



# Hampton Elementary School

## April 2017

### Newsletter



#### HAMPTON ELEMENTARY SCHOOL

82 School Street,  
Hampton, N. B. E5N 6B2

[http://hampton-  
elementary.nbed.nb.ca](http://hampton-elementary.nbed.nb.ca)

*From the Main Office*

Telephone - 832-6021

Principal - Sarah Blanchard

Vice Principal - Julie Stewart

Admin. Asst. - Nancy Long

PSSC Chair - Alison Folkins  
[psscchair@gmail.com](mailto:psscchair@gmail.com)

Home & School President -  
Laura Marles  
[hes.homeandschool@gmail.com](mailto:hes.homeandschool@gmail.com)

Hampton Education Centre  
832-6143

Anglophone South Website  
[http://web1.nbed.nb.ca/sites/asd  
-s/Pages/default.aspx](http://web1.nbed.nb.ca/sites/asd-s/Pages/default.aspx)

School Bus Transportation -  
832-6429

### Principal's Message

It was wonderful to see so many families attend our second round of Parent Teacher Interviews on Thursday and Friday for this reporting period. I do try to read each and every report card completed by the teachers and I am very proud of the students on their achievements this term!

The big news this month is that HES was one of 10 elementary school finalists from Atlantic Canada in the Staples EcoPower competition. We anxiously await to find out if we won the grand prize which is announced in April to coincide with Earth Day but acknowledge all the work that is done on a daily basis by our whole school community including our Greenhouse program, recycling teams, classroom teachers, custodians and parent volunteers and staff members who make it a priority to teach our students about Earth Care. This is our third year as a finalist and we hope the third times a charm!

Our Spring Scholastic Book Fair took place during Parent Teacher interview times and is always a hit with families to celebrate the great work of our students! This month we are celebrating "Pay it Forward". Hampton Elementary staff and students would like to invite you to participate in one of these "Pay it Forward" activities. We hope you will help us continue to teach our children the importance of giving to others and "Paying It Forward". No donation is too small because every act of kindness returns to us over and over again. Here are some ideas to get you started:

- Pay for someone's coffee in the drive through
- Send a note, make a call or give a compliment unexpectedly 'just because'
- Create cards and deliver them to local seniors
- Participate in a Buy Nothing Group (give clothes, dinners, crock pots, plants—It's the services offered and off-beat requests that are perhaps the most touching, enabling people to give in the most precious ways.)

There was finally sun today on the Eve of April and we are slowly beginning to feel the warmth of Spring. As always, thank you very much for the support you give to us. Please contact the school if you have questions or concerns you would like to bring to our attention. With only three months left, our goal is to work hard by staying focused and working together to achieve all that we can for students to continue to be their best at Hampton Elementary.

- Mrs. Blanchard

### MISSION:

Help and believe in,  
Each student so  
that he or she can  
achieve his or her  
highest potential in  
a,

Safe, supportive in-  
clusive environment.

**April 14 & 17 Easter  
Weekend—No School  
for Students**  
**April 28 Prof. Lean-  
ing Day—No school  
for students**



Walk Away  
Ignore  
Talk it Out  
Seek Help

### WORDS OF WITSDOM

**My child is being victimized: when and  
how should I seek help?**

Seeking help isn't just for kids. Parents sometimes need support when their children experience bullying or peer victimization. So how do you know it's time to seek help? Ask yourself the following:

- Could someone get hurt?
- Does the situation make you feel afraid or uneasy?
- Is this something you can't handle alone?
- Did your attempts to deal with the situation not work?

If you answer yes to any of the above, it's a good idea to seek help. Check out Your Pyramid of Support at [www.witsprogram.ca/pdfs/families/pyramid-of-support.pdf](http://www.witsprogram.ca/pdfs/families/pyramid-of-support.pdf) for suggested sources of support. Every situation is different and every source of support offers different kinds of assistance, so you may need to seek help from multiple places before getting the appropriate assistance. Remember: if at first you don't get the help you need, keep seeking help until you do!

Want to know more? Explore the Using WITS with Your Child section of the WITS website at [www.witsprogram.ca/families/using-wits-with-your-children/](http://www.witsprogram.ca/families/using-wits-with-your-children/).

