



Hampton Elementary School

February 2015

Newsletter



HAMPTON ELEMENTARY SCHOOL

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

[http://hampton-
elementary.nbed.nb.ca](http://hampton-elementary.nbed.nb.ca)

From the Main Office

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

School Bus Transportation -
832-6429

MISSION:

Help and believe in,
Each student so
that he or she can
achieve his or her
highest potential in
a,
Safe, supportive in-
clusive environment.

No school
for students
February 13, 2015

Principal's Message

Since the last newsletter the temperatures have become more seasonable with some days outright frigid including some significant snowfalls. We are asking parents to ensure their children are dressed appropriately for the weather. Last month I communicated the cold and wind chill policy with our families; a reminder that students will be going outside as long as the temperature is above -20C. It is our expectation for students to be prepared for this by wearing the appropriate clothing each day. All students should have snow pants, hats and mittens.

It is our hope that the school newsletter informs you of many of the monthly events that happen within the school. Teachers also keep you informed on a regular basis of events that occur within their classrooms. If you need more information about your child's activities, please contact the school.

This month our Grade 5 students in the Prime Program are "flipping". Students in the English class will be entering the Intensive French program for the remainder of the school year and the Intensive French class will be completing the English part of the Grade 5 program.

On Wednesday, February 25th, please wear a pink shirt to school to raise awareness that we don't tolerate bullying at Hampton Elementary School.

At the end of the month we will be offering an evening session for families to attend to learn more about the WITS program and the literacy resources we use within the school to share the message of this program. Students will be encouraged to wear their PJ's and come visit to listen to the reading of one of the WITS stories and participate in a variety of activities.

Thank you for sharing your amazing children with us every day.

- Mrs. Blanchard



Walk Away
Ignore
Talk it Out
Seek Help

WORDS OF WITSDOM

What is the difference between normal and harmful conflict?

Conflict is a normal part of growing up as children develop skills to interact with those around them. Certain types of conflict, however, can be harmful. So how do you tell the difference?

Normal conflict is occasional and not pre-planned. Both individuals involved are usually upset and want a resolution. Potentially harmful conflict, such as bullying, is deliberate and intended to hurt someone. It is repeated and targets the same individual over and over.

Words matter! WITS tries hard to avoid labels like "bully" or "victim" and this blog from The Society for Safe and Caring Schools & Communities does a good job explaining why:

"These terms focus on the students rather than the behaviours, and ignore the fact that many individuals may take on both roles in different situations or at different points in their lives."

<http://safeandcaring.ca/2727/article-positive-and-respectful-language/>

Mark Your Calendar!

Mon., Feb. 9th—PSSC Meeting 6:30PM library

Tues., Feb. 10th—Grade 6 Info Meeting at HMS 7PM

Fri., Feb. 13th—District Prof Development—no school for students

Weds., Feb. 25th—National Pink Shirt Day

Thurs., Feb. 29th—WITS Family Literacy night

Fri., Feb 27th—Last day of school before March break

Check out the February Calendar for More Important Dates!

Next month: March

March is Nutrition month

Mon. 2– Fri. 6—March Break

23rd—Report Card #2 Go Home

26th—Parent Teacher Interviews Evening

27th—Parent Teacher Interviews Morning/No School for students



Hot Lunch and Milk Program

Our current round of milk runs until March 31st.

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).



News from the Music Room with Mrs. Veniot

Classes have been working on the song “Change the World” in time for Pink Shirt Day on February 25, 2015. The song and lyrics can be found online. It is a great song and students are thinking about the lyrics.

~Chorus~

You have the power, to change 'most anything
Speak up for someone you can let you voices ring
Don't stand by and watch it's time to take the lead
We can change the world one person at a time

<http://schools.ednet.ns.ca/avrsb/063/bdoucet/tinker/>
<https://www.youtube.com/watch?v=-tHkH1kmEug>

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 reading 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. Last month we focused on Metacognition. This month we present to you some information about Graphic and semantic organizers. This is the third of seven strategies we will feature which have a firm scientific basis for improving text comprehension.

3. Graphic and semantic organizers

Graphic organizers illustrate concepts and relationships between concepts in a text or using diagrams. Graphic organizers are known by different names, such as maps, webs, graphs, charts, frames, or clusters.

Regardless of the label, graphic organizers can help readers focus on concepts and how they are related to other concepts. Graphic organizers help students read and understand textbooks and picture books.

Graphic organizers can:

- Help students focus on text structure "differences between fiction and nonfiction" as they read
- Provide students with tools they can use to examine and show relationships in a text
- Help students write well-organized summaries of a text

Here are some examples of graphic organizers:

Venn-Diagrams Used to compare or contrast information from two sources. For example, comparing two Dr. Seuss books.

Storyboard/Chain of Events Used to order or sequence events within a text. For example, listing the steps for brushing your teeth.

