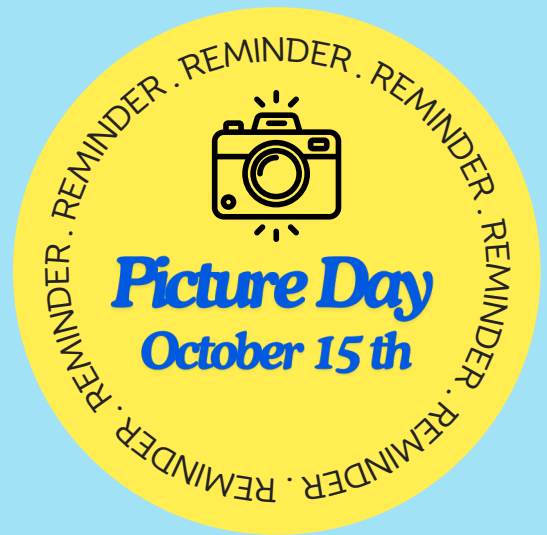




SELKIRK MONTESSORI SCHOOL



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



IN THIS ISSUE

A Message from the Head of School	2
Annual General Meeting Information	3
Selkirk Parent Group	4
Counsellor's Corner	5-6
Ways to Give	7
Island Health Information	8
Assemblies and Observances	9
Events & Activities	10
Spirit Wear & Dates to Remember	11

FROM THE HEAD OF SCHOOL, ERIN HAYES

This month has been a wonderful reminder that we are truly a community school. We had a beautiful Peace Day assembly hosted by Orca and Owl classes. They had the entire gym full of students, staff and parents participating and reflecting. The examples of leading a kind and peaceful life in our daily interactions were practical and meaningful.

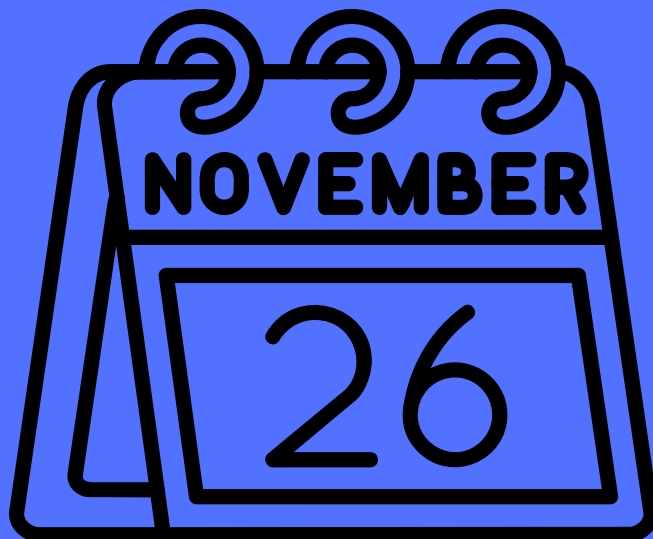
The first Selkirk Parents' Group meeting of the year was very well attended. It is lovely to see old favourites like the Spaghetti Social and Hot Lunch being supported and new ideas being shared. The SPG does a brilliant job of helping us all feel connected to our school community. Everyone is welcome to their meetings throughout the year so join us when you are ready.

I must also take a moment to acknowledge the staff and students who made this a smooth start up. Our students took the cue from our calm and organized teachers and have had a productive and joyful start to the year. Thank you for the confidence you instill within your children through your positive attitude toward the school. You make this school such a diverse and inspiring place to learn.



Our Kingfisher students joined the Hummingbird class in the sunshine this week to practice community support and service learning.

ANNUAL GENERAL MEETING INFORMATION



The annual general meeting of the Pacific Montessori Society will be held in-person at the school on **Tuesday November 26th, at 7:00 pm.**

Board Treasurer, Francis Rowe, will go over the financial statements for the 2023-2024 school year, as well as the approved budget for 2024-2025. Directors will also have prepared reports for your review. Francis Rowe and Penny Barner are both runners for a three year term.

Please email pjbarner@shaw.ca if you are planning on attending, so we know how many chairs and packages to have available.

Looking forward to seeing you there!



ABOUT OUR SELKIRK PARENT GROUP

As parents and caregivers of children in the school, you are all members of the Selkirk Parent Group, (SPG)! The group is an independent committee of the Pacific Montessori Society, led by a volunteer executive.

Our two main goals are to:

- Raise funds to support our students, and
- Foster an inclusive, effective school community, Via caregiver involvement

[Have a look around our website](#), to learn more about what we do and how we support our students (one example of this is: bus rides to and from swimming lessons!).

Get Involved!

