



## ÉCOLE LORD SELKIRK ELEMENTARY SCHOOL

1750 East 22<sup>nd</sup> 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- January 2021

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,

Happy January Lord Selkirk Community. It has been an action packed three weeks back at school after our winter break. There are so many wonderful things happening. Staff have been working hard on writing written progress reports that will go out on January 29<sup>th</sup>. A reminder that this are one of five communications of student learning for the year. They are strength based and have important information about student areas of growth and ways to support learning (home and school). Staff work hard on writing these to share how your child is doing. Do not hesitate to reach out to them if you have any questions or concerns. Our next conference dates are not until April 14<sup>th</sup> and 15<sup>th</sup>.

The theme for the month at Lord Selkirk (both sites) is perseverance, which is very appropriate for reflecting on progress in learning. Developing the virtue of perseverance (or grit) is essential for building character and necessary in order to achieve success. One definition of grit is perseverance and passion for long-term goals (Duckworth et al., 2007). Students at Selkirk are encouraged to try new things, face their fears and not give up when things become challenging. We have an upcoming assembly focused on this theme.

Students may often not try due to fear of failing or may simply give up when things get difficult - this is possibly due (in part) to a lack of grit. We can encourage grit by reassuring students that it is better they take a risk, try and experience failure instead of not trying at all. We need to teach them that there is much to learn when we fail and that is often where the most growth is. I encourage you, as you review written progress reports, to work with your child(ren) and encourage them to develop perseverance/grit throughout term two. One great book on Grit is *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* by Paul Tough

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

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## ***Important Dates***

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Monday January 11	Choice Program registration opens.
Monday January 25	Pro-D Day: No School
Friday January 29	Report Cards go home.
Monday February 1	Cross Boundary application opens.
Wednesday February 3	Choice program registration closes at 4:00pm
Friday February 12	Pro-D Day: No School
Monday February 15	Family Day: No School
Friday February 26	Cross Boundary application closes
Friday March 12	Last day before Spring Break

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## ***DAILY HEALTH ASSESSMENT***

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### **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 #). For the most up to date information please visit the Vancouver School Board website <https://www.vsb.bc.ca/News/Pages/COVID-19-Updates.aspx>



### **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.

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## **SEVERE WEATHER / SNOW DAYS**

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Vancouver School Board has procedures that are followed in situations where severe weather, like heavy snowfall or very high winds, might be affecting schools. All schools in the Vancouver School District will remain open if possible, during severe weather events. Any district-wide closure will be decided by 7:00 a.m. at the latest. Details of district-wide or individual school closures will be announced through the media and the district website front page.

Please note that no announcement will be made stating that schools are open. Only closures and delayed openings will be announced. Information about any district-wide closures will be sent to Metro Vancouver radio and television stations. Please also visit the Lord Selkirk website for updates: <https://www.vsb.bc.ca/schools/lord-selkirk/Pages/default.aspx>

Student safety is the first priority of Vancouver School Board. Schools will be kept open except under extreme circumstances to provide the option of attendance for all, but the decision to attend is the responsibility of each family.

Parents/guardians are responsible for their children's safe travel to and from school. If for any reason a parent/guardian feels that a child cannot travel safely to school, then they should make other arrangements.

During extreme weather conditions it is also common for police and other authorities to advise citizens to avoid unnecessary travel. Parents should take this advice as well. Students will not be penalized for lack of attendance under such poor weather conditions. Students are reminded to wear appropriate clothing for the conditions. When sidewalks and roads are slippery, students walking to school should take extra care.

**Please do not call the school.**

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## **KINDERGARTEN REGISTRATION AND CHOICE PROGRAMS**

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Kindergarten registration for 2021-2022 is well underway. If you or someone you know has a child born in 2016 please have them register at their English catchment school. Selkirk is a very sought-after place to be so in catchment students must register before January 31st, 2021.

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 open January 11th, 2021 and closes February 3rd at 4:00pm. Please call your English catchment school for your child's PEN number to register online at VSB.

**Cross Boundary** applications are online and start February 1st, 2021.

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## **WELCOME TO SELKIRK**

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The Selkirk community continues to grow we would like to welcome Molly Sigalet and Norm King to Division 15, Marine King to the Resource team Abdul Ahaja and Avtar Sindhar as our night custodians. If you see the staff outside on the school grounds please give them a wave and welcome them to the Selkirk Team.

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## HOLIDAY SEASON AT SELKIRK

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As always, the Selkirk community never stops to outdo themselves and this Christmas was no different. Trying to think of creative ways to still engage our community, while supporting our families and our community was a challenge, but one that all of us were up for! Unfortunately, we weren't able to have my favourite event; Cocoa & Carolling, but we were able to switch it up and do a Covid-friendly version, lovingly called Cocoa & Candy Canes! What a huge success this was. Students ordered a pre-bagged package of hot chocolate mix and a candy cane for \$1.00. We sold over 1200 bags with all profits from this fundraiser being donated to the Greater Vancouver Food Bank! Another community initiative we always do around Christmas is our Secret Santa gift tree. Members of the school and community pick a paper ornament off the tree and purchase a gift for a family in need. This year, we weren't able to do this in the same way. Instead, we asked for gift cards to various stores so that families could purchase a special gift for their children. The response was tremendous and the families that were supported were so overwhelmed by the generosity of this community. I want to thank you all for showing what true community spirit looks like! I hope you all have a wonderful 2021!

