

DRAGON DISPATCH

Alconbury Elementary School Newsletter



From the Principal's Desk

At Alconbury Elementary our staff is working on providing timely, specific, and actionable feedback to our students (teacher to student feedback). We are also working on our students providing the same feedback to their peers (student to student feedback). Timely feedback occurs during an activity or shortly after an event. Specific feedback targets a facet or facets of a student's presentation, product, assessment, etc. Actionable feedback provides the student with suggested next steps to improve the product, interaction, piece of writing, presentation, action, etc.

When we tell a student that he or she did a "Good job introducing the new student." that is general feedback. We are focusing as a school to incorporate that "good job" into specific and actionable feedback. That may sound like, "I like the way that you introduced our new student to the principal. Next time you introduce someone I want you to make eye contact with the new student and the principal." Now the student knows specifically what action he or she needs to improve upon. Try specific, timely, and actionable feedback at home with your AES Dragon!

NURSE'S NOTES

Dear 3rd to 5th grade Dragons, I am excited to invite you to join the AES Running Club, hosted by Nurse Alex Sandoval! This club is a fantastic opportunity for students to stay active, set goals, and have fun with their peers.

Who can join? Students in 3rd through 5th grade.

When? Thursdays after school, starting January 30th, from 3:00 to 4:00 PM (only on school days).

What to expect: We will start each meeting with a 10-minute session in the classroom to watch a motivational video and discuss personal goals. Athletic shoes required.

Stretching & Warm-Up: Next, we'll spend 10 minutes preparing our bodies for running.

Running Time: The main event! We'll run for 20 to 25 minutes around the school complex, covering both Alconbury schools.

We'll end with a 5-minute cool-down session in the classroom, where students can rehydrate before dismissal.

This club is designed to encourage physical fitness, build endurance, and foster a sense of accomplishment. We hope to see many eager runners ready to hit the ground running (literally!) on Thursdays.

If you are interested in joining the AES Running Club, please contact Nurse Alex Sandoval for more information.

Fit & Fun

Remember to return in your completed activity page to Ms. McBride at the end of the month. [Click here for the monthly at home activities to keep you and your child active.](#)



Marathon Club



20 Mile Club



15 Mile Club



10 Mile Club

COUNSELING CORNER

“Keep on keeping on!”

Many will not remember the old 70s and 80s neon velvet posters that could be won at county fairs or in record shops. One poster slogan, though, continues to live on and has been proven to enhance student success through various forms of research. To that end, students at AES are learning this week (and next) about strategies to help them “persevere” or to “keep going” when they feel they do not want to. 1. Ask for Help. Yep, as simple as that. 2. Take a short break. 3. It does not have to be perfect, just do your best. 4. Check your mindset: what are you saying to yourself? Is it helpful or not helpful? 5. Reward yourself. You do not get paid for everything, but “first/then” opportunities, especially with parental involvement (such as playing a board game when finished) can be a big boost to motivation. Remember, perseverance or “Keep on Keeping On” takes practice. So, keep on keeping on!

BOOKS & BEYOND

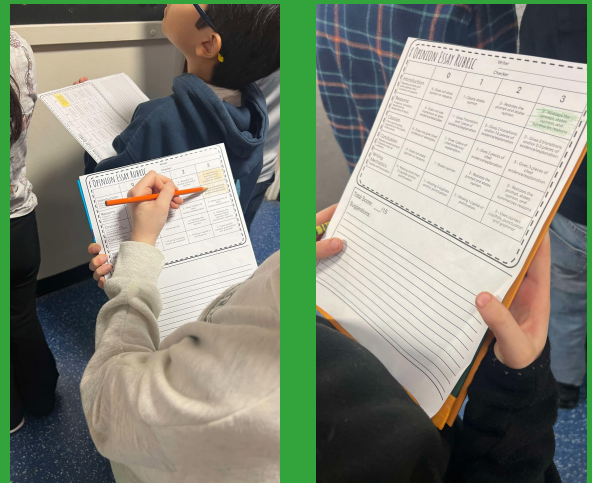
Here’s what’s new in our school library:

What's Happening: We will begin learning about book awards. After this, we will award one of our AES books with our own award.

Upcoming Events: Meet the Author event on February 5th. Virtually meet with author/illustrator Nidhi Chanani at 5:30.

Library Tip: Reading before bed is a great way to relax and prepare for a great night's sleep. Have your child read before bed as a way to settle down to promote better sleep.

Happy Reading!



Classroom Spotlight

Mrs. Griffin's class evaluated their opinion writing essays using a class created rubric.





Spirit Week

TAKE A STAND.
LEND A HAND.



Tuesday

Tuesday:

United in Blue

Wear your Blue-Ribbon shirt or a blue shirt
Message: Share facts about the importance of unity and how it helps combat bullying.



Wednesday

Wednesday:

Superhero Day - "Take a Stand. Lend a Hand!"

Message: Highlight stories of real-life heroes who have made a difference in your community.



Thursday

Thursday:

Orange Twins

Message: Discuss the significance of friendship and how supporting each other can prevent bullying.



Friday

Friday:

**UNITY - Oranges, Carrots, Pumpkins, Mangos, Peppers
Head to toe orange**

Message: Emphasize that while we are all different, we share common values that bring us together.



UPCOMING EVENTS

- January 28th-31st: Unity Spirit Week
- January 28th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 3rd: NO SCHOOL, Continuous School Improvement
- February 4th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 5th: Meet the Author Event 5:00-6:00PM AES Library
- February 11th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 14th: NO SCHOOL, Teacher of the Year nominations due
- February 17th: NO SCHOOL, Presidents Day
- February 18th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 25th: Blue Ribbon Tuesday, wear your blue ribbon shirt

Reminders

- **Students wear their Blue Ribbon shirts every Tuesday**
- **Please send students in PE shoes on PE days. Click here for more information.**
- **Every Wednesday is early release @ 2:20.**
- **If your child is sick email their teacher and the registrar**



Contact Alconbury Elementary School

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Quick Links

