



# 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.



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## FROM THE HEAD OF SCHOOL, ERIN HAYES

### **Fueling Success: The Importance of Nutritious Snacks for Learning, Attention, and Self-Regulation**

At Selkirk Montessori, we are committed to supporting each child's learning, growth, and well-being. One essential, yet often overlooked, factor in children's academic success and overall happiness is the quality of the food they consume each day. Studies continue to show that the kinds of snacks and lunches our children eat have a direct impact on their ability to focus, regulate their emotions, and stay energized throughout the day.

When children consume foods high in sugar and unhealthy fats, such as chips, candy, and sugary drinks, their energy levels can spike and then drop quickly. This cycle not only impacts their ability to stay focused in class, but it also makes it harder for them to manage their emotions and impulses. This can lead to irritability, frustration, and difficulty with social interactions.

Conversely, nutritious snacks rich in whole grains, proteins, healthy fats, and vitamins provide the steady energy and essential nutrients needed for learning and self-regulation. Foods like fruit, yogurt, cheese, whole grain crackers, and vegetables support sustained focus and improve memory and problem-solving skills. These foods fuel children's bodies and minds, setting them up for success in the classroom and beyond.

We encourage you to help your child choose nutritious snacks to bring to school. By working together, we can create an environment where every child has the energy and mental clarity they need to thrive. We know that food sensitivities, sensory limitations, or other factors can make it difficult for some children to find a variety of choices. If this is the case in your family, we encourage you to provide an abundance of those healthy choices they do have available to them and save the treats for home to give each student their same best chance at a regulated, engaged, joyful day of learning. In addition, Marie and Carmelle may have some resources they can recommend to help your child add variety to their diet, if that is something your family is ready to explore.

Thank you for helping us support your child's learning journey!

## SELKIRK PARENT GROUP

It was a dark and stormy season ... but the Selkirk community didn't mind because a series of November activities warmed their hearts and hands. That's right! Daylight may be in shortened supply, but we've got an abundance of good things coming your way.

### **But First, Our Appreciation**

- Mèsi to the team of volunteers who helped with the Halloween Bash! A werewolf howl of thanks to the Kingfisher Leadership students for leading the event; parent volunteers for running the games.; and Leadership teacher Jhoanna Castillo for handling the multitude of event details. And, of course, thanks to everyone who attended—it was a lively and fun evening, as always!
- Jërëjëf to our new and returning SPG volunteers, who keep the SPG going!

### **Spaghetti Social**

We're bringing back a beloved Selkirk tradition, the Spaghetti Social. Take some time out to dine and socialize together with your Selkirk community. Thanks to a multitude of volunteers, this is a free family event. However, you do need a ticket! Pick up your ticket for seating 1 (5:00-6:00) or seating 2 (6:30-7:30). Bring your own reusable dishes, cutlery, and cups. And don't forget your appetite!

### **Purdy's Fundraiser**

This annual fundraiser is a delicious way to help our school as the program gives 25% of the profit back to Selkirk! Order delicious chocolates made from sustainable cocoa for the sweeties on your gift list. Look for vegan and sugar-free options, too! Find all the details on the [SPG Fundraisers webpage](#).

## Angel Gifts

Once again, the SPG will be collaborating with Our Place Society to sponsor gifts for people who would otherwise not receive anything over the holiday season. It's an opportunity for us to work as a community to create a change in someone's life. Watch for more information coming soon about this very meaningful initiative.

## Key dates for November ...

- **Nov. 16:** Spaghetti Social - bring your tickets, reusable dishes, and appetite! Meet in the gym at your seating time.
- **Nov. 26:** Deadline for Purdy's orders & payments - pick up your orders Monday, December 9
- **Nov. 28:** Board Game Night - meet in the Kingfisher Room for some fun game time and treats from the Kingfisher Café
- **Nov. 29:** Pizza Day - watch for more information coming soon, including how to order through MunchaLunch

REMINDER

## Volunteers Needed!

November 16th:  
The Spaghetti Social

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



Winter Wonderland  
Craft Extravaganza  
Sunday, November 17th  
9-3 PM  
In the Gym



## Counsellor's Corner

### The Importance of Setting Boundaries

“First and foremost,  
our job is to keep our children safe,  
physically and psychologically.”

- Dr. Becky Kennedy

Over the last decade, many parenting experts have been emphasizing the importance of fostering strong connections with our children.

