

# THOSE FIRST SCHOOL DAYS



FAIRVALE ELEMENTARY SCHOOL

June 2023

# Fairvale Elementary School

## Code of Conduct

**By living the 7 Habits we, as students, of F.E.S. will be:**

### **Respectful**

*At FES, we are respectful to ourselves, others and our environment. We are respectful of the ideas and feelings of others.*

### **Responsible**

At FES, we are responsible for our actions, choices and words.

### **Safe**

At FES, we always work and play in a safe way so that no one in our school community is hurt.

### **Ready to Learn**

At FES, we are prepared to work and learn to the best of our ability.

## **Vision:**

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

## **Mission:**

The FES community is dedicated to providing opportunities through best educational practices, for children to develop academically, socially, physically, and emotionally, reaching their fullest potential.

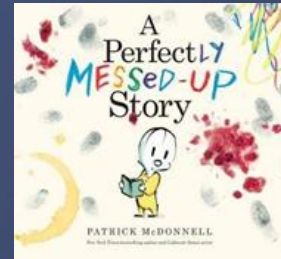
# Growth Mindset Stances

The 5 Habits of Mind Children Need for Success

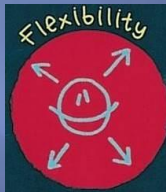
## Optimism



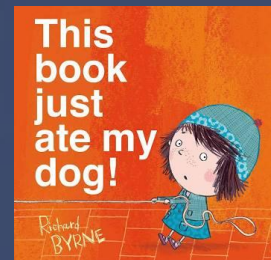
Feeling hopeful that risks are worth taking and that problems will work their way out. When you do something new, you think, "I can try," and give it your best shot because that's how you grow.



## Flexibility



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



# Growth Mindset Stances

## Resilience



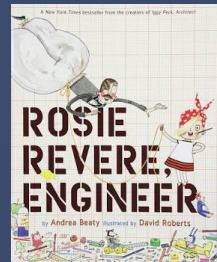
Bouncing back and recovering from setbacks or failures. When you have trouble, you bounce back and try again.



## Persistence



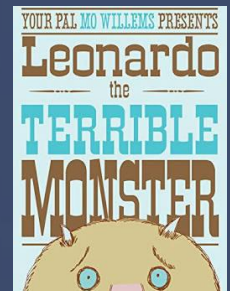
Sticking with something even when it is challenging. Having persistence means you try and try again even when it feels hard.



## 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.



# Zones of Regulation

We use the Zones of Regulation program to support students in developing increased self-regulation skills. When students are dis-regulated they are not in a state conducive to learning. The program is designed to help students identify what "zone" they are in, and to develop strategies to "Get Back to Green".

The <b>ZONES</b> of Regulation®			
			
<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

**Use Your WITS!**



# School Ready

**S ing** nursery rhymes, make up stories and read stories again and again

**C an** you hold a pencil? Practice making some marks!

**H opping**, throwing, catching, climbing and balancing

**O pening** lids, squeezing, & brushing help hands be ready for mark making.

**O rganizing** my toys, putting them away, and independently finding things

**L et** me be bored. Boredom helps develop my creativity

**R ecognizing** my name will help me find my coat hook

**E agerness** to explore, join in with games, takes turns and share help me play.

**A sking** for help from an adult if I hurt myself or need the bathroom

**D ressing** myself by putting on my coat and shoes. Zipping my bookbag is something to practice too!

**Y ou** will be ready we are sure! We will meet each child where he or she is!

# DEVELOPING INDEPENDENT SELF CARE SKILLS

- Getting dressed independently.
- Carrying his/her own backpack and lunch bag.
- Knowing his/her first and last name
- Using the *washroom independently (including urinal for the boys)*



# Back To School Open House

## Wednesday, August 30th

Classroom Visits: 6:00-7:00  
(Frozen Fruit pops as you leave)

Benefits to “Back to School” event being held prior to the opening of school include:

- Allows the children an opportunity to meet their teacher for the first time with their parents by their side.
- Provides an opportunity for families / parents to see the classroom.
- Provides an opportunity to drop off indoor shoes, headphones/earbuds and resealable bags
- Student information forms will be distributed with the expectation that they will be returned the first day of school.

