



Hampton Elementary School

December 2014

Newsletter



HAMPTON ELEMENTARY SCHOOL

82 School Street,
Hampton, N. B. E2N 5B2

[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. - Debbie Cochran

PSSC Chair - Jamie Foster
psscchair@gmail.com

Home & School President -
Nicole Richardson
hes.homeandschool@gmail.com

Hampton Education Centre
832-6143

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

School Bus Transportation -
832-6429

Principal's Message

The snow has begun to fly and December is here. 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 HUGE 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 Kindness Matters Week and translating this into Acts of Kindness. We will be collecting new and gently used 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.

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. 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



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.

Winter Break
Dec. 20—Jan. 5

**First day back for
students:**
January 6, 2015



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.

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!

1-5th—Kids Helping Kids
9th—Estey Art Program last session
9th—Christmas Concert Rehearsal
10th—Christmas Concert
19th—Last Day for Students

Next month: January

January 6th—First day back for students



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

Our current round of milk runs from November 3rd-January 16th. The next order will be sent home when students return after the New Year in 2015! If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021.

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. All meals will cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays and Subway on Thursday (orders placed on Tuesday).

Kids Helping Kids

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 Boutique” to make cards that will be distributed with presents that we are gathering in our annual campaign. After Dec. 15th, 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.

Happy
Holidays!

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



Learning about Literacy

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

For the next several months, we will be focusing on a different comprehension strategy in this "learning about literacy" section. Comprehension strategies are conscious plans — sets of steps that good readers use to make sense of text. Teaching children to understand what they read — called reading comprehension — was until recently undervalued in all grades. Comprehension strategy instruction helps students become purposeful, active readers who are in control of their own reading comprehension. The seven strategies we will feature have a firm scientific basis for improving text comprehension.

1. Monitoring comprehension

Students who are good at monitoring their comprehension know when they understand what they read and when they do not. They have strategies to "fix" problems in their understanding as the problems arise. Research shows that instruction, even in the early grades, can help students become better at monitoring their comprehension.

Comprehension monitoring instruction teaches students to:

- Be aware of what they do understand
- Identify what they do not understand
- Use appropriate strategies to resolve problems in comprehension

How to help: 1. reread, 2. read ahead, then come back, 3. adjust reading rate, 4. reflect on, or revisit the purpose for reading, 5. access or re-access graphic support

www.readingrockets.org

www.thinkport.org/

Numbers, Numbers, Everywhere

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

Numeracy skills are not just for scientists, accountants and the tax man, many professions require at least a basic level of understanding when it comes to numeracy and mathematics. This month we focus on **ESTIMATION!**

How does the estimate compare with the actual count? Skill in estimating is developed through many experiences of making an estimate and comparing it with the actual count.

- Estimate the number of steps from your apartment door to the front door of the building or from your front door to the edge of your yard, then walk with your child to find out how many steps there really are, counting them as you go.
- Ask your child to estimate how many bags of milk your family will need for the week. At the end of the week, have him or her count the number of bags actually used.
- Ask your child to estimate and then count the number of shapes he or she can draw in a minute. Ask if the total is more or less than your child thought it would be.
- Fill a jar with beans, buttons, or rubber bands. Ask your child to estimate, then count, the number of objects.
- Ask your child to estimate how many pieces of clothing will go into one load of laundry. Are there more items in a dark or light load?

Estimating may be easier for your child if objects are few, large, and spread apart, and more difficult if objects are many, small, and close together.

PSSC—Parent School Support Committee

Next Meeting:
Monday,
January 12th 6:30p.m.

The PSSC has its next meeting scheduled for January 12th. At this meeting we will be having a presentation about the WITS program and what it means for students at Hampton Elementary School. We will also be looking at the Wellness Survey results for our students and identifying areas for improvement. All are welcome!

Holiday Writing Ideas for Students

- 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.
- Begin your own "How to... Book" - How to bug your older brother, How to skateboard, etc.
- E-mail your cousin, your grandparents or a pen pal.
- Be in charge of writing the family grocery list.
- Write about something funny that happened at breakfast.
- Write a diary of a trash can.
- Pretend you are a bicycle tire.
- Describe your day.
- Write about worms and fishing.
- Write a story that involves a funny smell.
- Make a brochure showing how great your hometown is to visit.
- Write funny photo captions for your family photos.
- Write your own cookbook with favourite family recipes.
- Create your own book of original poetry.
- Share your writing with your family and friends.

