



Hampton Elementary School

April 2016

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

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Principal - Sarah Blanchard

Vice Principal - Julie Stewart

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PSSC Chair - Jamie Foster
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Hampton Education Centre
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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

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 22 and April 25
are Professional
learning days. No
School for students.**

Principal's Message

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 who the winner is which will be announced in April 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.

We also are celebrating a new mural in the lobby as well as a Stellar Student wall to acknowledge the fine work of our students (see page 7 for photos!).

Our Spring Scholastic Book Fair took place during Parent Teacher interview times. This year's theme was "Groovy Reading" with a great selection of new titles. Thank you for giving towards the gift of reading. Also, a percentage of the sales goes directly to classroom libraries.

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. 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

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.

There was no sun today but 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. 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



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 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/.

Mark Your Calendar!

April *Pay It Forward Month*

April 1st—Parent Teacher Interviews Morning/No School for students

April 13th—Playground Committee Presentation

April 22 & 25—Professional learning/No School for Students

April 29th—Volunteer Appreciation Breakfast

Looking Ahead: May

Friday, May 6th—No school for students (NBTA/AEFNB Provincial Council Day)

May 13th—TD BOOK WEEK Visit from Storyteller

Friday, May 20th—No school for students (NBTA Branch 0619 Annual General Meeting)

Monday, May 23rd Victoria Day/No School for students

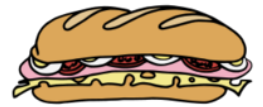


Hot Lunch and Milk Program

Our 4th round of milk begins this month. Stay tuned for Milk Order forms which will be distributed April 18th.



Our lunch tickets will continue to be sold after the announcements on Monday. Your child can buy a book of 10 hot lunch tickets for \$25. Most meals will cost one ticket (\$2.50 value). Hot lunch is cheese pizza on Monday/Wednesdays, Hamburgers and yogurt tubes on Tuesday (order placed on Monday) and Subway on Thursday (orders placed on Tuesday). Pita Pit (chicken pita & smoothie) on Friday (ordered Thursday) which will cost 2 tickets (\$5).



EARTH DAY 2016

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 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 purpose of this program is to engage students throughout the year by having them collect data about their own school, create action plans, educate others about how to make some change, and then follow up and report the results back to the school community. 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. Whether your school is involved in EcoSchools or not, many schools are working with students to actively engage them in things like litterless lunches, re-useable water bottle campaigns and reducing landfill waste. Parents can help by supporting students in their participation in these initiatives and by modeling environmentally conscious actions at home. Having conversations with your children about your choices and actions are a great opportunity for them to understand how important we are to the environment. By supporting our children to grow up green, we are helping to create a more sustainable future.



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

Numbers, Numbers, Everywhere

Goal #2 Numeracy: To develop and improve instructional practices, assessment and intervention for Numeracy

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>

The Internet is a source of many resources to help you and your child understand and practice math at the Grade 3 level and beyond.

These sites were active at the time of publication, but you should preview them first to ensure they are appropriate for your child's needs and interests.

- Interactive Math Dictionary - a great resource for you and your child: <http://www.amathsdictionaryforkids.com/>
- National Council of Teachers of Mathematics - "Illumination" interactive activities: <http://illuminations.nctm.org/>
- National Council of Teachers of Mathematics - "Figure This" puzzles and problems: <http://www.figurethis.org>
- National Library of Virtual Manipulatives - interactive activities for all grade levels: <http://nlvm.usu.edu/en/nav/vlibrary.html>
- TVO kids - collection of videos and games for math and other subjects: <http://www.tvokids.com/6-11>
- NRich - activities, games, and problems: <http://nrich.maths.org/primary-upper>
- Education Place Math a Rama - interactive games and activities, glossary and more: <http://www.eduplace.com/kids/mw>
- BBC Bitesize Maths - activities and games to practice skills: <http://www.bbc.co.uk/schools/ks2bitesize/maths>
<http://www.bbc.co.uk/education/levels/zbr9wmn>
- Cool Math 4 Kids - puzzles, games and much more: <http://www.coolmath4kids.com>

PSSC—Parent School Support Committee

Next Meeting:

Monday, April 11th

6:30 p.m.

The PSSC last met on March 14th, 2016. Our main topic of discussion for this meeting was continuing to review the data from the Tell Them From Me surveys completed by our Grade 4 and 5 students. Our meetings are always held on the second Monday of the month.

Tell Them From Me: Student Survey

All grade 4 and 5 students in the province of New Brunswick completed the Tell Them From Me Survey which included questions about school safety, bullying and academic engagement. Here are some of the results from our students:

Children at HES indicated that if bullying did occur it was more likely to be verbal or social rather than physical. 6% of the students within this age group also indicated that they had been victims of cyber bullying. The increase with cyberbullying is trending upwards for all children across Canada. Overall, children indicated that most incidents of bullying occurred outside the school (54%). Parents can play a HUGE role in this area by monitoring their child's devices and having open conversations about online dialogue and respectful internet use.

On the Tell Them From Me Survey children at HES indicated that they are **24% more likely** to tell a parent if they are being bullied rather than a teacher. This could be because some of these situations are due to Cyber Bullying and not occurring at school. However, if they see other children being bullied at school they are more likely to tell a teacher, than a parent. A significant percentage (73% & 84%) attempt to comfort or assist the victim in some way.

Students indicated a high level of confidence with the school programs which are helping them to understand bullying. Including teachers stepping in quickly (86%), safe ways to report bullying (88%), adults at the school that victims can talk to (90%) and teachers help students understand bullying (87%).

This data has been shared with the PSSC and is useful as we continue to move forward to provide a safe and inclusive environment in our schools and our community.

