



Hampton Elementary School December 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 - Candace Muir
psscchair@gmail.com

Home & School President -
Tamara Simpson
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

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.

Winter Break
Dec. 23—Jan. 7

First day back for
students: Monday,
January 8, 2017

Principal's Message

It is hard to believe that 2017 is already nearing the end. December is here and the cold has decided to grace us with its presence. We have had an incredible Fall and have yet to see the snow fly! With the colder weather, we are asking you to help us by checking in the morning to ensure your child(ren) are dressed appropriately and prepared to be outside for both recess and lunch. In most cases, children will stay outside so long as the temperature does not dip below -20C as per our District policy.

I would like to thank all our families for supporting our Book Fair during the November Parent teacher meetings. I also wanted to share that our school had a great turnout for these meetings and we thank you for partnering with us to support the learning of your children.

For the month of December we are extending our discussions from November and translating this into Acts of Kindness. We will be collecting new toys as well as non-perishable food items and toiletries for the Hampton Food Basket. As in the past, our Grade 5 students will deliver all the items collected to the Food Basket during the last week of school. This is often a favourite events of the Grade 5's as they stuff their backpacks and unload the items for the volunteers at the Hampton Food basket. The performance of our Christmas Concert is set for Wednesday, December 13th with two showings at 8:45AM and 10:30AM. Thank you to our music teachers Mrs. Hill and Mrs. Henry (and classroom teachers) for their efforts in preparing our students for this special event.

I would like to take this opportunity, on behalf of the staff at Hampton Elementary, to wish all of our students and their families a joyous holiday season. In the end, it doesn't really matter what you celebrate. It is the way we celebrate. It is a very special time of year when most of us get to share the gift of time with our families. Our Hampton Elementary family would like to thank you for the support you give us on a daily basis. Without your commitment to the children of this school, our role as teachers, educational assistants, administrative assistants, bus drivers and custodians would be more difficult. Have a happy, healthy and safe Christmas break!

- Mrs. Blanchard

WORDS OF WITSDOM



[How can I get my child talking about peer conflict and bullying?](#)

When it comes to talking to your child about peer conflict and bullying, once is not enough. Children need multiple opportunities to learn information and apply it in their lives. So how do you start the conversation?

Children may feel their situation is unique and that you wouldn't understand. Share a story about how you were teased or left out as a child. What did you do? Did it work? Who helped you?

Pick a book from the WITS book list at www.witsprogram.ca/schools/book-lists/, read it with your child and start a discussion. What WITS or LEADS strategies did the characters use? Did the book remind you of anything similar that has happened in real life?

Sometimes the best way to get your child talking is through teachable moments. When watching TV or movies, talk about characters' actions and how they resolved conflicts. When your child experiences conflict with a sibling or a friend, ask which WITS strategies might help.

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!

What's Happening in December??

Kids Helping Kids

Sat. 2nd—HEC Chess Tournament/Holiday Bizarre

Weds. 6th—Half Day for Students

Mon. 11th—Christmas Concert Rehearsal

Weds. 13th—Christmas Concert (two showings) 8:45 & 10:30AM

22nd—Last Day for Students (1/2 day)

Looking Ahead: January

Monday, January 8th—First day back for students

Monday, January 15th—PSSC meeting

Friday, January 26th—National Literacy Day

A reminder for the New Year that our school day begins at 8:25 am. Classroom activities begin immediately following the announcements at 8:30 am and teachers need to have everyone in class promptly. Thank you for your help in having your children arrive on time. This one small detail makes a great deal of difference to starting the day off right!



Skating

Thank you to ALL the parents who have volunteered to attend skating whether it was tying skates, being on the ice or just to cheer on our students. Your support is greatly appreciated! We will start the second round of skating Jan. 8th-March 29th (10 weeks) for Salgado, Kennedy (Wednesday's) and Schofield, Bradshaw (Thursday's).

