



ABERDEEN ELEMENTARY SCHOOL

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Principal: Mrs. Carol DeFehr

Vice Principal: Ms. Kristen Crawford

FEBRUARY 2023

PRINCIPAL'S MESSAGE:

IT IS #BEKIND MONTH!

Thank you so much to all the families that supported the school by purchasing your SHIRT as we prepare for Wednesday, February 22nd PINK SHIRT DAY and KINDNESS WEEK at ABERDEEN!



Since I started here I have worked hard, as have the staff, to ensure our school feels like a safe and caring place to play and learn. Results on our surveys show that we are working towards Canadian norms for Safety and that children at our school know how they are expected to behave even if they make mistakes sometimes (they are kids and it happens). The Virtue of Integrity in our students is strong. Our students usually do the right thing even when no one is watching. Thanks to our parents for helping to raise kind, caring and conscientious children. February is also DIVERSITY AND INCLUSION MONTH! Teachers will be spending time this month reinforcing Anti-Racism content and ensuring that we are tolerant and accepting of all. We are all different. Our differences are what makes us unique as individuals and at no time should students feel shamed for who they are.

We love February because it's Valentine's Day and it is a month that just feels happy! We focus on friendships and being the best person we can be.

The easiest way to spread joy from one person to another is to show them kindness. Even the smallest act of kindness has the power to turn someone's day around. Every time you show others kindness, you are telling them "you are important and you matter". By performing a small act of kindness for a stranger, you can inspire them to be kind to someone else. One thing can lead to another until everyone is onboard and kindness is going around your community and Aberdeen Elementary like the wave at a baseball game. February is the perfect month to spread KINDNESS!

Being kind is 10% thoughts and 90% actions. It's not enough to be kind internally, you also need to practice kindness if you want to make the world a better place. Kind acts can be spontaneous – sudden but still intentional – or require more planning. Please help us instill this Virtue of Kindness into our children. Here are some ideas for spontaneous and planned acts of kindness for your consideration to model or encourage your children to participate in with you this February.

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

Spontaneous Acts of Kindness

1. Open the door for a stranger
2. Allow someone to go ahead of you in line up
3. Compliment a stranger (and be genuine!)
4. Send a caring text to someone you love (or a letter, if you want to be old school about it)
5. Give money or a meal to someone experiencing tough times
6. Help a stranger carry something they are struggling with
7. Pay for another person's meal or coffee that needs it
8. Pick up litter you see on the street
9. Give out free hugs
10. Stop to help someone having car trouble



Planned Acts of Kindness

1. Participate in a 5k for charity
2. Volunteer for the Aberdeen Community Association events
3. Even better, become a regular volunteer at your child's school!
4. Foster an animal through your shelter
5. Donate old clothes to those in need
6. Paint and leave Kind Rocks around the community
7. Fundraise for a charity or non-profit (the Big Little Science Centre is ALWAYS in need of support)
8. Give out water in public on a hot day or hot chocolate on a cold one
9. Shovel your neighbor's driveway when it snows
10. Surprise a neighbour with fresh baked cookies or muffins

Sincerely,



Mrs. DeFehr (One Proud Principal to 491 Students!))
#youbelonghere

WE ALL BELONG.



Follow us on Twitter @AberdeenElem
Follow us on Instagram @aberdeen_elementary

CONGRATULATIONS

Congratulations to Mrs. Ashley Moore who will be our new Learning Assistance and Resource Teacher after Spring Break. Mrs. Moore is so excited to come to our school. I am not sure if Mrs. Moore or her daughter in Gr. 1 at Aberdeen is more thrilled with the news!

Mrs. Amanda Nixon will be starting as Vice Principal of Dallas Elementary April 3, 2023. We are going to REALLY MISS HER!

WINTER WARM UP- WE NEED YOUR SOUP DONATIONS

The Student Advisory Council is organizing a **Winter Warm Up** Food Drive from **Feb. 6th - 17th**. Aberdeen students are encouraged to bring one (or more) can of soup to help support families in need. Classroom teachers will be collecting all donations and SAC will organize the count and distribution to the Food Bank. Let's show our Aberdeen community spirit! How many cans can we collect?

