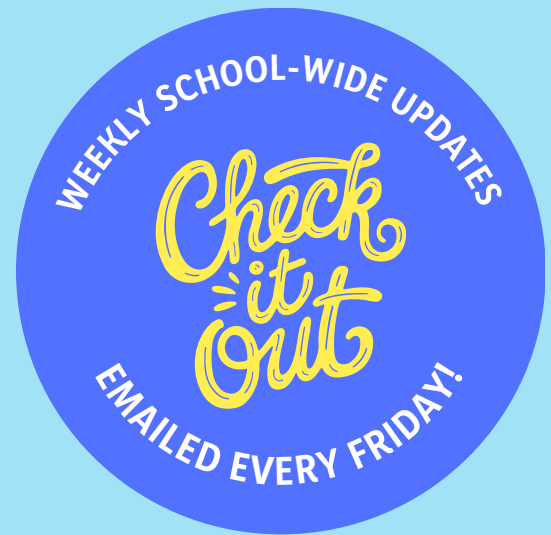




# SELKIRK MONTESSORI SCHOOL



We acknowledge with deep gratitude the Ləkʷəŋən Peoples, known today as the Esquimalt and Songhees Nations, upon whose lands we are fortunate to teach, learn, and live.



## April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

2025

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## MESSAGE FROM HEAD OF SCHOOL, ERIN HAYES

We are gearing up to two very important musical events at our school: the senior musical and our year end concerts, including our Graduation Concert. Music is an essential part of any community, moving us physically, emotionally, and spiritually. It allows us to see that success comes more from hard work and dedication than talent and luck. It is also one of the few clear ways we can see how our actions and dedication can contribute to the increased success of the group. When your child practices regularly, they will quickly see how their tone, memory (both recall and physical memory), and physical ability to play increases. Music practice clearly demonstrates how little predetermined ability has to do with success, that it is through commitment and practice that “talent” is developed.

Try this little life lesson with your child: start the term by taking a short clip of your child playing a piece and/or singing a song. Set up a practice schedule together and, each week, on the same day, take a video of the same song or songs. Students can review the multiple videos to see how they progress with regular practice. They will also begin to hear themselves as part of the group and be able to tell if they are lifting the group through their regular practice.

Music, itself, is a wonderful career and life skill. But beyond that, it can be a platform for discussion of the values of commitment, excellence, community, and communication. Now open that calendar, set up a schedule and let music be your guide in helping your child become the best learner they can be, in any subject.



## SELKIRK PARENT GROUP

When the cherry blossoms are out, it's time to make art! Read on for information about our annual Art Cards fundraiser and other SPG activities..

### **Art Cards** (or Art Puzzles or Art Keychains or Art Magnets ...)

Our annual Art Cards fundraiser is a fun and beautiful way to support our students. Children prepare a special piece of art specifically for this fundraiser. You'll be able to order cards featuring their artwork, and many other items, too: puzzles, keychains, magnets, blankets, mugs ... Even if you don't order anything, you'll have the artwork to keep! If you do order something, remember to return the artwork to the school so it can be scanned. Don't worry, you'll get it back when your order is filled. Artwork will come home Friday, May 2nd, and needs to be back at school Tuesday, May 6th - watch for more information closer to those dates.

### **Tempting Your Taste Buds!**

Our community **Multicultural Night** is fast approaching - mark Saturday, May 10 on your calendar! For this fun and tasty event, we'll meet in the gym to experience culinary delights from around the world ... courtesy of YOU, our vibrant, diverse, multicultural Selkirk Montessori School community!

Have a dish in mind that you'd like to share? Not keen on the kitchen, but ready to help set up or clean up? **Contact the SPG at [spg@selkirkmontessori.ca](mailto:spg@selkirkmontessori.ca), to take part.**

## Reminder

- April 3: SPG meets at 6 pm in the Kingfisher room
- April 7 - 14: Ordering for term 3 Pizza Days (order for all 3 days at once)
- April 15 - 21: Ordering for April Pizza Day (order for the single day)
- April 24: Community Education Night, 6:00 pm - Parenting Children who have Big Emotions
- April 25: April Pizza Day
- May 2: Art Card artwork goes home
- May 6: Art Card orders due, and artwork due back at school
- May 10: Multicultural Night





## Counsellor's Corner

Over the years, there have been a few books that are regularly recommended by child development specialists, one being *The Whole-Brain Child* by Dr. Daniel Siegel and Dr. Tina Payne Bryson. I shared about this book in our school newsletter a few years back, but it's worth sharing again!

What I love so much about *The Whole-Brain Child* is that it offers practical strategies that parents can use in supporting their child in integrating the logical and emotional parts of the brain, resulting in developing their emotional intelligence. As a parent myself, I have appreciated the conversation examples in the book (paired with cute comic-like illustrations) that are so easy to relate to.

I came across a summary of the book on the blog *The Montessori Notebook*, which provided a fantastic infographic that highlights some of the key points of the book. Simone Davies (2022), the author of the blog writes:

If you've not read the book yet, these are my two favourite takeaways:

1. When your child has flipped their lid, the “upstairs” part of the brain is not available. The upstairs part of the brain is where we can make decisions, show empathy, have self control etc. Therefore, we need to wait until the child calms down or help them calm down, before we start trying to rationalize with them.

