



UR Strong—the Language of Friendship

Helping Children Through Friendship Fires

Helping children deal with the rollercoaster world of friendship can sometimes be complicated, overwhelming, frustrating, exhausting—or all of the above. As parents and educators, we often wonder if we’re giving the right advice.

At our recent workshop, we learned some basic tips to coach the children in your life through *Friendship Fires*.

- DO NOT say “Just ignore them!” As much as you’d like them to ignore the other child, they can’t.
- DO ask, “Did you stand up for yourself?” Impress upon them the importance of confronting the Fire and standing up for themselves.
- DO NOT say, “They’re just jealous!” This statement offers no comfort or tools for putting out the Fire.
- DO say, “You can only control one person – and that’s *you!* What can you do to make this situation better?” Take the focus off the other child and put the power back in your child’s hands.
- DO NOT say, “You are not allowed to be their friend anymore!” Your child will resent this demand.
- DO explain to them that sometimes creating some distance and taking time ‘off’ is all friends need to improve the friendship. If your child has not confronted the Fire, role-play with them so they can practice. Encourage your child to do things they love.
- DO NOT say, “This is just something all children must go through!” This statement tells a child they must suffer through and they are helpless. We cannot normalize the bad behaviors.
- DO say, “You do not or should not be friends with someone who makes you feel bad. Surround yourself with good friends!” Let them know that they are in control of their life and trust and respect are ‘must haves’ when it comes to friendship!
- DO NOT get emotionally invested. If you’re a parent, do not call the other child’s parents or storm into the school expecting there to be consequences for the other child. The reality is they might be back to being “Besties” by tomorrow!
- DO, instead, ask them what you can do to help. Just being supportive might be enough. Empathize. Hug. Listen. Share your experiences. Leave them little notes in their lunch box. Tell them they can get through this. Let them know they’re not alone. Show them *love!*

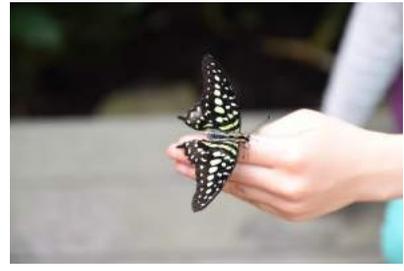
We will be featuring articles and updates from UR Strong in the newsletter over the coming months.

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As your best friend, I’ll always pick you up when you fall...after I finish laughing!

Anonymous



The Otter Class had a field trip to the Butterfly Gardens recently, and parent Bartosh Michalik was able to take some gorgeous photos of the flora and fauna...and a few children as well!



Bursary Fundraiser is Blooming!

At our 35th Anniversary celebration a few years ago, we offered you an opportunity to take part in a special art installation.

The installation is intended to commemorate students, staff and families in our school community over our 38 years and acknowledge those who have donated to our new bursary fund.

We are building a fund, independent of tuition revenue, that will ensure accessibility for all in times of need, while maintaining affordability for all families. We must never lose sight of our roots; we are an inclusive and diverse school that celebrates and benefits from the varied perspectives of all of our wonderful families.

Tax receipts are provided for all donations. Each donation of \$50 or greater will be acknowledged with a personally inscribed ceramic tile that will be included in the breeze-way art installation. Size and style of tile will correspond to level of donation: Sprout, Stem, Bud, or Blossom.

We had a wonderful response and we are now working to build on this foundation. We will be installing a second set of tiles over the summer, so don't miss out!

Please contact:
penny@selkirkmontessori.ca
directly for an information package.



What is Life After Selkirk Montessori?

Hi Montessori People!

My name is Mike Weicker. I graduated from grade 7 at Selkirk back when there was no middle school. From there I went on to high school at Glenlyon Norfolk. I took a little time off to go traveling and work before going to UVic where I received a Bachelor of Computer Science last year.