Volunteering with the SPG is a great way to meet other caregivers, support our kids, and build community. The SPG meets once a month throughout the school year. Our meetings are relaxed and full of laughter! They're a great way to learn more about what we do. [Subscribe to our email list](#) to get the full meeting details – you're welcome to attend and just listen in! Meetings aside, there are a multitude of ways to get involved. Watch for information in Erin's weeklies, these monthly school newsletters and through emails.

Volunteers Needed!

October 24th:

The Halloween Bash

This is a school event hosted by the Kingfisher Class.

Email: SPG@selkirkmontessori.ca to volunteer.

November 16th:

The Spaghetti Social

Another favourite family event! [sign up online](#) for options at either of the two sittings.

REMINDER

October 7th

Hot lunch deliveries begin
for Term 1!

October 24th

Halloween Bash!
6 - 8 pm





Counsellor's Corner

It's been a busy and productive first month at Selkirk! The children have been working hard getting back into the school routine, and many are getting used to school for the first time ever! For our littlest students in preschool, it may be their first experiences away from their caregivers! Considering this shift, many children are working extremely hard to regulate themselves all day. With this adjustment, many students work so hard to keep it together all day, and when they get home, all the pent-up emotions spill over! Crankiness, meltdowns, withdrawal, etc. Anyone experiencing this at home? You're not alone!

How can you support your kiddo through all these big emotions, you ask? "Rock the baby." Like you would your child when they were an infant, soothe them, rock them (literally for some, figuratively for others). In other words, find ways to help your child calm their nervous system in a manner that matches their age or development. For example, parents of younger children, your child may still really find comfort in being held and rocked when feeling dysregulated. Older children may feel soothed by simply cuddling next to you on the couch while watching a TV show together. Helping your child feel safe, loved, and grounded at home will help them be better able to regulate themselves at school. Try asking your child what helps them move through big feelings. Some prompting questions to consider: "What types of things help you when you feel very _____ (sad/angry/frustrated/confused etc.)?" "Where in your body do you feel those emotions?" "How does your body feel when you're feeling centred/grounded/peaceful?"

At school, your child's teachers are having similar conversations with them. Further, regulation activities are being built into your child's day. For some classrooms, this might look like teacher-led breathing exercises with the whole class during transition times. Many classrooms have introduced opportunities for independent/self-guided regulation breaks in designated areas in the classrooms or throughout the school. Whether your child is in preschool or in Grade 8, they are learning to be self-aware, mindful, and attuned to their needs.

Some regulation activities to try with your child at home (both pro-actively as practice and while dysregulated):

- Run, jump, spin, dance with pauses to take deep breaths- you can make a game and have child jump high to touch something high on a wall or in a door frame
- Run, jump, etc. and crash into something soft (i.e. jump on a bed and crash repeatedly)
- Bounce on a yoga ball
- Roll across the floor back and forth
- Sit in a chair and push up with your arms (as if trying to get out of the chair) ...keep some resistance
- Massages
- Deep pressure on arms and legs (you can slowly apply pressure down arms and legs in a long stroking motion)
- Eat (particularly something crunchy)
- Drink through a straw
- Take a bath or shower
- Wrap up in a blanket and snuggle (a little tightly for some pressure) - of course, do this safely
- March or sing during transitions
- Play Mozart music in the background during challenging times of the day if in hyper-arousal
- Play Hard Rock/Fast/Bass music if in hypo-arousal
- Carry heavy things or push heavy things around
- Do isometrics (wall pushups or push hands together (looks like you are praying))
- Walk quickly
- Run up and down steps
- Shake head quickly
- Hang upside down off of a bed or couch
- Play sports
- "Doodle" on paper (this one can be a bit more distracting, but sometimes works)
- Hold or fidget a Koosh ball, rubber band, straw, clay
- Put a cold or hot wash cloth on face
- Dim the lights if in hyperarousal
- Turn on the lights if in hypo-arousal
- Read a book
- Swing
- Learn about "Brain Gym"- tons of ideas
- Yoga
- Snuggle
- Dance
- Move, move, move- anyway that it feels good to your body
- Describe what is happening in your body out loud- "My tummy is going in circles", "My legs feel heavy", etc...
- Breathe, breathe, breathe - make sure that your inhalation is the same length as your exhalation

For any additional information or resources, please feel free to contact me via email at counsellor@selkirkmontessori.ca

Warmly,
Carmelle Hermoso, M.Ed., RCC
School Counsellor

*(Synergetic Play Therapy® -
Regulation Activities; 2010
Compiled by Lisa Dion, LPC,
RPT-S Updated 2021)*

WAYS TO GIVE

Community Fridge



Thank you for donating new books to our classrooms through the Scholastic Book Fair!



We are always taking donations for the community fridge! If you have extra in your cupboards this season, please drop off food in the lobby.