# Parent Power



*Hampton Elementary School Presents:*

## **A Panel Discussion—Parent Power**

Led by a Local Pediatrician, Psychologist, RCMP Officer, and Teacher/Parent  
Followed by Questions and Discussion

*Parents of children in Grades K to 8 will be empowered to:*

- *Establish communication with your child about appropriate sites and interactions*
- *Establish a means of supervision for any on-line activities*
- *Set limits on screen time*
- *All the while enjoying the benefits of the global information network!*

**April 11, 2017**

**6:00 pm to 7:30 pm**

**Hampton Elementary School Library**



Childcare for HES Students Available in the form of  
Coding for Kids with Teacher & Tech Mentor, Neil Martell  
(Please RSVP at 832-6021 as space is limited to 40 students)



## Mark Your Calendar!

### April Pay It Forward Month

- April 11th—Parent Power Night
- April 14 & 17—Easter Weekend (No School for students)
- April 22—Earth Day
- April 28th—Professional Learning Day (no school for students)
- April 28th—Pay It Forward Day

### Looking Ahead: May

- Friday, May 5th—No school for students (NBTA/ AEFNB Provincial Council Day)
- May 12th—TD BOOK WEEK  
Visit from Linda Granfield
- Friday, May 19th—No school for students (NBTA Branch 0619 Annual General Meeting)
- Monday, May 22nd Victoria Day/No School for students



## Milk Program

The current order will finish on April 13th. New forms will be sent on home on April 4th and will be due by Wednesday April 12th. This is the final order of milk for the 2016-2017 school year.

The cost of milk is 50 cents per carton of white milk and 55 cents for a carton of chocolate milk.

If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021.

## HOT LUNCH PROGRAM

The Home and School is our driving force of the HES Healthy Lunch Program. We are so thankful to this group of volunteers for the hours they put in organizing each months orders. A reminder to families, each month the order is **due by the 20th** for the next months order. For example, **all hot lunch orders for the month of May will be due by April 20th**. No late orders will be accepted. If you are new to this and would like reminders, please ensure your child is enrolled on the website:

[hes.hotlunches.net](http://hes.hotlunches.net)

## New Report Card 2017-2018

A new report card is coming for the 2017-2018 school year. Anglophone South will be the last district in the province to transition to this new report card. The A+, A, B, C, D, E rating scale will be changed to a **4, 3, 2, 1 rating scale**.

<p><b>4 Demonstrates required knowledge and skills, and is <u>excelling</u> with learning goals.</b></p>	<p><b>3 Demonstrates required knowledge and skills, and is <u>meeting</u> learning goals.</b></p>
<p>· Consistently · To a high degree · With minimal or no prompting · Is skilled at · Has fully demonstrated · Clearly · Independently · Excellent · Comprehensive understanding · Easily · Is very good at · Often uses · Skilfully uses · Understands how/that</p> <p>4+ This achievement level is reserved for outstanding achievement throughout the reporting period that surpasses grade-level expectations. *Without prompting *Confidently and independently</p>	<p>· Without prompting · Confidently and independently · Solid · Is proficient · Most of the time · Is able to · For the most part · Often can · Usually · Demonstrates · Requires some support with</p> <p>3+ This achievement level is reserved for consistently proficient achievement throughout the reporting period.</p>
<p><b>2 Demonstrates some of the required knowledge and skills, and is <u>approaching</u> learning goals.</b></p>	<p><b>1 Demonstrates limited understanding of the required knowledge and skills and is <u>working below</u> learning goals.</b></p>
<p>· Sometimes · With support · With prompting · Occasionally · Is beginning to · Has some difficulty with · Is developing · Is aware of ... but is not applying independently · Is approaching · Strives to · Has a basic understanding of · Understands some of ·</p>	<p>Is not able to · Does not yet · Is unable to · Needs a great deal of assistance · Has not yet demonstrated · Not usually · With repeated assistance · Rarely · Has difficulty with · Struggles to · Has a limited understanding of</p>

# School Improvement Plan

2015-2018

The School Improvement Plan for Hampton Elementary encompasses four main areas. Literacy, Numeracy, School Climate and Enhancing Communication with parents about the School Improvement Plan. The plan is posted on our website and is reviewed monthly by staff and members of the PSSC. There will be updates in the monthly newsletters within areas of the School Improvement Plan.

