

November Newsletter

December 2021

Fairvale Elementary School

Vision: FES students will be passionate life-long learners who contribute as responsible leaders in a global community.

Student Code of Conduct

As a student of F.E.S.,
I will be

- respectful,
- responsible,
- safe
- ready to learn

By living the 7 Habits



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Mindset Matters

Ends Policy #2

Teachers will focus on learner-centered strategies that promote engagement, active processing, the construction of subject-specific knowledge (assessment for learning process, personalized learning, student choice)

Persistence Pays Off

When we speak to children about persistence we describe it as keeping at it, even when a task is hard. *Parent Magazine* has an article providing ways in which families can develop persistence in their children. “To teach persistence, it’s useful to first find ways in which your child is already setting goals, perhaps by saving money to buy a desired game. Then, reverse engineer the process with your child so that the individual steps behind the process become clearer to them, and also emphasize how good it feels to accomplish a goal. Then find ways to replicate the process, choosing small goals at first. Allow your child to actually choose the goals and then you can help them create a plan. That’s because your child is likely to work harder if they want to achieve a particular goal. Model persistence, as well, sharing some of your own goals and then showing your child how you’re achieving them. Applaud your child’s success and also provide reality checks, as children may want to achieve a goal more quickly than is possible.” To read the full article please click on the link below <https://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/>



A Note from the Music Room

This December classes are working hard preparing songs for the holiday recordings. Grade 4 is preparing a song on ukulele, and the others are working on their expressive singing and even some dancing. When we are finished our holiday preparations:

Kindergarten and Grade 1 will be working on creating some soundscapes for a snowman story.

Grade 2 will play holiday songs on our pitched tubes called Boomwackers.

Grade 3 will be working on the composer Tchaikovsky and the Nutcracker.

Grade 4 will continue working on Ukulele

Grade 5 will learn a song from Broadway Anastasia called "Once Upon a December"



What's Happening In the Gym?

K-1 OUTCOMES for the month:

Students are expected to: DOING:

- 1- Demonstrate personal space while standing still and moving.
- 2- Identify and move different body parts.
- 3- Move in the gym in a safe and controlled manner and stop in control with good balance.
- 4- Move through space while changing directions and being in control.
- 5- Toss and roll objects while standing still and moving.

KNOWING:

- 1- Keep my eye on an object in order to be able to catch it.
- 2- Look at my target when passing an object and make sure my partner is ready to receive.
- 3- Explain the importance of following rules in P.E. class.

VALUING:

- 1- Listen to directions and explanations.
- 2- Show safe behavior when moving and using equipment.
- 3- Share space and equipment.
- 4- Take turns being a squad leader and help my team get points.

Lessons:

Students will:

- Demonstrate sending and receiving an object with/without an implement
- Play 1 on 1 partner lead-up games
- Demonstrate Cup Stacking skills such as practicing how to up stack and down stack with 3 or 6 cups.
- Play Seasonal / Christmas games while doing activity stations



2 OUTCOMES

Students are expected to: DOING

- 1- Solve movement tasks by following teacher given directions
- 2- Keep control of an object while standing still and moving in space.
- 3- Use movement skills to play low organized games.

KNOWING

- 1- Identify safety rules and procedures for various activities.
- 2- Be aware that working with a partner or group may affect my performance.

VALUING

- 1- Accept responsibility for assigned roles.
- 2- Work willingly with others of different abilities and interests.
- 3- Explain the importance of listening to directions and staying on task.

Lessons:

Students will:

- Demonstrate sending and receiving an object with increasing control and accuracy.
- Play 1 on 1 partner lead-up games
- Demonstrate Cup Stacking skills while practicing how to up stack and down stack with 3 and 6 cups.
- Play Seasonal / Christmas games while doing activity stations.

3-5 Outcomes Students are expected to: DOING

- 11- Demonstrate ways to send and receive an object with increasing accuracy, individually and with others.

- 2- Demonstrate basic motor skills and use these in games and sport activities.
- 3- Use basic offensive and defensive positions and strategies.
- 4- Be involved in fitness activities.

KNOWING

- 1 - Show a knowledge and understanding of safety rules and procedures for activities.
- 2- Be aware of the 5 basic components of physical fitness such as aerobic endurance, muscular endurance, muscular strength, flexibility and body composition.

VALUING

- 1- Be aware of the importance of rules, routines and safety in different PE activities.
- 2- Assume the responsibility of a squad leader and cooperate in a group setting.
- 3- Show proper behavior and fair play by participating in PE activities with others that have different interests and abilities.

Lessons:

Students will:

- Demonstrate basic basketball skills such as dribbling, passing and catching with increasing accuracy as well as offensive and defensive positions and strategies during an assessment
- Demonstrate Cup Stacking skills while practicing how to up stack and down stack with 6 cups.
- Play Seasonal / Christmas games while doing activity stations. **Weather permitting, All PE classes will be outside for fitness, skill and low organized activities, walking trails and playing hide and seek in the woods.**

(3-5) Lessons:

Students will be reviewing the importance of student listening, following directions and practicing safe routines in the gym. Student will also focus on learning the basic rules for successful participation in mini soccer and strategies on how to play various invasion games. They will also be introduced to a variety of games and activities that will focus on physical fitness, cooperation and fair play. **Weather permitting, All PE classes will be outside for fitness, skill and low organized activities, walking trails and playing hide and seek in the woods.**

- Weather permitting, All PE classes will be outside once a week for walking the FES trails, playing on Dreamland and/or playing hide & seek in the woods.

From the Guidance Office

Dear F.E.S. Families,

It's hard to believe December is upon us! November marked **Canada Career Month** and as you know we had our second virtual career expo. On behalf of students and staff, I would like to extend a big thank you to Andrew Logan and his colleagues at Teed Saunders Doyle for introducing us to the world of accounting. Andrew Logan's video and last year's outstanding videos were greatly appreciated. As I always say, Fairvale Elementary families are exceptionally supportive and help to make our school the special place that it is.



In addition to celebrating careers this month, we also celebrated **Respect & Diversity Week**. The message to our students was that although some people think differences in race, culture, religion, gender etc., mean you are better or worse than someone else, at FES we believe everyone is valued and our differences make our school a wonderful environment for social and emotional learning and growth. To help educate our students, Java the Puppet interviewed two wonderful leaders in diversity education, Gary Flanagan, the Cultural Diversity Program Coordinator for PRUDE (Pride of Race, Unity and Dignity Through Education), as well as Tanya Trofimencoff, Anglophone South's Anti-Racism and Equity Coach.

Java and I are also enjoying our visits to K-5 classrooms where we are exploring **anxiety**, something that more children are experiencing due to the pandemic. Children have been learning about the physical and emotional signs of anxiety, the role of our brain (in particular our protective amygdala), and strategies to calm the amygdala when it's sounding a false alarm. The children's engagement in these lessons has been remarkable. Java and I encourage families to have a conversation about what they have learned. You can use this picture as a conversation starter:



Java and I wish FES families a safe and happy holiday and we look forward to a wonderful 2022! Take care, Mrs. Casey & Java