



ABERDEEN ELEMENTARY SCHOOL

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School Website: <https://aberdeen.sd73.bc.ca>
Principal: Mrs. Carol DeFehr
Vice Principal: Ms. Kristen Crawford

MARCH 2023

PRINCIPAL'S MESSAGE:

Let's hope Spring is here! I am writing this month about Feedback. I chose feedback because I want to thank the staff and parents for taking the time in my first year as principal of Aberdeen Elementary to provide me feedback. All feedback is great in that it demonstrates our strengths and our stretches and I certainly know that leadership and learning are one in the same. Do I want to be the best principal I can... well of course, but I certainly have lots to learn and likely don't meet the needs of every individual all the time. I am appreciative to receive your kind, specific and helpful feedback. From your feedback, I continue to make adjustments to see if I can be a better school leader. My philosophy around feedback is this "Don't be intimidated, be interested."

Another philosophy I live by is "It is never win or lose, it is win or learn."



Feedback as learners is all around us, especially in a school setting. Being a parent and teacher means guiding and shaping our child's behavior. Providing children with feedback—both praise and suggestions on how they can improve—is necessary. But how many times has our (well-intentioned) feedback and advice been met with a blank stare? Or worse, a negative and defensive reaction?

It's only natural for children to resist feedback, especially when it's corrective. Studies show being critiqued can feel threatening, triggering the fight-flight-freeze stress response. At the same time, we know sharing constructive, meaningful feedback is one of the most effective ways to learn and grow. Accepting feedback is linked to a host of benefits, from higher self-esteem and improved relationships to getting better at what we do.

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

We know a growth mindset is key to accepting feedback. With a growth mindset, children see challenges help their brain grow, and mistakes and failure are steps in the learning process.

“A growth mindset is the best gift we can give our children. Thus armed, they can be brave in the face of constructive criticism, believing it can make them better, stronger and smarter. They won’t need us to dress it up or sand it down because, given a growth mindset, kids can handle the truth.”

-Jessica Lahey

A growth mindset gives a child the ability to reflect on the feedback they receive, and to evaluate what—if anything—can be learned from it. Children know they don’t always have to take criticism, but can make thoughtful choices and keep an open mind.

To support your child’s growth mindset, focus on the process rather than the final result. Praise the effort and hard work that went into their successes, and celebrate mistakes as an opportunity to learn.

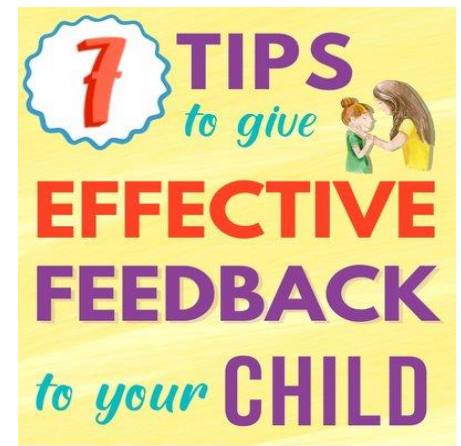
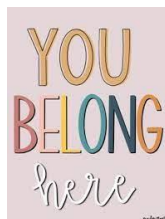
I hope these 7 TIPS for OFFERING EFFECTIVE FEEDBACK to your child will be beneficial. They are great reminders.

Sincerely,

Mrs. DeFehr
#youbelonghere

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

WE ALL BELONG.



1 PAUSE BEFORE YOU GIVE FEEDBACK
Take a moment to reflect on the necessity and intent of your words.

- Are my words true?
- Are they helpful?
- Are they kind?
- Is this feedback productive or is this my opinion/complaint?
- What is my goal with this feedback?
- Is it necessary? What would happen if I didn't give it?

2 FOCUS ON THE “HOW”
HOW we deliver feedback to our children is every bit as important as what we say.

FEEDBACK Sandwich TECHNIQUE

“The breakfast you made was lovely!”
“Perhaps you could put your plates in the sink too.”
“I really enjoyed eating with you, and can't wait to see what you make next!”

3 MAKE YOUR FEEDBACK SPECIFIC
For feedback to be constructive, it must also be specific and user-friendly.

Provide information your child can reflect on.