1000X5 Books

As you prepare for the end of the month celebrations with fun costumes and food, can you find a minute to locate 3 gently used books for babies and toddlers and drop them off in the pink bin in the front lobby of the school. These books will entertain and enrich wee ones long after the October fun has ended 345,000 books in 14 years!! Thank you.





School Newsletter - Pertussis

Currently, pertussis is increasing in Canada as part of the expected cyclical peak of the disease (occurring every 2-5 years). Pertussis, or whooping cough, is a very contagious (easy to catch) disease of the respiratory tract. It is caused by a bacterium (germ) found in the mouth, nose and throat of a person who is infected. In Aug 2024, BC saw 72 cases of pertussis, 16 of which were on Vancouver Island and the majority of the 16 cases were unimmunized or under immunized. Cases of pertussis are expected to increase this fall/school year.

The best way to protect your child against pertussis is to get them immunized. In British Columbia, the pertussis vaccine is part of the routine childhood immunization program, and is given at 2 months, 4 months, 6 months, and 18 months old, and again at age 4 to 6 years (before kindergarten).

A pertussis vaccine is also given to teens at 14 to 16 years of age (Grade 9). Children who are currently in Grade 6 or 9 will be offered all immunizations they are due for through school-based immunization clinics. Information and consent forms will be distributed through the school this fall or early 2025.

The [ImmunizeBC Vaccination Status Indicator \(https://immunizebc.ca/vaccination-status-indicator\)](https://immunizebc.ca/vaccination-status-indicator) can also be used to find out if your child's immunization records are in the Provincial Immunization Registry. If your child was immunized at a public health unit, community health centre, school, or pharmacy, their record should already be in the registry. If your child was immunized at a First Nations community health centre, doctor's office, or outside BC, their record might not be in the registry yet.

- If the Vaccination Status Indicator shows that your child's vaccination status is complete, you do not need to do anything.
- If the Vaccination Status Indicator shows that your child's vaccination status is incomplete, please drop off a copy of your child's immunization record at your local public health unit, upload a copy to <https://www.immunizationrecord.gov.bc.ca/> (records must be in English or French or a certified translation), or call your local public health unit for support.

If your child is not up to date for their routine immunizations or if you have questions about their immunization status, please contact your local public health unit (<https://www.islandhealth.ca/our-locations/health-unit-locations>) to schedule an appointment or speak to a Public Health Nurse.

For additional immunization information you can also refer to <https://immunizebc.ca/> or <https://www.islandhealth.ca/learn-about-health/immunizations>

Public Health Immunization Support

Sept 2024

ASSEMBLIES AND OBSERVANCES



Truth and Reconciliation

Thank you to the students, staff and families who contributed to many important events and observances already this school year! Come and see our **make peace** display, created by Carmelle and our students, currently on display in the lobby.

Peace Assembly

Our Orca & Owl Classes led a beautiful peace assembly in September.

HOPE



Terry Fox

Thank you Doug, for leading our Terry Fox school run, again this year. You can still pledge online: [https://schools.terryfox.ca/Selkirk Montessori](https://schools.terryfox.ca/SelkirkMontessori)

EVENTS & ACTIVITIES



Cross Country is up and running!

Cross Country



Ultimate Frisbee

Our Ultimate Frisbee Team is a mix of 16 students across grades 6-8. Check out that rainbow!



Welcome Back

BBQ

Our amazing SPG hosted the annual Welcome Back BBQ in September! Thank you volunteers and everyone who joined for food and community building.



SPIRIT WEAR UPDATE!



We are *THRILLED* to announce the winner of our Spirit Wear Design Contest held last spring!

After a very close race, Salomeh Ryan took the top prize for their winning design.

CONGRATULATIONS SALOMEH!

Stay tuned for updates on orders! We will be opening a shop in early November and our school community should be showing their Selkirk Spirit with branded goods well before the winter break!

Go By Bike

Way to go, Team Selkirk!

It was such a joy to have 55 riders (plus passengers!) on our school Go By Bike team over the past two weeks. Together, we logged 223 rides and 1,365km, gathered for two bike bus days, and saved 296kg of greenhouse gas emissions!

Prize Winners

Big congrats to our prize winner, Amalia Colussi! You can pick up your Bishop's Family Cycles prize pack in the office.

We'll Be Back in February!

REMEMBER

October: 14 - Thanksgiving Day - No School

15 - 18 Child Hosted Visits

15 - Individual Picture Day

17 - SPG Meeting

24 - Halloween Bash

25 - NID: No school for students

November: 6 - Photo Retakes

11 - Remembrance Day - No School

12 - 15 Classroom Observations 1-8

22 - NID: No school for students

26 - AGM

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