



ABERDEEN ELEMENTARY SCHOOL

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Principal: Mrs. Carol DeFehr cdefehr@sd73.bc.ca
Vice Principal: Ms. Kristen Crawford kcrawford@sd73.bc.ca

DECEMBER 2022

Principal's Message

December is upon us! Time for shopping, family time, holiday parties and childhood memories. December is a month of academic focus and rigor for us. Teachers will return in January 2023 set to write their first set of report cards for this school year using the Proficiency scales. A reminder, report cards will only be published in the Parent Portal in MYEDBC. There will not be hard copies sent home. I wanted to take this opportunity in my Principal's address to remind parents about our School Learning Plan.

The School District and Aberdeen Elementary are committed to better prepare students for transition to post-secondary, ensure the integration of life skills for students, ensure collaboration for all levels of the system and specify the strategies needed to address the needs of our 21st-century learner.

I write this month reminding parents that Aberdeen Elementary has 2 specific School Learning Plan goals that align to the District Strategic Plan:

Intellectual Development:

DISTRICT GOAL: Every learner will develop competencies and skills to succeed academically.

SCHOOL GOAL: Students need to demonstrate a strong sense of elementary math and how these ideas are connected. They need these skills to be efficient and accurate numeracy problem solvers.

Human and Social Development:

DISTRICT GOAL: Every learner will feel welcome, safe, and connected to their environments (district-school-classroom).

SCHOOL GOAL: Students and staff will demonstrate respectful and inclusive behaviour to create a sense of belonging for all.

At Aberdeen, we are preparing our students for success after leaving our campus.

In looking at the 2020 Workforce Skills (these are the most recent I could find)

1. Complex Problem Solving
2. Critical Thinking
3. Creativity

These top three skills demonstrate that our School Learning Plan is aligned with career education and preparing our students with what they need to be successful citizens.

I am wishing you all the best for the festive season. After learning and working extremely hard this fall, your children deserve time with you to play games, spend time outside and of course enjoy Winter Break to its fullest with family that loves them.

Sincerely,

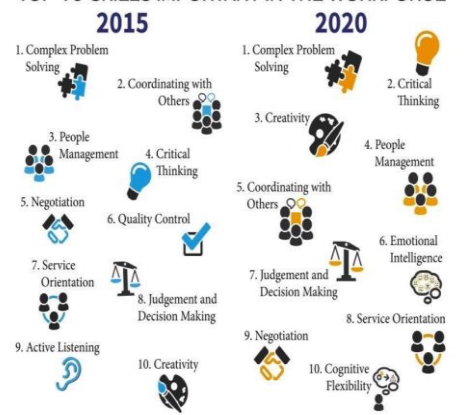
Mrs. DeFehr
#youbelonghere

2022-2023 Bell Schedule

8:20	Welcoming Bell
8:30	School Starts
9:55	Recess begins
10:10	Recess ends
12:10	Lunch
	Primary Eat
	Intermediate Play
12:30	All outside together
12:45	Intermediate Eat
	Primary Play
1:05	Warning Bell to end Lunch
1:10	Classes begin
2:41	Dismissal



@rethinking
(SOURCE: FUTURE OF JOBS REPORT, WORLD ECONOMIC FORUM)
TOP 10 SKILLS IMPORTANT IN THE WORKFORCE



WELCOME TO NEW STAFF MEMBERS

Please join me in welcoming Miss Meghan Naka who is in our Gr 4 Classroom until Mrs. Pam Doherty is able to return. The grade fours are enjoying their time so far with their new teacher.

TRY THIS PARENTS WHEN YOU SEE YOUR KIDS AT THE END OF THE DAY:

Some great questions that might open up dialogue to find out more about your child's life at school. Try to use the five guiding questions rather than "How was school?"

5 things to ask your kids instead of "How was school?"

1. What made you smile today?
2. Who did you sit with at lunch?
3. If you could change one thing about today what would that be?
4. What was the hardest rule to follow today?
5. Tell me something you know today that you didn't know yesterday.

NOON HOUR SUPERVISORS

We are always looking for parents who would be interested in becoming volunteers for the 2022-2023 school year on a regular or on-call basis. If you are interested please visit us at the office or email Ms. Crawford k Crawford@sd73.bc.ca We really need parental or grandparent support in order to keep our children safe both on the playground and while eating. Noon hour supervision duties do receive a small honorarium pay. Please know that a Criminal Record check is required.