Hot Lunch and Milk Program

Our second round of milk ends on February 2nd. The third term of milk will begin February 5th and runs until April 13th. 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.

Our Home and School has revamped the Hot Lunch Program. Orders are now placed on a monthly basis. The next order for the month of January will be due December 20th.

Kids Helping Kids

“Treat everyone with kindness and respect, even those who are rude to you, not because they are nice, but because you are.”

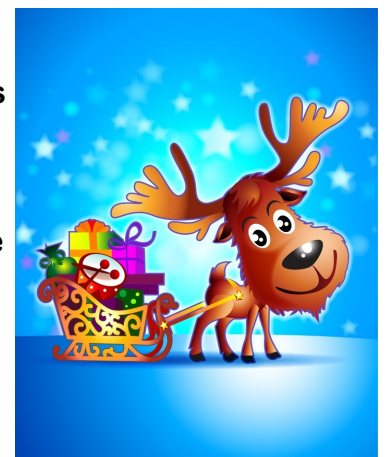
Hampton Elementary School has a lot to celebrate. We have many initiatives that encourage kindness to others.

Some students will be chosen by their teachers to have an opportunity to come to the “Kids Help Kids Craft Boutique” to make cards that will be distributed with presents that we are gathering in our annual campaign. After Dec. 18th, these cards and presents will be delivered to the Hampton Food Bank. It will then be distributed to the less fortunate for this Christmas time. Our goal is to instill the “gift of giving” while reinforcing gestures of kindness amongst peers.

This program could not be possible without the financial support of many organizations who also support this initiative. Our many thanks to them for teaching our children that acts of kindness toward others can give a feeling of fulfillment and pride.

Thank you in advance for your support and Happy Holidays!!

Happy
Holidays!



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

With Christmas right around the corner, the team at Learn Together, Grow Together wanted to emphasize family literacy opportunities through the holiday season. Our focus was on identifying everyday occasions to learn while participating in holiday activities. These were some of the ideas shared by our program families.

1. Sharing a children's book. Some of our family's favourites were:

- *Pete the Cat Saves Christmas* – Eric Litwin
- *How the Grinch Stole Christmas* – Dr. Seuss
- *Santa's Noisy Night* – Julie Sykes and Tim Warnes
- *A Porcupine in a Pine Tree: A Canadian 12 Days of Christmas* – Helaine Becker and Werner Zimmerman
- *The Penguin who Wanted to be Different: A Christmas Wish* – Maria O'Neill

2. Singing together as a family. Some of our family's favourites were:

- Jingle Bells
- Frosty the Snowman
- Rudolf the Red Nose Reindeer
- Deck the Halls

3. Cooking and baking together for family and friends. Some of the favourite recipes shared were:

- Gingerbread
- Sugar Cookies
- Egg Nog
- Spicy cheese ball

4. Spending time with family. Some of the favourite holiday activities were:

- Playing games (Scrabble, Boggle, Zingo)
- Writing letters to Santa
- Tobogganing
- Decorating the house (or a gingerbread house)
- Building a snowman and writing about it

5. Writing Ideas

- Keep a Captain's Log, a Personal Diary, or a Writing Journal. Write in it often.
- Go to www.writingfix.com and find [Writing Prompts](#) on the left menu. Try some of them!
- Start your book of "Top Tens" such as Top Ten Favourite Ice Cream Flavours, Top Ten Pets, or Top Tens of your own.

As you can see from our list, there are many opportunities for you and your children to foster literacy during the holidays when activities are done together as a family. Have fun creating holiday memories this season!

<http://www.familit.ca/blog/?tag=holiday-literacy-activities>

Numbers, Numbers, Everywhere

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

December: Geometry

Geometry in elementary school is much more than just naming and identifying shapes. The study of geometry is about understanding the spatial world we live in; geometry is found in art, design, architecture and nature. In grades 3 - 5 students learn to identify 2D shapes and 3D objects, to measure perimeter, area and volume of shapes and objects and learn to describe shapes and objects using geometric vocabulary (think: symmetry, congruency, adjacent, parallel, perpendicular, vertical, horizontal). A strong understanding of geometric concepts in elementary forms the basis of higher order mathematical thinking.