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## ***SELKIRK ALUMNI VOLUNTEER FOR THE STREET STORE***

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A few Selkirk Alumni have volunteered their time to support an annual initiative in the DTES called The Street Store. The future leaders of tomorrow were volunteering as Donation Sorters for the Street Store in December. This is the third year they have volunteered as a group. In previous years, they volunteered together in December at the Elizabeth Fry Society wrapping presents for children who have a parent who is incarcerated. To encourage other Selkirkians to share their time and talents, they have suggested people take a look at organizations who serve vulnerable populations.

The WISH Drop in Centre: <https://wish-vancouver.net/about/our-board/get-involved/wish-list/>

The DTES Women's Centre: <https://dewc.ca/holiday>

The Aboriginal Front Door: <https://abfrontdoor.org/index.php/contact>

The DTES Neighbourhood House: <https://www.dteshouse.ca/donate-form>



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## **CHALLENGES WITH SCHOOL ATTENDANCE WEBINAR**

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### Challenges with School Attendance Webinar Series

Getting to school or managing a whole day at school can be really hard for some children and teens, and it can be challenging for parents and caregivers to know how best to move forward. In this 2-part webinar series, our team of experts talk about anxiety and related challenges that can be a barrier to attending school, as well as practical strategies to help things go more smoothly. These webinars were designed to complement each other so it is recommended to watch both Part 1 and Part 2 (a or b).

Part 1: Challenges with School Attendance: Introduction for Parents and Caregivers

Part 2(a): Practical Strategies to Support Elementary School-Aged Children with School

Part 2(b): Practical Strategies to Support High School-Aged Youth with School Attendance

This webinar series was held in November 2020 and was a collaboration between BC Children's Hospital, the Vancouver School Board, Vancouver Child and Youth Mental Health and Kelty Mental Health Resource Centre. Recordings can be viewed on the following link:

[https://www.youtube.com/playlist?list=PLERqxY\\_UqhB47QdxL6SCbHMMfRRc8YmbD](https://www.youtube.com/playlist?list=PLERqxY_UqhB47QdxL6SCbHMMfRRc8YmbD)

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## **SAFE TRAVEL: WALK AND BIKE TO SCHOOL**

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January brings a fresh new year, one small, but mighty way to bring community together is bike or walk to school. It also helps keep our kids physically active!

Prof. Guy Fulkner says, "Children who walk to school have been found to have higher academic performance in terms of attention/alertness, verbal, numeric and reasoning abilities; higher degrees of pleasantness and lower levels of stress during the school day".

Check this out! Lord Selkirk's safe travel map with best walking and cycling routes in our Cedar Cottage neighbourhood!

<https://vancouver.ca/files/cov/lord-selkirk-best-walking-and-cycling-routes-map.pdf>

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## **PAC INFORMATION**

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Happy 2021 from the Lord Selkirk PAC!

PAC Newsletter

Stay in-the-know for all thing's PAC! Sign up for our monthly newsletter here: <http://bit.ly/2X7P9YV>

**Next virtual PAC meeting - Mon, Feb 8th at 6:30 pm**

- Register in advance: [https://us02web.zoom.us/meeting/register/tZMsceusrT0rHdLyVMf9pI9\\_aD\\_OWIBHqv8o](https://us02web.zoom.us/meeting/register/tZMsceusrT0rHdLyVMf9pI9_aD_OWIBHqv8o)

**Are you looking for after school care?**

Little Cedar School Age Care has availability for full time, part time, or drop-in for our after-school care program? If you would like a tour or ask questions, please email: [info@littlecedar.ca](mailto:info@littlecedar.ca)

Cedar Cottage Neighbourhood House operates licensed school-age childcare at 7 different locations. Our programs offer a safe, inclusive and fun environment for children age 5 to 12 years.

A wide variety of activities will be planned with and for the children that include games, sports, imaginative play, arts and crafts. Outdoor and active play is offered daily.

When

7:30AM-5:30PM, Monday to Friday

Where

Lord Selkirk Elementary School

Cedar Cottage Neighbourhood House (kinder program)

Contact : 604-874-4231 or 604-876-2044 before 9am and after 3pm

How to register:

Email Jennifer at [selkirk@cedarcottage.org](mailto:selkirk@cedarcottage.org) for a Request for Care form and any questions you may have about the program.

Children must be registered into one of our schools to be placed on the wait list for that program.

### **PAC Fundraising**

Famous Foods

This is an ongoing fundraiser with Famous Foods donating 15% of every purchase back to our school! Available in \$50, \$100, and \$500 values. Purchase your grocery cards and PAC will arrange getting the card(s) to you!

Order online here: <https://selkirkelementary.com/fundraising/>

Mabel's Labels

Labels so your kids can find their stuff! Affordable, colourful, and they don't come off in the wash! Mabel's Labels donates 20% back to our school (choose School Fundraiser: Lord Selkirk Elementary PAC).

Order online here: [https://mabelslabels.ca/en\\_CA/fundraising/support/](https://mabelslabels.ca/en_CA/fundraising/support/)

FlipGive Shopping Cards

Purchase your favourite gift cards for regular shopping with FlipGive (SuperStore/Loblaws, Home Depot, Walmart, Sport's Chek, Chapters Indigo, Old Navy, Apple, Esso, and more...). Each purchase = donation back to our school!

To get started:

Click here - <https://scotiabankhockeyclub.flipgive.com/teams/256940-lord-selkirk-pac>

Click Join this Team (top Right hand corner)

Enter Code: 9SYHP3 (for \$5 bonus) Set up your account Start Shopping