Our April meeting is scheduled for Monday, April 11th and we will be reviewing the Teacher Perception Data. 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

Home & School Association News

The H & S has been busy planning for our "Bigger Better Fair Day". Our goal is to bring back a small town carnival feel to this much loved and anticipated HES event. Please stay tuned for more details!

Next Meeting:

Tuesday, April 19th

7:00 p.m.

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: Friday, April 29th 2014 7:30 a.m. - 8:30 a.m.

Where: Hampton Elementary School Library

RSVP by calling our secretary, Mrs. Nancy Long at 832-6021 by Thursday, April 21st, 2016.



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.



Physical Education Corner

Did you know that there are beautiful hiking trails behind HES? Our students sure do! We hike on the trails at least once a week during PE class. Here are just a few of the health benefits of hiking for kids:

- Improved cardiorespiratory and muscular fitness
- Better bone health
- Less chance of becoming overweight
- Less chance of developing risk factors for heart disease, high blood pressure and type 2 diabetes
- Possibly reduced risk of depression and feeling less stress, more ready to learn in school
- Sleeping better at night

Mrs. Stewart <http://hamptonelementarype.weebly.com/>



Guidance Corner By: Mrs. Fischer

Guidance Corner-Mindfulness Message

It's not just adults that can stand to benefit from cultivating a focused awareness on the present moment. Evidence is starting to show that mindfulness practices could be beneficial for children for the same reasons it helps adults, contributing to [reduced stress](#), [improved sleep quality](#) and [heightened focus](#). Research is **beginning** to shed light on the power of mindfulness [as an intervention for a number of behavioral challenges](#) that children face. Like adults, children and youth experience stress. One might argue that childhood and adolescence is more stressful than ever before. Stressful events in childhood can increase the risk of developing health problems as an adult, but the impact may hit much earlier. A [recent University of Florida study](#) found that stressful events can impact a child's health and well-being almost immediately, and can contribute to the development of physical and mental health problems and learning disabilities.

Although research about children and mindfulness practice is relatively new, preliminary research is showing promise. Learning mindfulness practices — including meditation, breathing exercises, and yoga postures — may have a significant positive long-term effect on a child's development.

Most of the research on mindfulness for children has been conducted in the school setting. Recent studies have shown school mindfulness programs to be effective in [reducing symptoms of depression, stress and anxiety](#) among secondary-school children for up to six months after the program. Such programs can also help students [focus during exams](#), as well as [reducing stress and boosting happiness](#) among high school students.

Susan Kaiser Greenland, author of *The Mindful Child*, is one of increasingly many parents

fighting for a ["mindful revolution in education."](#) explaining mindfulness programs can aid kids in developing good habits that will help make them happier and more compassionate. Every parent wants a happy child who can show compassion to others.

Adapted From:

"Why Children Need Mindfulness Just as Much as Adults Do"
<http://www.huffingtonpost.com/2014/05/22/why-children-need-mindful>

A Review of: Theatre New Brunswick's The Space Between



Our students enjoyed a wonderful presentation by Theatre New Brunswick's Young Company. This one hour performance was done with absolutely no words. Our children watched as a young boy dropped off for a weekend with his grandfather, initially a bit afraid of one another learned to find common ground. Two opposing characters learn to accept their differences and embrace their family bond. Despite no dialogue between the characters, students were very engaged and you could hear a pin drop in the gym!

"I learned that real happiness doesn't come from getting but from giving."

~Gabby Bernstein

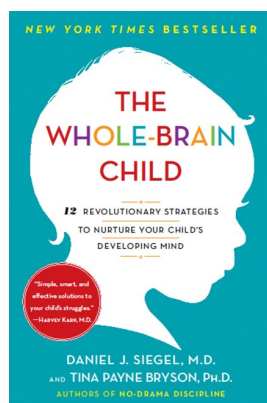
Paralympic Schools Week (April 25-29, 2016).

Paralympic Schools Week is an annual coast to coast celebration of parasport and the Paralympic Movement in Canada that promotes healthy active lifestyles for all Canadians. The program provides teachers with free resources to educate students about sports for athletes with a disability and learn about Canada's involvement in the Paralympic Games. Students gain a positive perception of people with a disability through introduction to a variety of inclusive ways to get active and get involved in parasport.

Last year over 300 schools participated and we would be thrilled to have more schools involved in this year's Paralympic Schools Week taking place April 25-29, 2016.

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 *The Whole Brain Child* by Dan Siegel and Tina Payne Bryson. Dr. Payne Bryson will be in the area on May 6th at KVHS presenting as part of the New Brunswick School Psychologists. This event is open to the public. The cost to attend is \$75 and it a full day of learning.



Children's Declaration of Human Rights: Hampton Elementary School ArtSmarts Grant 2016

The students of Hampton Elementary have been busy planning and creating a series of murals that will illustrate The Rights of Children as outlined in the Universal Declaration of Human Rights. Students participated in the design as they learned about John Peters Humphrey and about Children's Rights. Building on the long history of involvement of Hampton in the promotion and recognition of Human Rights, two community artists, Sue and Kathy Hooper, were actively involved in the design process. Please visit the lobby and take a moment to appreciate the fine work of our students and the team of teachers who put forth the effort to make this special project happen.



HES Stellar Students:

We have a new wall that is being used to celebrate our students. It is called the Stellar Student wall and students will have an opportunity to post their exceptional work on display. Each homeroom teacher will be responsible for choosing students from their class who are hardworking and completing work to the best of their abilities. Thank you to Mr. Raymond, Ms. MacGillivray for having a vision for this wall. Thank you as well to the PSSC for their financial support in helping to create this focus wall to celebrate our students!



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