We could really use more help now that sledding is upon us!

LIBRARY

Just a little note letting families know that students will be able to bring home books from Aberdeen Elementary School Library during the holiday season. What a perfect time to cozy up with a good book!

Have a relaxing, family and friends filled, holiday season. 🧑‍🎄

Mrs. T-Rex- Teacher Librarian & Ms. Cachelin- Library Assistant

ABORIGINAL EDUCATION

Aberdeen's Culture Club is up and running thanks to Mr. Michel. Each noon hour on Monday, Tuesdays, and Thursdays, he welcomes groups of primary and intermediate students from all classrooms who have been selected to participate in a variety of cultural activities including learning Secwepemc language, doing crafts, and drumming for the intermediate students.

Our 7 Grandfather Teachings focus for the months of November is truth, which is represented by the turtle. Students will be provided with learning opportunities centered around the teaching of truth and the turtle. In December, we shift our 7 Grandfather teaching focus to honesty, which is represented by the swan. Once again, students will participate in different learning activities, learning the importance of honesty.

SPORTS

Another great volleyball season is coming to an end! Both the boys and girls' teams were able to play in the first round of the playoffs and made Aberdeen proud with their positive mindset and commitment. The team's plan is to celebrate the end of the season and thank their coaches with a pizza party on December 7th.

Basketball season will start in the New Year. We will spend time in December organizing the teams and will have practices starting when we return.

The more coaches we have, the more teams we can have participate in school district sports program.

At the elementary level, there is one league game per week and usually 1-2 practices (this depends on gym availability and of course the time the coach can volunteer). At this time, please email Kristen Crawford k Crawford@sd73.bc.ca if you have any interest in coaching boys or girls or Basketball (January to March)

Our district has three leagues- Tier 1, 2 and 3.

Tier 1- usually Gr.6/7 age players

Tier 2- usually Gr. 5/6 age players

Tier 3- usually Gr. 4/5 age (coed often) players

A criminal record check will be required prior to coaching our students.

WINTER CONCERT UPDATE

We are delighted to let parents know that we will have two Winter Concerts this year.

The Primary Concert is scheduled for Thursday December 8th at 1:30 pm.

The Intermediate Concert is scheduled for Wednesday December 14th at 6:30 pm.

We are excited to welcome parents for these two opportunities to see the talents of your children.

CHOICE DAYS

Kids love choices. The Redesigned Curriculum is all about choice. Montessori is all about choice. CHOICE DAYS have been extremely successful at many schools I have worked at as Principal. Going outside is always a choice and supervision outside will always be in place. However, many children struggle in the winter months and in particular need choices in order to connect with other children. Choice Days is an addition to the Social Emotional Learning model to build successful relationships for kids. Many staff have expressed an interest in helping out during winter months with various activities in the school during the lunch time(12:05-1:05) or many have offered their classroom for parent volunteers to supervise. The number of choices will depend on the number of volunteers. The schedule would be built around our Primary and Intermediate playtime schedules.

We are hoping parents will volunteer to support us with such choices as Doodle Club, Games Room, Floor Hockey, Reading Room, Lego Club, Rubics Cube Club or if you have a talent to share by all means your choice day activity could be around that activity. Please email cdefehr@sd73.bc.ca if you are able to Volunteer from January to March. Please let Mrs. DeFehr know what day you can commit to weekly, what club you could supervise, and what age group you prefer (primary or intermediate). Please respond by December 5th so the schedule can be created. Your help is appreciated!

NO SCHOOL MON. DEC. 5 DISTRICT NON INSTRUCTIONAL DAY

Just a reminder that there is no school on Monday December 5. This is a professional learning day for teachers in our district. Enjoy the day with your children.

WINTER VACATION

Winter Break this year runs from December 17 to January 2nd. Classes resume January 3rd, 2023. Enjoy this special time with your friends and family.

SNOW EXPECTATIONS

Parents, with almost 500 students, I hope you can appreciate that in the name of safety, snow and sledding expectations are required. Please feel free to review with your child .

