

Hampton Elementary School December 2019 Newsletter



HAMPTON ELEMENTARY SCHOOL

82 School Street, Hampton, N. B. E5N

http://hamptonelementary.nbed.nb.ca

From the Main Office

Telephone - 832-6021

Principal - Sarah Blanchard

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Carmelle Robichaud

PSSC Chair - Candace Muir psscchair@gmail.com

Home & School President -Krista Webb

Hampton Education Centre 832-6143

Anglophone South Website 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

Safe, supportive inclusive environment.

> Winter Break Dec. 23-Jan. 3

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

Principal's Message

It is hard to believe '2019' is already nearing the end. December is here and the 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, 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 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 event 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 11th with two showings at 9AM and 11AM. Thank you to our music teachers, Ms. Leblanc & Mme. Power (& 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 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





W alk Away ${f I}$ gnore

WORDS OF WITSDOM

How can I get my child talking about peer con-T alk it Out flict and bullying?

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 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 experi-

ences conflict with a sibling or a friend, ask which WİTS 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

Sat. 14th—District Chess Tournament
Mon. 9th—Christmas Concert Rehearsal
Weds. 11th—Christmas Concert (two showings) 9 a.m.
(last name A-K) & 11:00a.m. (last name L-Z)
20th—Last Day for Students

Tuesday, January 7th
First day back for students

Looking Ahead: January

Monday, January 20th—PSSC meeting Weds. January 15th—Mad Science Assembly Monday, January 27th—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 round of milk is currently ongoing. If you have any questions about ordering milk, please contact our school admin. assistant at 832-6021. The next round of milk will be available online for March-June.

Hot lunch is offered through the Chartwells Delivers Program at www.schoollunchorder.ca





"Kindness is having the ability to speak with love, listen with patience and act with compassion." ~RAKtivist

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

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 others (Santa, Elves, local community member)
- 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

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 marshmal-

<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.

PSSC—Parent School Support Committee

Next Meeting: Mon. Jan. 20, 6:30p.m in the Library As set out in the NB Education Act of 2001, a Parent School Support Committee (PSSC) is a school community group having an advisory relationship with the school principal. Each PSSC is a 6-12 member committee with the majority of the members being parents who are

elected at a school election in September. One teacher is also elected by the school staff to sit on the committee, as well as a Home and School representative, a student, and any community members the committee wishes to appoint.

During our November meeting the PSSC had an informative discussion on the changes to the School Improvement Planning process and include where to find the HES SIP information. Also the DEC representative Mr. Richard Malone was able to attend and show where to find DEC information. Due to the busy month of December, the PSSC will not be meeting and the next meeting will be January 20th, 2020 at 630.

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's next meeting will be on Thursday, December 12th at 6:30pm in the Library. All parents are welcome to attend. For any questions about how to get

Next Meeting: Thurs. Dec. 12, 6:30PM in the Library

involved, email us at hes.homeandschool@gmail.com.

We would like to thank all students and their families for participating in our various fundraisers this year. We hope you have a safe and enjoyable holiday season, and a happy New Year.

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 https://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/Home-and-School.aspx Questions? Email https://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/Home-and-School.aspx

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 <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.: https://www.apa.org/helpcenter/resilience.aspx

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

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

Education Support Services (Resource) 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.

PBIS at HES:

Teaching school wide expectations
Bully prevention
Positive reinforcement (student behaviours are instantly rewarded)
Targeted social skills
Anger management
Social skill club
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 of concerns please feel free to contact me at julie.stewart@nbed.nb.ca

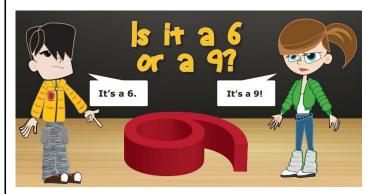
Ms. Stewart Resource Teacher

Guidance Corner

The big news in the HES Guidance Corner is that we are welcoming back Cynthia Veniot from her maternity leave on December 9th to resumé her role as our school Guidance Counsellor! Cynthia is looking forward to once again connecting with our student population. She will be offering counselling services, teaching whole class Guidance lessons and will work with small groups/clubs!

