

February Newsletter

Fairvale Elementary School

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

Literacy Corner

Ends Policy #2

Students at FES will demonstrate continuous improvement in literacy skills, striving to meet or exceed the standards set by the Province of New Brunswick.

Most children are beginning to understand that reading with fluency is more than just reading with speed. When a child is reading with fluency they are reading accurately, reading with expression, and reading with understanding. Most children develop fluent reading with little instruction. Some children need more explicit instruction. If this is an area that your child is working on in their classroom and at home you may be familiar with some of the strategies that are being taught. For some children daily **practice of common sight words** is an important way to help improve accuracy. Children are also taught to **adjust their reading rate** so their reading sounds smooth and full of expression. **Rereading a text** is another important strategy. For this strategy to improve fluency it is important that children are reading "good-fit" books. If a book is too difficult children will use much of their brain power for decoding, with little left for fluent reading.

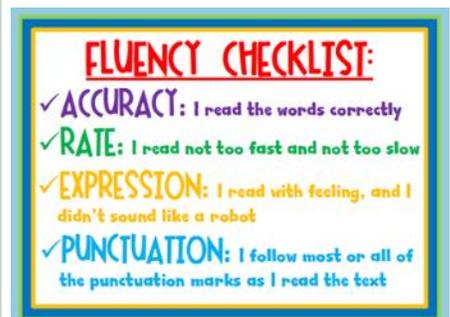
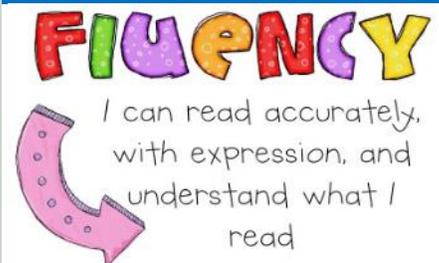
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January 30th 2015

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Conflict Vs. Bullying

We have been teaching the children all about conflict vs. bullying through our video announcements and visits to classrooms. Below you can find a poster that is located in many spots around the school and in all classrooms. We are promoting this language to improve clarity between conflict and bullying. When your child is sharing about their day at school and any potential negative experiences it will be helpful to use this chart to have a discussion about what has happened. All too often parents and children use the term “bully” and “bullying” to describe scenarios which are actually conflicts- normal part of relationships with children and adults.



Conflict vs. Bullying

Department of Education and Early Childhood Development



Conflict is:

- occasional
- uncomfortable but is not intended to hurt
- when there is no power imbalance between the people involved
- when there is an effort to solve the problem
- a normal part of human interaction
- can be worked through by the individuals involved

Bullying is:

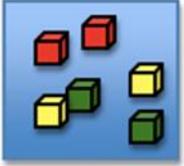
- often repeated
- intended to hurt
- when there is a power imbalance between the people involved
- when there is no effort to solve the problem by the person who bullied
- a part of unhealthy relationships
- should always be reported to school staff

Math Corner

(Ends Policy #3—Students at FES will demonstrate continuous improvement in numeracy skills, striving to meet or exceed the standards set by the Province of New Brunswick)

Problem Solving Strategy of the Month:

USE OBJECTS TO MODEL



Sometimes mathematical ideas are hard to think about without something to look at or to move around. Acting it out or using objects or models helps your brain "see" the details, organize the information, and carry out the action in the problem. Beans, pennies, toothpicks, pebbles, or cubes are good manipulatives to help you model a problem. You can use objects as you guess and check or look for patterns. Try **using objects** to help you solve these problems:

K - 2	3 - 5	Challenge!
A factory has wheels for go-carts and scooters. If they have 18 wheels, how many of each can they make? Is there more than one answer?	Twenty-seven cubes are placed together to make a large cube that is painted on the outside. How many small cubes will have 2 and only 2 faces painted?	What happens to the area of a rectangle if both the length and the width is doubled? What happens to the perimeter?

A Note from the Music Room

All classes have been using the drums and will continue to for another couple weeks to reinforce rhythm, beat, and working together in rhythm ensembles.