Watch this short video here: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

2. Similarly, when your child is upset, we should first connect right brain to right brain. Yes, with empathy. Then, once they are more receptive, we are able to redirect with the left brain. Redirect does not mean to distract. It means to involve the child in making amends and finding solutions together (paras. 5-6).

Carmelle Hermoso (she/her)  
School Counsellor  
[counsellor@selkirkmontessori.ca](mailto:counsellor@selkirkmontessori.ca)

## The Whole-Brain Child

A QUICK GUIDE FOR BUSY PARENTS

LEFT BRAIN = LOGICAL PART  
RIGHT BRAIN = EMOTIONAL PART

UPSTAIRS BRAIN = SOPHISTICATED, ANALYTICAL  
DOWNSTAIRS BRAIN = PRIMITIVE, REACTIVE

### CONNECT AND RE-DIRECT

When your child is upset:  
1. CONNECT FIRST  
RIGHT BRAIN TO  
RIGHT BRAIN  
eg, loving touch,  
empathy, validate their  
feelings, listen, reflect  
2. REDIRECT WITH  
LEFT BRAIN  
When they are more  
receptive, involve child in  
making amends

### ENGAGE, DON'T ENRAGE

In high stress situations:  
APPEAL TO THE  
UPSTAIRS BRAIN  
Keep them thinking and  
listening rather than just  
reacting

### REWIND AND REMEMBER

After a difficult event  
USE THE REMOTE OF  
THE MIND TO PAUSE,  
REWIND AND FAST-  
FORWARD  
to help them process  
what happened

### FEELINGS COME AND GO

LET THE CLOUDS OF  
EMOTION ROLL BY  
Help children  
understand that  
negative feelings are  
temporary

### EXERCISE MINDSIGHT

GIVE TOOLS +  
STRATEGIES TO  
CALM THEMSELVES  
eg, taking calm breaths,  
visualising a calm place

### CONNECT THROUGH CONFLICT

USE CONFLICT AS AN  
OPPORTUNITY TO  
TEACH KIDS

### NAME IT TO TAME IT

USE LEFT-BRAIN  
STORY TELLING  
to help them understand  
what is upsetting them +  
feel more in control

### USE IT OR LOSE IT

EXERCISE THE  
UPSTAIRS BRAIN  
eg, give choices, practice  
solving problems with  
them, practice controlling  
emotions, build self-  
understanding, consider  
other's feelings

### MOVE IT OR LOSE IT

When kids are reactive  
ENCOURAGE  
PHYSICAL ACTIVITIES  
to shift their emotional  
state and reconnect with  
their upstairs brain

### REMEMBER TO REMEMBER

GIVE KIDS PRACTICE  
AT REMEMBERING  
to help integrate implicit  
and explicit memories  
e.g. important and  
valuable moments of  
their lives

### SIFT

Teach kids to explore  
SENSATIONS  
IMAGES  
FEELINGS  
THOUGHTS  
inside them to help  
them understand and  
change their experience

### ENJOY EACH OTHER

FAMILY FUN +  
ENJOYABLE RITUALS  
creates positive  
memories

© The Montessori  
Notebook

Whether or not you are able to get your hands on copy of The Whole-Brain Child, a printout of this infographic on the fridge is a simple way to be reminded of some evidence-based strategies to support your child's wellbeing.

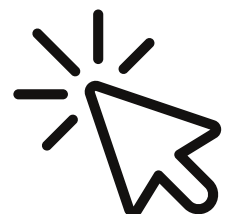
A free printable version can be downloaded from Simone Davies's blogpost, found here:



### Summary of The Whole-Brain...

Summary of The Whole-Brain Child -  
an essential infographic to help you...

[themontessorinotebook.com](http://themontessorinotebook.com)



# Selkirk Montessori School 2025-2026 CALENDAR

SEPTEMBER						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

01 Labour Day  
22 NID  
30 Truth & Reconciliation

OCTOBER						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

04 Thanksgiving Day  
24 NID

NOVEMBER						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

11 Remembrance Day  
21 PT Conferences

DECEMBER						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

19 First Day of Winter Break

JANUARY						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

01 New Year's Day  
05 First Day Back 2026

FEBRUARY						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

13 NID  
16 Family Day

MARCH						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

09-13 Immersion Week 5-8  
16 Spring Break Begins  
30 First Day Back

APRIL						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

03 Good Friday  
06 Easter Monday

MAY						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

15 NID  
18 Victoria Day

JUNE						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

08 NID  
19 Last Day of School

School in Session

Non-Instructional Days

Statutory Holidays

Reporting Publishing

November 21st  
March 13th  
June 19th



# Tsunami Drill and Reunification Process Information

Dear Parents and Guardians,

As part of Tsunami Awareness Month, we are preparing for our Tsunami Drill on April 28th. This drill will give us the chance to practice moving to safety following a significant earthquake that would signal a tsunami warning, and ensure that all students, staff, and families are well-prepared in the event of an emergency. During this tsunami drill, we will be relocating to the top two floors of the building to ensure the safety of all students and staff in case of a real emergency. We would also like to take this opportunity to provide you with information about our Reunification Plan, in the event that we would need to evacuate the building. We will not be performing an evacuation or reunification drill at this time.

