

# PEBBLE HILL TRADITIONAL ELEMENTARY

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## Calendar:

Jan. 11	Gr. 6 Skiing
Jan. 12	Hat Day
Jan 19	Gr. 6 Skiing PAC Mtg. 7pm
Jan. 26	-Hot Lunch/Casual -Kindergarten Hearing/Vision Screening -Jump Rope for Heart Assembly
Jan. 27	-Gr. 6 Skiing -Oppenheimer Cookies due
Jan. 30	Pro-D Day (no school)
Feb. 2	Gr. 6 Skiing
<b>Feb. 6</b>	<b>Non-Catchment/ Non-District Applications Open</b>
Feb. 7	Kids Can Move
Feb. 13	Family Day (no school)
Feb. 14	-Valentines Day -Jump Rope for Heart
Feb. 21	-Kids Can Move - <b>Kindergarten Registration 9-12</b>
Feb. 22/23	Student Led Conferences- <b>2 pm Dismissal</b>
Feb. 23	Hot Lunch/Casual

## Principal's Message:

Happy New Year and welcome back. I hope you found time to get some much needed rest and family time over the winter break. This next term is always busy as we work hard to achieve our goals.

There has been much research into the benefits of having a "Growth Mindset." A growth mindset is a belief that our intelligence and abilities are not fixed. When we have a growth mindset we know and understand that our intelligence and abilities can be developed through effort. If we have "a growth mindset- then we are more likely to look for challenges, to see failures and setbacks as learning opportunities, and ultimately achieve more personally and professionally."(Reynolds, Birdwell, 2015). Not only does having a growth mindset help us to be happier and capable of meeting the challenges of the 21st century but the research has shown that having a growth mindset helps to improve grades.

## How do I Help Promote a Growth Mindset?

According to Carol S. Dweck, Ph.D., author of [Mindset](#), I can do the following:

### **Carol Dweck - A Study on Praise and Mindsets**

**i. Have daily learning discussions.** At dinner, in the car or at bedtime take time for both the kids and parents to share the answers to these types of questions: "What did you learn to day?" (Instead of "How was your day?")

"What mistake did you make that taught you something?"  
"What did you try hard at today?"

It's really important, says Dweck, that I share what I learned, too. This models for kids that I learn new things every day, even learning from failures.

When children share, you can reply like this:

"I like the way you tried all kinds of strategies on that math problem until you finally got it right."

“Everyone learns in a different way. Let’s keep trying to find the way that works for you.”(from Mindset by Carol S. Dweck, Ph.D.)

## 2. Give feedback on process only.

Praise effort, persistence, strategies, seeking challenges, setting goals, planning, or using creative strategies. Avoid praising personal abilities like being smart, pretty, or artistic. This kind of praise actually can lead to a loss of confidence since kids won’t be smart at everything. They’ll doubt their ability to be good at something that is difficult initially.

## 3. Do you know brains can grow?

Explain to kids how the brain can grow stronger and that intelligence can improve throughout your life. Intelligence is not fixed. It’s changeable. This is called brain plasticity. What’s more, learning CHANGES our brains. (Again, three cheers for brain growth!) Kids need to know this is possible.

## 4. Encourage risk, failing, and learning from mistakes.

Now is the time to let our kids risk and fail. Failure teaches our kids important life lessons. For one, it’s how they learn resiliency. We often want to prevent our kids from failing, from feeling upset or sad.

Don’t.

We must let our kids fail now so that they can strengthen their growth mindset muscles. If we don’t, they will be adults with no perseverance, with no belief in their abilities to work hard and succeed.

And if when your child fails, celebrate the lessons in the failure. Tell them about all the famous people who failed and didn’t give up. Read one of these biographies of individuals with a growth mindset.

## 5. Encourage and model positive self talk.

Finally, I think it’s worth sharing this self-talk chart from Fieldcrest Elementary. Our self talk is where it all starts to shift.

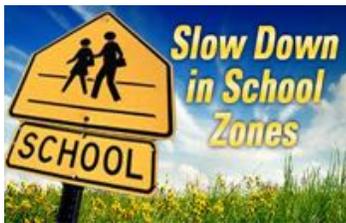
Instead of...	Try thinking...
• I'm not good at this.	• What am I missing?
• I'm awesome at this.	• I'm on the right track!
• I give up.	• I'll use some of the strategies we've learned.
• This is too hard.	• This may take some time and effort.
• I can't make this any better.	• I can always improve, so I'll keep trying.
• I just can't do math.	• I'm going to train my brain in Math.
• I made a mistake.	• Mistakes help me to learn better.
• She's so smart. I will never be that smart.	• I'm going to figure out how she does it so I can try it!
• It's good enough.	• Is it really my best work?
• Plan A didn't work.	• Good thing the alphabet has 26 letters!