# STAGGERED ENTRY FALL 2023

Tuesday, September 5<sup>th</sup> and Wednesday, September 6<sup>th</sup>

Before sending your child to school for his/her day of entry, spend some time talking about the adventures in learning and the excitement of this new part of his/her life. The teachers will do everything possible to make this time special for your child.

***Parents are welcome to bring their child to their classroom on the first morning to meet their teacher.***

***On the first full day of school for all students (Thursday, September 7<sup>th</sup> ) teachers will meet students on the playground.***

# STAGGERED ENTRY FALL 2023

If you worry that your child will have difficulty separating from you (crying or holding on), reassure your child that you will be waiting for him/her to finish his/her work and are looking forward to sharing those first activities when you pick him/her up at the bus stop or at the babysitter's at the end of your day.

After many years and numerous first-time experiences, we have found that when parents linger and “try to make him/her feel better”, the separation anxiety is only prolonged.

Remember that there are only a few children with the teacher on each day, that your child is in good hands, and that this is a perfect way to learn new routines safely!

# STAGGERED ENTRY FALL 2023

For the first few days, and for up to a month, depending on the children's needs, your child's teacher or another staff member always will be with the class, both inside the building and outside on the playground. As students become more comfortable, they will gradually make the transition to independence, although there will always be numerous adults on the playground supervising.

We request that children return home by bus, even on this day of staggered entry. This is a unique opportunity to establish this most important routine safely in small numbers!

# WHAT TO DO BEFORE SEPTEMBER

- Have child's name clearly marked on the inside of your child's backpack.
- Attach a luggage tag to the outside of your child's bag, stating his/her bus number and stop.

Take pictures of your child's first day of school 😊

# WHAT TO EXPECT

- You and your child will be greeted by a welcoming committee on the first day and will be guided to the classroom. You are welcome to accompany your child to the classroom on the first morning to help ease the transition. Present going to school as part of the normal evolution of the child's life. Please emphasize the positive aspects of this new adventure – do not dwell on how much you will miss each other. Once you have brought your child to their classroom, we have found that the best approach is to say a brief goodbye and exit the school promptly. Trust the teacher to take it from there 😊

# WHAT TO BRING ON THE FIRST DAY

- Backpack (with bus number)
- Indoor shoes, ear buds, 1 box of reusable bags, lunch bag, backpack (if these items were not brought to the Back To School event)

We recommend that toys and other valuable items remain at home.

# NUTRITION

Children need to be able to refuel throughout the day to maintain energy and focus on learning, and that's where snacking comes in.

Your child will need:

- Mid morning snack: A piece of fruit or veggies for mid morning (9:15)
- A snack following morning recess (10:15) (a piece of fruit, crackers and cheese , yogurt, granola bar)
- A substantial lunch



# FORMS TO FILL OUT AT THE COMMENCEMENT OF THE SCHOOL YEAR

- Double sided “Student Information Form”. Additional forms may need to be completed if a family indicates that there is an additional medical need
- Right to Information and Protection of Privacy Act form

# THE GANG'S ALL HERE!

**Thursday, September 7th**

- BUS:

If you are uneasy about your child's first morning bus experience, go to the stop with him/her, see him/her onto the bus, then drive to school to watch him/her get off. You might do the same thing at the end of the day, if you choose. Warning – parking is at a premium!

- PLAYGROUND:

Kindergarten teachers will have created a plan outlining their meeting place on Dreamland.

- ENTRY:

When all children in the class have arrived and found their teacher, s/he will lead them to their classroom.

- PLAYGROUND:

Students are supervised at all times by teachers and other staff members.

