



# Selkirk Montessori School E-Newsletter

## From the Head of School, Erin Hayes

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May is here and with it we are finally seeing some glorious spring weather. With this revitalizing sunshine, comes the opportunity to enjoy activities outdoors. There are so many benefits to our physical and mental health from getting our children outside. However, you might not consider the social benefits of getting children active, structured or unstructured, outside.

Outdoor activities are in person. When communicating in person, we assimilate information much more effectively using verbal and non-verbal cues. This means we can respond with better communication ourselves, it means our bank of memories is growing to refine our decoding of an emotion or reaction, it means we are better communicators ourselves and receptive to the verbal and non-verbal communication of others.

When we get outside and try new things as a child or young teen we begin to associate and benefit from dopamine releases, and associated positive mood, derived from healthy risk taking.

Teens begin to associate that feeling of joy and elation with healthy and adventurous outdoor activities.

As children and young teens begin to explore independence, they have the confidence to try new activities, enjoy the benefit of outdoor explorations, and to consider safety boundaries. Their mental health and mood is also positively impacted as hormones shift.

Getting outside as a family can help children to understand that those with different personalities, interests or communication styles might find connection through solo activities like paddleboarding or swimming or hiking, enjoyed with a companion. Through common memories, new bonds are formed. Exploring the community with a trusted friend or sibling can make a child feel confident and independent. It widens a social circle in a non-threatening way.

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*“May is the month of expectation, the month of wishes, the month of hope.”*

— *Emily Brontë*

## From Erin Hayes (cont'd)

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In May, I challenge you to form two new routines. First, set some time aside to explore the different parks, trails, beaches, or bike paths we have in this glorious city as a family every week. Make space for students to experience the lightness that comes from being active outdoors. Talk about the impact it has on your own mood and energy. Secondly, once a week, have your child invite a different Selkirk friend to join them in an unstructured outdoor activity and give them some space to safely enjoy some offline time. This can be done with pre-schoolers in their own backyard, to start. If in a neighborhood with great outdoor spaces, with older children, help them decide where to go, what they might consider doing there, what they need to take, and when to be home.

Let them be the guide. Don't plan it for them! If you need to take them somewhere, bring a book along and encourage them to guide each other. Be unavailable to anything but a health or safety issue – allow them to work things out. Then watch them thrive as their communication skills, confidence, and sense of community grow over time. Your Montessori kid is ready for it!



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## TC Family Fun Run 2024



Thanks to Cheryl Brown for setting us up for success again at the Times Colonist Family Fun Run on Sunday, April 28th. We had an excellent team entered this year. Let's build on this for next year!! Selkirk Montessori ROCKS! Photo credit to Amy Newhook.

## A Slow Farewell to our Dear Penny Barner

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We are so pleased to be honouring Penny as we reflect on her many relationships and celebrate her immeasurable positive impact in her years at Selkirk Montessori. We hope you will consider joining us for stories, laughter, and of course many, many Penny hugs.

Dress in her favourite colour – purple - if you have it. Full buffet with gluten free and vegetarian options will be served, including a champagne toast to start. Ticket price includes the meal and a \$50 tax receipt for a donation to the bursary fund which Penny has been a strong advocate for during her years at Selkirk.

Why the bursary fund donation?

Accessibility to education was a driving force behind Maria Montessori's research and Penny has taken that message to heart. She has always been a strong advocate that Selkirk Montessori School be accessible to all learners and families. She supports those in tough times and families making difficult decisions to ensure their child has the best educational environment. Penny has always had a vision of a stand alone bursary fund that is self perpetuating and ensures accessibility for generations to come. We hope that this night is another step towards that goal as we the honour her and the work she has done at Selkirk Montessori School and the Pacific Montessori Society, first as a Board Director and then 25 years as the every changing responsibilities of Administration were handled with calm compassion and such grace.