PEER CONFLICT, MEAN BEHAVIOUR AND BULLYING- WHAT'S THE DIFFERENCE

I thought parents would find the following a helpful read. Parents tend to default directly to 'my child is being bullied' and what we know is that there are three types of hurtful acts at times for our students. I like parents to read this document so that you can support not only your child in our reaction as adults, but appreciate how staff at Aberdeen also investigate matters of unkindness. **Worth the read!**



SCHOOL DISTRICT NO. 73
(Kamloops-Thompson)

School District No. 73 607.1 Inclusive Education Services Handbook

When a child is having a problem with their peers, it can be hard for parents to know what is really happening – is it bullying or is it something else? Each type of behaviour must be handled differently, to keep children safe and help them learn how to get along with others.

Peer Conflict

Conflict between and among peers is a natural part of growing up. Children will have times when they disagree and can't solve their own problems. They may even become so frustrated that they say mean things or act out physically by hitting, kicking or trying to hurt.

If it is peer conflict, you will be aware that these children:

- Usually choose to play or hang out together;
- Have equal power (similar age, size, social status, etc.);
- Are equally upset;
- Are both interested in the outcome; and
- Will be able to work things out with adult help (after calming down).

Adults can respond by helping the children talk it out, and see each other's perspective. This is often referred to as "conflict resolution".

Mean Behaviour

Children may try out behaviours to assert themselves – sometimes saying or doing mean things – such as making fun of others, using a hurtful name, taking something without permission, leaving a child out, or "budging" in line.

If it is mean behaviour, usually:

- It is not planned and seems to happen spontaneously or by chance;
- It may be aimed at any child nearby;
- The child being mean may feel badly when an adult points out the harm they've caused.

When adults see mean behaviour they should not ignore it. Adults should respond quickly, firmly and respectfully to stop the behaviour, to let kids know that their actions are hurtful and to re-direct children to more positive behaviour.

This quick response stops the child from developing a pattern of mean behaviour as their way of interacting with peers, and prevents mean behaviour from escalating into bullying. It is a lot easier to correct a child for one nasty comment than to change a pattern of cruelty that grows over time.

Bullying Behaviour

Bullying is a serious behaviour that has three key features – all three must be present for the situation to be considered bullying:

- Power imbalance – One child clearly has power over the other(s), which may be due to age, size, social status, and so on.
- Intention to harm – The purpose of the bullying behaviour is to harm or hurt other(s) – it is intended to be mean and is clearly not accidental.
- Repeated over time – Bullying behaviour continues over time, and gets worse with repetition. There is a real or implied threat that the behaviour will not stop and in fact will become even more serious.

The effect on the child who is being bullied is increased fear, apprehension and distress. Often by the time adults find out about what is happening, the child has tried many ways to stop the bullying but cannot do so on their own.

Adults must address the bullying behaviour and ensure the safety of the student who has been targeted. They also need to reassure the children who may have witnessed the behaviour that adults are taking care of it.

When schools respond to bullying, staff will also help the child who has been bullying others to take responsibility for their actions, and change their behaviour. They will monitor the situation to ensure the bullying stops, and will support the child who has been bullied to regain confidence and a sense of safety. Staff may follow-up with the students who observed the behaviour to help them learn what to do when they see bullying.

The “conflict resolution” style of bringing the children together is not recommended in bullying situations, until considerable time has gone by and all children are feeling safe enough to talk about what happened so that relationships can be healed.

KINDERGARTEN REGISTRATION 2023

January 23-27, 2023 was Kindergarten Registration for MONTESSORI KINDERGARTEN as a SCHOOL OF CHOICE OPTION.

Neighbourhood Kindergarten Registration starts February 6-February 10, 2023.

Please bring your child’s birth certificate and BC Services Card to the office with proof of address and fill out an Enrollment Form as well as a District Form if you have a child that has any significant social, cognitive or medical difficulties. Only students from our catchment area may be accepted at this time and parents need to prove they live in our catchment area to attend. Students from another neighborhood must register at their catchment area school, complete an “APPLICATION FOR ELEMENTARY STUDENT TRANSFER TO ANOTHER SCHOOL” form and bring that to Aberdeen Elementary during the official Kindergarten registration time. Out of catchment students would be put on a waitlist and notified in September if there is room at our school. PLEASE NOTE THAT ADMISSION TO OUR SCHOOL IS DONE BY A LOTTERY SYSTEM at the SCHOOL BOARD OFFICE for MONTESSORI PROGRAM. Our school has limited spots available each registration period.

