

NFS LAKERS LEDGER

Nestor Falls School O'Fisnal News

March 2024

From the Office

Yowza its March! Time flies when you are having fun. We are now working through the last half of the school year and looking forward to all the exciting learning opportunities that will come with spring and the end of the year.

February was a special time as we celebrated Black History Month and worked to engage students in learning about equity, diversity, and inclusion. All students met Viola Desmond, a Black Canadian, through a virtual read aloud. Viola was thrown in jail for sitting in the white section at a movie theatre in New Glasgow, Nova Scotia. You can see her on the Canadian ten dollar bill. Throughout the month, each classroom took advantage of available resources to address this topic. As a staff, we will be reflecting on new ways to teach students how to stand up against racism.

Last month we celebrated not only Black History Month, but World Read Aloud Day and Freedom to Read Week. Each student was gifted a bookmark made from the cereal boxes donated. Thank-you! Literacy is the gift that keeps on giving. As Kareem Weaver says, "...teach a man to fish and then they'll eat for a lifetime. That's what literacy is. If they can't read, they will forever be dependent on someone else to dictate their experiences, their understanding, their access to general services in life." Check out the great parent resources for supporting literacy on the Reading Rockets website or ask your child/ren's teacher how to grow a reader.

Ms. Tolen

UPDATE

NFS Laker Curling

NFS students enjoyed a few afternoons learning to curl. We would like to thank all the volunteer instructors and drivers for making this happen! This was a great opportunity for our students!



Winter Carnival

NFS students will be participating in a mini winter carnival on Friday, March 8. We look forward to a fun-filled day playing outdoors!

Reading/Writing 101

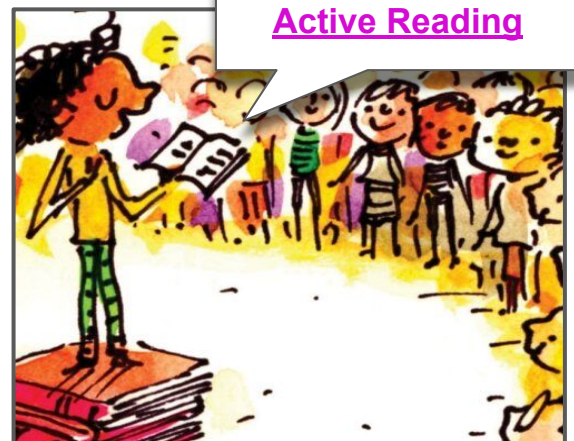
A Guide for Parents

One of the most important gifts we can give our children is to help them learn to read and write so that they can succeed in school and beyond. Confident, active readers are able to use their reading skills to follow their passions and curiosity about the world. We all read for a purpose: to be entertained, to take a journey of the imagination, to connect with others, to figure out how to do something, and to learn about history, science, the arts, and everything else.

Learning to read is complex. Children don't learn one reading-related skill and then move on to the next in a step-by-step process. Instead, they are learning to do many things at the same time: decoding, reading with comfortable fluency, absorbing new vocabulary, understanding what the text says, and discovering that reading is pleasurable and builds knowledge about the world.

Check out this guide from [Reading Rockets](#). It gives you a better understanding of what it takes to learn to read (and write) and how you can help your children grow as readers, writers, and learners!

The ABCs of Active Reading



*If parents want to give their children a gift, the best thing they can do is teach them to **love challenges**, **be intrigued by mistakes**, **enjoy effort**, and keep on learning. This sets them up to build and repair their own confidence. - Carol Dweck*

Productive Struggle

We live very busy lives! Often it is faster and easier to help, or just do it for our children, when they are struggling with a task. However, there are benefits to productive struggle. Check out this article from ASCD and see how productive struggle could work at home:

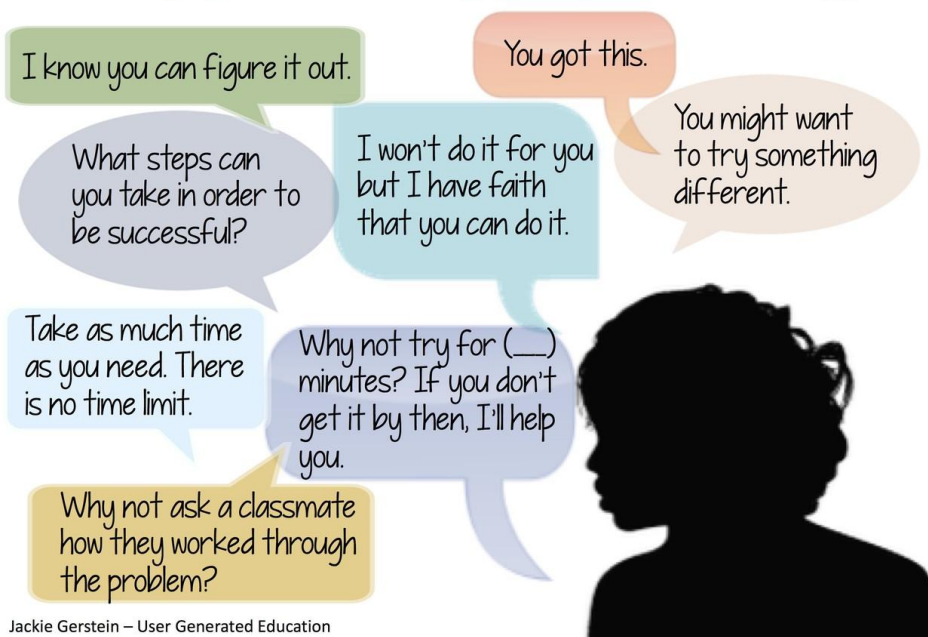
Rigor is a buzzword in today's educational circles, but there are many misunderstandings about the concept. Although rigor means having high expectations for all students, those expectations must be accompanied by appropriate support. Student success occurs when you create an instructional environment that sets high expectations for each student and provides scaffolding without offering excessive help. The key is to incorporate productive struggle.

Productive struggle is what I call the "sweet spot" in between scaffolding and support. Rather than immediately helping students at the first sign of trouble, we should allow them to work through struggles independently before we offer assistance. That may sound counterintuitive, since many of us assume that helping students learn means protecting them from negative feelings of frustration. But for students to become independent learners, they must learn to persist in the face of challenge.

Productive struggle means more than simply giving a student "hard work" and leaving them alone to struggle. It is a learning opportunity that requires a teacher to create, facilitate, and monitor the process, especially as students are learning how to struggle productively.

[Full Article from ASCD](#)

Encouraging learners to engage in productive struggle.



Jackie Gerstein – User Generated Education

Upcoming & Ongoing

Kindergarten Registration

We held NFS Kindergarten Registration last week in-person at the school. You can register anytime online. Please consider doing this sooner than later, as enrollment numbers affect staffing.

[Click Here for Registration Link](#)

The BIG CRUNCH - MR 7

March is Nutrition Month. NWHU would like to encourage students and school staff throughout the region to join in and celebrate healthy eating. The Big Crunch is a national movement of anti-silence in which we crunch into a healthy food. The Northern Fruit and Veggie program is providing apples and carrots to schools so they can participate!

Daylight Savings - MR 10

We will spring forward on Sunday, March 10. The daylight is lasting longer and we will notice a significant increase now.

Solar Eclipse - AP 8

A total eclipse of the sun visible from Southern Ontario to Newfoundland and Labrador is set to occur on April 8, 2024. The rest of Canada, including our region, will experience only a partial eclipse. However, even a partial eclipse can be dangerous for unprotected eyes.

The solar eclipse event will occur between 1:00pm – 3:10pm (CST) on April 8th, with maximum coverage of the sun occurring at approximately 2:00pm. School will remain in session during the partial eclipse, but we will adjust breaks accordingly to ensure our students' safety.

We plan to take full advantage of the great learning opportunities this historic and rare celestial occurrence brings. Please check out the Northwestern Health Unit's resource on how to safely enjoy a solar eclipse:

[NWHU Eclipse Safety Tips](#)