- Snow (and ice) stay on the ground
 - ✓ This includes throwing, kicking, etc in any form (Safe)
 - ✓ This includes "putting" snow on anyone (Safe)
 - ✓ Snow can be used for sliding and building (Safe)
 - ✓ We build with our hands and don't bring materials from home
- If you build it on your own, you can break it
 - ✓ If you didn't build it leave it alone (Respect)
 - ✓ If you helped build it leave it alone (Respect)
 - ✓ Ask permission before you use or add to things you did not build (Respect)



SLEDDING EXPECTATIONS at ABERDEEN

The School has crazy carpets for students to use:

- Students sledding must have snow pants, boots and mitts on
- Students can bring their own crazy carpets. Be sure it is labeled and confirm an OUTDOOR location with your classroom teacher (ie tote outside of door - discretion of the teacher)
- Crazy carpets do not come indoors at anytime
- Sledding before school is not permitted

- Sledding down the large hill beneath the houses is off limits
- If the hill gets too icy, sledding will be paused until further notice
- If too many jumps created by community members sledding will be paused until they can be broken down
- Students are to line up in an orderly fashion one behind the other on the flat cement area without blocking the stairs
- Students need to promptly move out of the way at the bottom and use the stairs to make their way back up to line up (intermediate option: one sledding lane will use the stairs, the other sledding lane will walk back up the hill - off to the side as indicated by the pylon placed at the bottom of the hill)
- Crazy Carpets need to be shared and passed along to the next person in line if they do not have one. Students are lending school crazy carpets and need to share them
- One crazy carpet per student. Students are to sit on their bum and pull the handles of the crazy carpet towards them (up and over their legs)
- Students may choose to kneel but don't forget to stay seated and enjoy the ride! We never stand on our crazy carpets.
- Please carry your crazy carpets safely. We never fling it in the air (the edges can be concerning if not handled properly. Be a Carpet Safety Person of the Highlands!
- Students always have the option to use their snowpants on the hill closest to the playground area rather than the crazy carpet side.

INSIDE SHOES

We kindly ask that you send your child with a pair of comfortable inside shoes. With the winter weather, all staff and students remove their outside footwear at the entrances. Children should not be in sock feet in our building. This poses a risk for slip and fall injuries and in the event of an emergency your child will not be prepared for a fire drill or evacuation to Pac Way Elementary.

MINISTRY STUDENT LEARNING SURVEYS

In January 2023 we will be asking our Grade 4 and 7 students to complete the Ministry Student Learning Survey. All Parents and Staff are also able to give us their opinions about the functioning of our school. More information will come home in January once the Ministry confirms the dates for completion. We hope all parents will take part.

GROWTH MINDSET AND FEELINGS

Did you ever hear phrases like this as a child?

"Go to your room until you can come back with a smile."

"Stop crying. It's not a big deal."

Many of us heard something like this growing up. And it didn't feel so great...

Not that long ago, it was very common to push feelings aside like they didn't matter.

The reasoning was that kids are being "overdramatic" or "too sensitive".

Well, today, we know better.

Now, we have different ways to help kids process big feelings and grow into resilient adults.

Instead of telling your child to bottle their feelings or trying to distract them with treats or screen time...

...we can turn to research that tells us that **allowing kids to feel sad is the best way to help them cope.**

LET YOUR CHILD FEEL THEIR FEELINGS

It's important to let your child be sad. It's NOT helpful when we try to make it better for them, distract them, or try our hardest to limit the times when they might get hurt.



INSTEAD OF...

Distracting with treats or screentime:
"Let's get your favorite ice cream, it will make you feel better."

INSTEAD OF...

Pushing the sadness away because it makes you feel uncomfortable:
"Go to your room until you can come back with a smile."

INSTEAD OF...

Bottling up the sadness with toxic positivity:
"Let's just think about something happy."

INSTEAD OF...

Making your child feel like there's something wrong with them:
"Just stop crying already, you've been crying all day."

TRY THIS...

Show empathy:
"I know this is really hard for you. I'm here if you need me."

TRY THIS...

Give encouragement:
"It's okay to feel sad. Our emotions help us process things. Everyone feels sad sometimes."

TRY THIS...

Give ideas to help process the sadness:
"Do you want to talk or write about what you're feeling?"

TRY THIS...

Offer attentive listening:
"I'm here if you want to talk or need a hug."

While it's human to try and distract ourselves from negative feelings (at any age), suppressing them can cause them to fester.

Our kids need us to hold space for their emotions—to let them be sad when they're sad.