No doubt, we are WIRED for connection. Similarly, we are also wired for safety, which explains why so much of our behaviour as humans revolves around survival. So naturally, if a child feels unsafe, they will respond in fight, flight, freeze, and fawn modes to seek safety. The most challenging behaviours can arise when our children feel unsafe. So, when we are faced with difficult moments and are told to focus on connection, we can often find ourselves throwing rules and boundaries out the window. So, if we know that boundaries and connection are necessary, how on earth do we balance both?

We do so by remembering this rule: Two things can be true at the same time. In other words, you can hold a boundary AND your child can feel upset about it. By giving children permission to feel their feelings, they are more likely to feel safe and seen.

So you might be wondering what holding a boundary AND validating your child's feelings would sound like. Well let's look at an example:

Your child has been on their iPad for the agreed upon time now, but when you tell them to turn it off, they refuse. Setting the boundary is all about what YOU will do as the parent. In her book, *Good Inside: A Practical Guide to Becoming the Parent You Want to Be*, Becky Kennedy writes:

“Boundaries are not what we tell kids not to do; boundaries are what we tell kids we will do. Boundaries embody your authority as a parent and don’t require your child to do anything.”

Setting a boundary with the iPad example might sound like: “Okay! Your time is up on the iPad.” Your child continues to play on their iPad. You say, “I’m going to take the iPad now and put it away.” You go ahead and take the iPad out of their hands and put it out of sight. Your child might fuss or get upset. To stick to the boundary AND give them permission to have feelings about it, you might say, “I know. It’s really hard to stop doing something that’s fun. I understand that you’re angry.” That’s it. No need to make your child feel better, and no need to give them extra iPad time to avoid a tantrum.

Holding boundaries is hard. Maintaining a connection with our children can be hard, too. But with consistency and confidence in your decisions as a parent, your children will find safety in you.

For a more in-depth conversation about setting boundaries, check out this video of Dr. Becky on YouTube: [How to Set Boundaries with Kids](#)

For any additional information or resources, please feel free to contact me via email at [counsellor@selkirkmontessori.ca](mailto:counsellor@selkirkmontessori.ca)

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

## A MESSAGE FROM OUR LIBRARIAN, BREE

Hello again Selkirk community,

Another Scholastic book fair has come and gone and I feel so grateful to everyone who came out. Alongside the books we sold out of smelly erasers that, some of you shared with me, is a core childhood memory which has endured and has now been felt and incorporated by a new generation. Yes, the expensive pens, the hamburger eraser/pencil sharpeners and the pointers rustle up so much excitement for our kiddos that it is hard not to get swept up in it. My question though is: what are they going to use it to point at? I may never know, but I can rest easy knowing that quite a few of the students also bought books and all of them were happy to receive the gift. In total, we sold over \$7,500 dollars worth of Scholastic merch and all of the Classroom Wishlists were fulfilled. Thank you to everyone who bought a book for a classroom and wrote their child's name in it. Years from now when they have outgrown us we will still have a piece of them that remains in our collections. There is definitely something to the nostalgia that the Scholastic book fair conjures. Thank you also to all of my volunteers, young and young-ish, and anyone who stopped by to lend a hand. Wishing you all snuggled up moments with your family with lots and lots of books.

Happy Reading,  
Bree & Toby



# ASSEMBLIES AND OBSERVANCES



## Remembrance Day

Thanks to the Kingfisher Class for another outstanding assembly. In addition to the annual Selkirk Montessori Remembrance assembly, our Hummingbird students created a beautiful collage for the residents at Selkirk Place.





# EVENTS & ACTIVITIES

## Halloween 2024



## Basketball



Firefighters  
at the  
school for  
our October  
fire drill.



Grade 1/2 Classes  
Recycling Building Project



## COMMUNITY FRIDGE



The Community Fridge box is in our lobby and accepting donations!

## KINGFISHER CAFE

Thanks to our senior students, its always a treat when the Cafe is open!



REMEMBER 

**November: 12 - 15th - Classroom Observations**  
**16th - Spaghetti Social**  
**17th - Winter Craft Extravaganza**  
**22nd - NID: Parent Teacher Conferences**  
**26th - AGM**

**December: 17th - Winter Concert (1-4)**  
**18th - Winter Concert (5-8)**  
**20th - First Day of Winter Break**

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