Things you can do at home:

Grade 3

Identify and name 2D shapes in your home or neighbourhood. For example: street signs, buildings, books, toys.

Identify and name 3D objects in your home and neighbourhood. For example: fridge, stove, table legs, buildings, bridges

In the grocery store name 3D objects; search for a particular shape or object; and find objects that are the same size and/or shape

Identify shapes found within a given 3D object. For example: Toblerone bar is a triangular prism and is made up of triangles and rectangles.

Identify the similarities and differences between different shapes and objects.

Create frames of 3D objects out of toothpicks and marshmallows.

Grade 4 & 5

Talk about how the shape is related to the function of the object (think: cereal box or fridge)

Look for structures made of different objects or shapes (i.e. house made of rectangular prism and a triangular prism on top)

Search magazines, art work and nature for symmetrical shapes (when a shape is divided in half, both sides are identical), identify the line of symmetry.

Regularly use geometry vocabulary when describing shapes and objects in your home. For example: parallel, perpendicular, vertical, horizontal, congruent etc.

Discuss situations that would require calculating perimeter (distance around an object, think fenced in yard), area (surface covered by an object, think floor space) and/or volume (space inside an object, think bathtub) of an object.

Scavenger hunt for geometry terms: find 2 parallel walls, find 2 adjacent walls, find a rhombus, find a cylinder etc.

Submitted by Jillian Kiervin

PSSC—Parent School Support Committee

Next Meeting:
Mon. Jan. 15, 6:30p.m

The PSSC met on November 20th, 2017 at Hampton Elementary in our Resource Room.

For a detailed description of the meeting please go to the Hampton Elementary website under the PSSC tab and meeting minutes can be reviewed. <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/PSSC.aspx>

The PSSC continues to work with Mrs. Blanchard reviewing the HES School Improvement Plan (SIP). The Hampton Elementary SIP has 5 end goals two of which are: Ends Policy 3. Enhance regular communication with parents and Ends Policy 4. Strengthen areas of school climate by concentration on staff and students working, learning and playing in a safe, positive, healthy environment. The PSSC provides input and support to help achieve these goals. To view the HES School Improvement Plan (SIP), in more detail, please visit the HES website and under the About Us drop down you will find the SIP. <http://web1.nbed.nb.ca/sites/ASD-S/1939/General%20Documents/School%20Improvement%20Plan%202015-2018%20April%202016.pdf> The SIP is also located on Page 5 of the student agenda.

Have you heard of Policy 703? Policy 703 is the Positive Learning and Working Environment Policy. This policy was created to provide a framework for the Department of Education, school districts and schools to create positive learning and working environments in the public education system by:

- establishing a process for fostering positive learning and working environments;
- setting standards for behaviour and discipline and identifying the responsibilities of all partners in the school system; and
- providing an overview of expected student behaviour in the Provincial Student Code of Conduct.

For more information on this Policy and its end goals follow this link:

<http://web1.nbed.nb.ca/sites/ASD-W/HR/Policies/Policy%20703%20-%20%20Positive%20Learning%20and%20Working%20Environment.pdf>

The Hampton Elementary School PSSC would like to extend warm wishes to all our staff, students, volunteers, families, and community partners this holiday season. Thank you for your continued support in making our school and safe and fun place to be.

Next Meeting will be held on January 15th, 2018.

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

The Java Moose coffee orders were sent home Thursday and Friday (Nov. 30th and Dec. 1st). Larger orders can be picked up at the school on Friday evening from 6-8 PM or on Saturday from 9AM-2 PM during the Extravaganza. A big "thank you" to everyone for supporting our coffee fundraiser. We raised over \$1200 to be used toward school improvement projects at HES.