Here are some other areas we will be focusing on for the month of February:

Kindergarten:

Grade 1: Are working on in-tune singing, and rhythm reading using ta, titi, and rest

Grade 2: Will learn about rondo form (ABACAD...), continue to work on rhythms adding half notes and whole notes.

Grade 3: Along with rhythm reading, we will be focusing on meter (for example, $2/4$ =march, $3/4$ =waltz). They will be working on harmony by singing rounds, and learn Canadian Folk songs (Long Drivers Waltz, and Donkey Riding)

Grade 4: Will be learning to write rhythm dictation using ta, titi, tica tica and quarter rests. They are also working on combining 2 Canadian folk songs (Land of the Silver Birch, and My Paddle) into a partner song

Grade 5: Are working on understanding time signatures, improvisation, rhythm reading. They will also be working on Sara Bareilles Song "Brave" from our Music Express Magazine.

What's Happening In the Gym?

K-1 Outcomes for the month:

Doing – 1. Students will be expected to perform and make simple movement sequences.

2. Students will be expected to get on, travel across and get off benches and balance beams safely. They will be able to jump, land, roll on gym mats and join these movements together smoothly.

Knowing – 1. Students will be expected to know which body parts they can balance on. They will know that a wide base is more stable so some balances are easier to hold.

2. Students will be expected how to land properly and safely when jumping.

Valuing - 1. Students will be expected to stay on task when participating in the gymnasium.

2. Students will be expected to try new activities (dance and gymnastics).

Lessons:

We will be continuing Gymnastics for the next few weeks. We will be focusing on:

Balances: stork stand, cloud stand, front support, leg lifts, etc.

Jumps – motorcycle landing and how to jump safely.

Bench Travels – walking forward, sideways, backwards, toe dips, etc.

Rolls – log roll, egg roll and forward roll.

Students will be putting some of their moves together to make sequences.

Students will have the opportunity to participate in Winter Carnival at the end of the month. Activities will take place both inside the gym and outdoors.

Grade 2-3 Outcomes for the month:

Doing: 1. Students will be expected to make sequences on the mats and balance on benches and balance beams. They will be expected to get on, balance, travel and dismount from the bench or beam.

Knowing: 1. Students will be expected to know about absorbing force when they stop, jump and roll.

2. Students will be expected to know the importance of participating in physical activity daily.

Valuing: 1. Students will be expected to show safe behaviour when using gym equipment. Students will be able to help set up and put away equipment.

2. Students will be expected to work in a group and share ideas, equipment and space.

Lessons:

We will be continuing with our gymnastics theme for most of the month.

Students will be putting together their own sequences of movements. They will be choosing different locomotions, pathways, patterns and directions to move.

Students will also be continuing to practice and work on their balances, jumps and rolls. They will be performing sequences involving these skills.

Students will be involved in Winter Carnival activities, both inside and outside, at the end of the month.

Grade 4-5 Outcomes for the month:

Doing: 1. Students will be expected to choose and put together a combination of balances, rolls, jumps, rotations and spins.

2. Students will be expected to compose a gymnastics. They will choose a variety of balances, rolls, jumps, etc that they have been taught and put them together in a sequence.

Knowing: 1. Students will be expected to know the benefits of physical activity.

Valuing: 1. Students will be expected to participate willingly in a variety of activities.

2. Students will take responsibility for a physically active lifestyle, making good food choices, activity and being safe.

Lessons:

We have been reviewing lots of gymnastics moves that have been taught previous years, along with some new moves during the month of January.

Grade 5 students will be making up their own routines using the balances, jumps and rolls that they have been practicing.

Grade 4 students will be given a routine to practice and perform, using the different balances, jumps, rolls, travels, etc.

The end of the month will be spent on Winter Carnival activities, both inside the gym and outdoors.