By allowing them to experience sadness, you're giving them a lifelong **gift of not being afraid of big feelings.**

SEL (Social Emotional Learning) SCHOOL

Aberdeen continues to be a SEL School. We also believe in the PBIS (Positive Behaviour Intervention and Supports) mindset. Our goal is to promote our CODE OF CONDUCT and emphasize

R-RESPECTFUL

R- RESPONSIBLE

S- SAFE

The goal is to always remind children to use RRS *so that they make great choices.*

Did you know that many of our classrooms have CALMING CORNERS? This is a space your child can access if they are unable to regulate themselves. It is usually just a 5 or 10 minute break to reset and recalibrate emotions. We recognize kids can get sad, or frustrated and sometimes just need some 'alone time' to gather themselves so that they can return to learning. Students can always come see Ms. Crawford, Mrs. Nixon or Mrs. DeFehr as well as we have calming tools too!

KACZUR'S KORNER The Holiday List - With a Twist!

At this time of year, many families invite children to write their *Wish List - what do you WANT?* I invite you to consider having your children write a couple different lists too; ones that foster a sense of wellness!

Did you know? Our brains are built for compassion and empathy. We are literally hard-wired to feel good about doing good. (adapted from the Hawn Foundation)

Have your child/family write a **Kindness List.**

What act of service, kind actions can you offer family members? Friends? The community? Acts of Kindness can be simple and free (hold the door open for someone, write a card to a loved one), be a little more (donate to the foodbank, offer your time, bake for a loved one, shovel a driveway for a neighbour), or could be a lot more.

Acts of kindness cultivate shared happiness, build relationships, and give people a sense of connectedness to a group, community or place!

Did you know? Gratitude practices can change your physical and mental health - the science says so! Gratitude is a feeling of thankfulness & joy when we receive something (a smile, a beautiful moment, an act of kindness, a breathtaking view, a gift).

Have your child/family write a **Gratitude List.**

Take a moment to focus on a few experiences you had each day that make you feel grateful. Make a family gratitude list or have your own personal list/journal.

Some bonuses of regular gratitude practices: *attentiveness, enthusiasm, determination, optimism, sense of calm.*

Gratitude has two components: it is an affirmation of goodness - there are good things in the world, gifts and benefits we've received. We recognize that the sources of this goodness are outside of ourselves. (adapted from Robert Emmons)


Some family viewing fun

Kindness:<https://youtu.be/nwAYpLVyeFU>

Gratitude:<https://youtu.be/sCV-mEsASLA>

SAFE ARRIVAL

Aberdeen Elementary uses an automated [SAFE ARRIVAL SYSTEM](#) called SCHOOL MESSENGER. The system handles parent contact (including phone calls) when a student absence is unexpected, and will allow parents to interact directly with the system in a variety of ways. A reminder parents are to report absences using this system and should not be calling Ms. Flynn to report.

Click here for more information  SCHOOLMESSENGER®

PARENT ADVISORY COUNCIL

A huge thanks to the VERY COMMITTED ABERDEEN PAC! Read below with all the details for what they have planned!

Fundraisers

Coffee orders end Nov 28th and will be delivered around Dec 6th.

West Coasts seeds and Epicure coming in the new year.

Events

Santa Photos will be Dec 12th 4pm-7:30pm. A sign up will be coming out early December.

Hot lunches - each Friday with a few Thursdays due to non school days. Orders must be in and paid one week prior.

Join [Aberdeen Elementary Kamloops Events Facebook](#) page for all the information and updates.

