

MAY
2026



Selkirk Montessori School E-Newsletter

From the Head of School, Erin Hayes

May News: A Season of Energy, Community, and Celebration

May is here, and with it comes a wonderful, whirlwind energy that fills our classrooms, hallways, and playgrounds. From the thrill of track meets to the laughter at swimming lessons, the excitement of our Senior Musical and year-end concerts to the anticipation building around trips and field studies, there is a delightful sense of movement and connection everywhere we turn.

This month will see students stretching their muscles and minds — running races, exploring new places, sharing songs, and diving deep into learning beyond the classroom walls. We also recently enjoyed a vibrant Multicultural Social, where our community came together to celebrate traditions and connections through delicious food and shared experiences. Events like these remind us of the richness that comes from learning about and celebrating the many cultures that make our community so strong.

In all this busy-ness, there's a beautiful rhythm: one of growth, celebration, and community. It's in these moments — whether cheering at a track event, splashing in the pool, performing on stage, gathering around shared meals, or gearing up for graduation — that we see the true heart of our school. Thank you for being part of this lively, joyful season with us.

We look forward to carrying this energy right through to the final weeks of the school year — and beyond.

Inside this issue:

Board of Directors Chair - Penny Barner	2
Counsellor's Corner	3-4
Selkirk Parent Group (SPG)	5
Assemblies and Observances	6-7
Events & Activities	8-10
Community Appreciation	11
Independent School Art Show	12
Dates to Remember	13

**May: The
month of
expectation,
the month of
wishes and the
month of hope.**

Pacific Montessori School

Board of Directors Chair – Penny Barner

Director Wanted!

The Pacific Montessori Society (PMS) invites applications from committed, energetic individuals who want to be part of shaping the future of the Selkirk Montessori School by serving on the Board of Directors.



This is an excellent opportunity for you to meet and work with people who share your interest in, and commitment to, Montessori education. In addition, you will have the opportunity to develop skills and knowledge in new areas and contribute to the governance of PMS. Board terms are for three years, effective November 2025. Meetings are held monthly, except for July and August. Currently, meetings are on Tuesday evenings at 6:00 pm at the school.

Please prepare a brief written submission expressing your interest and attach a copy of your resume. Each submission must be

accompanied by a letter of support from a non-related Society member in good standing and delivered to the School offices no later than 3:00 pm on June 19, 2026. Selected information from your resume and letter will be distributed to the membership prior to elections at our next Annual General Meeting (AGM) in November.

No submissions or nominations will be accepted at the AGM. Contact pbarner@shaw.ca if you have any questions.



Energy Regulation

As we move into warmer weather and sunnier days, we can likely all agree that there's generally an increase in excitement in the air! At school, there have been many special events and activities happening, like the Puppet Shows and Track Meets! For some, these changes in routine can feel very exciting and for others, it can feel overwhelming. Neither experience is right or wrong but helping our children understand how their bodies and brains respond to situations can help them adapt and navigate what comes their way.

Learning to adapt, shift, and be flexible requires self-regulation, which is a skill that takes time to develop, through modelling, practice, and direct teaching. For many of us as caregivers and educators, we prioritize teaching and supporting self-regulation because it is a skill needed to engage effectively in different situations and environments. There are several programs and curriculums that teach self-regulation, many of which rely on children's ability to identify and name their feelings and emotions. This ability, however, varies among people of all ages, personal experiences, and neurotypes. One individual may have no difficulty identifying their feelings, while another may find it extremely difficult to do.

One approach to teaching self-regulation focuses on Energy Regulation instead of emotional regulation. This program, Energy: The Framework, Tools, Strategies & Logic to Support Regulation, was created by the Autism Level UP! organization, which looks at regulation through a neurodiversity-affirming lens. The Energy program encourages children to think about their own energy levels and how the different levels feel in their bodies. By doing this, children can better understand what their bodies need to feel "regulated".

