

October

ROTHESAY ELEMENTARY
SCHOOL WEBSITE

[http://web1.nbed.nb.ca/
sites/ASD-S/1927/
Pages/default.aspx](http://web1.nbed.nb.ca/sites/ASD-S/1927/Pages/default.aspx)

From the Main Office

Telephone - 847-6203

Principal - Charlene Carroll

Vice Principal - April Vincent

Administrative Assistant

Laurie Rans

PSSC Chair - TBA

Home & School President

Ocean Peters

School District Website:

[http://web1.nbed.nb.ca/si
tes/ASD-
S/Pages/welcome.aspx](http://web1.nbed.nb.ca/sites/ASD-S/Pages/welcome.aspx)

Rothesay Elementary School Newsletter October 2021

CELEBRATE WHAT'S RIGHT WITH THE WORLD



Believe It! See It! Celebrate It!

October Theme: Recognizing Abundance

ASD-S encourages others to celebrate what is right with the world by looking for the good in people and searching for the positives in all situations.

The thought for the month is "We can do anything" and let's recognize what strengths we have by looking at situations from abundance rather than scarcity.

As we look ahead to Thanksgiving we are a little more mindful of the many things we can be thankful for. Often we don't think recognizing abundance can be about our differences and yet sometimes this is an interesting slant; looking at abundance and celebrating our differences.

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PSSC News and School Improvement Plan

Our first PSSC meeting is being held Tuesday, October 12th at 6:30 p.m. The PSSC will post their monthly minutes on the school website.

Our PSSC is very involved in monitoring the school improvement plan with the school principal. The three areas of school improvement for Rothesay Elementary are: to demonstrate continuous progress toward provincial targets in literacy by intentionally providing targeted oral language/vocabulary development opportunities; create an internal school system for classroom data collection; and to promote relationship building in order to address behaviour and the social emotional needs of students.

The RES Mission Statement- Rothesay Elementary is a community which strives to provide a nurturing educational climate- a safe, welcoming environment based on mutual respect that encourages lifelong learning.

RES Vision Statement- Rothesay Elementary School strives to encourage an inclusive environment that enhances the overall wellness of our community and offers global citizenship opportunities, while fostering the diverse gifts and talents of everyone.

Mark Your Calendar!

Friday October 1st- School Picture Day

Monday, October 11th Thanksgiving Day holiday. No school

Tuesday, October 12th- PSSC Meeting at RES 6:30 pm

October 18th—Hot lunch site Open for Ordering. For Cycle 2.

October 25th- Hot lunch orders and payment due today. Cycle 2 starts Nov. 1st

Wednesday, October 27th-Picture Retakes

Breakfast Program

The Breakfast program at the school is up and running thanks to Mrs. MacKay. As educators we realize the importance of what having a good breakfast can do for a child's capacity to learn for the day. Every classroom has a bin of nutritious food for students who didn't have breakfast in the morning. Sometimes we get up late and are too rushed, other times we forgot to eat breakfast or the milk and bread ran out the night before. Whatever the reason, any child at RES is welcome to take from these bins as needed. There are also some prepared nutritious bagged lunches for students in our breakfast fridge for those children who may have forgotten their lunch.

Guidance Corner

Dear R.E.S. Families,

Congratulations to our Peer Helpers! This year, I have teamed up with our Community Coordinator, Mrs. MacKay, to work on school community projects. This is a great learning opportunity for students to develop their leadership skills and contribute to their school in a positive way. I am really looking forward to working with these terrific students.

It is that time of year again, when we are getting ready for **Career Week**, which is being held from Nov. 1st-5th. This year the presentations need to be virtual, so I have decided to try something different this year. If you are interested in showcasing your job, I will call you through Microsoft Teams and record the call. You can use your phone or tablet sharing what your work environment looks like, special parts of your career (e.g., uniform, special vehicle), what you like about your job, what your duties are and what you learned in school that has helped you to be successful in your job. Once the call is completed, I will upload it to our RES Guidance channel for the classes to watch. Please send me an email if you are interested. It is always so special for students to see their parents highlighted during career week. I am hoping to have these calls happen during the month of October to be ready for November 1st. We are very grateful to our parents for taking time to support the students and share lots of good knowledge about their occupation.

I am continuing to offer one-on-one support to students, who are struggling with a recent loss (death, divorce, separation) or anxiety. This year, I am offering the Rainbows program, which is a peer support group that fosters emotional healing. If you think your child may benefit from support, let me know. If you have any questions about guidance programs or services, please contact me at 847-6333 or jill.hossack@nbed.nb.ca.

2022-2023 Kindergarten Registration October 12th-15th

Kindergarten registration for the 2022-2023 school year will take place from **October 12th - 15th**. Kindergarten attendance is compulsory and parents may register their children in their neighborhood school by registering online at www.asd-s.nbed.nb.ca as much as possible. The school district is attempting to limit the time individuals will need to be in the school. Thus preferring online registration. Families will not be able to register online until the week of **October 12, 2021** for all children who reach the age of 5 on or before December 31st, 2022. Parents however may defer entry into Kindergarten until September 2023 for children who turn five between September 1st and December 31st. Should your family not have access to register online, please plan to register at the school by calling the school to make an appointment. Parents will not be permitted into the school to register without an appointment.

Requirements for registration are: (1) proof of age (birth certificate or passport) (2) proof of updated and recent immunization and (3) child's Medicare number.

Growth Mindset at RES

Growth mindset refers to a learning theory developed by Dr Carol Dweck. It revolves around the belief that you can improve intelligence, ability and performance. The opposite, a fixed mindset, refers to the belief that a person's talents are set in stone. Years of research have shown that mindset is malleable. This means that by helping students to develop a growth mindset, we can help them to be learning more effective and efficient.