## Learning about Literacy

**Goal #1 Literacy: To develop and improve instructional practices, assessment and intervention in Literacy**

### Guided Reading at Home, a Two-Part Series

by Cathy Puett Miller, The Literacy Ambassador®

#### Part I: Figuring Out Words

*Reading is one of the things that every child must possess to be successful in life. Like walking, it is a skill that is learned, with lots of practice. It isn't a natural ability that we are born with. This two-part series by literacy expert Cathy Puett Miller is designed to give parents simple tools they can use at home to complement their child's school work, and offer additional one-on-one practice that is rewarding for everyone.*

Today's parents often say, "They just don't teach reading the way I learned it." Yet, research overwhelmingly reports that parent involvement in children's learning is critical. So, what's a parent to do? How can you help your child get off to a strong start and succeed as a reader?

Today, many classroom teachers use an instruction method called *guided reading*. The ideas used in guided reading help children make sense of what they read, at first with help, and later on their own. Teachers often pick books that are just the right reading level for your child so he can have a lot of success in these activities. Although teachers are the experts, you can use a few of the same techniques at home with great results.

**Guide Point #1: Don't give your child the answer.**

Guided reading is about equipping your child. Think about teaching him to tie his shoes; you want him to eventually do it on his own. When she is reading to you, it may seem positive to just tell him the word she's struggling with. Instead, try asking questions to help your child do it on her own.

**Guide Point #2: Enjoy the reading experience by being conversational and supportive. Praise their efforts and celebrate their successes.**

Just because you are helping with homework or reading doesn't mean you have to turn your house into a classroom. Relax and make your questions conversational, a natural part of the reading process. Be positive and encouraging to your youngster and reward him whenever he tries hard.

**Guide Point #3: Be consistent; practice makes perfect.**

Choosing to spend time reading with your child every night (both letting them read to you and you reading to them) takes a commitment. When you weigh the benefits, however, you'll soon see that carving out this time is well worth it.

[http://www.thereadingtub.com/pdfs/our\\_guided\\_reading\\_set.pdf](http://www.thereadingtub.com/pdfs/our_guided_reading_set.pdf)

## Numbers, Numbers, Everywhere

**Goal #3 Numeracy: To develop and improve instructional practices, assessment and intervention for Numeracy**

### Measurement: Perimeter, Area and Volume

Measurement is an important human activity; it is an every day skills that allows us to quantify and understand the world around us. Simply put, measurement is the comparison of an attribute with a standard unit of measure (i.e. seconds, metres, kg, cm<sup>2</sup> etc.).

Grade 3: students learn to use a ruler to measure length and to measure perimeter

Grade 4: students learn to measure area of regular and irregular shapes

Grade 5: students continue to work with perimeter and area and learn to measure volume of prisms and capacity.

#### Things you can do at home:

Measurement scavenger hunt. Have your child search for items of a given length, mass or capacity. Example: find something that is 12 cm long; find something that weighs 1 kg. You could also hunt for objects that are about each measure, example: find something that is about 1 L. This will help your child improve his/her estimation strategies.

Pantry measurement: write the dimensions of pantry items on sticky notes. Have kids measure and stick the dimensions to the right object.

Ask your child to estimate and measure the length, width, height, or perimeter of objects around the house. For example, when your child is setting the table, ask for an estimate, then work together to measure the perimeter of the table, or a place mat.

When shopping, have your child identify items sold by mass (g or kg).

Candy Bar volume: measure and record the length, width and height of a candy bar, then multiply to calculate the volume. This can be done with various items (food and not!)

Construct a zoo: use gride paper and have your child design a zoo for our community. Once done, have your child calculate the total amount of fencing required (perimeter) and the total area needed for the zoo. This activity can be made more challenging when you place a limit of the amount of fencing used, or the amount of space allocated, for example, you only have 200 m of fencing, how many enclosures can you make and which animals will be included? Or there is only 1000 m<sup>2</sup> allocated for the zoo, how will that impact which enclosures can be made, and which animals can be included?

Measure the perimeter, area and volume of your bedroom and compare to other rooms in your home.

## **PSSC—Parent School Support Committee**

### **Next Meeting:**

Mon. Apr. 24th, 6:30p.m

The PSSC met on March 20th, 2017 in the library. We discussed many items including the HES Teacher Perception Data, Early Immersion and the upcoming Parent Power Night. We were happy to welcome our DEC member Mr. Malone who brought greetings from the DEC as well as shared about his role as DEC member.