## “JUST IN CASE CLOTHES”

- Please send, in a plastic bag with your child’s name on it, “just-in-case” clothes, including underwear, socks, shirt, and pants.

# END OF DAY ROUTINE

- If you plan to pick up your child at the end of the day, we ask you to wait at the gate by Dreamland. This reduces disruptions to the end of day routines and eliminates the need for you to sign in. All teachers walk their students out at the end of the day.

- If your child needs to go on a different bus for childcare, please go to the Anglophone South website, select the Transportation tab and then the third link which is “Request Additional Address”. The direct link is:

<https://forms.office.com/Pages/ResponsePage.aspx?id=318rTdLEEUmHCWjML0Zcn3zrK4iFzutEpf96zjZV0zZUNURITjIORVE2OExCRVVOMEtRT044S0gwSS4u>

# AFTERNOON BUS DROP OFF

- An adult needs to be waiting at the bus stop to meet your child at the end of the day.
- If you are driving – please park by the playground fence and meet your child at the gate closest to the playground.
- Walkers are met by the crossing guard at the front of the school and proceed with her until safely across the street.

# THE REGULAR SCHOOL ROUTINE

7:40 – 8:05	Buses arrive and children go to the playground
8:05	Bell rings and children enter school
8:10	O Canada and announcements
8:15	Learning activities*
10:15-10:30	Recess
10:30	Morning snack in the classrooms
10:45	Learning activities*
12:15-12:45	Outdoor play
12:45	Lunch in the classroom
1:05	Learning activities*
1:35	Primary instruction ends
1:40	Buses depart

# VOLUNTEERS

- Volunteers provide an opportunity for community members to participate in the life of a school. At FES volunteers are always needed in our library, to support our hot lunch program, and other worthwhile initiatives. In addition, teachers may plan special activities that require extra hands to help or extra supervisors.
- There is an Anglophone South policy governing the involvement of volunteers in our schools. All volunteers need to complete the “Volunteer Screening Declaration Form”. Those who may have unsupervised access to students are screened and trained in Policy 701 (Protection of Pupils in the Public School System from Misconduct by Adults) and must provide a criminal record check.



# OTHER GENERAL INFORMATION

## •Dress for the Weather

Children at FES enjoy daily outdoor activities, even when the weather is not perfect. In addition to our two regularly scheduled outdoor play times, classes engage in outdoor learning in our outdoor classroom, garden and wooded area behind our playground.

## •Healthy Lunch and Milk Program

Healthy lunch and milk is available in 5 or 6 week Food Periods. Orders are done online. More information to follow in early September.

## School Calendar

Interested families can purchase a large school calendar with all school activities highlighted. It is similar in size and design to the Ultimate Family Calendar found at Costco or Indigo.

# OTHER GENERAL INFORMATION

## •Absences or Late Arrival

If your child will be late or absent, please report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). The first time you use the app, select Sign Up to create your account (use the email address you have on file with the school). Select Attendance then Report an Absence.
2. Use the SafeArrival website, <https://go.schoolmessenger.ca> . The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.
3. Call the toll-free number 1-833-219-9065 to report an absence using the automated phone system

- During instructional hours, all doors remain locked with a buzz in system in place in the main lobby doors.
- If your child is arriving **late (after 8:05 a.m)**, please bring them in to the office to be signed in (by the administrative assistant) before proceeding to class.
- If you are **picking your child up early** from school, please come into the office and our administrative assistant will have your child come to the office. If you know in advance that you will be picking up early, please inform the teacher (via note or email a day in advance) and they will have your child ready.

Please expect an email through School Messenger the last week of June advising you of your child's class placement for September as well as the assigned staggered entry date.

If you have any questions or need clarification, please do not hesitate to contact us.

School Phone Number- 847-6206

Email [Bonnie.Hierlihy@nbed.nb.ca](mailto:Bonnie.Hierlihy@nbed.nb.ca)