

November Newsletter

November 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



11 School Avenue
Rothesay, NB
E2E 1Z9
Telephone: 847-6206
Fax: 8476267

Principal- Bonnie Hierlihy
Vice Principal-Sarah Richards
Admin. Assistant- Tara Cowan

Twitter: @FairvaleFalcons

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)

Developing Optimism in Children

"When it comes to thought processes, one of the most important habits of mind that children can develop is optimism. Children who practice optimistic thinking are more resilient, they are less likely to give up in the face of challenge and they tend to interpret experiences in a way that gives them a sense of control and confidence."

Anita Cleare

Families can encourage optimism in the following ways:

1. **Be a positive role model-** If children hear lots of optimistic comments, they are more likely to develop this way of thinking themselves.
2. **Interpret failure as an opportunity-** Present failure as a natural part of learning that helps us to recognize what we don't yet know or can't yet do.
3. **Encourage children to set their own goals-** When children are anxious about failing, allow them to set their own goals and work out for themselves how to achieve them.
4. **Challenge negative explanations-** If a child is interpreting events negatively, don't contradict them but encourage them to come up with six reasons as to why something happened.

To read the full article please click on the link below

<https://www.veysigmund.com/why-parents-should-teach-optimism-and-how-to-do-it/>



A Note from the Music Room

Grade 3 has been working very hard to prepare songs for our virtual Remembrance Day assembly. Below are some curriculum items we will be focusing on this month:

Kindergarten- Focusing on rhythm this month, using the syllables of words to reinforce ta, titi, and rest.

Grade 1 will be learning about the composer Beethoven. They will also begin to label rhythms ta, ti-ti and rest.

Grade 2 is getting ready to learn the note tica tica sixteenth notes, as well as learn about form/pattern in music (AABA, ABA...)

Grade 3 will be starting a musical unit on Kenya. They are also learning and labeling rhythms using ti-tica and tica-ti.

Grade 4 are learning about ukulele and how to play chords C, C7, F add 9, F, and G to create, play and sing along with songs.

Grade 5 will be continuing an Indigenous music unit, learning about culture, traditions, and singing as well as Truth and Reconciliation. They are also working on a Cree song by Tara Wil-



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- Move in the gym in a safe and controlled manner and stop in control with good balance.
- 3- Move through space while changing directions and being in control.
- 4- Manipulate objects with control.

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 a variety of objects with a partner.
- Demonstrate sending and receiving an object during a skills assessment.
- Demonstrate Hula hoop skills and activities such as hoop exploration by using implement for balance, hoop tricks and springing, hoop spinning and rolling and Shuttle relays.
- Play Cooperation games

2 OUTCOMES

Students are expected to: 1 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 a variety of objects with a partner
- Demonstrate sending and receiving an object during a skills assessment.
- Demonstrate Hula hoop skills and activities such as hoop tricks and jumps, hoop jumps with partner, hoop rolling, twirling and tossing as well as shuttle relays.
- Play Cooperation games

3-5 Outcomes Students are expected to: DOING

- 1- 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 Basketball skills such as pivoting, catching and holding the ball, passing and receiving, dribbling as well as shooting.
- Demonstrate basic defensive and offensive strategies.
- Play lead-up games
- Demonstrate dribbling, sending, receiving, shooting the ball as well as an understanding of offensive and defensive strategies during a skills assessment.
- Play cooperation and invasion games

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.



From the Guidance Office



Hello Fairvale Elementary Families!

We hope that your children are adjusting well socially and emotionally while having fun learning. It's hard to believe that November is almost here and so too is **Canada Career Week**. To keep our children safe while continuing our commitment to career exploration, we plan to host a **Virtual Career Expo**. As in the past, the career expo will provide an opportunity for family and other volunteers to educate F.E.S. students about the variety of career paths available in our community. We are inviting you to create a video of yourself (feel free to use your phone or tablet) at your work place sharing what your work environment looks like, demonstrations of what you do which may or may not involve equipment/tools, and any other special parts of your career (e.g., uniform, special vehicle). We would love to meet your co-workers during your video tour. The length of your video is up to you. Our hope is that our 21 classrooms will watch your video during November which we will officially designate as **Canada Career Month at Fairvale Elementary School!** Please send your video to kerry.casey@nbed.nb.ca. If your video is too large to send via email, please use www.wetransfer.com (a free site to share large files and videos). If you run into any problems, please reach out to me via email or 847-6304. Thank you to all those who have already committed to submitting a workplace video. Of course, during Canada Career Month, there will be weekly career riddles, jokes, and opportunities for students to write and draw about their dream career. We hope your children's career dreams will inspire you to talk about your own career journey with them. I know I feel incredibly lucky to be a small part of your children's lives in my career as their school counsellor.

Thank you for your ongoing support!

Mrs. Kerry Casey & Java 🐶