



A.E. PERRY ELEMENTARY SCHOOL

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Newsletter #4

December 2014

Principal's Corner



It has been a very busy month! We have many activities going on that supplement and enhance our students' school days. We have a number of Practicum students from TRU at our school this fall, and some will return in the spring for the second practicum. They are mostly working with intermediate classes and your child may have spoken of them. We had our first YPC concert, Story Theatre, DEAR (reading) day and Safer Schools Training with auxiliary RCMP. Our Remembrance Day assembly was well attended by guests and was a poignant spot in the month.

It is hard to believe that the first term is over and we are into Christmas concert activities and focusing on all the pre-holiday learning we can get fit into the short month of December.

This is a great time of year to make kindness a focus for social responsibility. Actions often speak louder than words so we hope there are many opportunities for younger students to observe the older students and adults in their lives doing things that make others and, in turn, themselves, feel good. Saying something nice, sharing a treat, or holding open a door are things we see every day in our school. On a larger scale, putting together a gift basket, making a card, collecting for the food bank are all simple ways for classes and families to spread kindness. The act of kindness doesn't have to be elaborate, but we want the message to be meaningful and to last a lifetime..

Now that the cold weather is really upon us, please check to see that your child is dressed for the weather and also has indoor shoes to wear after removing boots at school.

All of us at AEPerry Elementary would like to take this opportunity to wish all of you a happy and safe Christmas season.

Mrs. P. Armstrong

Early Closure

Thursday, December 4 is an early closure day. Students will be dismissed at 12:30 to give parents and teachers an opportunity to meet. Please make sure you make arrangements for your child to be picked up on time that day.

PAC Movie Night

Come and join the cast of 'FROZEN' for an evening of entertainment! **Thursday, Dec. 4 3.00/ticket or \$10 for the whole family.** Bring a cushion or a blanket to sit on. Concession opens at 6:00. Movie starts at 6:30.

Professional Development Inservice Day

Friday, December 5 is an Inservice day for Teachers. School is not in session for students.

Meals Program

Please note that there will be no lunch program on Thursday, Dec.4 and Friday, Dec. 5 due to Early Closure and in-service days.

Safe Arrival Program

Our safe arrival program allows parents to call and leave a message at any time regarding their child's absence. We had a late start up of the system, so this is a reminder that



it is working and to use the Safe Arrival number to report an absence. Please call: **250-376-6248**

SEASONS GREETINGS

CARE/Farewell Assembly

We held a special CARE Assembly on November 20. As usual, we recognized students from each class who have received CARE cards for positive behaviour, but we also invited back our Grade 7 students from Brock, to join us for a special viewing of a slide show from last year. We were able to recognize last year's students who attended, and give them a bit of a farewell. This was something we were unable to do in June due to the teachers' strike. The students were glad, especially, to be able to ring the AEP bell, as it is a long time tradition for outgoing students! We were pleased to provide some closure for these students and their teachers, and wish all of our grade 7 students the very best. Citizenship awards were given out to two students from last year's group. Congratulations to Mandy Maher and Nirav Aggarwal!

Santa's Christmas Store

Santa will get help again, this year, from Mrs. Telford and her group of elves. They will be opening up Santa's Christmas Store from December 15th to December 18th 12:00-12:35. Come drop in!

Christmas Concert Students are getting busy practicing and learning their parts and songs for our Christmas Concert. This year's performance is called '**SlapShot Santa Scores Again**'. There will be two performances: on **December 10 and 11th**, both at 1:15 in the afternoon. The students are excited about sharing this play with you.

Volleyball

Congratulations to the boys and girls volleyball teams for a very productive season. Our teams displayed great sportsmanship and tremendous increase in their playing skills! Way to go, RoadRunners! Again, the culminating event for the volleyball season was a game against the staff!

Basketball

Boys and Girls basketball season will be starting in the new year. We are still looking for coaches, but students are encouraged to listen to the announcements regarding tryouts and practise times..

Parking Issues I know we keep warning people about coming into the staff parking lot, but we still have so many parents who disregard all notice. This is for staff entry only. There have been many close calls in the staff parking lot where children have almost been hit by cars. The parking lot is not for dropping off and picking up students. Please do that on Lethbridge Ave. We also have parents pulling into the bus zones. This is prohibited and may result in a fine. Please obey posted signs along Lethbridge Ave. Your cooperation is crucial to keeping our students safe.

Lost and Found We have many items in our Lost and Found. Please stop by and check for any of your child's missing clothing. Just before Christmas break, we will pack up any remaining items and donate them to charity.



Mother Goose Program

The popular Mother Goose Program will run again at A.E.Perry beginning in January. The program sponsored by the Ministry of Education is cost free. Enjoy an hour of rhymes, songs and stories with your babies and young children.