PLEASE NOTE: Families registering for Kindergarten are encouraged to attend the KINDERGARTEN ROUND UP EVENT on February 2, 2023. This a virtual session via Zoom. Zoom link will be publicized by District.

CRIMINAL RECORD CHECKS

Effective immediately, ALL PARENTS/GRANDPARENTS/ADULTS that are going on ANY trip with your class, are driving as volunteers or are coming into support with class special events must have a CRIMINAL RECORD CHECK. **PLEASE KNOW THIS IS A DISTRICT DECISION not a Principal decision.** All schools will be transitioning to this practice. This is posted on our website as well under Volunteer/Get Involved for how to complete a Criminal Record Check and I have put the document below with the access code for our school. I would suggest that ANY parents that want to be considered to help us please get this in place immediately. We need all parents that will be driving to basketball games or helping with Choice Days need this in place prior to January 2023. An adult cannot attend or come into the classroom until Stacey Flynn receives your cleared Criminal Record Check. Please know your check is in place for three years and is of no cost to parents.

[Online application for Volunteer's Criminal Record Checks](#)

[Please use access code: 4TXH9C6NSB](#)

UPDATE FROM THE LIBRARY

What a fun filled January 23-27 Literacy Week we had here at Aberdeen, with several prizes given out to students for the 6 Word Story and the school book contests, as well as Unplug and Play! Thank you for participating in Unplug and Play and the importance of monitored screen time.

There are a couple dates Aberdeen Library Staff would like families to be aware of for this month. February 1st is World Read Aloud Day. This day is not only dedicated to reading, but to the practice of reading aloud. This is a day that takes place annually on the first Wednesday in February.

"Stories were passed down from generation to generation even before writing was invented. Oral forms of storytelling were the earliest way of preserving human knowledge, insight, and creativity. This day helps us bring this tradition back to reading while promoting literacy."
(<https://nationaltoday.com/world-read-aloud-day/>)

Please, on February 1st, 2023, take a few minutes to read aloud to your child or have your child read aloud to you.

"Reading aloud has been proven to benefit children and their caregivers by improving spelling, as listeners hear the proper enunciation of words. It also increases social bonding and empathy where listeners relate to the characters in the stories."(<https://nationaltoday.com/world-read-aloud-day/>)

February is also Black History Month, which recognizes the many contributions and achievements of Black Canadians now and throughout history. In the Library Learning Commons we will be celebrating Black History month by highlighting books that allow students the opportunity to realize the amazing successes of our culturally diverse population.

Finally, February 20-24 is Freedom to Read Week. This is "an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed them under the Charter of Rights and Freedoms." <https://www.freedomtoread.ca/freedom-to-read-week/>

Thank you from your LLC Staff,
Mrs. T-Rex (Teacher Librarian) and Ms. Cachelin (Library Assistant)

YOUNG ARTISTS

The SD 73 Young Artists competition is back! The Young Artists Conference is an annual event for aspiring artists in intermediate grades (4-7) to showcase their artwork and take part in a series of workshops.

Aberdeen has a selection committee which will review a variety of artwork submitted by students. The selection committee will choose 5 students to represent Aberdeen at the Conference.

The Young Artists' Conference will be held at the Thompson Rivers University Campus this year on April 26, 2023. The selected students will receive an artists' smock and will have an opportunity to choose from a variety of art lessons and receive instruction from excellent community artists and educators.

Student artwork will be showcased in our Young Artists Reception, which will be held on April 25, 2023 at the Old Courthouse which is located on Seymour and 1st in downtown Kamloops. Several of the wonderful pieces of artwork in this show will be selected to be framed and displayed at the Kamloops-Thompson School Board Office for a period of one year.

Students are required to have their artwork submitted to Ms. Crawford by Friday, February 24th to be considered for the conference

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 kcrawford@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!

