

ECOLE LORD SELKIRK ELEMENTARY SCHOOL

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



THE CEDARS' BARK- October 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:

It was great to see such a wonderful turn out for our Meet the Teacher Night/Meet Selkirk School Night in September. Our theme for October is empathy and understanding. Students are learning what it means to use their mind, think about the meaning of things and to show care and compassion. There are many wonderful things happening at Lord Selkirk in and outside the classroom to reinforce this theme.

We have goal setting conferences approaching on October 24th and 25th. **The dismissal time on both these days is 2 pm. Please ensure your child is picked up at 2pm.** These conferences are an essential time for you, your child and child's teacher to discuss their goals for the year. These goals are based on both their areas for growth and their strengths.

We encourage children and their parents to approach goal setting conferences with a growth mindset. In a growth mindset, one believes that intelligence and ability can be developed through dedication and hard work. This mindset creates determination and a love of learning. In a fixed mindset, one's basic qualities such as intelligence or ability are traits which are fixed and static. Too much time is spent doubting abilities instead of developing them. There is a focus on static achievement such as A's and B's rather than on the progress and development of abilities, skills and attitudes. We strive to teach a growth mindset to help children develop a love of learning and view their abilities as ones that can be developed and fostered over time. As we approach goal setting conferences, children, parents and teachers will help shape goals which focus on improving student's learning (academic and social), as well as their quality of thinking, determination and desire to learn.

Most classes at Lord Selkirk Elementary are continuing with the Communicating Student Learning Pilot. The expectation in this Pilot is that learning is communicated 5 times throughout the year. This includes but is not limited to: October goal setting conferences, November portfolio sharing, January written report, March conferences, June final report. Also included are emails, phone calls, face to face check-ins and all the other communications that help support students learning and development.

I would like to take the time to thank all the parents for their support and contributions to the Selkirk community. We are partners in education together. The Selkirk Parent Group (PAC) is looking forward to many upcoming community events. The PAC AGM is October 16th and is a great way to learn about the school and get involved.

There is more information in this newsletter about some upcoming events and dates. Keep your eyes and ears open for ways you can get involved in helping make Selkirk an even better place to be.

I look forward to seeing you around the school, volunteering at various events or just popping in to say hi.
Sincerely,

Shannon Burton

Principal Lord Selkirk School

IMPORTANT DATES

October 16	PAC AGM 6:30PM
October 18	Cross Country Final 1-3pm
October 19	Pro-D Day No School
October 24	Conferences-early dismissal 2pm
October 25	Conferences-early dismissal 2pm
October 30	'K' vision Screening
November 1	Kindergarten Registration Opens (regular and grade 1 FI)
November 2	Photo Re-take Day
November 9	No School – Curriculum Day
November 12	No School-Remembrance Day Holiday
November 13	Immunization – K and 6

KINDERGARTEN REGISTRATION

New Registration Process

With the opening of school registration for the 2019-20 school year on November 1st, the VSB will be implementing a new online registration service for parents.

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.

Note: the registration process is not complete 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

LIBRARY NEWS



The fall Scholastic Book Fair is coming to Lord Selkirk VERY soon!

VOLUNTEERS NEEDED

Every year we depend on volunteers to help run this wonderful event that students look forward to. We would like to invite parents/guardians to participate by volunteering your time (as little as 1-hour commitments are welcomed). You can [sign up for a shift here](#).

Note: the link above should take you to a volunteer sign-up sheet. If it does not do it automatically when you copy the text, you can enter it manually:

<https://www.signupgenius.com/go/60B094AAF-AE23A2FA7-scholastic1>

BOOK FAIR SCHEDULE

Our book fairs are generally scheduled around parent-teacher conferences so that it is convenient for you to stop by before or after your scheduled appointment. We hope to see many of you at the fair the week of Oct 22nd to stock up on good books for the winter. Stay tuned for a French book fair in the Spring.

