



# 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.



## FEBRUARY 2025

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

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## FROM THE HEAD OF SCHOOL, ERIN HAYES

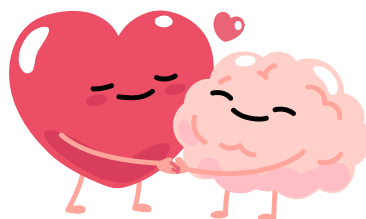
As the days begin to get a little lighter, many people feel a lift in their spirits. As the weather improves we also see more resilience, particularly in youth. Exercise and the outdoors both serve to boost our health in several ways.

Recent research is showing that ensuring connection, for children and for their adult caregivers, also has a very positive impact on our overall wellbeing. Connecting with our larger school community, through playdates, through community events like our upcoming auction, through classroom activities, can all help you feel the village around you. Though it can seem like one more thing to add to your list, over time it may be the connection you need to reduce stress as you share understanding, compassion, and a sense of community.

One of our more invisible community connections is that to the Federation of Independent Schools Association (FISA). They help our school team remain informed, funded, and connected to new initiatives and evolving recommendations. As part of this membership we have access to the parent opportunities below. I encourage you to take a look and consider attending a session. Even if you never need the information as a parent, you just might be able to share it as villager.

### **Mental Health and Substance Use Resource for Parents:**

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson from [Open Parachute](#), will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The [previous session](#) is not a pre-requisite for this session.



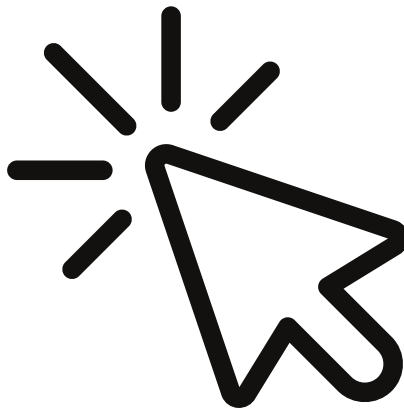
## FROM THE HEAD OF SCHOOL, ERIN HAYES

### Key takeaways for participants during this session:

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)
- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

### Participants must register in advance. Session dates are:

- February 20, 6:00-7:30 pm PST
- February 25, 6:00-7:30 pm PST
- February 26, 6:00-7:30 pm PST



## SELKIRK PARENT GROUP

February brings us roughly half-way through the school year! It's slushy out there, but the days are longer and snowdrops are blooming in sheltered spots. Have you seen any? While you're looking for signs of spring, have a look at what's coming up with the SPG this month.

### Rock Solid Love

The 4th Annual "Selkirk Rocks The Heart" rock hunt is underway! New to this event? It's a simple, fun way to spread love and good vibes around our community. Taking part is easy ... Paint rocks at home or join us at a rock painting station after school. Then, hide your creations around the school. Or, give them to a special teacher, specialist, administration staffer, friend, local shopkeeper—you get the idea!

Put your paint pens to work and help us spread the love!

### West Coast Seeds Fundraiser

Thank you to all who took part in the West Coast Seeds Fundraiser! Keep your eyes peeled for an email with the exact delivery date—it'll be before spring break.

### Watch for ...

March Pizza Day ordering will run Monday, March 3 to Monday, March 10, with pizzas delivered Friday, March 14, the last day of school before Spring Break. Meanwhile, term 3 hot lunch ordering will run Monday March 10 to Sunday, March 16, and your orders will be delivered starting Monday, March 31, when we're back from Spring Break. Purdys chocolates and art cards will be coming soon ... and don't forget to mark your calendars for May 10, our spring social multicultural event!

## Reminder

- **February 10 to 13: Selkirk Rocks the Heart**
- **February 18 - 24: Ordering for Pizza Day on February 28**
- **February 20: SPG meeting**
- **February 28: Pizza Day**



## SILENT AUCTION FUNDRAISER

The countdown is on! Our biggest fundraiser of the year, "A Night at the Movies" Auction, is happening on Saturday, **March 1st, 2025, from 6–10 p.m.** in the school gym. 🎟️🌟

This is your chance to walk the red carpet, enjoy an evening of great company, delicious appetizers and desserts, a cash bar, and a fantastic silent auction. Come dressed in red carpet glam, as your favourite movie character, or just as yourself—either way, you'll be in for a great night supporting our school!



🎟️ **Get Your Tickets Now!**

Tickets are on sale through [Bidding Owl](#)—this is also where our silent auction will take place, so be sure to create your account in advance! [Purchase tickets here!](#)

You are welcome to bring friends and family to this adults-only event, so spread the word and invite your favourite movie buffs!



🎬 **Help Us Make This Event a Blockbuster!**

This event is a major fundraiser for our school, with all proceeds going directly toward school improvements. To make it a success, we need your help securing auction donations.

You can:

🎁 **Reach out to local businesses**—restaurants, spas, fitness studios, retail shops, and more! Many are happy to donate gift cards or services.

🎨 **Donate items yourself**—art, handmade goods, themed gift baskets, or unique experiences make amazing auction prizes.

💚 **Have a talent or skill to offer?** Consider donating a service like photography, tutoring, baking, or anything else you love to do!

🍷 **Beer & Wine Donations Needed!** 🍺

One of our most popular raffle items are our Beer & Wine Lots, and we need your help to make them a hit again this year! If you'd like to contribute, drop off your beer or wine donations in the school office.

Every donation, big or small, makes a difference!

Thank you for your support—we can't wait to roll out the red carpet for you!

See you at the movies,

The Auction Committee 🎬 ✨



VICTORIA  
**Butterfly**  
GARDENS



**TK Clothing**



**Maggie Knight**  
consulting



**HEALTH ESSENTIALS**



**McTAVISH ACADEMY OF ART**

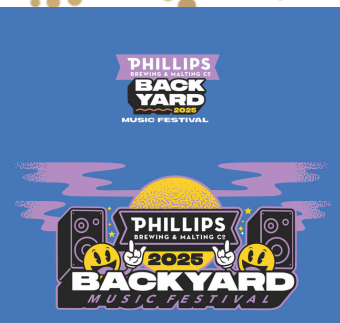
McCONNAN  
BION  
O'CONNOR &  
PETERSON  
Lawyers



**DODD'S**  
FURNITURE & MATTRESS



**FANTASTICO**  
bar-deli



**FIZZ**  
NON — ALC  
BOTTLE SHOP



## Save-the-Date for Gigi's Retirement Tea



A beloved teacher from the Kingfisher Class retired last December 2024!  
We invite our current and alumni families to join us as we honour Gigi Cook!

**THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI) IS COMING TO OUR SCHOOL IN MARCH!**

Selkirk Montessori School has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Year Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 4 students are invited to complete the MDI during class time between:  
March 3rd and March 14th, 2025.

Parent FAQs:

<https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/>

For more information and to view the questionnaires:

<https://earlylearning.ubc.ca/monitoring-system/mdi/mdi-overview/>

If you don't want your child to participate, please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at [mdi@help.ubc.ca](mailto:mdi@help.ubc.ca).





REMEMBER 



Happy Lunar New Year, from  
the Eagle Classroom!

**February:** 14th - NID  
17th - Family Day  
19-21st - Book Fair  
24th - Swim Jamboree Grades 3-7

**March:** 1st - Silent Auction Fundraiser  
10-14th - Immersion Week Grades 5-8  
17th - Spring Break Begins

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