

January Newsletter

Fairvale Elementary School

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

January 9th 2015

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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.

Mark this date on your calendar, Tuesday, January 27th, 2015. Since 1999 this date has been recognized in our country as Family Literacy Day. "Family Literacy Day is a national awareness initiative created by ABC Life Literacy Canada and held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family." Research shows that children who engage in early literacy activities at home are better prepared for school and they have higher rates of success in school.

At FES we will be bring awareness to the importance of parent involvement in the literacy development of children with a number of planned events on this date. A letter will be coming home with specific details about our event. I will be looking for volunteers to read to classes at snack (10:05-10:20 primary, or 10:35-10:50 upper) and lunch (12:20-12:40 primary, or 12:50-1:10 upper). I will also be looking for volunteers to help run the Bingo for Books activity at 11:45 for K-2 students and 12:15 for 3-5 students. Families will be asked to donate used children's books from home to help support this activity. Our Family Literacy Day will finish with a fun night of reading and writing activities for the whole family! Looking forward to seeing all of our FES Families on Tuesday, January 27th at 6:00-7:30pm.

Check out this site for more on Canada's National Family Literacy Day.

<http://abclifeliteracy.ca/flid/family-literacy-day>

Mrs. Laurie Shillington
EST-Literacy



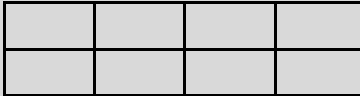
Math Corner

(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:

FIND A PATTERN

Math has been called "the study of patterns," so it makes sense to look for a pattern when you are trying to solve a problem. Recognizing patterns helps you to see how things are organized and to make predictions. If you think you see a pattern, try several examples to see if using the pattern will fit the problem situation. Looking for patterns is helpful to use along with other strategies such as make a list or guess and check. How can finding a pattern help you solve these problems?

K - 2	3 - 5	Challenge!
<p>How many different rectangles can you find in the figure below?</p> 	<p>If the first day of a year is a Friday what day of the week is February 19 of the same year?</p>	<p>A palindromic number is one which reads the same backwards as forwards. How many 3-digit palindromic numbers are there?</p>

A Note from the Music Room

We survived our Christmas concert and had a blast doing it! Great job everyone. The students worked so hard to prepare and it showed!

This month we are getting back into the swing of things. In two weeks grades K-5 will be learning more about hand drumming and playing together with a 6 week drum unit.

Other notable lessons the student will learn are:

In Kindergarten we are reinforcing fast and slow, loud and soft, and moving our bodies to music.

In Grade Two we are reinforcing tah, titi, rest and adding half note.

In Grade Three we are reviewing rhythms and focusing on Tica-Tica, we are also learning to sing rounds which layer a song on top of itself and creates harmony.

In Grade Four we are reinforcing the difference between beat and rhythm, as well as being able to listen to a rhythm or song and notate the rhythm they hear (using tah, titi, rest)

In Grade Five we are reinforcing the difference between beat and rhythm, as well as being able to listen to a rhythm or song and notate the rhythm they hear (using tah, titi, rest, and tica tica); as well as using partner games to learn new concepts

Jennifer Russell

Music Specialist

Fairvale Elementary

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

Dance and Gymnastics are the themes for the next few weeks that we will be focusing on. Students will be learning some new dances from the Step Lively program. We use them as warm up activities after the students are comfortable with the sequences.

In the gymnastics unit, we focus 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.

Grade 2-3 Outcomes for the month:

Doing: 1. Students will be expected to perform basic dance steps such as walk, skip, gallop, side step, step hop, bow, curtsy, etc.

2. 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:

Lesson plans this month will focus on the themes of Dance and Gymnastics. Students will be learning several dances from the Step Lively Program.

In gymnastics, we will be focusing on the following:

Balances: one leg – stork stand, cloud stand, front scale, bird dog, airplane etc. Students will also be learning a few balances/ challenges with partners (wheel barrow, teeter totter, cross over, etc)

Sequences – students will be learning how to move in different patterns and in different ways. Students will be expected to put together and perform a sequence at the end of the this section.

Rolls – log rolls, egg rolls, forward rolls, shoulder rolls. Travels – students will be learning different ways to travel on a bench or balance beam. Forward, sideways, backwards, toe dips, etc.

Travels – students will be learning different ways to travel on a bench or balance beam. Forward, sideways, backwards, toe dips, etc.

