

April Newsletter

April 2022

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)

Flexibility- Encouraging Children to Go with the Flow

“Cognitive flexibility includes two skills: flexible thinking and set shifting. Kids who are able to think about a problem in a new way engage in flexible thinking, while kids who get stuck in their ways tend to engage in rigid thinking. Set shifting refers to the child’s ability to let go of an old way of doing something to try a new way.



When kids engage in flexible thinking, they are better able to cope with change and new information, both within the classroom and out in the world. Kids with weak flexible thinking skills (kids who are more rigid in their thinking) struggle to take on new tasks and have difficulty solving problems.” To read the full article from PBS Parents, please click on the following link
<https://www.pbs.org/parents/thrive/flexible-thinking-how-to-encourage-kids-to-go-with-the-flow>

A Note from the Music Room

Kindergarten will be learning some dinosaur action songs, singing games and songs to celebrate Easter and Spring. Concepts we are focusing on are loud/soft, fast/slow, and steady beat.

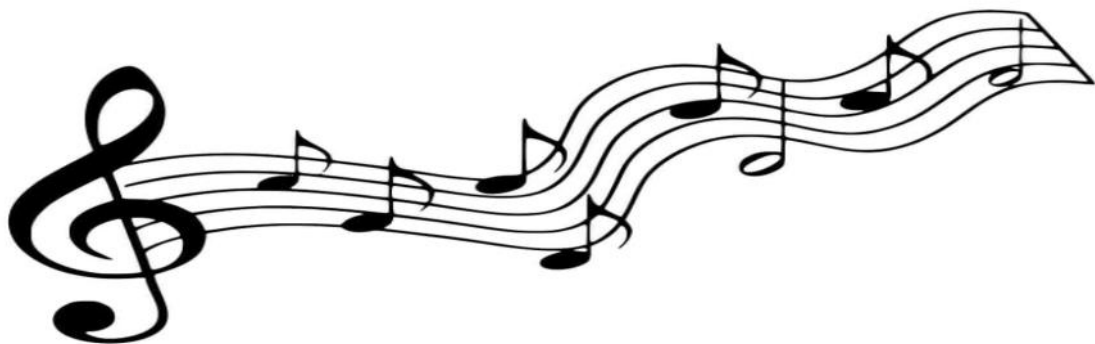
Grade one will be learning some singing games about bumblebees, learning songs to celebrate Easter and Spring, and finishing up our unit Camille Saint-Saens, "Carnival of the Animals", with an escape room quest. Concepts we are focusing on are rhythms using ta, titi, and rest.

Grade two is finishing up a unit on Nunavut where we focused on rhythm as well as created a soundscape with movement and instruments to represent the Northern Lights.

Grade three is learning about reading the notes on a music staff and applying them on coloured tubes called Boomwhackers.

Grade four is continuing with ukulele, reinforcing our previous learned chords with songs like "Fight Song", "Stand By Me", and "The Hockey Song". They are also beginning to learn how to pick a song on single strings.

Grade Five will be working on a rhythm unit, using various pop songs and cups to create patterns and rhythms. Their final project will be creating their own cup rhythm pattern to Bon Jovi's "Livin on a Prayer"



What's Happening In the Gym?

K-1 OUTCOMES for the month:

Students are expected to: DOING:

Students will be expected to send an object using different body parts such as hands, feet, arms.

Students will be expected to receive objects, by themselves and with a partner.

Students will know that they need to warm up their muscles for exercise and cool down before heading back to their classroom.

Students will help others and show skills that they have learned.

Lesson plans:

Our lessons will be focusing on sending and receiving objects. Students will be learning and practicing kicking, bouncing, throwing underhand and overhand.

Students will also be learning how to use equipment like scoops, racquets, hockey and ringette sticks, etc. They will be sending objects to a partner to receive.



2 OUTCOMES

Students are expected to: DOING

Students will be expected to show how to send objects in a variety of ways.

Students will be expected to receive objects that are being passed to them from a partner.

Students will know and be able to explain how to be physically active and make it fun.

Students will be able to explain the difference between work and leisure/free time and why both are important.

Lesson plans:

Our lessons will be focusing on sending and receiving objects. Students will learn how to toss, catch and move to a ball.

Students will be learning the sport of Newcombe ball, which is a lead up game to volleyball. Students will learn the rules, skills and how to play the game.

3-5 Outcomes Students are expected to: DOING

Students will be expected to demonstrate ways to send and receive objects with accuracy.

Students will be expected to demonstrate basic motor skills and use them in a specific game or sport.

Students will know how to make goals for themselves in a gym setting.

Students will be expected to explain the importance of following rules, routines and safety procedures in a variety of activities.

Lesson plans:

Our lessons will be focusing on the sport of volleyball. Students will be learning how to serve, bump and volley a volleyball.

Students will be learning an adapted version of the game. They will have an understanding of how the game works, rules, scoring and skills they need to succeed.

- 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 FES Families,

Have you or your child been struggling with feelings of anxiety? One strategy that might help is the **“Circle of Control”**. The idea is that there are certain things that are within our control and things that are not in our control. Using the circle of control is helpful because it allows us to **take action on the things we can control, while encouraging us to let go of the things outside of our control**. Using this strategy can be a helpful self-regulation tool for any strong emotions that our children might be facing. Whether they struggle to process anger, anxiety, disappointment, etc. focusing on what they can control can help them to feel less overwhelmed. For example, a child might be worried because a family member is in the hospital (a normal worry). Because we can't control other people's health, worrying about it isn't helpful. Instead, we can encourage children to think about what they can control in that situation - such as how they express their worry/sadness, how they treat the person who is sick, and doing things like journaling, or making cards or pictures for the family member.

Here is simple, engaging way for kids to understand and put the circle of control into practice:



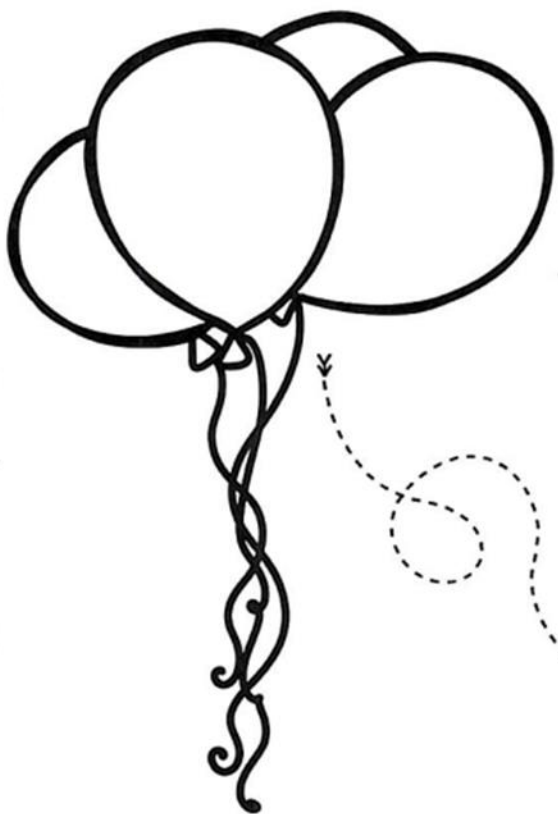
From the Guidance Office

WORRY STRATEGY

FIND ONE THING

WHEN ALL OF YOUR WORRIES ARE OUT OF YOUR CONTROL, FIND JUST ONE THING YOU CAN CONTROL RIGHT NOW.

Release the worries you cannot control.



Hold on to just one thing you can control right now.