Next Meeting:
Thurs. Dec. 14th 6:30PM

Our second Annual Holiday Shopping Extravaganza is being held on Saturday, December 2nd from 9:00 AM-2:00 PM. Over 30 vendors will be there selling crafts, baked goods and other specialty items. Donations will be accepted at the door for improvements to the Music room. We hope to see you there!

Thank you to those of you that expressed interest in helping with a Christmas float. Unfortunately since no one stepped forward to lead the float committee at either DATL or HES, we were unable to enter a float in to the parade this year in Hampton.

The HES Home and School will be holding an afterschool movie on Thursday, December 14th. We will be showing Despicable Me 3. For \$5, your child gets to stay to watch the movie, a bag of popcorn and a bottle of water. Stay tuned for more information and permission slips coming home soon.

Mama George's is closing for the holidays, so they are unable to provide us with lunch on Thursday, December 21st (chicken burger/hamburger). The amount that you paid will be credited to your account. Please remember to send your child something else for lunch that day.

The last Home and School meeting before Christmas is being held on Thursday, December 14th at 6:30 PM. Hope you can join us!

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

~submitted by Erin Roy

Inclement Weather Procedures

Schools may be closed early on days when the weather conditions are anticipated to deteriorate significantly during the day. Every effort will be made to notify parents through our school Synrevoice system for students in Kindergarten to Grade 5. We use media (radio stations), voicemail and email. Families are reminded of the importance of ensuring alternate arrangements are in place for their child(ren) in cases when they or another adult will not be available to be home.

<http://web1.nbed.nb.ca/sites/ASD-S/Pages/Inclement-Weather-Policy.aspx>



Policy 711—Healthy Eating

The holidays are a fantastic time to indulge and enjoy foods and beverages that aren't normally part of your repertoire. However, there are also many opportunities to get off course with healthy eating. Here are a few tips to enjoy yourself while also keeping good nutrition top of mind for everyone in your family.

Follow the 80-20 rule of eating - Over the holidays enjoy treats 20 per cent of the time and eat healthier choices 80 per cent of the time. By doing so, you will avoid food binges and won't feel like you are depriving yourself of indulging in some treats.

Keep fruit and veggies on hand - Whether it's decorating the tree, baking, or munching between meals, keep a plate of cut up fruit and vegetables available for family members to snack on. Simply having these available will reduce the urge to snack on less nutritious items.

Pre-party snack - Before heading to a gathering, have one healthy snack at home - a yogurt, piece of fruit or vegetable sticks with a glass of water. This will take the edge off your hunger so you're not ravenous once you arrive, and the water will help hydrate.

Substitute - There are many things you can choose to reduce the calorie and fat content! Some examples are: lower fat eggnog, lite cheeses in recipes, having cranberry or spritzers, choosing gingerbread over shortbread, vinaigrette vs. creamy salad dressings. The holidays are meant to be a time of enjoyment with friends and family, so try to keep a few of these points in mind and enjoy what this season has to offer - Happy Holidays!

December Wellness Theme

What is Mental Health? The Public Health Agency of Canada defines mental health as "the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity."

Supporting and enhancing **resilience** is a core component of fostering positive mental health. Resilience is the ability to "bounce back" after hardships, disappointments and stress. Helping children learn how to manage the inevitable ups and downs of life and how to build their coping skills will enhance their mental well being into adulthood. Resilient children have good feelings about themselves, trust others and generally feel optimistic about the future. School based programs with a focus on the enhancement of social skills, emotional literacy and problem solving all contribute to the development of resilience.

We all can develop resilience, and we can help our children develop it as well. It involves behaviors, thoughts and actions that can be learned over time. Following are tips to building resilience.: <http://www.apa.org/helpcenter/resilience.aspx>

You can find other great Children's Mental Health Resources here:

<http://www.apa.org/helpcenter/resources-childrens-mental.aspx>

A Note from the Music Room...



