

MARCH
2024



Selkirk Montessori School E-Newsletter

From the Head of School, Erin Hayes

Did you know that we are in our tenth year of Immersion Week for our Middle Years students?

It is an incredible week of immersive learning both within and across grades. Research tells us that as children move into adolescence, they begin to prune. And they don't just prune the adult intervention in their lives, it's also the activities that they prune in their lives.

This can be due to the streaming of activities from recreational to competitive, related to changing confidence with changing voices, bodies, and peer groups, or change in interests and trepidation to join a new interest with peers who have practice and experience behind them.

What we do know is that students who stay in activities that they enjoy, feel more connected to themselves and to each other in healthy ways.

Wanting to combat the isolation students sometimes experience, we began to look at ways where students could both explore their gifts and test new interests. Immersion Week was born from this reflection.

A child immersing themselves in a topic, applying effort and concentration to that topic and seeing growth has several benefits - a positive impact on their self-esteem; a general increased understanding; an understand that talent is developed through concentrated effort; and that skills are transferable.

Children begin to see what we know to be true as adults: that there are many ways to be involved in an interest without competition or a need to prove excellence, but there is also value in the pure joy of growth, expression, and connection.

Wondering by now how this all works?

The week before Spring Break, in the mornings our students do an intensive study of a curriculum related topic across their grade group. This is an immersive group challenge that often ends up with a collaborative group product at the end. Engineering, space, and human rights have all been past topics.

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Flowers and
colours every-
where, I am so glad
that March is here.
~ Anamika Mishra

From Erin Hayes (cont'd)

In the afternoon students immerse themselves in the study of one area, rapidly acquiring a skill set, while developing a deep understanding of the content in that area. They will be led by a teacher-guide and will culminate the week with a showcase on Friday afternoon that allows groups to share what they have learned. We start by selecting a wide variety of topics that the guides expand upon for students. Students then select their top three interests and groups are composed according to size and compatibility.

Though students might not get their first choice every year, we are confident everyone will be able to participate in one of their top three. Students are often surprised as a new interest begins to take root or when they find themselves building a new relationship with peers over a common interest they did not know they shared. Areas with high interest are often offered in subsequent years.

Over the week, students build skills, but more importantly, they come to understand that community is built through participation, communication, and common interests. These all contribute to growing confidence and increasing ability to see value in having hobbies and activities that add value to their lives, at whatever level they participate in

Some past and present offerings of immersion week include:

- ⇒ Entrepreneurship
- ⇒ Sustainable landscapes
- ⇒ Animal Care
- ⇒ Cycling and Bike Repair
- ⇒ Extreme Reading
- ⇒ Weaving and Felting
- ⇒ Book Nook Making
- ⇒ Outdoor Art
- ⇒ Tennis
- ⇒ Golf
- ⇒ Jug Band
- ⇒ Busking
- ⇒ Robotics
- ⇒ Water Polo
- ⇒ Spheros
- ⇒ Cooking
- ⇒ Baking
- ⇒ Cold Water Immersion
- ⇒ Karate
- ⇒ Meditation and Mindfulness
- ⇒ Cake Decorating
- ⇒ Roller Skating/Blading
- ⇒ Crafting
- ⇒ Dance
- ⇒ Stage Craft
- ⇒ Entrepreneurship
- ⇒ Photography
- ⇒ Sculpture
- ⇒ Health and Wellness for Athletes

Playground Renovation

The playground work is ramping up for Spring Break. Farmer Construction will be starting on the handicap ramp and pour in place rubber surface so we should be fully back in business when the children are back in April. Over the summer, they will complete the project by adding some protective fencing to stop balls from flying into our neighbours' windows.

Since December, and including funds raised at an auction last year, we have raised **over \$55,000**. This includes everything from donations of \$20 to \$5,000! Many thanks to the following families and friends of Selkirk Montessori who have made their contributions so far:

- ◆ Amabel de Lara
- ◆ Amalia Colussi and Federico Vanoli
- ◆ Andrea Harbeck
- ◆ Arthur Rowe
- ◆ Barbara and Syd Bulman-Fleming
- ◆ Catherine Scorey
- ◆ Cheryl Brown
- ◆ Christabel Padmore
- ◆ Courtney Stewart
- ◆ Dina Wood
- ◆ Emelinne Luna
- ◆ Harley Syyong
- ◆ Helen Neilson
- ◆ Jared Raath
- ◆ Jawl Properties
- ◆ Jean Thomson
- ◆ Krishna Poinen
- ◆ Luke Mills
- ◆ Mary Bulman-Fleming
- ◆ Michael Gair
- ◆ Mojgan Ghaffari
- ◆ Nate Heagy
- ◆ Naser Sharafaddin-Zadeh
- ◆ Nicole Rohani
- ◆ Penny Barner
- ◆ Richard Johnson
- ◆ Richard Slocomb
- ◆ Sameer Jinnah
- ◆ Samson Mow
- ◆ Stirling Chow

Donate now by e-transfer to accounting@selkirkmontessori.ca or login here. You will receive a charitable receipt and our sincere thanks for your generosity. The children will get a new, up-to-date play space. Thanks for making a difference!