Tickets are limited and can be found here:

<https://www.canadahelps.org/en/charities/pacific-montessori-society/events/retirement-gala-in-honour-of-penny-barner/>

For those of you unable to attend, or who would like to attend both, we will also be having a student assembly with all welcome, including community members, past parents, and alumni, on May 24<sup>th</sup> at 2:00pm. If you are able to join us to express our gratitude for Penny hugs and moments, please RSVP for the assembly to [erin@selkirkmontessori.ca](mailto:erin@selkirkmontessori.ca) so we can ensure adequate seating!



# Play Space Renovation

We have raised over **\$86,000** thanks to your generous donations! Everything from **\$20-\$7,500!**

If you haven't already, please donate now by e-transfer to [accounting@selkirkmontessori.ca](mailto: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!

7Spring Ventures  
Acera Insurance  
Adax Management  
Adgam Salinas  
Amabel de Lara  
Amalia Colussi and Federico Vanoli  
Andrea Harbeck  
Andrew Wender and Arezoo Zamany  
Andy Chen  
Angela Heathfield  
Anonymous – you know who you are!! <3  
Arielle Nash  
Arthur Rowe  
Ashley Kiptoo  
Atkins Family  
Barbara and Syd Bulman-Fleming  
Bartosh Michalik  
Bindra Family  
Bonnie Wong  
Brandes Family  
Catherine MacKinnon  
Catherine Scorey  
Celia Culley  
Cheryl Brown  
Chris White  
Christabel Padmore  
Christopher Clarke  
Chun Cui  
Coast Geotechnical Consulting Ltd.  
Courtney Stewart  
Derek Young  
Dewji Family  
Dina Wood  
Dominga Passmore  
Dr. Krishna Poinen  
Dr. Leachman  
Du Jiang  
Eleanor Street  
Emelinne Luna  
Erika Immerman  
Erin Hayes  
Estelle Kurier  
Fiona Scanlan  
Gauthier/Kaltenbach Family  
Glen Wu & Family  
Hannah Oluka

Hao-Ping Wang  
Harley Syyong  
Helen Neilson  
Inesa Fitsner  
Jared Raath  
Jason Wang  
Jean Thomson  
Jennie Lam-O'Grady  
Jerry Du  
Jesse Moore  
Jessie Atkins  
Jiao Huang  
Jiaqi Wu  
Joel Marc  
Karen Kit  
Karren Donald  
Katherine Hellner  
Keith Newhook  
Kent Gorrie  
Kevin Wade  
Krisztina Szalay  
Lam-O'Grady Family  
Lara Engst  
Laursen Family  
Leah Koehle  
Llano Melina  
Luke Mills  
Madeleine Jang  
Malia Allan  
Mandeep Bains  
Mary Bulman-Fleming  
Michael Gair  
Michael John  
Michalik Family  
Milena Pabla  
Mitozcelle Valenzuela  
Mojgan Ghaffari  
Naser Sharafaddin-Zadeh  
Nate Heagy  
Nate Knight  
Neil Wells  
Nicole Rohani  
Parimal Diwakar  
Penny Barner  
Rebecca Sorensen  
Reka Winslow

Richard Johnson  
Richard Slocomb  
Robert Morris  
Sameer Jinnah  
Samson Mow  
Sarah Laursen  
Saurabh Shukla  
Schmunk, Gatt, Smith & Associates  
Selkirk Waterfront Properties  
Shirin Purewal  
Shuang Liu  
Sidarth Sumesh  
Steve Hollar  
Steven Madsen  
Stirling Chow  
Sumesh Kariyil  
Sung Il Lee  
Susan Elliot  
Ted Deng  
Trish Apland  
Vincent Lee  
Warren Bailey  
Wice Family  
Ying Huang  
Yuki Evans  
Zen Tharani  
Zoe Jackson



# Selkirk Parent Group (SPG)

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We're in the home stretch of the 2023-2024 school year and the Selkirk Parent Group (SPG) has a few more fun events in store ...