GLOBAL SCHOOL PLAY DAY- Feb. 1

Restoring unstructured play to a generation of kids!

"You can discover more about a person in an hour of play than in a year of conversation."

-Plato



On **February 1, 2023**, many teachers will allow their students to spread their toys out around the room or take the kids outside and just PLAY! We basically don't organize anything for the students and we don't tell them how to play with the toys/games. YOU WOULD BE SO INTRIGUED by the Core Competencies we see in action during this special day. Classroom teachers will communicate directly if they are participating.

ABORIGINAL EDUCATION

The Seven Grandfather Teaching for the month for the months of January has been Humility, which is represented by the coyote, or sk'lep. Sk'lep represents Humility tkwekweltkstsút-kt and is known to be the trickster and teacher. He is in the Legend of how Coyote and Bear made day and night. Coyote had to compromise with bear who wanted night all of the time while coyote wanted day. Instead, they agreed to have both, half of the time was day and the other half was night. The ability to compromise shows Coyote's humility.

As a part of the lesson on humility, students self-reflected and recorded how they are using these skills at school. Students were encouraged to think of a time they compromised or solved a problem peacefully.

In February, our school focus will shift to the teaching of Courage, which is represented by the bear.

BASKETBALL

Basketball season is up and running in full force! We have 6 teams representing Aberdeen this year competing at the tier 1 competitive, tier 1 recreational, and tier 3 levels. A BIG thank you to all of our coaches and teacher sponsors:

Tier 1 Girls Competitive: Coaches Mrs. Cecchini and Mr. Hine. Teacher sponsor Mr. Hine.

Tier 1 Boys Competitive: Coaches Mrs. Ward, Mr. Chidzey, and Mrs. Karapita. Teacher sponsor Ms. Chretien.

Tier 1 Girls Recreational: Coach Mrs. Talman and teacher sponsor Mrs. Kruisselbrink.

Tier 1 Boys Recreational: Coach Mr. Kerr and teacher sponsor Mrs. Kaczur.

Tier 3 Girls: Coach Mrs. Feely and teacher sponsor Ms. Graffunder.

Tier 3 Boys: Coaches Mr. English and Mr. Blenkhorn. Teacher sponsor Ms. Ross.

We appreciate the huge commitment it takes to run practices and games. We would also like to thank our various home game referees, as well as the Aberdeen students who scorekeep for each of our home games.

We are always looking for more home game referees; this is a great job for a high school student! The pay for each game refereed is \$20. Please contact Ms. Crawford at kcrawford@sd73.bc.ca if you are able to ref any Tuesday, Wednesday, or Thursday after school during the month of February.

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.

REMINDER: REPORT CARDS

REPORT CARDS will BE UPLOADED TO MYEDBC PARENT PORTAL for parents to access on THURSDAY FEB. 2, 2023. A paper copy WILL NOT be coming home. Parents can view the report card by logging into their MYEDBC Parent Portal.

A four-point provincial proficiency scale will be used to communicate student progress in all areas of learning. It describes levels of proficiency in relation to the learning standards of the provincial curricula.

EMERGING: The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.

DEVELOPING: The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.

PROFICIENT: The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.

EXTENDING: The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.

Any questions about the MYEDBC PARENT PORTAL please email Stacey Flynn sflynn@sd73.bc.ca

MINISTRY STUDENT LEARNING SURVEYS

By February 10th all of our Grade 4 and 7 students will have completed the Ministry Student Learning Survey. All Parents and Staff are also able to give us their opinions about the functioning of our school.

For 2023: Students at Aberdeen Elementary in Grades 4, and 7 will complete the survey. All Parents/Guardians K-7 are being given the opportunity to complete the survey; and all Staff associated with a School can complete the survey. Students will use their PEN numbers when logging in, staff and parents have direct access with no codes needed to complete the survey. Please use the DIRECT ACCESS log in (right hand side).

To complete the survey:

1. Go to any computer that has an up-to-date internet browser access at home or work. Go to http://www.bced.gov.bc.ca/sat_survey/access.htm You can also enter through our school website under the PARENT/STUDENTS/ SUPPORT HELP TOP TAB and then in the 'drop down' menu select MINISTRY STUDENT LEARNING SURVEY.
2. Find our district and school name and language you prefer.
3. Complete the survey by clicking on the 'radio buttons' for each question. Move to the next set of questions by clicking on NEXT in the bottom right corner of the screen.
4. When you are finished the survey, you will get a message "Thank you for sharing your views."
5. Once complete, our school will have the results immediately. Your views are completely anonymous, but very helpful in planning for our school.

