

# Hampton Elementary School December 2018 Newsletter



#### HAMPTON ELEMENTARY SCHOOL

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

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

From the Main Office

Telephone - 832-6021

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Admin. Asst.- Nancy Long

PSSC Chair - Candace Muir psscchair@gmail.com

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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,

<u>Each student so</u> that he or she can achieve his or her highest potential in a,

<u>Safe</u>, supportive inclusive environment.

> Winter Break Dec. 22—Jan. 7

First day back for students: Tuesday, January 8, 2019

## Principal's Message

It is hard to believe that 2018 is already nearing the end. December is here and the cold and early snow has decided to grace us with its presence. 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 nonperishable 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 12th with two showings at 9AM and 11AM. Thank you to our music teacher, Ms. Robinson (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?

**T** alk it Out **S** eek Help 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 <u>www.witsprogram.ca/schools/book-lists/</u>, 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!**

**December** Kids Helping Kids Sat. 1st—Hampton Christmas Parade Sat. 8th—District Chess Tournament Mon. 10th—Christmas Concert **Re**hearsal



Weds. 12th—Christmas Concert (two showings) 9 a.m. (last name A-K) & 11:00a.m. (last name L-Z) 21st—Last Day for Students

Tuesday, January 8th

## First day back for students

## Looking Ahead: January

Monday, January 8th—First day back for students Monday, January 21st—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!

## Hot Lunch and Milk Program

The second term of milk began November 19th. The cost of milk is 50 cents per carton of white milk.

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

Our Hot Lunch Program is now up and running. It is being provided by Chartwell's delivers and is run independently from the school. Chartwells website (<u>http://www.schoollunchorder.ca</u>), sign-up your child and view the menu.

# <u>Kids Helping Kids</u>

"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!!



# School Continuous 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

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 <u>www.writingfix.com</u> and find <u>Writing Prompts</u> 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.famlit.ca/blog/?tag=holiday-literacy-activities

## Numbers, Numbers, Everywhere

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

#### <u> December: Geometry</u>

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:

#### <u>Grade 3</u>

- 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.

#### <u>Grade 4 & 5</u>

- 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	Mee	ting:
Dec.	17th, 20	D18

### In lieu of a November meeting, the PSSC opted to host an information session for Parents on November 14th regarding the Report Card.

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.

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

 $\cdot$  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.

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: <u>http://web1.nbed.nb.ca/sites/ASD-</u>S/1939/Pages/PSSC.aspx

# Home and School Association

#### Java Moose Coffee/Holiday Extravaganza

A big "thank you" to everyone for supporting our coffee fundraiser. We raised approximately \$1900 to be used toward the Accessible Playground. Also, a thanks for attending our Holiday Extravaganza last Saturday.

#### Afterschool Movie

On Tuesday, December  $4^{\text{th}}$ , we are having our last afterschool movie before Christmas. Incredibles 2 is the movie playing. Students will get a bag of popcorn, a water bottle and admission to the movie for \$5. Permission slips are due on Monday, December  $3^{\text{rd}}$ . Sorry for the late notice! Next Meeting: Dec. 13th 6:30PM

#### Christmas Concert 50/50 and Raffle Basket

We will be having a 50/50 in the lobby the day of the concert. Also, we will be selling tickets on a raffle basket. If you have donations of new items or a gift card, we would gladly accept donations. Proceeds from the draws will be going toward the playground.

#### Hot Lunch

Hot lunches will be provided by Chartwells beginning on December 3rd. If you would like to order, please visit <u>https://</u> <u>www.schoollunchorder.ca/</u>. The website does not work on Internet Explorer. If you have questions, you can try the H&S Facebook group or you can contact Chartwells through their website.

#### Next Meeting

Our next meeting is on December 13<sup>th</sup> at 6:30 PM. New members are always welcome!

Our Home and School Meeting Minutes can be found under Home and School on the HES school website: <u>http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/Home-and-School.aspx</u> Questions? Email <u>hes.homeandschool@gmail.com</u>

## **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!

## Education Support Services at HES

What is PBIS?

PBIS (Positive Behaviour Interventions and Supports) is a research based approach that involves the implementation of strategies that allow positive behaviours to be taught in the school setting, much like academics are. Then, special attention can be placed on those students who require additional support to meet the behavioural standards, just as extra support is provided for students who require a boost academically. PBIS originated from the science of applied behaviour analysis.

## **December Wellness Theme**

<u>What is Mental Health</u>? 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 <u>resilience</u> 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.: <u>http://www.apa.org/helpcenter/resilience.aspx</u>

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

http://www.apa.org/helpcenter/resources-childrensmental.aspx

## PBIS at HES:

- $\Rightarrow$  Teaching school wide expectations
- $\Rightarrow$  Bully prevention
- ⇒ Positive reinforcement (student behaviours are instantly rewarded)
- $\Rightarrow$  Targeted social skills
- $\Rightarrow$  Anger management
- $\Rightarrow$  Social skill club
- $\Rightarrow$  Environmental adaptations
- ⇒ Behaviour contracts

Want to learn more about PBIS? Check out the PBIS World website at http://www.pbisworld.com/

If you have any questions or concerns please feel free to contact me at <u>Julie.stewart@nbed.nb.ca</u> or by phone at 832-6021.