(From: <http://imaginationoup.net/2014/09/17/help-child-unmotivated-growth-fixed-mindset/>)



## Kindergarten Registration

There has been a change to the traditional school registration process this year. Students registering for Kindergarten and wishing to attend Pebble Hill Traditional Elementary School **should register at their catchment area school on the designated registration date, and indicate that they are requesting Pebble Hill Traditional School.** Students living outside of Ladner, Tsawwassen or Delta wanting to attend Pebble Hill Traditional School must complete a Non-Catchment or Non-District application form on or after **Monday, February 6, 2017.** Kindergarten registration for students residing in the Pebble Hill catchment area will take place at Pebble Hill Traditional on **February 21st from 9-Noon.**



## Slow Down!!!

Constable Atkinson has been out to visit and wanted reminders to go out about: **vehicles speeding, people parking illegally across the street on 52A St. (makes it very tight and difficult to see pedestrians),** as well as vehicles parking on the street close to the entrance of the school (blocks view of pedestrians). Please don't feel the need to rush or cut corners to be here on time. **Although we encourage punctuality, we would rather have everyone here safe.** Thanks again for all your support in this area. You will see our grade seven students out with signs reminding drivers to **SLOW DOWN** and keep our kids safe. Thank you for all your help in making our traffic areas safe for students. Just a reminder that the **Staff Parking lot is closed to drop off and pick up** and that our **round-a-bout area is a no parking zone.** We thank you for your cooperation



## Pink Shirt Day

Wednesday, February 22, is Pink Shirt Day. On this day students wear pink to symbolize that we will not tolerate bullying anywhere. Between now and February 22 we are giving out pink hearts for random acts of kindness. You will begin see these pink hearts around our school and at the front entrance.

**Please remember to WEAR PINK on Wednesday February 22.**

# Understanding Bullying

With Anti-Bullying day just around the corner I thought it might be a good opportunity to share information about bullying. Parents often ask what bullying is. Although conflict is a normal part of interacting with one another, bullying is not the result of normal conflict.

## **Bullying is:**

- A deliberate, targeted act
- There is an intent to harm
- It is persistent and repeated over time
- Involves one child exercising power over another
- Often occurs in the presence of others

## **What can you do if you believe your child is being bullied?**

### 1. Let your child hear the following messages:

- I hear you and believe you
- We will work together to solve this problem
- This is not your fault
- Report the bullying

### 2. Report the Bullying:

Tell school personnel immediately if it happens at school or involves a student from the school. They need the facts- the dates, times, places, students involved, students who may have seen or heard it, specifics about the incident and the impact on your child. Bullying is a serious breach of the District/School Code of Conduct. The school will take appropriate steps, such as issuing consequences, ensuring the individuals involved receive the support they need, and reinforcing the anti-bullying message.

## **Consequences will be:**

- Age appropriate, thoughtful, consistent, and fair
- Seek to prevent recurrence of the offence
- Teach acceptable social behaviour rather than be merely punitive

In most bullying incidents, witnesses are present so there is a good chance your child has seen or heard bullying. Encourage your child to walk away and report bullying. There is a difference between tattling, which is to try and get someone in trouble, and reporting, which is to get someone help. Help your child feel comfortable telling you about bullying.



## Jump Rope For Heart

On **February 14th** we will be holding our Jump Rope For Heart Event. Supporting kids' health for more than 30 years, the Heart and Stroke Jump Rope for Heart program encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. The students will be practicing their jumping outside at lunch and recess. We are encouraging them to practice at home as well. Our goal is to raise \$6500 for the Heart and Stroke Foundation. Your pledges are much appreciated.



## Cold & Flu Season

At this time of year Fraser Health raises concern for spreading of cold and flu germs. Strong recommendations are that hand washing, covering coughs and sneezes, and personal hygiene are the best ways to prevent spreading germs.

## Kids Can Move Program

The Delta Gymnastics Society will continue to deliver the Kids Can Move program throughout the Delta School District. The Kids Can Move program will focus on the fundamentals of Physical Literacy.

The emphasis will be on the development of fundamental movement skills and motor skills that are critical to establishing the foundation for life-long participation in many sports and physical activities. To become completely physically literate, children need to master the fundamental movement skills which include:

- dodge, hop, skip, log roll, stork stand, jump, kick, dribble, overarm throw, catch, run, sidearm strike.

Starting February 7th, the students in grades 2 and 3 will be provided with four 30-minute weekly sessions of gymnastics instruction. During these sessions the basics of gymnastics and movement will be introduced in a *fun* way utilizing *games* and *individual challenges*.



## Oppenheimer Park Cookie Drive

Oppenheimer Park Dinner has fed those who are homeless, disadvantaged or have significant medical needs in downtown Vancouver for 27 years.

Last year our school donated over 200 dozen cookies for this dinner. Families, classes and teachers baked cookies to donate to this worthwhile cause.

Our school has been asked if we again could supply cookies for this dinner. We will be asking families, individuals and classes if they could commit to a cookie donation of at least one dozen for the January 28, 2017 dinner. The most wanted cookies were those that had chocolate in them. No nuts please. Sturdy cookies or bars are best as they are easiest to transport and pack.

All cookies should be **dropped off to the school on Thursday, January 26<sup>th</sup>, and Friday, January 27<sup>th</sup>.**

Thanks to our school community for helping those less fortunate than us!