Thank you for participating.

SCHOOL LEARNING PLAN

School Goals

Aberdeen Elementary has two goals that we are working on: Well-Being: Belonging and Numeracy. On February 16th, Ms. Crawford and I will present to the Board of Education about the progress, the challenges and the celebrations around the learning in these two domains. In both the Neighbourhood and Montessori Program we are hopeful our students will embrace challenges and obstacles. It is never win or lose in my world, it is WIN OR LEARN!

To be a learner that continuously improves on needs to be strong in Critical Thinking, one of the core competencies of the curriculum. Critical thinking, or the need to think deeper and differently about a subject, is an important quality to instill in children to help them navigate through their learning and their lives.

Critical thinking skills will help students learn to interpret and understand information, rather than simply memorizing it. Below read the 10 traits of a CRITICAL THINKER.

10 Traits of the Critical Thinker

1. Curiosity

Effective critical thinkers are curious about a wide range of topics and generally have broad interests. They also tend to have a healthy inquisitiveness about the world and about people. An understanding of and appreciation for a diversity of cultures, beliefs, and views is another hallmark of a great critical thinker, and it's part of what makes them lifelong learners.

2. Compassion

The world is full of enough judgment and segregation. As we seek to help our learners acquire critical thinking skills, we mustn't forget that **critical thinking embraces the emotional and instinctual as much as the intellectual.** That's why critical thinkers act as much with their hearts as they do with their minds.

3. Awareness

Opportunities to apply critical thinking skills are all around us every moment. Effective critical thinkers remain tuned into this and are always alert for chances to apply their best thinking habits to any situation. **A desire to think critically about even the simplest of issues and tasks indicates a desire for constructive outcomes.**

Critical thinking also means not taking anything at face value. It means always asking questions and exploring all sides of an issue, and appreciating the deeper facts hiding in everything. As such, those who think critically also tend to be instinctual problem solvers. This ranks as probably the most important skill we can help our learners build upon.

4. Decisiveness

Many situations that call for critical thinking also call for quick and decisive action. When we think critically, we weigh our options and imagine the outcomes in the moment with speed and clarity, and are able to put aside fear when it comes to making decisions. In essence, **critical thinkers like to move things forward rather than moving backward or procrastinating.**

In addition to this, often choices have to be made even when we don't have all of the information we need to make them with confidence. When facing any kind of a challenge, someone has to take the lead and make the hard calls others shy away from. Effective critical thinkers realize that more often than not, it's necessary to take the initiative and make a decision even if it ends up being the wrong one. To them, that's preferable to not making any decision at all.

5. Honesty

Honesty is important in any sense, but it is especially important to critical thinking. Moral integrity, ethical consideration and action, and things like global citizenship practices are all part of effective critical thinking. It's not a surprise that honesty resides at the core of all these things. We see in such people a strong desire for harmony and fulfillment in the world, and part of attaining this involves pursuing honesty in all endeavors and relationships.

The practice of honesty in critical thinking also extends to how one looks within oneself to embrace what resides there. It takes into account the processes behind managing our emotions, controlling our impulses, and recognizing any attempts at self-deception. **Critical thinkers are as equally aware and accepting of themselves as they are of others.**

6. Willingness

Willingness and flexibility include, but are not limited to:

- learning from their own personal mistakes and shortcomings
- challenging the status-quo when the need arises
- open-mindedly embracing other opinions and views that challenge their own
- reconsidering and revising their opinions in the wake of new evidence
- listening actively rather than simply waiting for their turn to talk
- constantly improving, learning, and excelling

7. Creativity

There's no question that effective critical thinkers are also largely creative thinkers. Creativity has unquestionably defined itself as a requisite skill for having in the collaborative modern workforce. Critical thinking in business, marketing, and professional alliances relies heavily on one's ability to be creative. When businesses get creative with products and how they are advertised, they thrive in the global marketplace.