Selkirk Parent Group (SPG)

We passed the 100th day of school back in February, spring break is just around the corner, and term 3 is on the horizon. Warmer weather and longer days can be a welcome change, but can also slip into a frantic pace as those extra hours of daylight get filled up. Fun, but busy.

As you read this, pause a moment to bask in some gratitude. Thank you for reading and especially, thank you for engaging, in whatever way that works for you. Painting a rock, playing a game at games night, indulging in some chocolate, taking part in a community education night, baking for the open house ... there are so many ways you have helped foster and shape our school community.

Spreading the love, one painted rock at a time.



Watch for It ...

The last term of school brings Art Card and SpiritWear fundraisers and another community education night. Watch for information in upcoming newsletters and emails!

Key dates for March ...

- March 11: Pick up your Purdy's orders at school
- March 1 to 14: Hot lunch ordering for term 3 (lunches delivered Wednesday, April 3 to Thursday, June 13)
- March 14: SPG meeting at 6 p.m. in the Kingfisher room. To get meeting reminders, materials and Zoom links in advance, [sign up on the SPG website](#).

Allyship Club Makes a Difference!

This month, our school's Allyship Club held a Candy Jar Guess to fundraise for Red Cross' relief efforts in the Middle East. The students knew they wanted to do something to help the millions of people impacted by the ongoing conflict in Israel and the occupied Palestinian territory, including Gaza.

Their fundraiser raised \$152! Thank you to all those who supported their cause!



If you'd like to donate directly to Red Cross's efforts in the Middle East, please visit: <https://www.redcross.ca/how-we-help/current-emergency-responses/middle-east-humanitarian-crisis>

Assoc. of Clinical Counsellors in BC

For the past few years, I've been working for the Association of Clinical Counsellors in BC (<https://bcacc.ca/>) creating education content for counsellors - but also mental health resources for the general public.

The reason I'm, getting in touch is because we are offering a free presentation in early March, titled: **Top 10 Strategies for Caregivers Supporting a Child with Anxiety.**

My hope is to be able to get this out to parents who might benefit from the strategies shared in the session. If you feel that this is something that could be useful in your community, or other schools, feel free to share.

This is the registration link: <https://us02web.zoom.us/meeting/register/tZ0lcOirqz0tHND0V3JvmDcTFmpP0LnJepWT#/registration>

I am always looking for new topics that resonate in the world. My true goal is to make these presentations as relevant and valuable as possible. Send any thoughts to: Niki Campbell at niki@bcacc.ca.



Spirit Day—Country Western



There were 10 gallon hats galore during the Country/Cowpoke Spirit Day in February! We appreciated the effort that many of the students and staff exhibited from preschool up to grade 8. Yeehaww!!!



Jump Rope for Heart Assembly



The Sea Star and Cormorant children hosted the Jump Rope for Heart Assembly in February. The children did an amazing job on stage. Thirty grade 5-6 peer helpers went out with Grades 1-4 during recess time as social-emotional supporters, as well as jump rope mentors. Thank you, Carmelle, for organizing this peer helper group! We also appreciate all families who have donated to the Jump Rope for Heart fundraiser. We have achieved our original goal of \$2000; however, we continue to accept donations until March 8th. Thank you so much for your support! Link for donation:

<https://jumpropeforheart.crowdchange.ca/43453>



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We can make a difference!

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Regional debates were held at GNS this year. Congratulations to Florence and Rhys for their third place finish! Thanks to coach Gigi and moderator Brooklyn.

Dates to Remember

March 11-15—Immersion Week
(grades 5-8)

March 15—Last day before Spring
Break

March 29—Good Friday (holiday)

April 1—Easter Sunday

April 2—East Sunday (holiday)

April 3—Classes Resume

April 26—Science Fair

Selkirk Montessori School is located on the traditional territories of the Ləkʷəŋən people, today known as the Esquimalt and Songhees Nations. We extend our appreciation for the opportunity to live and learn on this territory.