Our **Parent Power Night** is set to be an informative evening with professionals from the community who are dedicated to supporting parents and resolve to make kids lives better! Pediatrician Dr. Sarah Gander, Psychologist Dr. Beth Seamans, RCMP Cst. Jessica Beaulieu and teacher/parent Marlise Widderhoven are joining as a panel of specialists ready to share information in each of their fields and also field questions regarding Technology in the home and how to empower parents to protect and critically evaluate how your children are using technology.

Our next meeting is scheduled for Monday, April 24th (a change from the third Monday due to Easter Monday and we are meeting at 6:30pm in the HES library.

For review of previous meeting minutes, you can find them under the "For Parents" dropbox on our Hampton Elementary School website or follow the link here: <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/PSSC.aspx>

## **Home and School Association**

Back by popular demand, Coding Club will be starting after school on Thursday, April 6<sup>th</sup>. It lasts for 6 weeks at a cost of \$70. Students will learn how to "code" a game. The maximum class size is 20 students. The link to register can be found here: <https://form.jotform.ca/70813266116250>. For questions or more information, please check on the HES H&S Facebook page.

On Friday, April 7<sup>th</sup>, we will be having an afterschool movie. "Sing" will be shown in the gym with students receiving popcorn and a bottle of water for \$5. Please watch for permission slips coming home soon.

Kredl's are offering their Produce Packs as a H&S fundraiser, just in time for Easter. The cost of each box is \$40 and \$10 from each box sold will go towards our playground improvement fund! It's important to note that **the class that sells the most boxes will win a pizza party from Kredl's**. Orders will be accepted until Thursday, April 6<sup>th</sup>.

We will be looking for volunteers to help with Big Fair Day, so please mark Saturday, June 17<sup>th</sup> on your calendar!

**Our next H&S meeting is on April 13<sup>th</sup> at 7PM.**

Please check out the Hampton Elementary School Home and School group on Facebook for ongoing updates and volunteer opportunities. Our Home and School Meeting Minutes can be found under Home and School on the HES school website: <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/Home-and-School.aspx>

Questions? Email [hes.homeandschool@gmail.com](mailto:hes.homeandschool@gmail.com)

~submitted by Erin Roy

### **Next Meeting:**

Thurs. April 13, 7PM

## Celebrate Our Volunteers

National Volunteer Recognition is usually the last week in April. The students and staff wish to thank all of our hard working volunteers for their tireless efforts in making Hampton Elementary School a great place to work, learn and play. To show our appreciation to all our volunteers, we will be hosting a volunteer breakfast celebration. All volunteers are welcome to attend this breakfast in their honor. See invitation below and please mark this very special day on your calendar.

### Please Come to Our Volunteer Breakfast

The staff and students of Hampton Elementary School would like to thank you for your support this year. You have helped make so many things possible.

**When:** Thursday, April 27th, 2017, 7:45 a.m.– 8:30 a.m.

**Where:** Hampton Elementary School Library

RSVP by calling our secretary, Mrs. Nancy Long at 832-6021 by Monday, April 24th, 2017.



## Policy 711—Healthy Eating

### Secrets to Making Healthy and Fun School Lunches

#### Pick a theme

Tap into your kids' creative side by following a theme.

- The dip: Cut a baked chicken breast into strips, and pack them with honey mustard for dipping. Add carrots and broccoli to dip in fat-free or low-fat ranch dressing.
- Backwards: Make an inside-out sandwich using lettuce to wrap turkey, fat-free or low-fat cheese, and tomato.
- Mexican food Mondays: Let your child build healthy burritos or tacos with: whole-wheat tortillas, lettuce, fat-free or low-fat sour cream, salsa, brown rice, and beans (not refried).

#### Keep it interesting

Pack a small amount of many foods. Use lots of containers or a bento-type lunch box to keep things interesting. Cut sandwiches into fun shapes, add colorful fruits and vegetables in different sizes, and pack yummy dips such as fat-free or low-fat yogurt or hummus.

#### Skip the white bread

Mix it up. Use whole-grain breads, pitas, and tortillas. And try new fillings.