Counsellor's Corner

Energy Needed (Match for the Activity)	My Energy (Where I Am)
5	Maxed Out / Frenzied
4	Amped Up / Fidgety
3	Single Stream / Flowing
2	Settled / Calm
1	Sleepy / Still
0	Asleep

Over the past few weeks, I have had the wonderful opportunity to introduce the Energy Meter to students from Grades 1 to 6. The different levels consist of levels 0 to 5 (asleep, sleepy, settled/calm, single stream/flowing, amped up/fidgety, and maxed out/frenzied). We also discussed what it means to be regulated. Many of us assume being regulated means feeling calm and settled, when in fact, it is when **your internal energy matches the energy needed for an activity or situation**. To gain a better understand of what it means to be “regulated,” the students were introduced to the concepts of “energy match” and “energy mismatch”. This idea avoids the judgment that certain energy states are negative or bad and are rather just not the right match to the situation. When we can identify what energy level we’re at, we can then decide what energy level would best match the situation or activity. At this point, we can then use a “power-up” or “power-down” strategy, such as going for a movement break, having a snack or drink of water, or taking deep breaths. This self-awareness is one of the first steps to self-regulation and can be easily practiced in any situation or environment.

If you are interested in looking at more resources, tools, or strategies related to Energy Regulation, I recommend visiting the Autism Level UP! website: <https://www.autismlevelup.com>

Warmly,
Carmelle Hermoso
School Counsellor
counsellor@selkirkmontessori.ca

Selkirk Parent Group (SPG) Update

Thank you, thank you, thank you!

The Multicultural Evening on May 2 was a fun event - tables laden with delicious food, kids and adults alike wearing bright smiles. Thank you to those who came out! Part of the SPG's mandate is to foster community connections and multicultural evenings are a scrumptious way to do it!

Thank you, too, to those who've helped support our students through fundraisers like Purdys chocolates, art cards, Parachute ice cream gift cards, hot lunches and pizza days. The money you raise helps pay for field trips, transportation to and from swimming lessons, classroom supplies, and more.

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 co-lead who can help 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.

Spirit Wear

Our Spirit Wear shop is open again, featuring old favourites and new, soon-to-be-favourites. Show off your Selkirk spirit with a t-shirt, crewneck, hoodie, bag or ballcap. Shop now:

https://urstore.ca/group/selkirk-montessori-school_532055

Key Dates for May ...

- May 4: May 8 single Pizza Day orders due at noon (order on munchalunch.com)
- May 7: SPG meeting at 6 pm
- May 8: Pizza Day

Assemblies and Observances

🌍 Earth Day Assembly

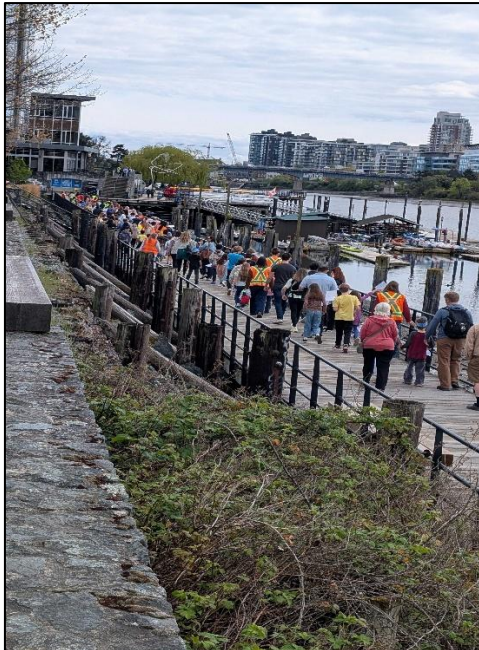
Our school community gathered for a special Earth Day Assembly focused on caring for our planet and promoting environmental responsibility.

The Marmot, Otter, and Raccoon classes (Grade 1/2) led the assembly by participating with enthusiasm. Students shared their ideas about simple ways to protect the Earth through songs and posters, encouraging everyone to think about how daily actions can make a positive impact.

Thank you to all students and staff who helped make the assembly meaningful and engaging.



Assemblies and Observances



Earth Day Walk

To continue our Earth Day celebrations, students, teachers, and parents came together for a community walk around the neighbourhood near the school.

It was a wonderful opportunity to connect with nature, enjoy the outdoors, and reflect on the importance of taking care of our environment. Along the way, participants observed local plants, trees, and green spaces while discussing simple ways we can all help protect the Earth.