8. Perseverance

Critical thinkers know the necessity of staying on task. It's not in their nature to give up until a solution is formulated, a process is determined, or a decision is reached. **This is a part of the leadership mindset that critical thinkers also tend to model by default.**

As you can imagine, this is an especially useful quality not only to have but to be able to encourage in a team-working environment.

9. Objectivity

A focus on fairness and the inclusion of all viewpoints and concerns is another trait of the critical thinker. **There's no room for bias in critical thinking, only the acceptance and consideration of possibilities.** Critical thinking also means not allowing oneself to be affected by external influences, or governed by internal ones such as impulse emotions.

10. Reflective Capacity

When engaging in critical thinking, one isn't focused on just stopping after the outcome. Instead, a critical thinker **reflects on the learning journey and pinpoints apparent areas for improvement**, while also recognizing new applications for synthesized knowledge and ideas. You never ignore your mistakes, but you don't dwell on them either—you learn, you internalize, and you move on to the next challenge.

GROWTH MINDSET

I LOVE THIS little pledge kids can say to themselves! Learning is hard and we try to encourage kids to KEEP TRYING~ even when it is hard and frustrating!

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

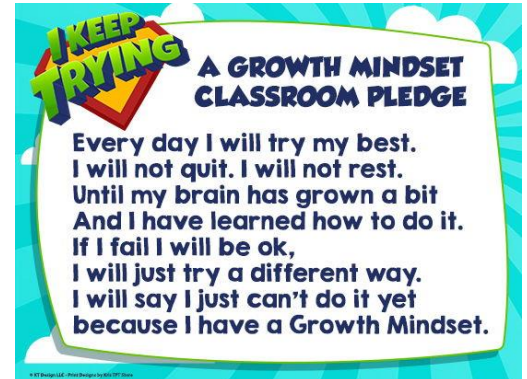
R-RESPECTFUL

R- RESPONSIBLE

S- SAFE

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

The focus will be on Inclusion and Diversity to honour Inclusion/Diversity month in February. We really want to emphasize the fact that WE ALL BELONG and WE ALL MATTER at our school.



Power of Politeness Campaign! Our Greeters are in Place!

In a time where kids are behind screens or keyboards we have to teach our students how to respond to new people they meet (guests, adults, volunteers) face to face.

Each classroom has a special job: a classroom greeter. Any time a student is assigned the position, they know to get up and say 'hello' and **acknowledge the guest** in the classroom. Guests will feel welcome and that student can serve as the face of the classroom especially if the teacher is mid lesson. All children are trained as classroom greeters and rotate through the position.

KACZUR's KORNER: FEBRUARY FOCUS ON FEEDBACK!

Kaczur's Korner (February Newsletter)

Feedback Helps Us Grow

Have you ever had difficulty accepting a compliment? How about accepting constructive feedback? Are you gentle with yourself as you self-reflect? All of this feedback is so important.

What is feedback anyway? Why does feedback matter?

Feedback is simply information and/or advice to help you improve. It is designed to *help* you.

As a school community, we are learning about the **Seven Grandfather Teachings**. As we consider **coyote**, we reflect on our humility: our ability to communicate, compromise and collaborate. Feedback supports healthy communication flow.

- Accepting a compliment even takes some practice: to accept a compliment, say thank you, smile or nod
- Learning updates (report cards) are feedback that help us set new learning goals
- In sports, even fouls are feedback. They help us learn the rules of the game with *in-the-moment* opportunities for new understanding
- Self-reflection might consider my academic learning but might also focus on the “*who I want to be*” (my core competencies and the qualities embedded in the Seven Grandfather Teachings)
- How do you give and receive feedback at home?

Curious about the brain science around receiving feedback?

When we develop a growth mindset, know the power of “yet,” the importance of practice, and begin to understand neuroplasticity (the brain is constantly changing, growing and building neural pathways) we see critical feedback as a chance to improve. <https://youtu.be/M1CHPnZfFmU>

Having a growth mindset is a journey of continual improvement

A growth mindset allows our prefrontal cortex (the executive functioning/decision making part of our brain) to stay “in control.” This allows us to receive feedback and respond with reflection and wonder, to see an opportunity to challenge ourselves, to bravely experiment, and to reflect and repeat again!