Home and School Association

The Home and School Association is continuing to look for parents to join our group. We are looking for people to be part of the many events and activities that the Home and School are part of at Hampton Elementary School. Thank you to everyone who supported our Java Moose Coffee Fundraiser! These bags of coffee will be freshly ground and delivered before the holidays.

Our next meeting is on Tuesday, December 16th at 6:30 pm in the school library. For updates about Home and School, please ask to be part of our Facebook group under "Hampton Elementary School Home and School".



THANK YOU to the members of the Home and School Association on behalf of the staff and students of H.E.S. As a result of their generous donation, each classroom participated in a 40 minute presentation about States of Matter (solid, liquid, gas). In an interactive session, the scientist demonstrated this topic using dry ice.

Next Meeting:
Tuesday,
December 16th 6:30 p.m.

Roots of Empathy



Roots of Empathy
Racines de l'empathie

Hampton Elementary has several Roots of Empathy programs running in our school! Roots of Empathy is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy. At the heart of the program are a neighbourhood infant and parent who visit the classroom every three weeks over the school year. A trained Roots of Empathy Instructor coaches students to observe the baby's development and to label the baby's feelings. In this experiential learning, the baby is the "Teacher" and a lever, which the instructor uses to help children identify and reflect on their own feelings and the feelings of others. This "emotional literacy" taught in the program lays the foundation for more safe and caring classrooms, where children are the "Changers".

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.

Grab a plate - When a buffet of choices is before you, put a few items on a plate rather than just lingering and nibbling. This will allow you to move away from the buffet table, enjoy your items and then decide if you are hungry for more.

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 of your recipes and indulgences. Some examples are: lower fat eggnog, lite cheeses in recipes, having cranberry or wine 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!

Links to support Healthy Eating:

http://www.canadianliving.com/moms/food/healthy_holiday_treats_for_kids.php

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Weight-Loss-and-Control/Holiday-Survival-Tips.aspx>

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/white-bean-dip-with-pita-chips-recipe.html>

Explore Math Websites:

<http://www.mathstories.com/>

<http://www.mathplayground.com/>

<http://www.aplusmath.com/>

<http://www.funbrain.com/>



Physical Education Corner

The students at Hampton Elementary enjoy playing lots of sports, and basketball is one of them! This term we have begun our unit of basketball. Students are practicing their skills of dribbling, passing and shooting. These skills are learned through a variety of fun games rather than basketball games.

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



Guidance Corner

From the Guidance Corner

November was a busy month with **Career Week** (Nov 3-7) and **Kindness Matters Week** (Nov 17 -21).

Thank-you once again to all our parent volunteers who gave up their time and shared their careers with our students. The students greatly enjoyed and benefited from the **Career Expo**. Without the help of our parent volunteers we would not have been able to make this great event possible!

For Kindness Matters Week students helped to create our **Kindness Tree** by placing their thumbprints on our tree to make the leaves of the tree. Students also created large thumbprint designs describing special things about themselves. Our theme focused on each person being unique and special. These are displayed around the school.

In December weekly guidance lessons continue in each class. Also the grade 3 classes will be participating in the **Thumbody program**. This is a two hour self-esteem building program. The first hour will take place in December and the second hour in January.

Rainbow groups are continuing throughout December. Our student Peacekeeper continue to help around students around the school and in the playground.

Individual student sessions are also continuing. Students or parents can request a one to one session or sessions with the guidance counsellor regarding questions or concerns they may have.



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



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?

1. 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.

2. 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.

3. 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.

4. Speak clearly and not too rapidly.

5. 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.

6. 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.

7. Select words at your child's level of difficulty.

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

8. 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.

9. 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.

Blanchard's Brainteaser

You need to make 210 snowballs to build the perfect snow fort. You can make 15 snowballs in an hour, but 2 melt every 15 minutes. How long will it take you to make the total number of snowballs needed?