I will continue to be a school-wide support by increasing my time spent in my role as a Resource Teacher. I will also remain involved in clubs that are up and running (Terracycle, Buddy Club, Talk it Out Tuesdays, Rainbows etc.). I look forward to continuing to assist students with academic and social/emotional skill building as part of the HES Education Support Service Team!

Most recently, Guidance classes have focused on Kindness and Diversity. We have delved into topics including how everyone is special and unique, respecting diversity, empathy and perspective taking. Most classes have explored the graphic below as we discussed how conflict can arise when we don't understand someone else's point of view. Helping your child to consider another person's thoughts and feelings is a great step in creating peaceful solutions!



If you feel that your child would benefit from the support of our Guidance Counsellor, please reach out to Cynthia Veniot at Cynthia.veniot@nbed.nb.ca Thanks for your communication and support this year, HES families!

> Kate Johnson BA, BEd, MEd Exceptional Learners Soon-to-be: Resource Teacher/Grade 4 Teacher

What's Happening in the Gym?

It is an exciting time in the gym as we roll through our gymnastics unit! Students will continue to practice and refine their balance skills this month by working on single and partner balance poses, and using different types of balance equipment. Students will also be rolling down wedges, traveling along mats, jumping off springboards, climbing over bench boxes, and swinging across ropes.

<u>Intramurals</u> Grade 5 soccer intramurals will continue into December at lunch recess. Listen for your class on the morning announcements. I would like to thank all my grade 5 soccer helpers, coaches, and referees for doing an amazing job working with the younger grades. Your help was greatly appreciated!

<u>Plickers</u> This month, students will be introduced to plickers in the gym. Plickers are a great assessment tool that can be used as a quick self-assessment check-in, or to assess student's knowledge by asking multiple choice questions. Each student will be assigned a plicker with a unique image on it. Depending on which way the student turns the card, the image will register as a different answer when scanned. It takes only seconds to collect the data that can be stored for viewing later.

Grade Two Outcomes:

SCO 1.1 Link movement concepts to various movements. SCO 1.2 Refine a variety of movement principles related to balance

SCO 3.1 Demonstrate emotional and social skills that apply to the learning and performance of physical activity.

Grade Three Outcomes:

SCO 1.1 Develop movement concepts with a variety of movement

activities.

SCO 1.2 Explore movement principles related to balance on a variety of steady and unsteady surfaces. SCO 3.1 Apply emotional and social skills that apply to the learning and performance of physical activity.

Grade Four Outcomes:

SCO 1.1 Apply movement concepts with a variety of movement activi-

SCO1.2 Identify movement principles related to balance on a variety of steady surfaces, unsteady surfaces.

SCO 3.1 Select emotional and social skills that apply to the learning and performance of physical activity.

Grade Five Outcomes:

SCO 1.1 Refine movement concepts with a variety of movement activities.

SCO 1.2 Apply movement principles related to balance on a variety of steady surfaces and unsteady surfaces.

SCO 3.1 Model emotional and social skills that apply to the learning and performance of physical activity.

Submitted By: Mrs. Henry

A Message from the Library:

The last week to check out books will be Dec 2 to 6th. Please return all books by Dec 13th.

Candace Muir

A Note from the Music Room...

The students had been working on rhythmic and melodic concepts using different instruments. Now they will be using that knowledge while using their voices. The students have been hard at work practicing for the Christmas concert that is fast approaching and the work that they did leading up to this is going to help with that. The students would have all brought home their lyric sheets for the song that their class is performing by now, so that they can practice at home as well as in class. This month we will also be looking at music from around the world and from different holidays and cultures.

The Christmas concert rehearsal is December 9^{th} , and the concert is Wednesday December 11^{th} with 2 showings. One at 9 a.m. (last name A-K) & the other at 11:00a.m. (last name L-Z)

Curriculum Outcomes that we will be focusing on at this time: Grade 3:

GCO 3.2.5- sing alone and with others, with emphasis on expressive singing, reading, phrasing, range, and more complex textures. GCO 3.4.1- demonstrate respect for music and musicians of various cultures.

GCO 3.4.2-explore vocal and instrumental music of various cultures. GCO 3.6.1-respond to music with emphasis on tone set, articulation, texture, timbre and in tune part-singing. Grade 4:

GCO 4.1.3-demonstate an awareness of rhythmic/melodic concepts, form, and texture, through language, movement, and performance. GCO 4.2.3-sing alone and with others, with emphasis on expressive singing, phrasing, range, and more complex textures. GCO 4.2.4-participate in large and small ensemble music-making. GCO 4.5.1- explore a range of ways that music may be used to reflect themes and ideas.