- Fill a pita with your kid's favorite veggies. Add hummus for flavor.
- Spread pizza sauce on a whole-wheat tortilla, add low-fat or fat-free mozzarella cheese, then melt, roll, and slice.

#### Mix up the sides Go past pretzels!

- Dip apple slices in honey. Pack snap peas, sliced bell peppers, or cucumbers for color and crunch!
- Add some variety with air-popped, low-fat popcorn.  
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-school-lunches.pdf>

## April Wellness Theme—Declutter

Here are the Ground Rules for decluttering your house:

1. Everything you own should have value, either because it's functional or beautiful or you just love it. Remember the question of what you'd grab if your house were on fire; that's your baseline for determining an object's worth.
2. Every item needs a place where it "lives." Setting things down on the coffee table or kitchen counter creates piles and confusion. People may laugh when you say, "Where do your keys live? They live in a bowl or on a hook by the front door"—but you never lose any-thing when you put it where it lives.
3. Focus on one thing at a time. Multitasking is supposed to help you get more things done quickly, but when you try to do 19 things at once, everything ends up incomplete. You're trying to simplify your life, so simplify your approach to getting organized.



## EARTH DAY 2017

Earth Day is just around the corner! April 22<sup>nd</sup> has been recognized as Earth Day since the early 1970's and was originally created to highlight the need for all of us to be involved with environmental protection.



Although many of our communities organize neighbourhood clean-ups and earth friendly activities for us to participate in on Earth Day, more and more schools are trying to make the environment a focus in the day to day lives of students and staff.

Schools that have opted to participate in this rigorous program create a "Green Team" consisting of students and teachers. In some cases, parents, principals and custodians also participate to create a team that truly reflects the entire school community. This Green Team takes a leadership role in the school. Students are empowered to take a close look at how the school is conserving energy, minimizing waste, greening up the school grounds, engaging in environmental stewardship and environmental leadership. The goal is to create environmentally conscious citizens who think about their impact on the environment as they walk through their day-to-day life at school, at home and in the community. By supporting our children to grow up green, we are helping to create a more sustainable future.

## Physical Education Corner

### Badminton

Badminton has become a real hit in the gym over the past few weeks. Students are improving their serving and rallying techniques with every lesson. We will continue to learn the rules of the game and build on our new skills over the next few weeks.

Hampton Elementary has been invited to the Westfield School Badminton Jamboree that is taking place on April 18<sup>th</sup> at 3:30 pm. HES will be bringing 5 grade five co-ed teams to the meet.

### Intramurals

Ball hockey will begin mid-April for grade five students.

### HES Ninja Warrior

Do you have what it takes to be the next HES Ninja Warrior? Students will be put to the test later this month as they make their way through numerous obstacles that range in difficulty. As students attempt to complete the entire course, they will be faced with many challenges that require a variety of different skills such as balance, strength, agility and accuracy.

### Grade Three March Outcomes

D1: Select and perform locomotor and non-locomotor skills (with and without objects) in simple sequences individually, and with a partner.

D2: Solve movement tasks using given criteria.

D9: Demonstrate ways to send and receive a variety of objects with and without equipment such as a racquet, baseball bat or hockey stick.

K3: Explain ways enjoyment can be obtained by being physically active.

### Grade Four and Five March Outcomes

D1: Select and combine locomotor and non-locomotor skills into complex movement sequences individually, with others and with objects.

D5: Demonstrate ways to send and receive an object with increasing accuracy, individually and with others.

D6: Demonstrate ways to send and receive an object with increasing accuracy, using an implement.

K1b: Be able to describe the components of physical fitness.

Submitted By: Mrs. Henry

## Splash and Dash

In conjunction with the Town of Hampton and funding from ParticipACTION 150, Mrs. Brenton, PE specialist from Dr. A. T. Leatherbarrow, and other trained coaches will be offering weekly multi-sport clinics beginning at the end of April (evenings). These clinics will introduce your child to the growing sports of aqua-run, aqua-bike, and triathlon leading up to Hampton's first Splash and Dash for kids (Saturday, June 10). The swim and run distances for this event are determined by your child's age. Now doesn't that sound fun?? More information to follow! #150playlist

You can check out all kinds of great Playlist activities here:

<https://www.participaction.com/en-ca/programs/participaction-150-play-list>

~submitted by Mrs. Brenton

## Notes from the Music Room...

Exciting news! Our music programme is getting the loan of more than a dozen keyboards for the rest of the school year! We are so excited! Students will have the opportunity to learn about keyboards, play some songs and compose. All that hard work learning to read notes on a staff will be put to good use. Students learning ukulele will wrap up that unit in the next couple of weeks and then everyone will be 'tickling the ivories'! Can't wait!

