

October Newsletter

October 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)



The 5 Habits of Mind Children Need for Success

Last year, our staff participated in a book study of *A Mindset for Learning: Teaching the Traits of Joyful, Independent Growth* written by Christine Hertz and Kristi Mraz. This book combines research with practical classroom help for teachers on the five habits of mind that children need for success:

Optimism Feeling hopeful that risks are worth taking and that problems will work their way out. When you do something new, you think, "I can try," and give it your best shot because that's how you grow.

Flexibility Seeing and trying many possible actions within a task. When one thing doesn't work out, you try a different way.

Resilience Bouncing back and recovering from setbacks or failures. When you have trouble, you bounce back and try again.

Persistence Sticking with something even when it is challenging. Having persistence means you try and try again even when it feels hard.

Empathy Feeling how another person is feeling and imagining what it would be like to be in another's position. You have empathy when you feel someone's feelings in your own heart. When children develop a growth mindset, they are more open to setting their own learning goals. Growth Mindset is an area that our teachers continue to focus on and develop in our students.

A Note from the Music Room

Welcome to the music room! I hope you had a wonderful summer. In September classes played name games as we got to know each other again, while focusing on beat, and rhythms that we have built on in previous years. We also celebrated Dot day through song (a day to celebrate how we treat ourselves and others-based on "The Dot" By Peter H. Reynolds).

Music in October:

Kindergarten: our many voices (speaking, singing, whisper, shout...), and establishing steady beat.

Grade 1: Steady beat, and labeling rhythm notation (ta, ti-ti, rest)

Grade 2: Are working on differentiating between beat and rhythm, and pitches so, mi

Grade 3: is focusing on singing rounds (harmony) and tempo

Grade 4: Is starting a ukulele program and are working on naming the strings and chords (C7, C, F, G)

Grade 5: Are working on expressive singing and labeling and understanding meter (how beats are grouped). Grade 5 and 4/5 will also be starting and working on First Nations Reconciliation unit through music during the year.



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.

K-1 Lessons:

Students will be focusing on themes such as listening, following directions and practicing safe routines for participation in the gym. Students will also be introduced to variety of activities such as awareness of personal and general space. They will also focus on a variety of basic locomotor and manipulative skills which will allow for successful participation in a variety of games and activities. 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.

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.

Students will be focusing on themes such as student listening, following directions and practicing safe routines for participation in the gym. Students will also focus on learning and practicing locomotor and manipulative skills when playing low organized 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.

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.

(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.



FES Home & School

fairvalehomeandschool@gmail.com

October 2021



Calling all volunteers!

Dreamland Playground Clean Up

SATURDAY, OCTOBER 2, 2021 from 12 PM – 4 PM



Meet your 2021-2022 FES Home & School Executive

Co-Chairs: Alison Newton and
Suzanne Armstrong

Treasurer: Tessy Adams

Secretary: Ashley Forsythe

Healthy Lunch Coordinator: Tara
Richard

Playground Committee Lead: Michelle
Guest

Executive Members: Chao Yu, Nancy
Washburn-Pynn, & Leah Burke

FES Healthy Lunch website:
fairvale.hotlunches.net
send questions to:
fairvalehealthylunch@gmail
.com



Home & School Update

We've been working hard, so we wanted to let you know about some of the great things we have recently been able to provide to the FES community through our fundraising efforts. Some are in already place and some are "coming soon":

- Playground Cleanup and Maintenance
- Playground Swing
- Art supplies

Help Wanted

We are still in need of a few extra volunteers. If you are interested in any of these activities, please send us an email:

- Library
- Recycling Program
- Book Fairs
- Playground and School Beautification and Upkeep
- Santa's Workshop
- Santa Claus Parade Float
- Staff Appreciation
- Grade 5 Moving up Ceremony & More!

<https://bit.ly/FESVolunteers>



Volunteer of the Month

Congratulations to **Donna Thompson** for being our September volunteer of the month!

Thanks 'a latte' Donna for being so generous with your time and all you do for FES!!!



Follow us on Facebook at "Fairvale Home & School"

From the Guidance Office

Dear F.E.S. Families,

I'd like to extend a warm welcome back to our F.E.S. families and a special hello to our new families. "Java the Puppet" and I are getting ready to surprise our new students in Grades 1-5 with a welcome bag and frozen treat next week. We will also be inviting our newcomers to complete an *All About Me* sheet which we will place beside their picture on our Newcomers' Bulletin Board.



All students can look forward to a terrific school year with an incredible staff who are working hard to provide an emotionally and socially safe place for your children to flourish. Knowing the changes our students have adjusted to and will continue to navigate, Java and I will be providing **"Paws for Mental Health"** videos for teachers to view with their class. In each video a grounding/relaxation technique will be introduced and modeled. Teachers will be invited to play this video whenever possible to provide students with multiple opportunities to watch and practice the technique. As we know, children who are provided with opportunities to practice self-regulatory strategies when they are calm and safe are more likely to draw from such strategies when they are dealing with feelings like frustration and worry. And because a child's family is the single most important influence on their life, we'll invite our students to share and practice these techniques with you. After all, the ability to thrive emotionally is not just for children. During these times, knowing how to care for one's mental health is more important than ever. "5-4-3-2-1 Slow Down & Calm Down" is an example of an effective grounding technique that helps keep you in the "here and now" instead of worrying about the past or future.

5★4★3★2★1

SLOW DOWN & CALM DOWN

FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5

List 5 things you can **SEE**

👁️👁️

4

List 4 things you can **FEEL**

✋

3

List 3 things you can **HEAR**

👂

2

List 2 things you can **SMELL**

👃


1

List something **positive** about yourself 😊

MAKE today COUNT


FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺

From the Guidance Office



things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?



5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?



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Over the last two weeks, Java and I have visited every classroom to ensure students know who we are and what we do. This school year I will be at F.E.S. on **Mondays, Tuesdays, Wednesdays**, and **alternating Thursdays** offering one-on-one support for students as well as groups such as **Rainbows**, a peer support program aimed at supporting students who have experienced a significant change or loss in their life. If you're interested in the Rainbows Program or any other guidance service, please don't hesitate to contact me at [847-6304](tel:847-6304) or kerry.casey@nbed.nb.ca.

We look forward to another wonderful school year together!

Mrs. Kerry Casey & Java