December is a very busy month as students prepare for the Christmas concert. Singing, dancing and playing instruments are all on the agenda at this time of year. This year's theme is Christmas around the World and it is going to be a big celebration. See you at the concert!

Curriculum Outcomes:

Grade 3:

3.1.2 Explore a range of materials and techniques to create, make and present music.

3.2.5 Sing alone and with others, with emphasis on expressive singing, reading, phrasing, range, and more complex textures.

Grade 4:

4.2.2 Use specific materials, techniques, and forms to create, make and present music.

4.2.3 Sing alone and with others, with emphasis on expressive singing, phrasing, range and more complex textures.

4.2.4 Participate in large and small ensemble music-making.

Grade 5:

5.1.3 Demonstrate an awareness of rhythmic/ melodic concepts, form, and texture, through language, movement, and performance.

5.2.2 Combine reading and sing-

ing/playing skills in their music making.

5.2.3 Use a range of materials, techniques, and forms to create, make, and present music.

5.2.4 Participate in small and large ensemble music-making, presenting music that reflects diverse images, thoughts, and feelings.

Submitted By: Mrs. Hill and Mrs. Henry

Want to learn more about what is happening at HES? Check out our school website and our daily morning announcements!

WINTER PARKING LOT SAFETY Thank you Parents

As winter weather approaches we remind parents and students to be extremely cautious in the parking lot during drop off times.

Please drive slowly through the lot as we cannot ensure that this area is salted. As always, students should unload from cars only from the passenger side. Thank you for your ongoing cooperation to ensure our students arrive at school safely. Cars dropping off students should NOT be doing U-turns in the parking lot. Please proceed straight through School Street to the turn about, or continue along past Dr. AT Leatherbarrow.



Lost and Found

Please take a moment to visit the lost and found at our school. This area is located near the change rooms outside the gym. It is full of clothing items that definitely should be missed by families! All items will be on display during our Christmas Concerts so please take a peek along the hallway outside the gym!



Extra Clothes

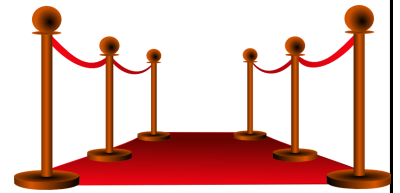
As we head into December, it is always a good idea to send along some extra clothes with your child. An extra pair of dry socks and mittens is always a good thing to have tucked into the backpack. At this time of year, rubber boots are a necessity for our playground!



Thank you to all the families who have worked to support their child's learning during their first months of school. Thank you also to the Home and School committee, Parent School Support Committee and numerous volunteers for the endless amount of tasks they do for Hampton Elementary School. Hot lunch, Milk, classroom volunteers, library, recycling, fundraising, and clubs are only a few of the many jobs they do.

VIP/Best Seat in the House Concert

This is our third annual fundraiser for the Hampton Food Basket. The week before concerts, our students will be bringing home booklets of three tickets (\$2 each or 3/\$5). Please indicate which concert you are entering the draw for. Two tickets will be chosen to win VIP Parking and VIP seating for our Christmas Concert. As you know these concerts are packed and the winner will be able to park without a fuss and have the best seat in the house! Extra tickets are available in the office if you want to increase your chances!



Concerts:

Please join us on Wednesday, December 13th for our annual Christmas Concerts. This year there will be two showings. The first at 8:45 AM (last name A-L); and the second at 10:30 AM (last name M-Z). A donation to the Hampton Food Basket is recommended in lieu of an admission fee.



"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." ~ Helen Keller

Physical Education Corner

Dancing up a Storm

Did you know that dancing can help improve your overall cardiovascular health? This highly physical activity has many benefits including improvements to coordination, balance, flexibility, endurance, body awareness and physical strength! This month students will begin to dance during P.E. We will also continue to work on balance, throwing and catching skills, and selecting appropriate tactics and strategies in a variety of activities and low organized games.