Grade 5:

GCO 5.1.3-demonstrate an awareness of rhythmic/melodic concepts, form, and texture, through language, movement, and performance. GCO 5.2.4-participate in small and large ensemble music-making, presenting music that reflects diverse images, thoughts, and feel-

GCO 5.3.2 identify, describe, and compare styles of music from a variety of cultural and historical contexts.

GCO 5.4.2 demonstrate an awareness of conventions of audience behavior in a variety of performance contexts.

> Ms. LeBlanc Lisa.LeBlanc@nbed.nb.ca

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 fourth 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 11th for our annual Christmas Concerts. This year there will be two showings. The first at 9AM (last name A-K); and

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."



SPEAKING OF SPEECH AND LANGUAGE...

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

Helping Your Child Develop Basic Concepts

Why are basic concepts important?

Understanding basic concepts is important for school success as they build pre-reading and early math skills, and strengthen vocabulary. Basic concepts are more than just vocabulary words. They are tools for thinking, following directions, and solving problems. They include words that describe location (e.g. up/down, in/on), number or quantity (e.g. many/few, more/less), describe attributes (e.g. big/little, wet/dry), time (e.g. before/after), and sequence (e.g. first/last).

By the time children enter school, we expect that they have developed an understanding of a number of different concepts. Children should know the following concepts by the following ages:

Age	Basic Concepts
2-3	In/out, on/off, under, together, away from, big, tall, all/none, hot/cold, dirty/clean, happy/sad, soft, heavy
3-4	Up/down, top, over, apart, toward, little, in front of/in back of, next to, more/less, empty/full, fast/slow, hard, light, same/different, noisy/quiet
4-5	Beside, bottom, between, middle, fat/thin, long/short, wide/narrow, most/least, rough/smooth, dark/light, warm/cool, backward/forward, inside/outside, high/low

How can parents/teachers help?

Reading, games, and everyday routines are great opportunities to teach concepts. Here are a few suggestions to get started learning concepts!

- Read books that focus on early developing concepts (see attached list of books). Talk about the illustrations in the books e.g. where things are in the pictures (in, on, under, beside, near/far, up/down, etc.), Ask your child/student to tell you where things are. Talk about what happens first, next, and then, last, etc.
- Play the "I Spy" game. Use the early developing concepts in your clues. You could say, "I spy something that is **empty**". Encourage students to use concepts when it's their turn.
- Play "Simon Says" using basic concepts (e.g., "Simon says get under the chair"; "Simon says look up and clap
 your hands over your head; "Simon says Susie stand in front of Sam"; "Simon says before you touch your toes,
 touch your nose", etc.)
- Use barrier games, giving directions to the children using basic concepts. For example, you could say, "Colour the **big** ball red and the **little** ball green", or "Draw a cat **next to** the tree", "Draw a bird **above** the tree", etc. When the students are finished, the pictures should look the same as yours. Allow students to compare pictures and take turns telling each other what they drew (e.g. "I drew the cat **next to** the tree", etc.).
- Use real objects. Place objects in a grab bag and get students to follow directions using basic concepts with the object they pick out of the bag (e.g. Put the spoon **beside** the plate, etc.). Is the bag **empty** or **full**?
- Look out the window and talk about what you see. Talk about things that are near/far, big/small, above/below, in front/behind, etc.
- Go to the playground and talk about what your child/student is doing (e.g. "You are at the **top** of the slide, **bottom** of the ladder, **inside** the tunnel", etc.)
- Go on a nature walk and talk about you see and find using basic concepts (e.g. How **many** leaves did you find? Who found the **most/least**, etc)
- Instead of sorting by colour (red, blue, etc.), sort by dark/light, same/different, etc.
- Gather a small group of similar objects (e.g. blocks, cars, small animals). Put different quantities in clear containers and talk about which one has many, few, some, one. Are the containers empty or full?

For more information on teaching children concepts for school success and for more specific goals and suggestions for your child or student, please contact the Speech-Language Pathologist at your school.

Resources: Anglophone South School District SLP Handouts Mar 2013