IMPORTANT DECEMBER AND JANUARY DATES

- Thurs. Dec. 1- Skating Hine and Gagnon 10:10 Sandman
- Thurs. Dec. 1- Gr. 6 Immunizations
- Fri. Dec. 2- PAC Hot Lunch Moon Wok
- Fri. Dec. 2- Holiday Head Day (crazy hair, reindeer antlers, santa hats, etc)
- Mon. Dec. 5- Non Instructional Day- No school for students
- Tues. Dec. 6- PAC Coffee Fundraiser Pick Up
- Tues. Dec. 6- School Purdy's Fundraiser Pick Up
- Tues. Dec. 6- PAC Meeting 6 pm
- Wed. Dec. 7- Primary Winter Concert Dress Rehearsal- STUDENT BODY watching this performance 1:30
- Thurs. Dec. 8- Primary Winter Concert PARENT PERFORMANCE 1:30
- Fri. Dec. 9- PAC Hot Lunch Subway
- Fri. Dec 9- Holiday Sweater / Shirt Day
- Mon. Dec. 12- PAC SANTA PHOTOS
- Wed. Dec. 14- Intermediate Winter Concert Dress Rehearsal- STUDENT BODY watching this performance 1:30
- Wed. Dec. 14- Intermediate Winter Concert PARENT PERFORMANCE 6:30
- Thurs. Dec. 15- Red/Green Day
- Thurs. Dec. 15- Skating Graffunder/Woodley Sandman 9:15
- Fri. Dec. 16- PJ Day
- Fri. Dec. 16- Last day before Winter Break
- Sat. Dec. 17- Monday January 2- WINTER BREAK
- Tues. Jan. 3- WELCOME BACK to SCHOOL for 2023
- Tues. Jan. 3- PAC MEETING 6:00 pm
- Fri. Jan. 6- PAC Hot Lunch Senior Froggies Mexican
- Fri. Jan. 6- Skating Donas and Marsh Sandman 10:30
- Mon. Jan. 9- PAC HOT CHOCOLATE DAY
- Mon. Jan. 9- Fortems, Salewich and Denison's classes to Freeze Athletics 11-1
- Thurs. Jan. 12- Skating Fortems and Elliott Sandman 9:15-10:15
- Fri. Jan. 13- PAC Hot Lunch Moon Wok
- Mon. Jan. 16- Fruit and Veggie Program Pears Delivered
- Mon. Jan. 16- Skating Bregoliss, Marican and Thomson Sandman 10:30
- Mon. Jan. 16- Fortems, Salewich and Denison's classes to Freeze Athletics 11-1
- Fri. Jan. 20- PAC Hot Lunch Senior Froggies Pasta

- Mon. Jan. 23- Unplug and Play Literacy Week
- Mon. Jan. 23- Fortems, Salewich and Denison's classes to Freeze Athletics 12-2
- Wed. Jan. 25- Skating Perren and Denison Sandman 11:15
- Fri. Jan. 27- PAC Hot Lunch Pizza Now
- Mon. Jan. 30- Fortems, Salewich and Denison's classes to Freeze Athletics 12-2
- Mon. Jan. 30- Fruit and Veggie Program Ambrosia Apples
- Mon. Jan. 31-Feb. 1- Clarke's Gr. 7 Class to McQueen Lake

Aberdeen Elementary School Calendar 2022-2023

- Dec. 5 **N.I.D. #3** -Professional Development – **No classes**
- Dec. 16- Friday - Last day of classes before Winter Vacation
- Dec. 17 – Jan. 2 - School Holiday: Winter Break**
- Jan. 3- Tuesday - School re-opens for 2023
- Feb. 3- Friday - **N.I.D. #4** Professional Development – **No classes**
- Feb.20- Monday - **School Holiday: Family Day**
- Mar.17- Friday - Last day of classes before Spring Vacation
- Mar.18 -April 2 - School Holiday: Spring Break- TWO WEEKS**
- Apr. 3 - Monday -School re-opens
- Apr 6 -Thursday - District Day of Sucwentwecw
- Apr. 7 - Friday - SCHOOL HOLIDAY- GOOD FRIDAY- no classes
- Apr.10- Monday -SCHOOL HOLIDAY- EASTER MONDAY- no classes
- Apr.24- Monday - **N.I.D. #5**- Professional Development-**No classes**
- May 19- Friday - **N.I.D. #6** – Professional Development – **No classes**
- May 22- Monday - **School Holiday: Victoria Day**
- June29- Thursday - Last day for students dismiss at 12:30 pm
- June 30 - Friday - Administration Day – Schools closed



PIZZA LUNCH WITH THE PRINCIPAL

Pizza Lunch with Mrs. DeFehr will return in January! With December being a short school month with Winter Break, we will return to special lunch draws when 2023 commences!

Marcy Ferrer

Heather Braffurde
Anthony
Shannon Bale

Windy Cachelin

Joan Sherwin

Neva Morrison

~~Pat Deltor~~

Allison Bregoliss

Stacey Flynn

Great Guy non

happy holidays!

Sarah Kuisselbrink

Jack Bond

Trig Mackin

From All of Us at Team Aberdeen

Alyson

James Stafford

Madon Neila

Krista Crawford

Carol C. DeJeh

Loe Clarke

Emily Clark

Aniba Fungheim

Jenna Davison

Donna

Stacey Kaczur

Justin Hill

Shana Hine

Jennifer Elliott

Kelley Woodley

Christina Salwicht

Nadine Hatch

TRB

Shirley Marican

Catherine Ross

Sandra Fortims

Terri Kautner

Dan Howe

Argelina Thomson

Dulley

Mari Smalar