“Remember when you thought adding fractions was really difficult? Today I saw you do them with no trouble.”

4 ASK FOR PERMISSION AND GIVE CONTROL
Start by asking for permission.

“I have some information that could be helpful. How open are you to hearing it?”

“I would like to give you some advice. It's just information and it's up to you what you would like to do with the information.”

5 FOCUS ON THE PROCESS
Praise the effort and hard work that went into their successes, and celebrate mistakes as an opportunity to learn.

6 FOCUS ON ACTIONS, NOT THEIR PERSONALITY
Give them feedback on their actions...

“What you said sounded rude to me.”
rather than their personality...
“You're always so rude!”

7 MODEL IT
Set up a task your child can evaluate you in.

Be playful, and allow them to judge you on specific aspects of your job.

“? Actively seek out feedback with questions such as “What could I do better next time?”

Your knowing how to manage criticism shows your child how to skillfully manage it too.

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

WELCOME!

A huge welcome to Mrs. Pam Doherty is has returned at the end of February on a gradual return and is working with Ms. Naka in the classroom to provide a great transition for the students and herself.

Also, please welcome our new 4 hour Administrative Assistant Jessita Anderson. The School District has recognized that a school our size means increased pressure on the office and has put a 10 am to 2 pm secretary at our school to support Ms. Flynn, Ms. Crawford, myself and all the staff and students. Thanks for welcoming, Mrs. Anderson when you call or come into the school.

PARENT INPUT REQUEST FOR STUDENT PLACEMENTS FOR 2023-2024:

Each May and June teachers meet to organize classes with considerations given to gender balance, learning needs, teaching styles, social dynamics, academic groupings, class size limits and where possible, parental requests. Moreover, tentative class lists are made through staff conversations first before parental requests are looked at. However, for those families who have significant concerns about their child's educational placement, we invite you to come to the school and pick up a PINK PARENT INPUT form and return it by May 18, 2023 indicating the educational reasons for your request. While this simply gives parents a chance to advocate for their child and their educational needs, it by no means guarantees that your request will be honoured so please keep this in mind. Ultimately, the SCHOOL ACT, gives the principal the final say on any child's placement in their school. Ms. Flynn will have these in the office for pick up starting Monday April 3rd, 2023. Please fill out one per child and **please note that name requesting a particular teacher you want or do not want is not the intent of this process.**

STUDENT TRANSFER REQUESTS ADMINISTRATIVE PROCEDURE:

Parents who are not in our catchment area, but would like their child to attend Aberdeen Elementary, must register at their home school. Once registered there, a parent can fill out a STUDENT TRANSFER FORM and have the principal of the home school sign it so that he/she is aware that they would like to be enrolled elsewhere. For September 2023, parents would not find out if their child had been granted a transfer until the Friday of the first week of school.

For more information about this procedure, parents can go to the School District #73 website and follow the links to our public Administrative Procedures. AP 305 SCHOOL BOUNDARIES AND STUDENT TRANSFER REQUESTS is clearly written and gives a detailed explanation.

PURDY'S for EASTER



The Easter Bunny is coming....

Do something sweet for us & yourself by grabbing some Purdy's Easter treats for family, friends – or even yourself!

ORDER DEADLINE: MARCH 20

PICK UP ORDERS: APRIL 3

[Click here to shop](#)

fundraising.purdys.com/1200266-105158



SPRING BREAK

Just a reminder Spring Break is March 20-April 2, 2023. Enjoy your TWO weeks and we will see everyone back to school on April 3rd, 2023.

ST. PATRICK'S DAY- GREEN DAY

On March 17th come to school in your best green outfit! Join in the St. Patrick's Day spirit!

SCHOOL and DISTRICT HERITAGE FAIR CONTEST

Congratulations to the following students who were our ABERDEEN ELEMENTARY SCHOOL HERITAGE STAMP WINNERS:

- Gr. 6- TIE! Tavia Laycroft from Miss Woodley's class, Anneka Robson Mrs. Elliott's class
- Gr. 5- Rylee Howell from Mrs. Elliott's class
- Gr. 4- Josie Mackenize from Mrs. Elliott's class
- Gr. 3- Rebecca Abate from Mrs. Kaczur/Petty's class

These stamps will be sent to the District level competition. Each winning stamp received a framed copy of their stamp and we will also display them in our library.