Mrs. Henry and Mrs. Hill

## Guidance Corner

### April News Letter- Guidance

During the last few weeks we have started The 7. Habits of Happy Kids, we have met the 'kids' of 7 Oaks and each child can relate to one or more of these 'kids'. We are finishing Habit 1 this week. This habit focuses on being proactive as opposed to being reactive. The children are realizing that they are in control of their own choices. They can take responsibility for their actions and not blame others, they can choose to have positive attitudes and never give up. If we think ahead and plan ahead we can often avoid negative consequences.

Our girls group has been learning about nutrition and are exploring the Canada Food Guide. Our Rainbows group is finally starting this week.

April 28 is Pay it Forward Day in ASD-S, so we will be discussing how we can make our world a better place by paying it forward!

Mrs. Clarke, the school guidance counsellor is available on Tuesday and Thursday mornings each week to meet individually with students. Please feel free to contact the school or your child's teacher if you would like her to chat with your son or daughter. Sometimes just sharing a problem with a caring person can make it easier to manage.

Mrs. Mary Clarke  
mclarke@nbed.nb.ca

## Attendance Matters

### **Attendance Matters...**

because school comes first.

### **Attendance Matters...**

because being present and on time has a positive impact on all learning. It starts in the early years.

### **Attendance Matters...**

because when your child attends every day they are building habits that last a lifetime.

### **Attendance Matters...**

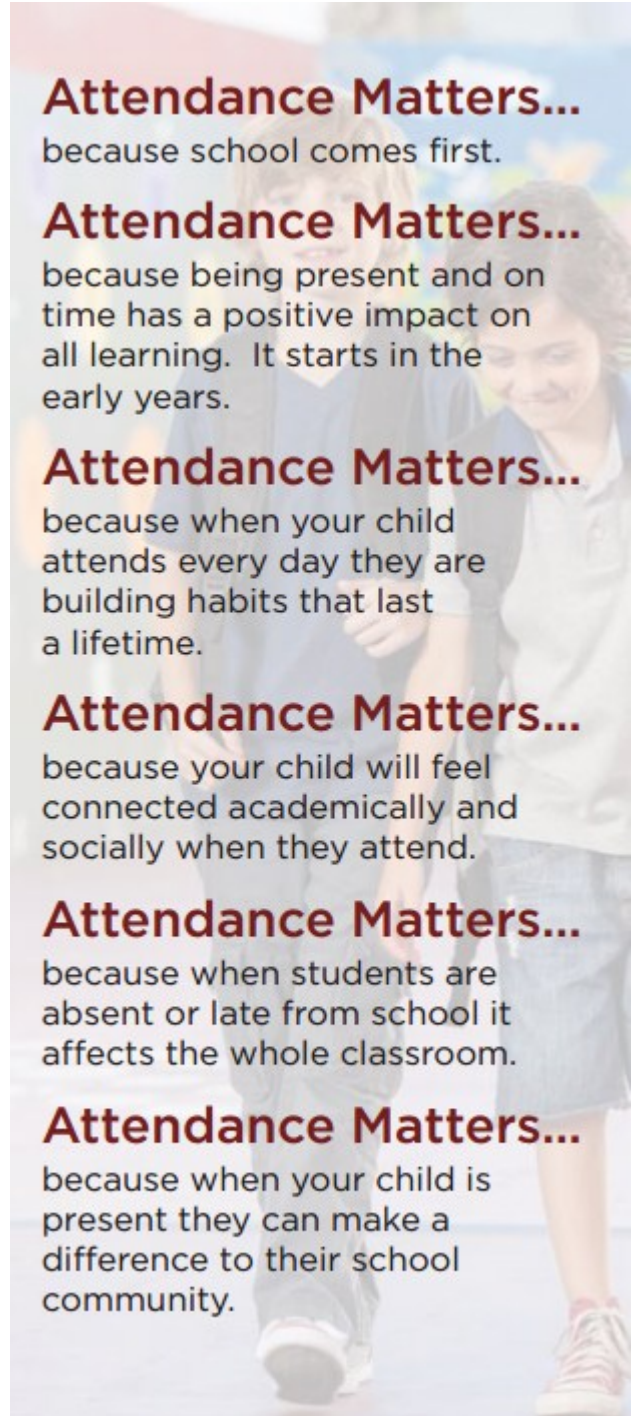
because your child will feel connected academically and socially when they attend.