As we intentionally build our communication skills this month, be mindful of how you give and accept feedback.

Feedback from myself, my teacher, my parents and my peers all help me grow.

Psssst... Feedback helps adults too!

Picture Book - Thanks for the Feedback - Julia Cook, Growth Mindset Researcher - Carol Dweck, MindUP

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:

- by phone either when the system calls, or when a parent initiates a call to notify of upcoming absence - by internet through login controlled webpage interface
- by smartphone app (iOS and Android versions available for free)

Toll-free number to call: [1-844-350-2647](tel:1-844-350-2647)

Website for parent access: asp.schoolmessenger.ca/ktsd73

Parents use the above methods to report student absences rather than phoning the school at Aberdeen. **We ask that parents please report student absences before 8:20 am on the day of the absence**, although the system also allows for reporting of student absences long in advance for holidays, trips, etc. For tech-savvy parents, we encourage you to download the iOS or Android apps for free from their respective app stores. To find the app, search for SCHOOL MESSENGER and install the free app.

PARENT ADVISORY COUNCIL

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

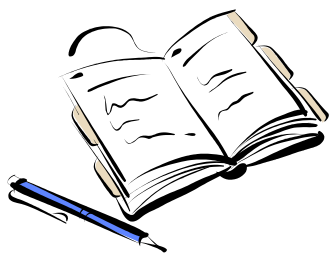
- Epicure fundraiser will run on munchalunch Feb 13-27th.
- Dance is Feb 10th 4-7pm everyone. \$2 tickets. Pizza preorders available on munchalunch with limited slices available at the dance for purchase along with other snacks. Song request sign up sheets will go up Monday 30th at the school until Feb 7th. Please let us know what you want to hear.
- The February PAC Meeting is Tuesday February 7, 2023 at 6 pm in the library. ALL PARENTS ARE ALWAYS WELCOME.
- Hot lunches - each Friday with a few Thursdays due to non school days. Orders must be in and paid for one week prior.

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

IMPORTANT FEBRUARY and MARCH DATES

Wed. Feb. 1- Diversity and Inclusion Month starts
Wed. Feb. 1- Global School Play Day
Thurs. Feb. 2- PAC Hot Lunch- Senor Froggies Mexican
Thurs. Feb. 2- Semester I Report Cards published in PARENT PORTAL
Thurs. Feb. 2- Skating Sandman Ross/Kaczur/Petty 10:30 am
Fri. Feb. 3- NON INSTRUCTIONAL DAY- No School for Students
Mon. Feb. 6- Hatch and Fortems Classes to Freeze Athletics 11-1 pm
Feb. 6-17- WINTER WARM UP- SEND IN SOUP for the FOOD BANK
Tues. Feb.7- PAC MEETING 6:00 pm
Tues. Feb. 7- Tier 1 Boys C and R Basketball Team Games
Wed. Feb. 8- Skating MAC ISLAND Kruisselbrink, Chretien and Clarke's classes 10:30
Wed. Feb. 8- Tier 3 G and B Basketball Games
Thurs. Feb. 9- PINK SHIRT DAY ORDERS due on online store
Thurs. Feb. 9- Skating Sandman Salewich and Bale's classes 9:15
Thurs. Feb. 9- Tier 1 Girls C and R Basketball Team Games
Fri. Feb. 10- PAC Valentine's Dance 4:00 – 7:00
Fri. Feb. 10- PAC Hot Lunch Moon Wok
Fri. Feb. 10- Parents, Staff and Students to complete the Ministry Student Learning Survey by today
Fri. Feb. 10- All HERITAGE STAMP entries due to Mrs. DeFehr for Gr. 3-7 Participating
Mon. Feb. 13- Montessori Intent Letter due
Mon. Feb. 13- FVP Snap Peas delivered
Mon. Feb. 13- Fortems and Hatch's Classes to Freeze Athletics 11-1 pm
Tues. Feb. 14- Happy Valentine's Day- WEAR HEARTS, PINK OR RED!
Tues. Feb. 14- Tier 1 Boys C and R Basketball Team Games
Wed. Feb. 15- Tier 3 G and B Basketball Games
Thurs. Feb. 16- Tier 1 G C and R Basketball Team Games
Thurs. Feb. 16- PINK SHIRT DAY ORDERS set to arrive at Aberdeen!
Thurs. Feb. 16- Pizza with the Principal Orders for February due to the office
Fri. Feb. 17- PAC Hot Lunch Subway
Fri. Feb. 17- LAST DAY TO SEND SOUP for WINTER WARM UP CAMPAIGN
Mon. Feb. 20- FAMILY DAY- NO SCHOOL
Feb. 20- 24 Freedom to Read Week
Tues. Feb. 21- PAC WESTCOAST SEEDS arrive
Tues. Feb. 21- Tier 1 Boys C and R Basketball Team Games
Wed. Feb. 22- Tier 3 G and B Basketball Games

