



Hampton Elementary School

April 2018

Newsletter



HAMPTON ELEMENTARY SCHOOL

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

<http://hampton-elementary.nbed.nb.ca>

From the Main Office

Telephone - 832-6021

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Hampton Education Centre
832-6143

Anglophone South Website
<http://web1.nbed.nb.ca/sites/asd-s/Pages/default.aspx>

School Bus Transportation -
832-6429

MISSION:

Help and believe in,
Each student so
that he or she can
achieve his or her
highest potential in a,
Safe, supportive
inclusive environ-
ment.

Wednesday, April
25th is a half day
for students—Staff
Professional Learning

Principal's Message

It was wonderful to see so many families attend our second round of Parent Teacher Interviews on Wednesday and Thursday 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 is 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 FOURTH year as a finalist and we hope the panel of experts recognizes our consistency in being leaders in this area!

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 action 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.)

Coming up in April, we are so very pleased to invite all of our Hampton Families to an evening of learning regarding Mental Health: Anxiety in our second annual Parent Power Night (see page 2 for ad). This event is open to all families in our ASD South schools. We have a wonderful panel of experts ready to share knowledge and answers your questions. This event is being held in advance of Mental Health Awareness Month which is recognized in May.

The snow is almost gone and it is always nice to feel the warmth of Spring return. 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

WORDS OF WITSDOM



Walk Away
Ignore
Talk it Out
Seek Help

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 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? www.witsprogram.ca/families/using-wits-with-your-children/.

Parent Power



Hampton Elementary School Presents:

A Panel Discussion—Mental Health: Anxiety Affecting Children & Their Relationships

Led by a Local Psychologist, Guidance Counsellor, Social Worker,
Occupational Therapist, and Health & Wellness Coach
Followed by Questions and Discussion

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

- *Recognize the signs and possible causes of anxiety affecting children*
- *Be proactive in areas or situations of our lives, within our control, that reduces anxiety*
- *Develop strategies to deal with anxiety in areas of our lives beyond our control*
- *Recognize when we should seek professional help*
- *Learn strategies as a family that help your child thrive even in times of anxiety*

Thursday, April 19, 2018

6:30 to 8:00 pm

Hampton Elementary School Library



**Childcare for Students will be Available
With our School-Based Guidance Teacher
(Please RSVP at 832-6021 as space is limited)**



Mark Your Calendar!

April Kindness/Pay It Forward Month

Monday, April 2—Schools Closed (Easter Monday)

April 9th- Last round of milk orders (due Thursday)

April 19th—Parent Power Night 6:30-8pm

April 22nd—Earth Day

April 25th—Half Day of School for Students

April 28th—Pay It Forward Day

Looking Ahead: May

Wednesday, May 2—Jump Rope for Heart

Thursday, May 3—Volunteer Appreciation Breakfast

Friday, May 4—Provincial Council Day (No School for Students)

Monday, May 7—Teacher Branch 0619 Meeting Day (No School for Students)

Thursday, May 17th—WE Day Saint John

Monday, May 21—Victoria Day (Schools Closed)

Milk Program



Our Final round of milk runs from April 16th until June 15th. There is not milk offered the last week of school as students are often away from the school for field trips and special events.

Order forms are due back by April 12th. The cost of milk is 50 cents per carton of white milk and 55 cents for a carton of chocolate milk. Ordering is now available ONLINE!

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

Hot Lunch Program

The current hot lunch program runs monthly. All orders are due by the 20th. Home and School volunteers keep this program going by contacting vendors, setting up the online system, collecting and counting order money and ensuring the students receive the appropriate orders. We thank our parent volunteers for the hours of work dedicated to allowing our students to have access to hot lunch options which are delivered directly to the school and classrooms. Orders are now placed on a monthly basis. The next order for the month of May will be due April 20th. Please contact the Home and School Association for questions regarding Hot Lunch.

hes.hotlunches.net

Chronic absenteeism is defined as a student missing 10% or more of school—approximately 18 days a year, or just two days every month. Attendance letters are prepared monthly when students have missed 10 or more days of school. The research on students who are considered chronically absent is alarming.

The attendance rate is important because students are more likely to succeed in academics when they attend school consistently. It's difficult for the teacher and the class to build their skills and progress if a large number of students are frequently absent. By sixth grade, chronic absence becomes an early warning sign that a student may drop out of high school.

WHAT CAN WE DO?

Many parents and students don't realize how quickly early absences can add up to academic trouble. Community members and teachers can educate families and build a culture of attendance through early outreach, incentives and attention to data.