Oct 23 - Oct 26

Tues: 8:30 - 9:00AM and 3:00 - 4:00 PM

Wed & Thurs: 8:30-9:00 AM and 2:00 - 7:00PM

Fri: 8:30-9:00 AM @ the Selkirk Library

Out of School Time Programs



Consider registering your child in one of these great programs. Brochures have gone home for the Fall 2018 programs that run Oct 24–Dec 13.

Offered Programs:

Books and Blocks – Grades 1-3 (Thursday)

Arts and Crafts– Grades 2-4 (Thursday)

Multisport – Grades 4-5 (Fridays)

Cooking – Grades 4-7 (Thursday)

Piano – Grades 1-7 3:15, 3:45, 4:15 (Thursday)

In Person Registration:

Wednesday, October 17 from 3:05pm-onwards, in the Multi-Purpose room

TERRY FOX

We are very thankful to Mme. Wendy for organizing the TERRY FOX RUN. The staff, students and community had a great day honoring one of the most admirable Canadians in history. We raised \$939 to cancer research. Students, staff and parents got out and ran in the rain with an awareness that Terry himself ran across our country through rain and snow.



SELKIRK PAC

Everyone welcome and encouraged to attend our PAC (Parental Advisory Council) Annual General Meeting

Location: Lord Selkirk Elementary Library

Day: Tuesday, October 16, 2018

Time: 6:30 PM – 8:30 PM

1. What is PAC?

Selkirk Adults who provide care to children at Lord Selkirk Elementary School are automatically members of the Parent Advisory Council (PAC). Congratulations! We hope you'll get involved because you believe what the research shows: When adults are a part of their children's education, their children are more successful in school.

The purpose of the PAC is to provide opportunities for all Selkirk Adults (including Parents, Caregivers and Guardians) to actively contribute and participate in ways that enhance our school and complement our children's school experience. If you have a child who goes to Lord Selkirk Elementary, you are automatically a member of the Selkirk PAC.

You matter Your opinions are important
 You belong

2. What does Selkirk PAC do?

Here are some of the events, clubs and programs Selkirk PAC adults have proposed over the years and are responsible for:

- Selkirk Student Choir; Selkirk Chess
- Grounds and Gardens, Traffic, Advocacy Committees
- Fundraising Initiatives and Spending: Selkirk Royale – game casino, dance and auction; Big Brother Clothing Drives; Mabel's Labels; Famous Foods grocery certificates
- Host Multi-Cultural Potluck, Staff Luncheon, Summer Dance and Picnic
- Parenting workshops; Facebook; website and e-newsletters
- Community outreach

3. How can I get involved?

There are lots of ways to get involved with the Selkirk PAC.

1. Attend a meeting- vote and visit, hear the school news – childcare and refreshments always provided.

2. Become an Executive Member – direct attention and involvement in the school workings
3. Serve on a Committee – what speaks to you? Social events? Grounds and Garden? Fundraising? Advocacy?
4. Answer our call for help when you can – We can't do it without you!
 - join our email list, check out the school sites; attend a work party or supervise a club hour
 - donate at our clothing drives, direct drive, secret santa
 - take a shift at Sports Day Concession, Selkirk Royale, Multicultural Dinner
 - help us translate our communications and spread the school news

FREE child care and refreshments provided at the AGM. Find out about what we have to look forward to this school year, and how you can be involved.

Volunteer Opportunities for this year include:

- Serving on the PAC as an Executive Member, or Member at Large 2-5 Hours Per Month
 - o Co-Chair, Treasurer, and Member at Large Positions open for 2018-19

Please note, all PAC Members who served in the above positions 2017-18 are serving on PAC this year as in an supporting role to assist incoming PAC Members.

- Fruit + Veggie Program 2.5 hrs
- Selkirk Royale Committee 5-25 hrs
- Grounds and Gardens 1-5 hrs
- Multicultural Dinner 5-10 hrs
- Sports Day 5-25 hrs

And more! Even if you only have one hour to spare this year, we have an opportunity for you! All Selkirk Adults are welcome and encouraged to attend

Vote on your 2018-19 PAC Executive Members. Find out what's coming up this year, and how you can get involved. Even if you only have 1 hour to spare, there is an activity for you! FREE Childcare and refreshments provided - See you there!