### **Attendance Matters...**

because when students are absent or late from school it affects the whole classroom.

### **Attendance Matters...**

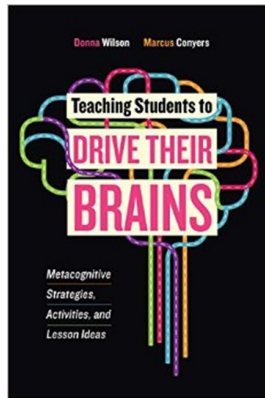
because when your child is present they can make a difference to their school community.





## **Staff Book Study:**

As part of our School Improvement Plan, each year our staff undertakes professional reading together. In line with our ends policy 5: to understand mental health, this year our staff are reading the book *Teaching Students to Drive their Brains* by Donna Wilson and Marcus Conyers. Today's educational standards require that teachers be supported so that *all* students can become better at creative problem solving, analytical thinking, effective communication and collaboration. As educators (and parents!), one of the most vital and versatile skill sets we can teach students and help them to develop are the abilities to think about their learning, to be aware of factors that affect their intellectual performance, to know how and when to use cognitive strategies, and to monitor and adjust their performance of learning tasks.



## **Provincial Math “Big Ideas”:**

The Province of New Brunswick has released Grade level brochures for Mathematics. The brochures are aimed at parents and provide “The Big Ideas” for each grade level.

Grade 3—

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Math/MathParentBrochure-Grade3.pdf>

Grade 4—

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Math/MathParentBrochure-Grade4.pdf>

Grade 5—

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Math/MathParentBrochure-Grade5.pdf>

## **A Review of: TNB Young Company Damsel in Distress: the Girl who Saved Herself**



## **Children’s Declaration of Human Rights: Hampton Elementary School Artist in Residency 2017**

The students of Hampton Elementary have been busy planning and creating a mural that will continue to illustrate The Rights of Children as outlined in the Universal Declaration of Human Rights. We are working again with community artists, Sue and Kathy Hooper and look forward to our unveiling later in the Spring! This year students are focusing on the following articles:

Article 1, Right to equality: You are born free and equal in rights to every other human being. You have the ability to think and to tell right from wrong. You should treat others with friendship.

Article 2, Freedom from discrimination: You have all these human rights no matter what your race, skin colour, sex, language, religion, opinions, family background, social or economic status, birth or nationality.

Article 3, Right to life, liberty and personal security: You have the right to live, to be free and to feel safe.

Article 4, Freedom from slavery: Nobody has the right to treat you as a slave, and you should not make anyone your slave.

Article 5, Freedom from torture and degrading treatment: Nobody has the right to torture, harm or humiliate you.

Our students enjoyed a wonderful presentation by Theatre New Brunswick’s Young Company. This one hour performance captivated a world with gender neutral interests and encouraged students to defy gender stereotypes. You can read a great review here:

<https://www.telegraphjournal.com/victoria-star/story/100124086/>

## **Spring Book Fair:**

Our Spring Scholastic Book Fair took place during Parent Teacher Interview times. This year’s theme is “Happy Camper” with a great selection of new titles. Thank you for giving towards the gift of reading! Also, a percentage of our sales will go directly to classrooms to benefit many students throughout the school!



“Success is not the key to happiness. Happiness is the key to success. If you LOVE what you are doing, you WILL be successful.”



# SPEAKING OF SPEECH AND LANGUAGE...

(from the ASD-S Speech-Language Pathology Department)

## LANGUAGE AND HUMOR

(FROM: [HTTP://KIDHEALTH.ORG/EN/PARENTS/FUNNY-SCHOOLAGE.HTML?WT.AC=P-RA#](http://kidshealth.org/en/parents/funny-schoolage.html?wt.ac=p-ra#))

***So did you hear about the colt with a cold?***

***He's a little hoarse.***

***How about the pig with a rash?***

***He needed a little oinkment.***

If these jokes get a laugh at your dinner table, we're guessing you have a school-age child.