# What's Happening in the Gym?

The month of November has flown by while students have been working very hard on a variety of skills needed for them to be successful for Phys. Ed.

For the month of December most classes will be working on Gymnastics. During the Gymnastics unit, student's will work on balance skills, rolls, travels (moving in a variety of ways) and landings. We have begun the unit by discussing how to best maintain our balance. Ask your child what they can do to help them keep their balance. At the end of the unit students will be asked to create and perform a sequence of movements that include all 4 elements of Gymnastics.

# 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 Me to We 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 Guidance this year. textures

4.2.4 Participate in large and small ensemble musicmaking.

## 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 singing/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 musicmaking, presenting music that reflects diverse images, thoughts, and feelings.

# **Guidance Corner**

Dear families,

As the newest member of staff at HES, I have replaced Cynthia Venoit as Guidance Teacher while she is on maternity leave. It has been a pleasure getting to know your children this month!

Guidance classroom sessions in November continued to focus on mindful strategies that help Nicole Thorne to calm the mind and body, and increase focus Hampton Elementary School and attention. We explored the science of how our brain processes information and responds to stress. We learned about brain parts such as the amygdala (security guard), prefrontal cortex (thinking part) and our hippocampus (memory saver). Even our youngest kindergarten students did a wonderful job of explaining how it feels to have an amygdala that is "triggered" leading to fight, flight and freeze reactions. We were reminded of strategies that were learned in Zones of Regulation lessons earlier in the year that help to calm us. For instance, deep breathing, taking a break, asking for help and talking to a caring adult can help return us to our calm "green zone" where learning can occur. In December, we will continue to focus on how we can practice control over our reactions in order to make wise choices with our words and actions. We will also celebrate kindness as we conclude Respect and Diversity Week.

> Please don't hesitate to contact me at kate.johnson@nbed.nb.ca or 832-6021 if you feel your child would benefit from support from

> > Sincerely, Kate Johnson

506-832-6022 (DATL) 506-832-6021 (HES) Thank you!



# WINTER PARKING LOT SAFE-

## 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.

## <u>Lost and Found</u>

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 Parents

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.

## <u>VIP/Best Seat in the House</u> <u>Concert</u>

This is our third annual fundraiser for the Hampton Food Basket. The week before concerts, our students will be brining 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 12th for our annual Christmas Concerts. This year there will be two showings. The first at 9AM (last name A-K); and the second at

the second at 11AM (last name L-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



SPEAKING OF SPEECH AND LANGUAGE...

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

## The Art of Listening

## "You never listen!" or "He hears me but he chooses not to listen!" Who says this to their child or about their child at home??

#### What is the difference between HEARING and LISTENING?

#### Here's a question: What do you hear right now?

You may hear the low hum of the refrigerator, children talking (or yelling), the sound of cars going by outside your window...

The trick in this question is that, by asking you what you were hearing, your brain tuned in — and made you listen rather than just hear. The difference between the sense of hearing and the skill of listening is attention.

Hearing is easy so long as everything is in working order. It is <u>passive</u>. And because there is no place in the universe that is totally silent, your auditory system has evolved a complex and automatic "volume control" to keep most sounds out of your thoughts unless they might useful. When you actually pay attention to something you're listening to, whether it is your favorite song or a loud yell for help, you <u>actively</u> focus on what you're hearing and tune out sights and sounds that aren't as important. Some kids need practice with 'listening'. Luckily, we can train our listening just as with any other skill. \*\*For some kids, however, it may not be that they are not listening as much as they are having challenges with <u>understanding language</u>.\*\*

#### **Attention and Listening Activities for Kids**

#### Musical Chairs

Barrier Games - without being able to see an item, have the child guess what is making the noise What's Missing? - Show a tray of objects, take one away and let them guess what is missing Simon Says - ask your kids to point to two or three body parts or do two - three actions, instead of just onel Listening to sounds - play different sounds (from a CD, or audio clips online) and have the kids guess what they heard or raise their hand when they hear something they're listening for Sound Bingo - Listen to sounds and cover the corresponding picture (e.g. play animal sounds and they cover the animal that matches) Shared Reading - have kids listen for 'special words' and tell you/raise their hands when they hear it Circle Time - when one person is speaking, they could hold a 'listening device' which means that everyone else must listen (including adults!) Chinese whispers - pass an action message around the circle (e.g. Jump up and down). The last person to receive the message has to perform the action! Alternatively, you can pass along a 'secret' message. Tap a Rhythm - tap a rhythm and have the kids repeat it Group Story - In a group, create a story by having each person repeat the story and add to eat (e.g. I went to the store. I went to the store and bought an apple...)

Please note: If you have concerns with your child's hearing, you can call the Audiology Department at the Saint John Regional Hospital to have their hearing tested. You do NOT need a referral from a doctor. If you have concerns with your child's <u>language</u> skills (for example: they have trouble understanding what you say, following directions or remembering what they were told), please share these concerns with the school who can discuss with the team's Speech-Language Pathologist.