Health concerns, particularly asthma and dental problems, are among the leading reasons students miss school in the early grades. Schools and medical professionals can work together to give children and families health care and advice. Don't permit missing school unless your child is truly sick. Use a thermometer to check for a fever. Remember that stomach aches and headaches may be signs of anxiety.

Schools too often overlook chronic absence because they track average attendance or unexcused absences, not how many kids miss too many days for any reason.

The lack of a reliable car, or simply missing the school bus, can mean some students don't make it to class.

These are a few steps that communities and schools can take. How do you think you can help?



School Improvement Plan

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.

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 everyday 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, cm² 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 m² 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.

Submitted by Jillian Kiervin, Numeracy lead, HES

PSSC—Parent School Support Committee

Next Meeting:

Mon. Apr. 16th, 6:30p.m

The PSSC met on Monday, March 19th, 2018 in the Hampton Elementary School Library.

The PSSC new business included updates for Parent Power Night, approval of the *Grade 6 Survival Guide to Middle School*, Professional Learning Feedback survey and Principal Feedback forms.

In addition to these topics we also reviewed the monthly school based data including attendance and behaviour data. Our school population is stable with 255 students and Grade 4 students will be writing a Provincial Achievement Assessment in Reading, Math and Science on May 22-June 1st.

At the May meeting, we will be looking at the School Teacher Perception Survey data as well as our data tracking turn out at events as this aligns with our School Improvement Plan of increasing parental involvement in the school.

The PSSC is hosting an event later this month and we encourage all families to attend. Child care will be available on site. This year the topic will be childhood anxiety and what we can do to support or children. We will be welcoming a new panel of experts who will provide understanding and support for this prevalent topic.

For information on the HES PSSC, including meeting minutes you can go to the Hampton Elementary website and click on the PSSC tab. <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/PSSC.aspx>

Home and School Association

Next Meeting:

Thurs. April 12, 6:30PM

Online Survey

We had 57 parents do the online survey from Home & School. Thank you to everyone that completed it. The winner of the \$5 Healthy Lunch credit was Misty Gallant. We have been using the results of this survey to help guide our Healthy Lunch choices.

Staff Appreciation

Thank you to Andrea Hughes for coordinating the week. Thanks also goes out to all of the parents that send in donations for Staff Appreciation week in February. Everyone was very appreciative of your efforts.

Afterschool Movie

We will be having an afterschool movie on Thursday, April 12th. The movie shown will be "Coco." Students will receive a bag of popcorn and a water bottle for \$5. Permission slips will be coming home soon with more information.

Calling All Artists! Big Fair Day Art Contest

The Home & School Association is having an art contest to design the new punch cards for Big Far Day 2018. The top prize will be 2 punch cards. Rules and a template will be available at the school office after April 9 . All entries must be on the template in black ink and received by Friday, April 20. The entries will be judged at our May meeting and announced shortly after.

The next Home and School meeting is being held on Thursday, April 12th at 6:30 PM. Hope you can join us!

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

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, May 3rd, 2018, 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 30th, 2018.



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 anything 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 2018

Earth Day is just around the corner! **April 22nd** 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 neighborhood 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

Badminton

Hampton Elementary has been invited to the Westfield School Badminton Jamboree that is taking place on April 17th. HES will be bringing 5 grade five co-ed teams to the meet. Tryouts will begin the first week of April.

Intramurals

Ball hockey intramurals will continue mid-April for grade four students. Thank you grade five coaches and helpers, you are all doing a fantastic job!

Throwing and Catching Strategies

Through a variety of low organized games and activities, students will be practicing their sending, receiving and defending strategies with and without an implement this month. We will be using everything from basketballs and bean bags to scoops and foam balls.

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 3 Curriculum Outcomes

- 1.1 Develop movement concepts with a variety of movement activities.
- 1.3 Combine a variety of fundamental locomotor and manipulative skills.
- 2.1 Extend existing tactics that can be used in a variety of games and activities.
- 3.1 Apply emotional and social skills to the learning and performance of physical activity.

Grade 4 Curriculum Outcomes

- 1.1 Apply movement concepts with a variety of movement activities.
- 1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts.
- 2.1 Integrate tactics in a variety of games and activities.
- 3.1 Select emotional and social skills that apply to the learning and performance of physical activity.

Grade 5 Curriculum Outcomes

- 1.1 Refine movement concepts with a variety of movement activities.
- 1.3 Apply combinations of fundamental locomotor skills and manipulative skills in more complex movement contexts.
- 2.1 Select appropriate tactics in a variety of games and activities.
- 3.1 Model emotional and social skills that apply to the learning and performance of physical activity.