## **Moving to Safety Procedures:**

During this tsunami drill, we will practice moving all students to the top two floors of the building after a simulated earthquake that triggers a tsunami warning. This ensures that students and staff are safely relocated to higher ground, following the correct protocols in case of a real emergency.

## **Family Reunification Off-Site Location:**

In the event that the school is not safe for any reason — earthquake, fire, or other emergency situations — we would relocate to 411 Gorge Road East, The Royal Canadian Legion and reunify families there. Upon arrival, staff flaggers will direct you to the Request Gate and help you follow the reunification process to ensure you are safely reunited with your child/children.

## **How the Reunification Process Works:**

1. Arrival: Follow the signage and form a line when you reach the reunification site.
2. Identification: Students will only be released to individuals listed as a legal guardian or emergency contact on the Emergency Release Form which will be sent to families at the beginning of the school year.

3. Verification: If the staff does not recognize you, a government-issued photo ID (e.g., driver's license, passport) will be required to confirm your identity and verify you as an authorized contact for your child.
4. Forms: A staff member will complete a Student Release Form, which you will need to sign before your child can be released.
5. Reunion: After signing, your child will be escorted to the Release Gate and handed over to you.
6. Exit: Once reunited, please exit the area promptly for the safety of everyone.

### **How to Create Your Family's Emergency Preparedness Plan:**



With Tsunami Awareness Month and our April 28th Drill coming up, we encourage you to review and practice your emergency plan at home. A little preparation now can make all the difference in a real emergency! Here are some steps you can take:

- Know Your Evacuation Routes: Familiarize yourself with local tsunami evacuation routes and practice them regularly.
- Prepare an Emergency Kit: Have essentials like water, non-perishable food, a flashlight, and a first aid kit ready to go.
- Designate an Out-of-Area Contact: Choose someone who lives outside of your area to be the main point of contact in case of separation.
- Practice Drills: Conduct earthquake and tsunami drills with your family to ensure everyone knows what to do in case of an emergency.
- Communication Plans: Make sure every family member knows how to get in touch if phone lines are down.

Thank you for your support. If you have any questions, please don't hesitate to reach out!

Stay safe and prepared,  
Selkirk Montessori School Administration Team



## EVENTS & ACTIVITIES





**MONTREAL  
TRIP**





## YEARBOOK PHOTOS WANTED!

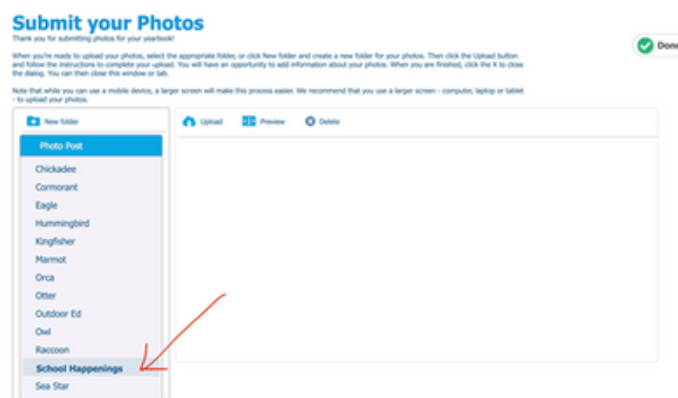


Our yearbook committee is hard at work on our yearbook. It's a bit of a late start but we have some very motivated individuals on the team! We have already done the minimum that can be done with school photos and assigning pages. However, we really need photos of school events. You can help! If you have attended any "school happenings" (book fairs, assemblies, concerts, Halloween Bash, spaghetti social, board game night, auction, Gigi's Retirement, musicals, etc) and took photos that you think are yearbook-worthy, please upload them here:

<https://yearbooks-ca.pixami.com/SelkirkMontessoriSchool/home3/PhotoPost.jsp?ID=G18BAOHG7UI5>

The instructions are pretty straightforward. Photos you upload will upload to "school happenings by default. If you have photos that are specific to a certain class, you can select that class folder on the sidebar.

If you have questions, please ask Jhoanna in Kingfisher ([jhoanna.c@selkirklearning.ca](mailto:jhoanna.c@selkirklearning.ca))



## DATES TO REMEMBER

bike  
bus!



**Selkirk Bike Crew**  
WhatsApp Group Invite  
 WhatsApp.com

### 1000X5 and Greater Victoria Families Increase Early Literacy



Please continue to bring your  
gently used books to the pink bin  
outside of the office.

**REMEMBER!**

**April:** 18th - Good Friday: No School  
21st - Easter Monday: No School  
30th - Sr Musical: Moana

**May:** 1st - Class Photos  
- Senior Musical - Moana  
16th - Non-Instructional Day  
19th - Victoria Day: No School

### Selkirk Montessori School

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