CRIMINAL RECORD CHECKS

A reminder that, 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

Happy Spring to Aberdeen Families!

The Aberdeen LLC is giving students the opportunity to sign out books over the two week Spring Break because we love to keep our students reading! On that note, please know that after two weeks of having a book signed out, they become over due. Therefore, please be sure to have your child(ren) return their books the week of April 3, 2023 on their classes designated library day. Thanks for being awesome!

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.

BAKE SALE MRS. DONAS' CLASS

Bake Sale on Wednesday, March 8! The gr. 5/6 class of Mrs. Donas will hold a Bake Sale (starting 12 noon for Primaries, 12:10 for Intermediates) in Portable 4. All items are nut-free and will cost \$1 to \$3 each. The proceeds of the Bake Sale will go towards helping fund their fieldtrips.



ABORIGINAL EDUCATION



March marks the second month Aberdeen students have been focused on the Seven Grandfather Teaching of Courage. Bear *skémcis* represents Courage *crelreláíltše* and is known to be the medicine keeper who guides communities with the knowledge held in the medicines. The picture of Mount Peter and Mount Paul inside Bear's paw represents how Bear holds the knowledge of Mother Earth in his steps and he has the courage to assist those in need by carrying medicines to them. As with all of the grandfather teachings, students have been asked to reflect upon how they show courage in their everyday lives.

BASKETBALL

The 2022-2023 basketball season is wrapping up with all teams finishing their regular season games by March 3rd. Both the tier 1 girls and boys' competitive teams will head to the playoffs with the entire season completing by spring break. Good luck and have fun, tier 1 competitive players!

The basketball players, coaches, and teacher sponsors will celebrate their seasons with a pizza luncheon being held on Thursday, March 16th. Thank you again to all the coaches, parents, and teachers who helped make this season a success!

Looking ahead to April, interested intermediate students are invited to participate in the Kamloops School Swim Meet, being held on April 19th. More information about the event will be sent home in April.

GROWTH MINDSET

This month our GROWTH MINDSET THEME IS: "I ASK QUESTIONS WHEN I DON'T UNDERSTAND."



I encourage our students to ask clarifying questions and seek out staff when they are unclear about new content, directions or what is expected of them. Questions solidify understanding and often if one child has a specific question, it is likely the same one many others are struggling with in the class. I encourage all of our students to be brave and JUST ASK for what they need.

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*. Aberdeen students have been buzzing with enthusiasm as they have participated in a number of initiatives in the month of February centered around kindness. The Winter Warm-Up event was an overwhelming success with the Aberdeen community donating 523 cans of soup and non-perishable food items to the Kamloops Food Bank. Students wore their pink shirts in support of anti-bullying on February 22nd and attended the Pink Shirt Day assembly led by Mrs. Kaczur as a part of her Leadership Development Program initiatives. Students also worked together to create a giant kindness paper chain built around the library commons by writing, or drawing an act of kindness they did, or someone did for them.

ABERDEEN OPEN HOUSE

Staff and Students are inviting parents, grandparents and caring adults to come to school with your child to see all the amazing learning they are doing! This open house gives our community a chance to come celebrate all the presentations of learning. Please know each classroom could lead this Open House in a way that works for the age and grade level of the class. Due to congestion and parking we are dividing the school into two dates so that we can be more accommodating.

We hope to see you! The kids are going to be so excited!

SAVE THE DATES!

PRIMARY OPEN HOUSE Friday April 14 8:30-9:00 am

INTERMEDIATE OPEN HOUSE Friday April 28 8:30-9:00 am

KACZUR's KORNER: MARCH FOCUS: MATH IS ALL AROUND US!

Math: is fun and is for everyone! *(pause... did you have a reaction to that statement? Of all the academic learning we do in school, this is the one where parents have differing opinions - often based on their own experiences.)* I assure you, the research says math is for everyone. It is really important to communicate "growth mindset" messages to students. Help them know that everyone is a math person and that the latest research is telling us that students can reach any level in math because of the incredible plasticity of the brain. Here's an interesting article for parent consideration. <https://www.youcubed.org/resources/parents-beliefs-math-change-childrens-achievement/>

(J. Boaler)

Math is everywhere!