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 or dance routine. 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:

Students will be taught a variety of dances from the Step Lively Program. Once students are comfortable with the moves, we use these dances as warm up activities for our physical education program

Students will be reviewing lots of gymnastics moves that have been taught previous years, along with some new moves.

Balances: stork stand, front scale, cloud stand, bird dog, reverse scale, leap and balance.

Jumps: star jump, tuck jump, ½ turn, pike jump

Rolls: forward rolls, egg rolls, log rolls, backward rolls, shoulder rolls.

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

Grade 5 students have the opportunity to create and perform their own routine.

Guidance News

Dear F.E.S. Families,

Happy New Year! During the month of January we are focusing on **Habit 3— Put First Things First: Work First Then Play**. As Steven Covey says in *The Leader in Me Parents' Guide*, "Put First Things First means to decide what is most important and to take care of that first. Thinking about what needs to be done tomorrow or by the end of the week can be overwhelming, especially for children. Learning to think of which things are the most important and taking care of them first allows children (and adults) to be less stressed. Modeling this behavior is one of the best ways to teach children."

Mr. Covey has some good suggestions for families who are teaching their children to put first things first. Here are some of his ideas.

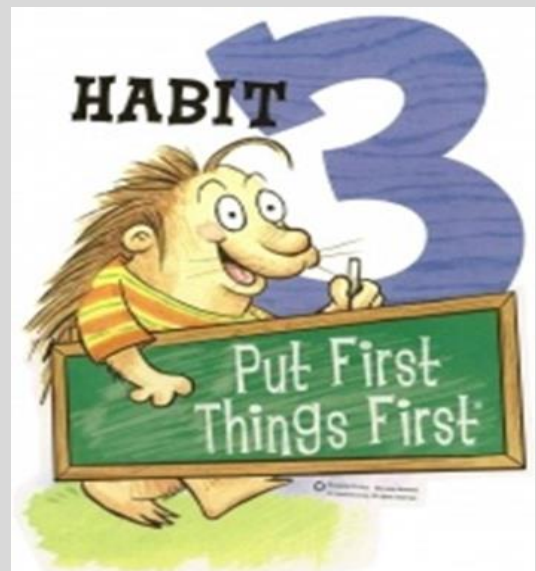
Create a list of things your child needs to accomplish throughout the week. With your child, rank the tasks in importance. Then rewrite the list in order of importance. Use a planner or calendar to schedule time so that the most important things are done first.

Role-play with your child about the consequences of forgetting to prepare for a test or project. How will your child feel? What are the consequences? Then role-play how it will feel to be well-prepared and do your best.

Ask your child to identify what they think is their biggest time waster, and what to do about it.

Plan time as a family. This is especially important as your children get older and want to spend more times with friends. Set aside a couple of hours once a week. Watch a movie, go out to eat, play games, cook dinner together—whatever fits your family. Protect this time and make it a tradition. Everyone in the family should block it out on their calendars.

Thank you for your continued support!
Ms. Casey



Home and School News

Fit Tastic: Fundy Soccer Jan 25, Feb 1, 8 and 22, 2015. We will use the gym at F.E.S. from 2pm-4pm. For more information on registration contact fairvalehomeandschool@gmail.com

Home and School Executive: Please find an attached letter from your Home and School. The executive that is currently in place will be finishing their terms in June of 2015. We are seeking parent volunteers to fulfill the roles of Treasurer, Secretary, President and Vice President. We are hoping volunteers will begin learning their roles with the support of the existing executive beginning in March of 2015. Please read over the letter and contact fairvalehomeandschool@gmail.com if you are interested in learning more about this wonderful opportunity to become involved in this fabulous organization!

News from your PSSC:

Parent Wellness Night: January 20th 7pm-8:30pm in the F.E.S. Library

The Parent School Support Committee at Fairvale Elementary School will be hosting Dr. Annie Murphy, Developmental Paediatrician for the Horizon Health Network, who will speak about sleep and how behaviour and anxiety effects sleep and some strategies to address some of the difficulties. In addition to F.E.S. Families we would like to welcome anyone from the community who is interested in learning more about this topic. Feel free to bring a friend or family member who may benefit from the information shared at this session.

PSSC Meeting: There will be a PSSC meeting on January 15th at 7:15pm in the F.E.S. Conference Room. All welcome to attend.