**Orange Ya Gonna Laugh?** Around age 6 or 7, kids start to understand language well enough to know that words can have two (or more) meanings. As your child develops this cognitive ability to grasp different meanings, riddles, jokes, and puns start making sense and will be a top source of enjoyment for the next 3 or 4 years. Kids this age delight in their newfound ability with an insatiable appetite for jokes of all stripes. Don't be surprised if it feels like you're living with Jay Leno, with every meal an opportunity for a monologue. What your child is really doing is enjoying the ability to make these connections and to finally be the insider, the one with the info and the answers.

**What Else Is Soooooo Funny?** General categories of humor that kids this age often find funny include:

**So this sponge lived under the sea in a pineapple...** Kids love nonsensical situations, especially when they involve grown-ups. The Amelia Bedelia series of books are favorites because the main character has such silly responses to rational requests (when asked to "draw the drapes," she draws a picture of curtains, for example).

**Nyuk, nyuk, nyuk!** Whether it's eyes getting poked, heads getting hit by hammers, or an anvil falling on the head of Wile E. Coyote, kids often find violence to be funny. (Itchy and Scratchy on "The Simpsons" have made a running joke out of this for years.) It's OK if they find these antics funny, but be sure they understand that these situations aren't real and shouldn't be imitated.

**The old boutonniere trick.** Slapstick and practical jokes can be very funny for school-age kids. Watching someone get sprayed in the eye with water or jumping out and yelling "boo" might have kids rolling in the aisles. But teach the difference between a good-natured practical joke and one that hurts someone physically or causes hurt feelings. As kids get older, they may deal with anxiety by laughing or making inappropriate jokes. A friend tripping or falling down or a sibling being punished may cause laughter. Some kids also can't help laughing when they're in trouble with a parent or teacher. In both cases, **laughter** is a way of relieving fear or anxiety.

### **Why Does Humor Matter?**

The ability to see and understand humor is increasingly important as kids move into school. As early as preschool, those with a strong sense of humor are better liked by their peers, and have more friends, higher self-esteem, and a more positive outlook on life. They're better able to deal with their own quirks and are more tolerant of others.

Most important, kids who can smile at their own mistakes are better equipped to handle teasing, bullies, and the adversities of childhood, both big and small.

### **Encouraging the Yuks**

For an adult, school-age humor can get a little tiresome. But there's really no downside to a child's love of jokes, riddles, and puns. Playing with language introduces new words and meanings and builds vocabulary. Repeating the same jokes or riddles develops memory skills. And poring over joke books teaches the value and enjoyment to be found in reading. Finally, kids learn many creative life and problem-solving skills by studying jokes and making up their own.

So what can you do? Keep your child well supplied with material. Buy or check out joke books from the library. Look for jokes, riddles, and puns together online. And best of all, make your own. Play the pun-a-day game. Memorize riddles and try to stump each other. Tell jokes and see who can keep from laughing the longest. Not only will you and your child share enjoyment, you'll be working on your own mental agility.

Other fun things to try:

Play a backwards day. Wear pajamas all day long, eat pizza for breakfast and pancakes for dinner.

Play the "Make Me Laugh" game — everyone takes a turn trying to make the group laugh doing whatever he or she thinks is funny.

Watch a funny movie together, rewinding your favorite parts.

Make your own funny home video — scripted or not — and stage a private screening.

And don't forget those good old standbys from your childhood: staring contests, tickle fights, and pillow battles — whatever gets you giggling. The most important thing is to have a playful attitude.

### **Laughing With Kids**

It's important to encourage your child's sense of humor, which is finally starting to resemble yours. He or she delights in telling jokes that make you laugh and in "getting" jokes that you tell. Let this excitement about the humor in language be contagious.

And beyond simply enjoying jokes together, be a good humor model. Look for the humor in everyday situations.

Laugh at yourself and deal lightly with irritations. Use humor as opposed to scolding; crack a joke to ease tension.

You'll not only be giving your child the tools needed to handle difficult situations in the future, you'll find that you feel better too.