Geocaching in Hampton

Looking for a fun outdoor activity? Why not try geocaching? Geocaching is becoming a popular activity where you use GPS coordinates to find hidden objects in natural settings. Our HES Enrichment group has hidden its very own geocache somewhere off the trails around the school. I challenge you to find it! The coordinates are **N 45°31.936' W 065°49.701'**. This is a winter friendly geocache that can be found all year long. Remember to always keep the hiding spot of a geocache a secret and always return it to its original location. You may choose to bring an object to exchange for something else you find inside the cache and don't forget to sign the log book. For more information on geocaching, visit www.geocaching.com



Grade 3 Curriculum Outcomes

Develop movement concepts with a variety of movement activities.

Extend existing tactics that can be used in a variety of games and activities.

Grade 4 Curriculum Outcomes

Apply movement concepts with variety of movement activities.

Integrate tactics in a variety of games and activities.

Grade 5 Curriculum Outcomes

Refine movement concepts with a variety of movement activities.

Select appropriate tactics in a variety of games and activities.

<https://hamptonelementarype.weebly.com/>

Mrs. J. Henry
Physical Education Teacher

Guidance Corner

TALKING ABOUT MENTAL HEALTH - Heading into the Holiday Season

For many people, the holiday season is a joyous time, one that lifts, a time when we gather with family and friends to share traditions immersed in food, music, and gift-giving. We anticipate the excitement of children, and are often cast back into memories of childhood.



That is one version of the holidays. But it most certainly isn't the story for everyone. The holiday season is a very difficult time for many, many people. In the two weeks before and after the holidays, suicide rates rise by 40%, couples are more likely to break up, depression worsens in adolescents and adults, and domestic violence rates peak. Financial pressures are felt at the holiday season. Substance use increases. People who suffer from depression or who are grieving the loss of a loved one often find the holiday season excruciating. Loneliness and isolation are felt acutely during the holiday season.

The following text has circulated on social media, some of you may have seen it making the rounds. I don't know who the author is, so I cannot give credit, but I think it has an important message as we head into the holiday season.

Some thoughts as we enter the holiday season. It is important to remember that not everyone is surrounded by large wonderful families. Some of us have problems during the holidays and some of us are overcome with great sadness when we remember the loved ones who are not with us. And, many people have no one to spend these times with and are besieged by loneliness. We all need caring, loving thoughts right now. May I ask my friends...to give a moment of support for all those who have family problems, health struggles, job issues, worries of any kind and just need to know someone cares. Do it for all of us, for nobody is immune.

For anyone, the pressure to "get it right", to create a magical holiday season, and to indulge loved ones and fulfill dreams, can make one dread the season. For those who struggle with not enough time, energy, or money - which is most working families - the pressure can be intense. But it does not have to be that way. You can protect yourself and your family from undue stress at the holiday season.

You can avoid the stress and pressure of the holiday season and instead increase your ability to experience some peace and enjoy your loved ones. The sites listed below provide tips and suggestions for de-stressing the season. Take a moment and read some of them.

Dr. Lynn Woodford is the Mental Health and Addiction Lead for Upper Grand District School Board

<http://www.webmd.com/balance/features/keep-holiday-stress-minimum-learn-say-no>

<http://psychologytoday.com/blog/mindfulness-in-frantic-world/201112/the-holiday-season-stress-relief-mindful-ten-day-guide/>

Original post located here >>>>

<https://www.ugdsb.on.ca/uploadedFiles/jmc/December%20Newsletter.pdf>



SPEAKING OF SPEECH AND LANGUAGE...

(FROM THE ASD-S SPEECH-LANGUAGE PATHOLOGY DEPARTMENT)

Giving directions to your child

By Diann D. Grimm, M.A., C.C.C., Ed.S.

All children need to learn how to follow directions. It is an important skill that children learn through repeated experience and practice. Language impaired children may have problems following directions because they have difficulty understanding language. So it is important to give clear, simple directions. Then you can help your child learn how to understand language and how to do a specific job at the same time.