Guidance News

Dear F.E.S. Families,

During the month of February our focus will be on "Habit 4: Think Win-Win." Stephen Covey, author of "The Leader in Me" parents' guide, explains Habit 4 this way: "Think Win-Win is the belief that everyone can win. It's not me or you—it is both of us. It is a belief that there are enough good things for everyone. Think Win-Win is being happy for others when good things happen to them."

If you're wondering how you can reinforce this habit at home, here are some ideas from Stephen Covey's "The Leader in Me" parents' guide.

1. Play a game with your child that has a definite winner. Explain how competition is okay when you play a game, but it is not okay in relationships. Discuss how tense it would be in your home if every situation had to have a winner. A better way to think is win-win. This means we think of solutions that we can all feel good about when there is a problem. The more we think win-win, the fewer problems there will be. You may want to display a chart listing the days of the week. When someone is "caught" thinking win-win, they get to write their name on the chart for that day.

2. Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution and praise them when they do.

Undoubtedly, Habit 4 will complement F.E.S.'s Pink Shirt Day events on February 25th as well as our "Celebrate Diversity" Week (February 23-27th). The focus of both Pink Shirt Day and Celebrate Diversity Week is respecting and honoring each other's differences, gifts, talents, and strengths. When we celebrate another person and fill their bucket, it's a win-win! After all, you've honored the individual, yourself, and you've contributed to making our world a happier place!

I look forward to sharing more information on Celebrate Diversity Week and Pink Shirt Day in our upcoming Family Connections. I know many of our families have a rich cultural background. If you are interested in sharing more about your cultural heritage in a classroom setting or on the video announcements, please contact me at 847-6304 or kerry.casey@nbed.nb.ca. I look forward to hearing from you!

Thank you,
Ms. Casey



Home and School News

The Home and School has a website – www.fairvalehands.ca – check us out, or Like us on Facebook.

Staff Appreciation Week will be taking place during this week, February 9th-12th. We will be looking for parents to help out with the following things;

- Treats and snacks for the morning coffee breaks
- Treats in a disposable container for our bus drivers and Mrs. Sleep
- Picking up luncheon items on Thursday morning (9am-10am)
- Decorating for the staff luncheon on Thursday morning (10am-11am)
- Working at the staff luncheon on Thursday (refilling trays and drinks) 11:15-1:00pm.
- Several people to help with supervision in the hallways and classrooms on Thursday, February 14th while the staff enjoy their lunches.

12:15pm-12:30pm – 8-10 parents for primary hallways
12:45pm-1:00pm – 6 parents for Upper Elementary hallways

Please email the Home and School at fairvalehomeandschool@gmail.com or call Charlotte Pierce at 847-0068 if you are able to help with any of these things.

The next home and school meeting is Tuesday, Feb. 10th in the FES library at 7:30pm.

This is a very important meeting and we encourage many people to attend. We really do want to start the discussion about transitioning new Executive members for the next school year. If you are interested in taking on a leadership position, please feel free to reach out to us through any of our means of communication. We are looking for the following positions to be filled;

- President
- Vice-President
- Treasurer
- Secretary

Friday, February 27th – Winter Carnival Day at FES

The Home and School is looking for volunteers to make and distribute hot chocolate and to help make the morning snack bags at the school. Please contact Charlotte Pierce at 847-0068 or email the H&S at fairvalehomeandschool@gmail.com

News from your PSSC:

On Jan. 21st, the PSSC was pleased to host the 2nd Annual Child Wellness Night in the FES library. Over 50 people came to listen to Dr. Annie Murphy speak about sleep. She covered the physiology of sleep, issues that affect it and how to overcome those challenges. It was very informative and we thank all those who attended! Here are some of the tips she concluded the session with:

Tips for a good bed time/good night's sleep:

- No electronics in the bedroom (TVs, cell phones, tablets)
- Consistent bedtimes and wake ups (even on the weekend)
- Quiet time should start 2 hours before bed time
- Have a predictable, consistent routine
- Regular exercise in the day time
- Avoid caffeinated food and drink after mid-day
- Have a dark, quiet, comfortable and cool room