Math is at the center of thinking about how we spend the day. Powerful thinkers make connections, think logically, use space, data and numbers creatively. (J. Boaler) The K-8 math curriculum permeates our lives (K. McCormack). It is real life, day to day experiences. With that knowledge, be intentional and have fun exploring the math that is all around you and your family.

Baking, building, banking and more, what ways can your family find math to explore?

<https://www.youcubed.org/resource/youcubed-at-home/>

The essence of mathematics is not to make simple things complicated, but make complicated things simple. (S.Gudder)



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! The March PAC Meeting is Tuesday March 7, 2023 at 6 pm in the library. ALL PARENTS ARE ALWAYS WELCOME.

Ollek Nursery fundraiser is running until March 17th on Munchalunch. Baskets and gift cards are available. Items will be available for pick up early April.

Fun Fair coming in April after three years not having it. We will need a lot of volunteers to make this happen. We are just confirming date and will send more information.

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 MARCH and APRIL DATES

Wed. March 1-	SKSS Counselling Team at Aberdeen for Course Selection Gr. 7's- 8:30 am
Wed. March 1-	Hine and Donas' Classes to Harper Mountain Tubing
Thurs. March 2-	Skating- Hatch and Bale 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
Fri. March 3-	SPIRIT DAY- PLAID DAY
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
Wed. March 8-	Aberdeen Gr. 7 Band to High Country Festival
Wed. March 8-	BAKE SALE- Donas' Class
Fri. March 10-	SPIRIT DAY- JERSEY DAY
Fri. March 10-	PAC Hot Lunch Moon Wok
Fri. March 10-	ONE TO ONE Reading Wrap Up PARTY!
Fri. March 17-	WEAR GREEN! HAPPY St. Patrick's Day!
Fri. March 17-	SPIRIT DAY- WACKY HAIR DAY
Fri. March 17-	Last day of school before SPRING BREAK!
Mar 18-April 2-	SPRING BREAK
Mon. March 20-	PURDY's ORDERS Due
Mon. April 3-	Return to class at 8:30 for first day back!
Mon. April 3-	PINK PARENT INPUT FORMS available for pick up
Mon. April 3-	PURDY's ORDERS available for pick up
Tues. April 4-	SPARK Session #1 4-5 pm for our NEW KINDERGARTEN STUDENTS
Thurs. April 6-	PAC HOT LUNCH Pizza Now
Thurs. April 6-	DAY OF SUCWENTWECW
Fri. April 7-	Good Friday- NO SCHOOL

Sun. April 9- HAPPY EASTER!
 Mon. April 10- Easter Monday- NO SCHOOL
 Tues. April 11- #LOVEMYSCHOOLDAY
 Fri. April 14- OPEN HOUSE PRIMARY DAY 8:30-9:00 am
 Fri. April 14- Firedrill #4 1:45 pm
 Fri. April 14- PAC Hot Lunch Senor Froggies Mexican
 Mon. April 17- FVP Delivery Cheese Sticks
 Mon. April 17- ART STARTS Performance Gr. 4-7 How the Raven Stole the Sun 1:00
 Tues. April 18- SPARK Session #2 4-5 pm for our new KINDERGARTEN STUDENTS
 Thurs. April 20- EARTH DAY
 Thurs. April 20- PAC FUN FAIR – Tentative Date to be Confimed
 Fri. April 21- PAC Hot Lunch Moon Wok
 Fri. April 21- Firedrill #5 1:45 pm
 Mon. April 24- Non Instructional Day- No SCHOOL for students- Teachers will be learning!
 Tues. April 25- Young Artist’s District Reception
 Wed. April 26- Young Artist’s Conference
 Fri. April 28- PAC HOT LUNCH DAY Booster Juice
 Fri. April 28- SPIRIT DAY- FANCY DAY
 Fri. April 28- OPEN HOUSE INTERMEDIATE DAY 8:30-9:00 am
 Fri. April 28- Young Author’s Conference

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

Pizza with the Principal will return in April. With Spring Break in March it is a short month so we will pause until April and start again with our 4 lucky winners!

