VANDALISM- BE AWARE ON HALLOWEEN WEEKEND

You make the call

The Vancouver Board of Education currently spends over \$500,000 per year repairing damage done to schools by vandalism. We need your assistance in addressing this serious and very costly problem. Help us put your education dollars to better use by reducing the cost of vandalism.

How We COMBAT Vandalism, The Vancouver Board of Education

- encourages residents living near schools to report to police any vandalism or suspicious activities at schools
- provides exterior security lighting and permanent electronic devices to monitor intrusion and fires in schools
- identifies graffiti and provides photographs and evidence to police
- provides information leading to conviction of vandals
- cooperates with the police, courts and other agencies for security patrols and court actions
- seeks restitution for the costs of vandalism

These combined efforts have significantly reduced school vandalism; however, more progress may be made with your help.

YOU can HELP!

CALL 911

If you see persons acting suspiciously around your school, for example:

- on the roof of a school
- throwing objects at windows or doors
- shooting weapons of any kind
- partying
- destroying shrubbery or playground equipment
- lighting fires
- painting or marking school buildings with graffiti
- committing any other suspicious acts

When you call 911 you need not give your name.

Give the name of the school, location, and tell them what is happening. School officials will assist police in prosecuting and seeking restation. Help us make better use of your education dollars.

PAC INFORMATION

Welcome to our new PAC Executive for 2020-2021

Co-Chairs: Heather Schofield and Jen Cooper-Stephenson
Vice Chair: Jola Lekich
Treasurer: Erin Cederberg

Secretaries: Koryn Heisler and Anna King

Outgoing Chair: Erin Dosman

Save the date! November PAC Meeting

Our next PAC meeting will be held virtually on Monday November 16th at 6:30pm. Details regarding the meeting will be provided closer to the meeting date. If you have not already done so, please follow the Lord Selkirk Elementary PAC Facebook page and watch for details there. If you are not on Facebook no problem! Simply send an email to lordselkirkpac@gmail.com and ask to be added to our mailing list.

Direct Drive Fundraiser

Over the years the Selkirk PAC has worked tirelessly to fundraise and support Selkirk activities, clubs and programs. We know that engaged and involved parents and caregivers are key to positive outcomes for students. This year we find ourselves, like so many other organizations, challenged to think about how we can do things a little differently.

The COVID-19 pandemic and the public health orders put in place to keep us all safe mean that we cannot host our biggest annual fundraiser, the Selkirk Royale. What we can and will continue to do is look for innovative ways to support our school community and to provide Selkirk children with safe and engaging experiences and activities to enrich their school life. It is with this in mind that we write to you to ask for your on-going financial support. It is our hope that this direct drive fundraising initiative will help us fundraise the \$10,000 normally raised at the Selkirk Royale. Please see attachment for ways to donate.

PAC Fundraising



Famous Foods

Shop at Famous Foods? Thanks to our generous Selkirk Community, parents purchased \$15,500 in Famous Food cards during the 2019/20 school year. From those purchases, over \$2300 was donated back to our school!!

Support our school with Famous Foods grocery cards. Available in \$50, \$100, and \$500 values, with 15% donated back to Selkirk on every purchase. Open to all parents, family, and friends. We will arrange safe delivery of the card(s) to you! Available now - Famous Food cards can be purchased online through the Selkirk PAC webpage:

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

Mabel's Labels

Need labels for your kid's stuff? How about Custom Holiday Return Address labels or Gift Tags? Mabel's Labels has you covered!

Durable, affordable, and great designs. As a bonus, 20% of purchases are donated back to our school!

SPOTLIGHT ON SELKIRK STUDENTS