The walk brought our school community together in a meaningful and active way, reinforcing our shared commitment to environmental stewardship.



Events & Activities



🌟 Science Fair 2026 – Success! 🌟

The Selkirk Montessori School Science Fair was a great success!

Students proudly presented a wide range of **experiments, innovations, and studies**, showcasing creativity, curiosity, and strong scientific thinking. The gym was filled with engaging projects and enthusiastic presentations throughout the morning.

A big thank you to all students, staff, and families for their support in making the event run smoothly. Special thanks to Gina for organizing and helping everything come together so well.

All projects were taken home the same day, wrapping up a fantastic morning of learning and discovery.



Events & Activities



We were delighted to host our recent Musical Night, a wonderful celebration of student talent, creativity, and teamwork. The evening showcased the hard work and dedication of all our students, who performed with confidence, enthusiasm, and joy.

A special thank you goes to Kristin, our Musical Teacher, for her outstanding guidance, patience, and support in preparing the students and bringing the performance to life. Her commitment helped create a memorable experience for everyone involved.

We would also like to extend our heartfelt appreciation to all students for their participation, and to all staff and volunteers who contributed behind the scenes. Events like this are only possible through the collective effort of our school community, and we are truly grateful for everyone's involvement.

Thank you for helping make this Musical Night such a meaningful and memorable success.

Events & Activities



Selkirk Montessori Shines at the TC10K and Thrifty Foods



Selkirk Montessori was proudly represented at the 37th annual TC10K and Thrifty Foods Family Run on Sunday, April 26. Beautiful sunshine matched the beaming smiles of our small but mighty team. The 10K race was a huge success, with teachers, parents, and students—Suraiya, Maya, Ivy, and Zoey—completing this challenging distance. Our family run team included returning superstars, enthusiastic first-timers, and parents working hard to keep up with their speedy youngsters! Congratulations to all our runners. You are amazing!

FROM OUR SCHOOL COMMUNITY

Thank You

Your generosity makes a real difference in the lives of our students and families. Together, we are creating opportunities, supporting success, and strengthening our school community.

Thank you



for your continued support in providing healthy food to the students and the families.



Thank you



**PROVINCIAL EMPLOYEES
COMMUNITY SERVICES FUND
(PECSF)**

for your generous funding that strengthens and supports our bursary funds



Stronger together. ♥ Nourishing minds. ♥ Building brighter futures.

We are so grateful for our amazing community partners. Thank you for believing in our students and helping our school community thrive!

Independent School Art Show

Selkirk Montessori School is excited to host the ISABC Art Show on Saturday, May 9, 2026, from 10:00 a.m. to 3:00 p.m. at the school gymnasium (2970 Jutland Road).

This special event will feature student artwork from ISABC schools, celebrating creativity, imagination, and learning through the arts. Families and community members are warmly invited to attend and enjoy this vibrant showcase.

We look forward to seeing you for a colourful and inspiring day of art!





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We can make a difference!

www.selkirkmontessori.ca

YEARBOOKS!

2025-2026 Selkirk Montessori School Yearbooks
 are on sale for **\$30** for early bird payments

(\$35 per yearbook for payments received May 1-20)
Full-colour, 80 pages!



Please use the order form sent to you
 through Transparent Classroom

Payment options include CASH, e-transfer, and cheque.

Send e-transfers to accounting@selkirkmontessori.ca

Yearbooks arrive the week of June 15th!

ORDER YOURS NOW!!

**Order your yearbook now to
 capture and cherish this year's
 special memories forever!**

Dates to Remember

- * May 08 – Pizza Day
- * May 09 – Independent School Art Show
- * May 14 – Fire Drill (School Wide)
- * May 15 – NID (Non-Instructional Day)
- * May 18 – Victoria Day 2026
- * May 26 – Board Meeting 2026
- * May 29 – K/P Concert 2026
- * May 30 – Selkirk Waterfront Festival at Selkirk Montessori

Selkirk Montessori School is located on the traditional territories of the Ləkʷəŋən people, today known as the Esquimalt and Songhees Nations. We extend our appreciation for the opportunity to live and learn on this territory.