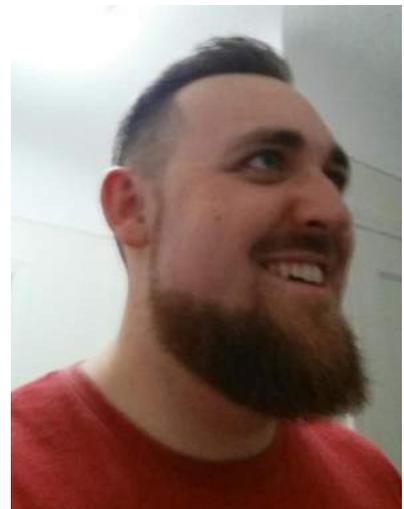
Pictured above: a group of students from the graduating class of 2002 at a ten year mini-reunion. Mike is third from the left.



Since then I have started my career as a software developer. It's very difficult to get a job in software development without personal projects to show off. Since I love gaming, I created a mobile game called Binky's Nightmare that I could easily show off. It starts out as a first-person version of PacMan and turns into a giant 3D maze runner.

I'm now one of the lead developers on a passion project with a team from all over the world called Last Epoch. We are creating an action role playing game for computer. It is similar to games like Diablo and Path of Exile. This is a very ambitious project that we are aiming to release in April 2020. We are currently in a Kickstarter campaign which we are hoping will provide us with the funding we need to complete the project. We have a free playable demo that anyone can get from our website.

<https://LastEpochGame.com/>



Selkirk Waterfront Festival—GARAGE SALE ITEMS NEEDED!



Have you been doing some spring cleaning? Getting rid of some of the items you haven't used for the past year or more?? Bring them to the school for the Selkirk Waterfront Festival Garage Sale.

We will take pretty much anything you have that is in decent shape and workable, including books, toys, DVD/CDs, housewares of all sorts, clothing and accessories, technology, tools — you name it! From bikes to boots and from comics cooking pots, we want it all.

The Festival is from 10:00 am to 3:00 pm on Sunday, May 27th. Items should be brought to school and taken up to the Kingfisher Classroom on the second floor (first classroom on the left at the top of the stairs) by Friday, May 25th.

All proceeds from the sale will go toward the year end trip for the students in the Kingfisher Class. This year, they are travelling to Vancouver for 4 days. The theme of the trip is "Change". Students will be combining Indigenous studies at UBC/Stanley Park with adventure wilderness training at Grouse Mountain.

Thanks in advance for your support!

Spring Giving Campaign!

Dear Selkirkian Families,

This year the global group of leadership students are providing classroom/ educational supplies in a foreign country in support of children in need. 100 per cent of your donations will go towards filling the classroom. This event runs till May 11th.

The Giving Campaign will be held in the school lobby and office. On the bulletin board in the lobby you will find a drawing of a classroom featuring:

- ◆ 1 chalkboard
- ◆ 4 chairs
- ◆ 2 desks
- ◆ 1 computer
- ◆ 10 books
- ◆ 1 bookshelf



The prices will be labeled on the object, if you are interested in donating. To donate, go to the office and talk to Trudy or Karma. Prices are ranging from \$25 to \$125; donations will be accepted as cheques and in cash. If you donate, you will receive a coloured version of the item you bought with your name on it, you will be recognized on the item of the value on the board. Our goal is to bring the classroom on the bulletin board to life with colour!

Thank you for your support with helping people in need!

Sincerely,

The Global Leadership Group.

Leadership Update



The grade 8 Leadership students had the exciting opportunity to attend the YLCC (Youth Leadership Camps Canada) Leadership Seminar at Oak Bay High School. We laughed, we cried, and we had Subway for lunch! With some incredible speakers ranging from a folk singer to a Guinness Book of World Records escape artist, we left the day feeling connected and inspired.

Selkirk Waterfront Festival

The annual Selkirk Waterfront Festival is happening on **Sunday, May 27th from 10 am - 3 pm on the Selkirk Green.**

This fun-filled multi-cultural family event offers something for everyone. Enjoy exciting activities in the Family FUN Zone, world cuisine in the international food court, and unique arts and crafts in our colourful street market. There will also be live music and dancing! Come join us for some great entertainment and activities!