## Multicultural Evening May 4

There is still time to join in this delightful community celebration! Join us on Saturday May 4th from 4:30pm - 7:00pm in the gym as we celebrate the vibrant tapestry of cultures within our school. Bring your own dishes and cutlery, along with a meal to share (think: homemade family favourite or traditional fare).

Let us know how many will be attending and what food you'll be bringing using the QR code or this link: <https://forms.gle/BHwDk1p3TFHaVSmV9>



## Special shout-out to Leadership students

Before we get caught up in the hustle and bustle of June, we wanted to give particular thanks to the Leadership students, who are indispensable to many of the SPG activities.

They truly understand that “many hands make light work” as they offer childminding at SPG meetings, help with Purdy's chocolate sorting, support with off-site Hot Lunch deliveries, and more.

Leadership students: you're happy and helpful, and we're so grateful for your involvement!

## Sign up now for some fun volunteer hours!

We'd love some more helpers for these upcoming events ...

- Freezies on the Green in June: we need a lead who can organize volunteers, and a band of merry helpers to buy, freeze and hand out freezies on the last day of school.
- Back-to-school BBQ in September: we could still use help with food shopping and shifts to cover set-up before the event, grilling/food prep, serving during the event and clean-up/take-down after the event
- Hot Lunch Program in September: much of this work can be done outside of school hours and from home; there are many different ways to help out

For more information about any of these roles, reach out to the Selkirk Parent Group directly: [spg@selkirkmontessori.ca](mailto:spg@selkirkmontessori.ca).

## Key Dates for May ...

- May 4: Multicultural Night 4:30pm - 7:00pm in the gym
- May 13: SPG meeting - to get more info, [sign up on the SPG website](#)
- May 24: Pizza Day - the last of the school year!

## Bursary Fundraiser is Blooming!

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Every year, the flowers grow! The installation is intended to commemorate students, staff and families in our school community over our 43 years and acknowledge those who have donated to our growing bursary fund.

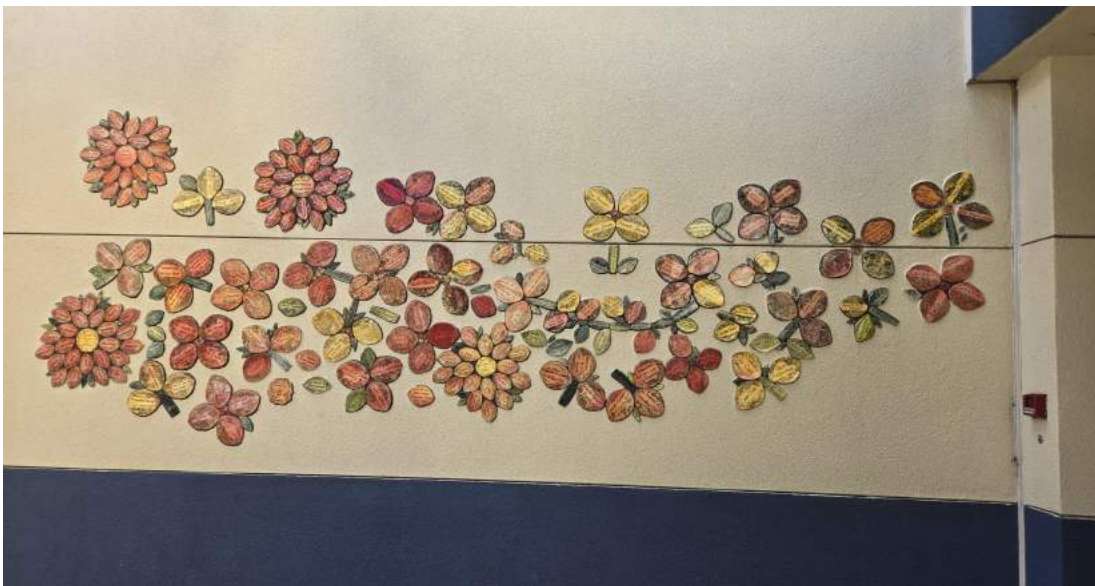
We are building a fund, independent of tuition revenue, that will ensure accessibility for all in times of need, while maintaining affordability for all families. We must never lose sight of our roots; we are an inclusive and diverse school that celebrates and benefits from the varied perspectives of 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 will be installing another set of tiles over the summer, so don't miss out!