Story Map Used to chart the story structure. These can be organized into fiction and nonfiction text structures. For example, defining characters, setting, events, problem, resolution in a fiction story; however in a nonfiction story, main idea and details would be identified.

Cause/Effect Used to illustrate the cause and effects told within a text. For example, staying in the sun too long may lead to a painful sunburn.

<http://www.readingrockets.org/article/seven-strategies-teach-students-text-comprehension>

Numbers, Numbers, Everywhere

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

How Will Math Look in Your Child's Classroom?

As a result of the recent effort in mathematics teaching to include understanding in the teaching of math, from basic through advanced levels, the picture of your child's math class may, indeed, look different from what you remember when you were in school. For instance:

■ **Children will be expected to know their math facts:** Children will be learning their math facts with an understanding of how facts relate to each other.

■ **Children will be doing more than arithmetic:** Children will be seeing that math is much more than arithmetic (knowing the facts and number operations); it involves estimation, geometry, probability, statistics, and more.

■ **Children will be striving to achieve high goals:** Children will be achieving high standards of understanding, complexity, and accuracy set for them by their parents, teachers, schools, and states.

■ **Children will be actively involved in the study of mathematics:** Children will be doing tasks that involve investigations. They will be talking and writing explanations for their thinking.

■ **Children will be working with one another:** Children will be collaborating to make discoveries, draw conclusions, and discuss math.

■ **Children will be evaluated in a variety of ways:** Teachers will use many different ways to determine if children know and understand math concepts. Some of these will include writing samples, projects, or written tests. Not all evaluation will be the same for every classroom or every child.

■ **Children will be using calculators to solve problems:** They will be using calculators not as crutches but as tools to solve more complex problems with bigger numbers than they could do otherwise. Children with good knowledge of math facts, number sense, and reasoning about math will be able to use the calculator most effectively.

■ **Children will be using computers:** They will be developing databases, spreadsheets and computer graphics, while solving problems.

<http://www.math.com/parents/articles/mathlook.html>

PSSC—Parent School Support Committee

Next Meeting:

Monday,
February 9th 6:30p.m.

The PSSC has its next meeting scheduled for February 9th. We will be looking at the Wellness Survey results for our students and identifying areas for improvement. All are welcome!

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. Our next meeting is on Tuesday, January 20th 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".

Next Meeting:

Tuesday,
February 17th, 6:30 p.m.

Blanchard's Brainteaser

To encourage John to work harder in math his mother said she would pay him 10 cents for each right answer and subtract 5 cents for each wrong answer. If he earned 20 cents after doing 32 problems, how many problems did John get right? How many did he get wrong? How many would he have to get right to earn more than a dollar?



Skillstreaming: Review

Social Skills are skills that we use in every environment that includes two or more people. They allow us to know what to say, how to make good choices, and how to behave in different situations.

Classrooms at Hampton Elementary are focusing on reviewing all the 60 skills included in the Skill streaming program. The five groups of skills fall under the following categories: 1. Classroom Survival Skills, 2. Friendship Making Skills, 3. Skills for Dealing with Feelings, 4. Skill Alternatives to Aggression, 5. Skills for Dealing with Stress. These skills are modeled, role played, practiced and reinforced throughout the school year.

Policy 711—Healthy Eating

Valentine's Day is not the only heart related event in February—it is also Heart Month; a month to raise awareness of heart disease on behalf of Heart and Stroke Canada. A big part of Heart Health is Healthy Eating.

Healthy Eating is key to success at school:

- ~There's a clear link between good nutrition and academic performance.
- ~A well-fueled child is more likely to have positive behaviours and relationships both in and outside the classroom.
- ~Healthy snacks and lunches at school help kids meet their overall daily needs for nutrients and energy.

Many children consume one-third to one-half of their overall calories at school. Yet about 25 per cent of the calories children consume throughout the day come from foods with poor nutritional value, such as pop, sweets and high fat or salty snacks.

Help your children eat well at school by encouraging healthy snacks and lunches. Here's how:

1. Encourage kids to help plan and prepare their own healthy snacks and lunches
2. Focus on the food groups they may not be getting enough of – for most kids that's Vegetables and Fruit and Milk and Alternatives.
3. Limit commercially prepared snack foods – many are higher in fat, salt or sugar
4. Lobby your school counsel for healthier foods sold at school
5. Set guidelines on cafeteria and fast food lunches

More great ideas can be found here:

<http://www.healthcheck.org/page/school-aged-and-teens>

Cold & Flu Season

Winter is far from over and so are the illnesses and contagious bus that come with it! If your child has flu-like symptoms, cold, cough or rashes, please keep them home to rest and recuperate before returning to school. When our students come to school ill they do not work well and they pass on their illnesses to others. When we are sick, we all feel better at home, in a warm bed with our favourite things!



Greenhouse Plant Sale

Students in our Greenhouse program will be selling Geraniums on February 11th.