Submitted By: Mrs. Henry

A Note from the Music Room...

In the Music Room



We are very excited to announce that this month all students will begin Recorder Karate! This is an innovative method for students to learn to play the recorder and to understand the basics of reading traditional music notation at the same time. This is a motivational program where students receive coloured belts when they complete a song or task. These belts will be tied around the end of the recorders for students to monitor their own progress.

Submitted By: Mrs. Henry

Guidance Corner

Guidance classes are continuing lessons on **Growth Mindset**. Later this month we will be beginning activities and exercises on **Mindfulness**.

Mindfulness is the act of being aware of what you are sensing and feeling at every moment. Practising mindfulness can help bring a variety of physical, psychological and social benefits. Some of these benefits include:

- reduces stress and anxiety
- improves focus and self-awareness
- improves impulse control
- helps you relax
- helps you sleep better
- enhances emotional regulation
- increases compassion and kindness

By practising mindfulness in various ways, we will help to create both calmer and engaged classrooms.

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—

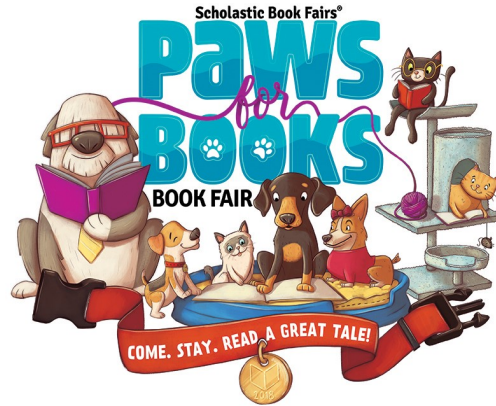
<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Math/MathParentBrochure-Grade4.pdf>

Grade 5—

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

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!



Parent Corner: Table Talk

Ways to extending conversations at the dinner table!

Effective Prompts and Questions to Extend Conversations:

- ◆ Say a little more about that
- ◆ Tell me more.
- ◆ Explain more about...
- ◆ I wonder why...(parent thinking aloud)
- ◆ Tell me why you think or feel that way.
- ◆ So you think that...
- ◆ I remember...(parent thinking aloud)
- ◆ Let's see, what do I know or think I know about that? (parent thinking aloud)
- ◆ I wonder what makes e.g., a good friend (parent thinking aloud)
- ◆ How many points of view do we have? Let's share.
- ◆ Tell me why you think or feel that way.
- ◆ Convince me that...
- ◆ Let's think of another perspective on this—another point of view.



TALK AND LISTEN MORE

Taken from Miriam Trehearne “Multiple Paths to Literacy”



SPEAKING OF SPEECH AND LANGUAGE...

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

Practice Those Memory Skills!

Working memory skills can affect learning in many different subject areas including reading and math. Working memory is like a mental sticky note that keeps track of short-term information. It plays an important role in concentration and in following instructions such that it helps kids hold onto information long enough to use it.

When students have weak working memory skills, it can make it challenging to follow multi-step directions because they may have trouble keeping in mind what comes next while they're doing what comes now. The part of the brain responsible for working memory is also responsible for maintaining focus and concentration which are very important for school success. Below are some suggested activities to help develop memory skills.

With younger children:

Play matching memory games, increasing the number of cards as your child gets better at the game.

Memorize nursery rhymes, poems and songs.

Make sure your child has memorized basic family information (full name, age, address and telephone number).

When doing chores, give 2-3 chores at a time. You can gradually increase the length and complexity of your directions. This will help increase your child's memory for what is heard.

In the car make up number and word strings and have your child repeat them back to you. For example, 7-2-3-7 or hat-cow-pig (you can use related or unrelated word strings). Take turns and see what they can come up with.

Play "What's Missing". Hide a variety of small objects behind a book, take away an object or two at a time. Move the book and see if your child can tell you what's missing.

Play "Simon Says" with an increasing number of movements. The purpose is to remember the multi-step movements, but tricking once in a while is still fun.

Have your child practice retelling stories they enjoy, using proper sequence and grammar. Model and correct as needed.

With older children:

Have them memorize and recite longer poems and songs.

Practice math facts. Higher level math comes so much easier when children have remembered their math facts.

Play "20 Questions". One person thinks of an object and the other players take turns guessing what it is.

Take spelling and vocabulary practice a step further. Make sure your child can explain the words and use them properly in sentences.

Talk about topics being discussed at school. This gives your child an opportunity to remember and repeat facts on relevant topics.

Encourage your child to memorize and tell jokes. These are a fun way to work on memory skills.