Wednesdays 6:00-7:00 pm

January 14 -March 4

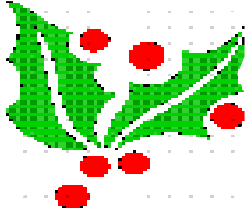
Please call the school to register.

Parent Advisory Committee News

Christmas Raffle

Watch for news and tickets coming home for the PAC Gift Basket raffle.

Watch for an announcement re Next Meeting for PAC.



Upcoming Events:

- Dec. 4 Early Dismissal/ P/T Interviews
- Dec. 4 PAC Movie Night
- Dec. 5 Inservice - no school for students
- Dec. 10 Christmas Concert 1:15
- Dec. 11 Christmas Concert 1:15
- Dec. 19
 - PAC Hot Dog Day
 - Last day before Winter Break
- Jan.5 Schools re-open



Board Notes:

From the Board Meeting of: NOVEMBER 3, 2014

Principal Ken Rife introduced a student presentation on various student leadership activities undertaken at Barriere Secondary.

The Board enjoyed a presentation from Stacey Gartner, Chair, and Sandra LeFeuvre, Vice-Chair, from the Barriere Secondary Parent Advisory Council.

The Board received an updated 2014/2105 Enrollment Report.

The Board approved an out-of-province Field Trip request from Sa-Hali Secondary for students in the Digital Game Design Tech Academy to travel to Redmond, Washington, to visit the DigiPen headquarters.

The Board approved the Interim Long Term Strategic Plan.

The next regular public Board Meeting will occur on Monday, November 17, 2014, at the School Board Office, 1383 – 9th Avenue, Kamloops, BC.

From the Board Meeting of: NOVEMBER 17, 2014

- The Board enjoyed a presentation on Physical Literacy from teachers Tammy Kawa and Anne Marie Watts.
- The Board received the Superintendent's Report on Class Size for 2014-2015.
- The Board approved the out-of-province Field Trip request from Valleyview Secondary for Biology 11 students to travel to Honolulu, Hawaii, on February 22 to March 1, 2015.
- The Board received an addendum providing additional information on an approved out-of-province Field Trip for Sa-Hali Secondary DigiPen students.

The Inaugural Board Meeting will occur on Monday, December 1, 2014, at 7:00 PM at the School Board Office, 1383 – 9th Avenue, Kamloops, BC.

The next regular public Board Meeting will occur on Monday, December 15, 2014, at the School Board Office, 1383 – 9th Avenue, Kamloops, BC.

DEVELOPMENT OF GRATITUDE IS IMPORTANT

By Jordan Sim, School Psychologist

Research suggests that students first experience and express gratitude around 6-8 years of age. Gratitude is related to a host of positive outcomes, including subjective well-being, social

relationship support, and prosocial behavior. For instance, research indicates that counting blessings daily for 2 weeks has been associated with greater school satisfaction at immediate posttest and at 3-week follow-up. Beyond improving social and emotional functioning, gratitude also may promote academic gains via achievement motivation. It is plausible that gratitude may foster intrinsic goal pursuit and achievement rather than extrinsic goal pursuit.

Yet, experiencing and expressing gratitude does not come naturally; it is a learned process and sometimes an effortful one, and it requires a certain level of inner reflection and introspection. Gratitude must be practiced and cultivated to positively affect and sustain one's level of subjective well-being. Parents and teachers can likely promote the development of gratitude in students, particularly given that students' language acquisition is facilitated by specialized input from the adults around them. Typically, expressions of gratitude seem to be taught as social scripts with limited explanation as to *why* thanks are given. In many cases, parents' main concern is with the correct timing of saying "thank you" with little or no emphasis given to the reasons for doing so. In addition to timing, students need to be taught the *whys* of gratitude - why expressing gratitude makes you feel better (subjective well-being) and helps you to get along with others (enhanced social relationships). Consistent support and encouragement from adults enable children to develop the skills necessary to express *and* experience gratitude.

Merry Christmas

Psychologist, Martin Seligman describes an exercise for promoting gratitude:

Select one important person from the past who has made a major positive difference in your life and to whom you have never fully expressed your thanks. Write a testimonial long enough to cover one laminated page. Take your time composing this. Invite the person to your home, or travel to that person's home. It is important to do this face-to-face, not just in writing or on the phone. Do not tell the person the purpose of the visit in advance. A simple "I just want to see you" will suffice. Bring a laminated version of your testimonial with you as a gift. Read your testimonial slowly, with expression, and with eye contact. Then let the other person react unhurriedly. Reminisce together about the concrete events that made this person so important to you.

Although this exercise may be beneficial, it is targeted for use with adults rather than students (although it could be modified to be used with students at home and/or school). Another exercise is having students complete a gratitude journal for promoting enhanced levels of subjective well-being. For example, having students construct daily or weekly gratitude journals could be beneficial. In particular, having students reflect on people, events, or activities at school or home for which they are grateful may be especially beneficial for enhancing prosocial outcomes, including improving students' levels of school connectedness and engagement.