SAFETY ANNOUNCEMENT-NO WHEELS

Wheels of any sort MUST BE WALKED from 8:30-3:30 on school grounds. This includes scooters, bikes, blades etc.

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.

We have several lunchtime activities such as chess on Thursdays available and more coming up for students to do on rainy days.

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.



SAFE TRAVEL PLANNING

Crossing Guards:

Selkirk's crossing guard team is up and running at the intersection of 22nd Ave and Commercial Street.

How you might be able to identify our crossing guards is by their white helmets, safety vests and stop signs. When crossing, we ask that all students and parents wait until the crossing guards have put up their stop sign.

Parking/Drop off - Pick up:

When dropping off or picking up, before and/or after school, we ask that all parents follow appropriate city mandated street signage. Please drop off on 22nd Street in front of the school.

On Welwyn street, there is no parking from 8-5, Monday to Friday, including no idling. You may stop for a maximum of 5 minutes, in a no parking zone, if you remain in the car.

If there are issues with parking/driving please call 311. In the event of an emergency call 911.

If you would like to park for longer than 5 minutes, there is parking on Maxwell Street and further up Welwyn & 22nd.

Also, we ask that you do not park in any of the two Selkirk parking lots as they are reserved for staff, and should not be used to drop off or pick up.

Thank you for your cooperation and by abiding by these city by-laws.

LEGALIZATION OF CANNABIS

As of October 17, 2018, cannabis will be legal for adults only. It will still be illegal for youth under 19 to purchase, sell or consume cannabis. It will also be illegal to sell cannabis products that appeal to youth or that have packaging or labelling that appeals to youth.

Vancouver School Board's Code of Conduct around controlled substances for students remains unchanged: Students may not attend school or school functions while in possession of or while under the influence of any intoxicating, banned or controlled substances.

However, with attitudes toward cannabis consumption changing, this is an ideal opportunity to have important conversations with your children about marijuana and drugs.

Please see attached information sheet.

BOOKS AND BREAKFAST

Everyday Books & Breakfast is held in the room 002 in the basement. We open the doors at 8:15 and serve breakfast until 8:45.

Since there are not anymore subsidies available for hot lunch program this term this is a good way to add to the healthy food your child is eating.

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.

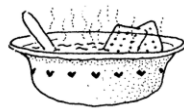
Teach your child not to share his/her food, drinks or eating utensils with others. Many children love to share. Teach children to share non food items instead (e.g. toys, stickers, games).

HOT LUNCH

Just a reminder that **Selkirk Hot Lunch Program is a full pay program.** That means that the amount is set for the entire month regardless of how many of the days your child wants to eat.

We need at least 125 students ordering hot lunch a month to have the program continue. Please consider giving it a try. Also please give your feedback on any menu items to Ms. Burton sburton@vsb.bc.ca and she will pass them onto the school board.

We have no more subsidies available for the hot lunch program this term.



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.



SPORTS CORNER

Congratulations to all students that took part in this years Cross Country meets. The final meet will be held at Trout Lake on Thursday October 18 from 1 – 3 PM.



TRICK OR TREATING TIPS!

With Halloween approaching, it is important to review safety with children. Please be sure that all costumes are safe and age appropriate for your child.



Trick-or-Treating Tips:

- Always trick or treat in groups, accompanied by an adult.
- Stay on the sidewalks and off the streets.
- Cross only at intersections and designated crosswalks. Follow traffic signals.
- Walk. No running.
- Walk with your head up and be aware of your surroundings.
 - Don't cut across yards and stay out of back yards.
 - Always watch for cars backing up or turning.
 - Respect other people and their property.
 - Be polite and say "thank you."
 - Don't eat any candy until it has been inspected for tampering under bright lights.
 - Report any suspicious or criminal activity to an adult or the police.

If you see suspicious activity please call the police immediately. Please help keep our school and community safe.

Be Safe and Have Fun!