How can parents improve their direction giving?

Try to eliminate distractions before giving directions.

Distractions, including a radio, TV or others talking, make it harder for your child to listen to your direction.

Make sure your child is listening when you give directions

It is important that you have your child's full attention when you give directions. Get down to your child's eye level so the child can see your facial expression. Squat down if you have to.

Pair gestures with directions.

At first, children learn how to follow directions by watching the cues you present through hand gestures, such as pointing to objects and their locations. These cues help your child understand your message. For that reason, when you give directions, try to use a natural gesture at the same time. For example: "go to your room and get your coat" paired with pointing to your child's room.

Speak clearly and not too rapidly.

Use repetition.

Repeating directions for your child is very helpful. When you give your child directions, the child must do some mental work before acting. First, the child must understand the meaning of the words and sentence structure. Then the child must remember the directions while acting. You can help your child remember by repeating your directions. Give your child time to think about the directions before you repeat them.

With older children, you can ask your child to repeat your directions after you. This "activates" your child's memory. It also tells you if the child actually understood your directions.

Use chunking when possible.

Chunking is useful when you are giving your child two or more directions at one time. Chunking means saying related directions in one breath. It may seem easier to remember a string of directions if you pause between each one. Actually, it is easier to recall information if it is chunked according to similarities. For example: "wash your face and brush your teeth" "then get your book and I will read it to you". Give your directions with only the number of chunks the child can understand.

Select words at your child's level of difficulty.

Use words that your child consistently understands when giving directions. Use short, simple sentences.

Know what to expect of your child.

If you know what to expect of your child, you will not give directions that are too difficult to follow. Your speech and language clinician can help you determine your child's ability to understand directions.

Give your child clear feedback.

When your child completes your directions, let the child know exactly what was done correctly. You may want to tell your child the directions the child just completed. If your child did not complete your directions, show or tell exactly what is needed to be done. If an attempt is partially successful, praise whatever your child did correctly.

Use these tips consistently to help your child understand and follow directions.

Taken from: Communication Skill Builders Inc.

IMPORTANT NOTICE TO ALL GRADES K, 2 & 5 PARENTS / GUARDIANS

Information Sessions, regarding program selection for September 2018, will be held according to the following schedule.

The information will be provided on options for the **Grades 1, 3 and 6 students**: English Prime Program, Early French Immersion Program (Gr. 1 and Gr. 3 entries) and the Late Gr. 6 French Immersion Program.

This year program registration will be done **online**. The link will be provided when the registration site is operating.

Parents/guardians are invited to whichever meeting they wish to attend. The information presented will be the same at all meetings.

PROGRAMS INFORMATION MEETINGS to be held in November & December 2017

| HAMPTON EDUCATION CENTRE | | | |
|---------------------------------|-----------|---|--|
| Date | Time | Location | "Snow" Date |
| Monday, November 20, 2017 | 6:30 P.M. | Kennebecasis Valley High School - Theater | Tuesday, November 21, 2017 Kennebecasis Valley High School- Theater |
| Wednesday, November 22, 2017 | 6:30 P.M. | Hampton Middle School - Theater | Thursday, November 23, 2017 Hampton Middle School- Theater |
| Wednesday, December 6, 2017 | 6:30 P.M. | Sussex Regional High School - Theater | Thursday, December 7, 2017 Sussex Regional High School- Theater |

| SAINT JOHN EDUCATION CENTRE | | | |
|---------------------------------|-----------|---|---|
| Date | Time | Location | "Snow" Date |
| Wednesday, November 15, 2017 | 6:30 P.M. | Barnhill Memorial School - Gym | Thursday, November 16, 2017 Barnhill Memorial School – Gym |
| Monday, November 20, 2017 | 6:30 P.M. | Saint John Education Centre, - Donaldson Rm. 490 Woodward Ave. | Wednesday, November 22, 2017, Donaldson Room of the Saint John Education Center, 490 Woodward Ave. |