The grade 7-8s will once again be hosting a Garage Sale in the gym to raise funds for their year end trip, so don't forget to check it out!

United Way/Provincial Employees Community Services Fund

The text "thank you!" is written in a playful, multi-colored font. The letters are overlapping and have a slight shadow effect. The colors include shades of green, blue, yellow, orange, and red.

Thanks to your generous donations, we have received a total of \$813 from the United Way and \$625 from the Provincial Employees Community Services Fund this year!

Health & Safety Reminders—Linda Dombrowski

Every now and then, parents from our school community forward articles they come across that they think other parents might be interested in. This month I am sharing one such article. From the Globe & Mail : <https://www.theglobeandmail.com/life/health-and-fitness/article-who-set-to-recognize-video-game-addiction-as-disorder/>

The article was '*WHO set to recognize video game addiction as a 'disorder'*'. It was written by Michael Oliveira and published on April 4, 2018.

Over the 26 years that I have worked at the school, I have seen many changes. Mental health issues have been making their way to the forefront and, as a society, we are becoming more aware and accepting of these issues. This article talks about the concerns in the rise of video game addictions and the WHO organization is planning to make it a medical condition that should be classified as a disease.

Children out and about in neighbourhoods, playing and having face-to-face social interactions has diminished since technology became prevalent. For some of the children, social interactions today are through Snapchat, Instagram or other social media. I walk to the school and home again usually every day and it is interesting to note that it seems it's not only the children, but the adults who are glued to their phones or are plugged in to music or books etc.

Aside from the article, don't text and drive such an important message to send out to drivers to help dissuade accidents. This truly is a valid one. I believe the focus is more on the device rather than the task at hand, which is driving. We have heard how deadly that can be.

One has to consider that video games are perhaps an addiction, if the device takes precedence over the task at hand or if the addiction is so strong that it prevents the child from releasing themselves from the games.

Interesting article with yet another possible change in the future within society. Thank you for forwarding this article to the office. If anyone has an article which you feel that the school community might be interested in, please don't be shy — just forward it and we will see if it can be included in the newsletter.

Linda Dombrowski



Karen L. Colussi Foundation Awards Program

The Karen L. Colussi Foundation Awards Program has been established to honour the memory of Karen L. Colussi, the founder and first principal/administrator of the Selkirk_Montessori School.

The Karen L. Colussi Foundation is pleased to announce that applications are now being accepted from Selkirk Montessori School students who are in grades six through eight in this academic year.

We welcome applications from students whose accomplishments include proficiency in the areas of academics, athletics, visual arts, performing arts/musical theatre and in music. Students must apply in one category only.

Applications are available on the Foundation website, www.karenlcolussifoundation.ca.

Applications must be submitted on the website by May 22 and will not be accepted in any other format unless the file is very large. (Check with us for details regarding transmission of large files.)

We would be happy to answer any questions at applications@karenlcolussifoundation.ca.

Thanks so much!

Angela Justice, Chair,
Karen L. Colussi Foundation

Pictured: First Nations artist and former Selkirk Montessori parent Art Thompson and Karen Lorna Colussi at the dedication of the totem pole Art created for our school.



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We can make a difference.

www.selkirkmontessori.ca



Congratulations to Selkirk Montessori student Eya Ibrahim on winning the Ingenuity Award from the Society for Canadian Women in Science and Technology for her project in the recent Vancouver Island Regional Science Fair at UVic.

Dates to Remember

- ♦ May 5—**LIGHTS, CAMERA, AUCTION!!**
- ♦ May 9 & 10—Grades 4-8 Senior Musical: Annie Jr.
- ♦ May 18—Non Instructional Day (No School for Students)
- ♦ May 21—Victoria Day Holiday (No School)