There is a lot of peer-reviewed research on the pros of encouraging a growth mindset in students. These include:

- They will seek out better feedback and persist for longer
- They cope better with transitions and develop better self-regulation
- It reduces stress and aggression in students as well as increasing wellbeing and emotional functioning
- It improves self-esteem, learning orientation and reduces helplessness
- It's linked with GRIT and pro-social behaviours

Ideas for creating a Growth Mindset Environment at Home

Parents work towards a growth mindset for themselves:

- 1) We can't expect our children to have a growth mindset if we don't have one ourselves. Recognize fixed mindset thinking in yourself and talk yourself into a growth mindset. This can also be done out loud so that your child can hear how you are changing your mindset.
- 2) Be aware of your own fixed mindset statements such as "I am a terrible cook", or "I was never good at math either."
- 3) Be aware of blaming genetics for anything- both positive and negative.
- 4) Be careful about comparing your kids to their siblings or other kids.
- 5) Model your belief in the process of learning not just successes like good marks on a test. For ex: "I really learned a lot making those cookies," rather than, "Ugghh, what a waste of time. That was an epic fail, I will never try that recipe again."

This month, at RES, the Growth Mindset Theme is "Stamina"

Stamina is the strength and energy that allow you to sustain physical or mental effort for long periods of time. Increasing your **stamina** helps you endure discomfort or stress when you're doing an activity. It also reduces fatigue and exhaustion.

How to build student stamina and talk about stamina with students.

So much of success in life boils down to persistence. While "natural ability" is often touted as a gift that must be nurtured, students who have learned the art of persistence are able to work through challenges, deal with failure and achieve their goals. But how can you help a child develop persistence?

Like a sprinter who has not trained to run a marathon, learners can't keep learning in the long-term if they haven't developed the stamina they need to cope with challenges and failures. Teaching persistence depends on developing a student's stamina. However, to develop stamina and persistence, they need to have the right learning environment.

Teach positive self-talk

Some learners don't know how to motivate themselves through positive self-talk. Their standard internal monologue when faced with a learning challenge may be "I can't do this," or "I'm too stupid to learn this." Teach them there are better ways to use self-talk. Give them specific wording: "I can do this if I keep at it," or "If I'm stuck, I'll ask for help."

Expect achievement

It's amazing how learners can blossom when the people they look up to express confidence in their ability to achieve their goals. So have high, but reasonable, expectations for your child – and make sure they have access to resources to help them, and that they know how to use these tools.

Help learners develop a growth mindset

Learners need to know that they can get better at their chosen task if they put in effort. Rather than a you've-got-it-or-you-don't mentality. Help them to see their challenge as a skill that can be mastered. Encourage them to have this mindset by connecting the effort they put in with the progress they make. Say things like, "Your extra reading practice is working – you're reading new words much more easily now."

Push a bit but not too much

Sometimes all that is needed is a bit of encouragement to overcome a hurdle. Reminding your learner how good they will feel when they finish their homework, for example, can be all they need. At the same time, it's important for them to know they can take a break when they need it – but it's important they learn to come back after the break to complete the work. This way they learn they can do more with persistence.

Talk up persistence

Sometimes, as teachers or parents, we don't want to talk about the challenges we faced and overcame; perhaps we feel it's awkward or discouraging. Yet, relating a story about something you personally found difficult – and yet kept at until you finished it – is a great way to teach your learners that we all feel like giving up sometimes. Without lecturing your learners, you're teaching them how to overcome the negative feelings that can stop them facing challenges.

Use technology

Technology can be used to great advantage for learners. Often, technology is more engaging and interactive, keeping students motivated. However, with any software or learning technology, make sure it's proven and backed by research.

The brain is like a muscle

You may think neuroscience isn't the kind of subject that will motivate your learner, but it might. Teach them about **brain plasticity** – the idea that the brain changes in response to how it's used – to help them understand focused, sustained effort will pay off.

Rinse repeat

Persistence won't be learned in one session. All of the above suggestions need to be repeated to truly sink in. However, over time, your learner will increase their stamina, improve their persistence and increase their motivation for learning.

EMERGENCY PREPAREDNESS

Dear *Parent/Guardian*:

We want you to be aware that Rothesay Elementary has made many preparations to deal effectively with emergency situations that could occur in or around the school while classes are in session.

While we hope that a natural disaster or other serious incident never occurs, our goal is to be prepared for any potential emergency. At all times, our priority is to protect all students and staff from harm. Over the next couple of months we will be practicing more fire drills, a lockdown practice, and perhaps an evacuation practice to Rothesay High School.

For our emergency-response plans to be effective, we depend on the cooperation and assistance of many people, such as the police and the fire department. We also depend on you, as parents, to support our disaster-response efforts. Your cooperation is vital to help us protect the safety and welfare of all children and school employees.

Therefore, in an emergency, we ask parents to observe the following:

1. Do not telephone the school. We understand and respect your concern, but it is essential that the telephone system be available for emergency communications.
2. Tune your radio to local stations for emergency announcements and status reports.
3. Do not come to the school until instructed to do so. It may be necessary to keep the streets and parking lot clear for emergency vehicles. If evacuation is required, students may be transported to a location away from the school. You will be notified of this through the media bulletins.
4. Talk to your children and emphasize how important it is for them to follow instructions from their teachers and school officials during any emergency.
5. Carefully read all information you receive from the school. You may receive updates about our safety procedures from time to time.

We are proud of Rothesay Elementary School's emergency response plan, and we are doing everything possible to put measures in to place to keep everyone safe. We appreciate your cooperation and support.

Sincerely,

Charlene Carroll

Principal