



FORT SASKATCHEWAN

• ELEMENTARY •

Friday, December 17, 2021

Dear FSE Families,

One week until Christmas Eve and only two more school days before the break. With it being such a busy time of year, we wanted to share some wellness tips with our families.

- Practice [mindfulness](#). Mindfulness can reduce [stress](#), anxiety, depression, and [chronic pain](#). Building mindfulness can be as simple as repeatedly bringing yourself back to the present throughout the day.
- Connect with others. Isolation is both a cause and a symptom of mental illness. Join a club of like-minded people or try a new hobby. Engage with others daily, even if you just call someone you haven't spoken to in a while.
- Challenge negative thoughts. Thoughts are not facts. You can challenge a thought by asking yourself two questions: "Is it true?" and "Will believing it help me become a better version of myself?" If the answer to either of these is no, ditch it, and choose to believe the alternative.
- Practice self-compassion. Work on [forgiving](#) yourself and acknowledging that you are doing your best at any given moment. Speak to yourself as you would a friend or loved one.

School Council/Parent Society: A huge shout out goes to our **School Council/Parent Society** and **Freson Bros. Fort Saskatchewan** for donating the milk and cookies for our upcoming PJ Day! **Your generosity is greatly appreciated!!!**

Numeracy: One way to grow your child's confidence related to math is to talk about math every day in many different ways. The **Math Before Bed** website (<https://mathbeforebed.com/>) has many wonderful prompts to help you have these conversations before bed, at the dinner table or even in the car. We hope you find this resource helpful in chatting with your child about numeracy.

Literacy:

What to do when the words won't stick!

Do any of these describe your child:

- Practices every night for the spelling test, but still makes many errors?
- Makes constant spelling mistakes with the same words again and again?
- Is able to read a word one day, but is unable to decode that same word the next day?

Parents and teachers notice these things in children all the time! The research tells us that in order to remember the words and store them into our long term memory, our brain uses a process called Orthographic Mapping. This process involves the brain making connections between letter sounds and letter names. And guess what? Not all brains are wired to do this process automatically. While some children can be taught to learn a word with just 1-4 practices, it takes others up to 40 times to learn that same word. The good news is that there is a great way to practice word learning by using the Orthographic Mapping technique.

So, how can I work on this process at home?

Below, you will find links to:

- Watch a video about Orthographic Mapping and how it works.
- Download a copy of "Map the Snap".
- Get more information about the process from Sarah's Snippets.

Happy Mapping!

Reference: Kilpatrick, D.A. (2016). *Equipped for reading success*. Casey & Kirsch Publishers

slidesgo

Here are the video links for the above visual:

[Download Video](#)

[Download Map the Snap](#)

[Sarah's Snippets](#)

Important Dates in December:

December 20 – PJ, milk and cookie day for Ms. Olsen’s ECS class

December 21 – PJ, milk and cookie day for Ms. Thompson’s ECS class and grades 1 to 6 students; last day of school before Christmas break

December 22 - Christmas break begins!

Looking ahead...Important Dates in January:

January 5 - Classes resume ~ **Early Out:** students dismissed at 2:05 p.m.

January 14 - Hot Lunch

January 19 - School Council/Parent Society Meeting @ 5:30 p.m.

January 28 - Jersey Day ~ Wear your favorite (school appropriate) jersey!

Have a wonderful weekend. Stay warm everyone!

Sincerely,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School