Please contact:  
[penny@selkirkmontessori.ca](mailto:penny@selkirkmontessori.ca)  
for an information package.





PARKS, RECREATION  
& COMMUNITY SERVICES

# MINDFUL MEDITATION

**AGES 13 - 17**

Research supports the benefits of incorporating regular meditation in our daily lives. Whether it is for competitive sports, coping with anxiety, or dealing with everyday stressors, being able to calm our nervous system with mindful meditation has proven to have multiple benefits. Come learn the basic tools to meditate while sitting, walking, and laying down.



**May 1st - June 5th**  
**Wednesdays 4:30 - 5:30**

@ The Youth Centre  
Saanich Commonwealth Place



**REGISTER**  
**HERE**

[maddie.parks@saanich.ca](mailto:maddie.parks@saanich.ca)

[saanich.ca/youth](http://saanich.ca/youth)

[250 475 7624](tel:2504757624)

## Karen L. Colussi Foundation Awards

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The Karen L. Colussi Foundation is accepting applications from Selkirk Montessori School students who are in grades seven and eight in this academic year. The Foundation will be pleased to consider applications from students whose accomplishments include proficiency in the areas of academics, athletics, visual arts, performing arts/musical theatre, and music.

To apply, please use this link: <https://www.karencolussifoundation.ca/awards-program>

For further information, please email the foundation at [applications@karencolussifoundation.ca](mailto:applications@karencolussifoundation.ca).

*Note: Only students in grades 7 and 8 at Selkirk Montessori School may apply. Awards will be made at the discretion of the board of the Karen L. Colussi Foundation. The decision of the Karen L. Colussi Foundation is final and binding.*

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## Provincial Employees Community Services Fund

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

Thanks to your generous donations, we have received a total of \$1,221 from the Provincial Employees Community Services Fund this year. We appreciate your support!



## SELKIRK MONTESSORI SCHOOL

2970 Jutland Road  
Victoria, BC  
V8T 5K2

Phone: 250-384-3414  
Fax: 250-384-3420  
E-mail: [reception@selkirkmontessori.ca](mailto:reception@selkirkmontessori.ca)  
Operated by the Pacific Montessori Society

*We can make a difference.*

[www.selkirkmontessori.ca](http://www.selkirkmontessori.ca)

## HELP REDUCE STYROFOAM POLLUTION



To learn about styrofoam pollution and find a petition, go to Surfrider Canada:  
<https://surfrider.ca/polystyrene-pollution>



To learn even more about styrofoam pollution, go to the Lasqueti Shoreline Debris Initiative:  
<https://www.bcstyropollution.org>



To learn more about beach cleanups in Greater Victoria, go to Surfrider Foundation South Vancouver Island:  
<https://vancouverisland.surfrider.ca>

**THANK YOU!**

This message is from Molly Richmond. Her science fair project inspired us to share it here. Please check out the links!

## Dates to Remember

- May 11—Independent Schools' Art Show (10-3, GNS Jr School Campus)
- May 14—PMS Board Meeting
- May 17—Non-Instructional Day (no school for children)
- May 20—Victoria Day (no school)

Selkirk Montessori School is located on the traditional territories of the Lək̓ʷəŋən speaking people, today known as the Esquimalt and Songhees Nations.

We extend our appreciation for the opportunity to live and learn on this territory.