Wed. Feb. 22- PINK SHIRT DAY! BE KIND!
 Wed. Feb. 22- PINK SHIRT DAY ASSEMBLY for K-7 Students 9 am
 Thurs. Feb. 23- Tier 1 Girls C and R Basketball Team Games
 Fri. Feb. 24- PAC HOT LUNCH DAY Pizza Now
 Fri. Feb. 24- SAC SPIRIT DAY- MULTIPLES DAY!
 Tues. Feb. 28- Pizza with the Principal Lunch
 Tues. Feb. 28- Gr. 7 Parents Zoom Night for Grade 8 Course Selection 7 pm
 Wed. March 1- SKSS Counselling Team at Aberdeen for Course Selection Gr. 7's- 8:30 am
 Thurs. March 2- Skating- Hatch and Clark Sandman Centre 10:30-11:30
 Fri. March 3- PAC Hot Lunch Senor Froggies Mexican
 Fri. March 3- Perren and Donas' classes to Ogilvie Ranch
 Mon. March 6- PAC Parent Meet and Greet 8:20-9:00 am
 Mon. March 6- Fruit and Veggie Program Spartan Apples
 Tues. March 7- PAC Meeting 6 pm in the library
 Fri. March 10- SPIRIT DAY- JERSEY DAY
 Fri. March 10- PAC Hot Lunch Moon Wok
 Fri. March 17- WEAR GREEN! HAPPY St. Patrick's Day!
 Fri. March 17- Last day of school before SPRING BREAK!
 Sat. March 18- Sunday April 2- SPRING BREAK
 Mon. April 3- Return to class at 8:30 for first day back!



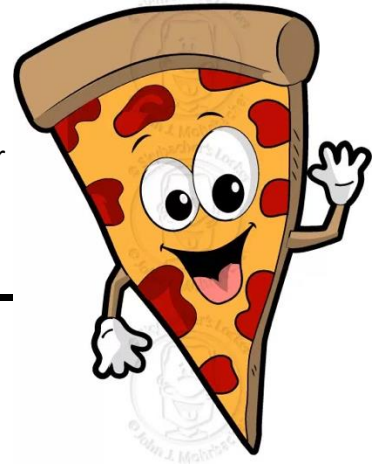
Aberdeen Elementary School Calendar 2022-23

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
 June 29 Thursday - Last day for students dismiss at 12:30 pm
 June 30 Friday - Administration Day – Schools closed

PIZZA LUNCH WITH THE PRINCIPAL

Did your parents read the newsletter? GREAT! Enter at the office to win PIZZA LUNCH WITH THE PRINCIPAL this month! Fill out the tear off section and return it to the drop off bin at the office by THURSDAY FEBRUARY 16, 2023. Two lucky PRIMARY and two lucky INTERMEDIATE students will have lunch with Mrs. DeFehr this month. The PIZZA WITH THE PRINCIPAL LUNCH will be TUESDAY FEBRUARY 28, 2023 at 12:10. Meet Mrs. DeFehr at the LIBRARY.



I WANT PIZZA WITH THE PRINCIPAL!

Name: _____

Grade: _____

Phone # _____

My favourite kind of pizza is: _____

Allergies?: _____

Parent Name: _____

Parent Signature: _____

The most informative piece of information in this newsletter was:

We talk about the message 'BE KIND' What does this mean to you?

What is your definition of belonging?