Physical Education Corner

This month, Hampton Elementary students have been working on sending and receiving skills, which are useful in many different sports and activities. In particular, we have worked hard on a badminton unit, where students learned how to serve both forehand and backhand. We will continue working on sending and receiving skills throughout February.

<http://hamptonelementarype.weebly.com>

Guidance Corner

Learning to be Responsible

Our children deserve to learn important lessons from us and to acquire important habits with our help. They need help in learning what matters to us. We want our children to grow up to be responsible adults. We want them to learn to feel, think, and act with respect for themselves and for other people. We want them to pursue their own well-being, while also being considerate of the needs and feelings of others.

As parents, we can give our children the best in us by helping them acquire habits and character traits, such as responsibility, that they can rely on in their own lives. If we help them learn to take pleasure in thinking and behaving well, they will have the best chance to lead good lives as individuals and as citizens in the community. This will be true no matter what unpleasant situations or bad influences they come across.

So, what do we mean by responsibility? None of us is born acting responsibly. A responsible character is formed over time. It is made up of our outlook and daily habits associated with feelings, thoughts, and actions. Responsible people act the way they should whether or not anyone is watching. They do so because they understand that it's right and because they have the courage and self-control to act decently, even when tempted to do otherwise.

We want our children to appreciate the importance of being responsible. We also want them to develop the habits and strength to act this way in their everyday lives. Learning to be responsible includes learning to

- respect and show compassion for others;
- practice honesty as a matter of course;
- show courage in standing up for our principles;
- develop self-control in acting on our principles; maintain self-respect.

As parents we can help our children develop responsibility by modelling these things. We can also give them positive feedback when we see them acting responsibly.





SPEAKING OF SPEECH AND LANGUAGE...

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

Sharing Books with Your Child

Sharing books together is a great learning and bonding activity to do with your child. It's not just reading pages to your child. It's taking time to read, look at pictures, talk with and connect with your child. Not only is it fun for you and your child, sharing books has been found to have many, many benefits for children. Research has connected sharing books with a child with **higher vocabularies**, *better grammar skills*, **increased phonological awareness** or pre-reading skills and *academic performance*. It has also been found that the more fun you make it, the higher the benefits!

Suggestions for Sharing Books with Your Child:

- Make book sharing a special time that you and your child(ren) spend together.
- Schedule a few minutes every day (or as many possible) to share books with your child.
- Your child does not have to read in this activity, but can read bits of the book if they want to.
- Choose books that are 2-3 levels about their reading level, so that you play a big part in the story.
- Look at both narrative (story books) and information books as they are both important for school success and use different types of thinking. Make sure your child is interested in the topic.
- Spend time focusing on pictures. Talk about what you see, what you like, what you don't like, etc.
- Pause between pages. Talk about what happened. Have your child guess what may happen next.
- When talking about the book use terms such as "before," "after," "first," "last," "because," etc.
- Connect the book to experiences your child has had: compare the dog in the book to your pet dog; ask if they have played that game, etc.
- Ask open-ended questions throughout the book.
- Talk about words and items in the book and what they mean.
- Make sure your child has time to comment on what they see.
- Expand book time by doing related activities: sing a related song, pretend you are living in a castle, etc.
- Get a library card! Not only do they have many wonderful books, libraries have great activities for parents and children to participate in.

Most importantly, HAVE FUN!

Town of Hampton Frostbite Festival

February 6th - 8th, 2015



Schedule of Events

**All events are free unless indicated*

FRIDAY

- 6:30 PM FAMILY MOVIE NIGHT – FROZEN**
Hampton Middle School
- 7:00 PM FROSTY FUN SPIEL - Hampton Curling Club**
\$10 for 4 ends & chicken wings. All Welcome.
- 7:30 PM WINTER ZUMBA PARTY - Lifestyles Gym**
\$5 donation to Hampton Relay for Life. All Welcome.

SATURDAY

- 8:00 AM SNOW JOG - Hampton High School**
- 1:00 PM FAMILY FROSTBITE FEST –**
Dutch Point Park
Sliding, Skating, Hiking, Children's Games,
Washer Toss Competition and Much More!
- 5:00 PM CHILI & SUNDAE SUPPER** *(Veggie Option Available)*
Hampton United Church, 24 Robb Court
\$8/Adult; \$4/Children; \$25/Family
- 7:00 PM SNOW PLOUGH AND SNOW BALL**
Tickets are \$25 & must be purchased in advance
from Leisure Services Office (2nd Floor Arena)

SUNDAY

- 9:00 AM BLIZZARD BRUNCH –**
Hampton Legion - \$7 per person
- 12:30 PM SNOW ZUMBA –Town Square**
- 1:30 PM COSTUMES ON ICE &
WINTER SCAVENGER HUNT**
Hampton Community Centre

**For more information, contact Leisure Services at 832-6102
or visit www.townofhampton.ca**

