



Hampton Elementary School January 2017 Newsletter



HAMPTON ELEMENTARY SCHOOL

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

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

From the Main Office

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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 -
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Principal's Message

While the past weeks made home a great place to be, it was really nice to finally see all our staff and students this week. It is always nice to get back into routine and January is always a time when students settle back in quickly and make significant gains in their learning.

January is also a time of reflection. Of looking at the past year and celebrating all of the accomplishments. It is also a time to set sights on new goals. As a school we encourage **daily goal setting** for our students. By setting goals students can: 1.improve their academic performance, 2.increase their motivation to achieve, 3.increase pride and satisfaction in performance and 4.improve their self-confidence.

This year as life seems to become more and more busy, it is important for us to truly appreciate all that we have. Mrs. Clarke, our guidance counsellor, has begun the New Year implementing **Mindful Moments** in the classrooms. Our *Guidance Corner* feature is a reminder for all of us to live in the present whether than means fitting in some "tech-free" time in your day or simply taking five minutes to reflect on the positives in our day.

This week has been an important reminder about how to **dress for the weather**. According to our policy on wind chill hazards, generally, only temperatures below -20C (wind chill) would warrant staying inside. Thus it is important for students to come prepared to go outside (25 minutes) with snow pants, hats, mittens, boots and extra layers. There are some times when we will decide to go out for parts of recess in order for children to get fresh air, but for the most part, children are outside for the full twenty-five minutes.

January is filled with many **special events** for our students: we have presentations from the Calithumpians, National Literacy Day and an author from the Writers in Schools Program.

It is wonderful to be back into a familiar routine. As always, please call or email if you have questions or concerns about anything—and Happy New Year to everyone!

- 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.

HAPPY
NEW
YEAR



WORDS OF WITSDOM

How can I support WITS at home?

The WITS Programs are designed to reach beyond schools to protect children from peer victimization wherever they are. Parents play a critical role by teaching children to use their WITS in a variety of situations. So what can you do to support WITS at home?

1. Use WITS and LEADS to help your child solve conflicts and deal with your own. Use the language when watching TV or movies to talk about how characters handle problems.
2. Talk about WITS reminder gifts. Through WITS, community leaders visit classrooms and drop off gifts, such as bookmarks, pencils and posters. When your child brings home these gifts, ask: Who gave you this? What did the visitor talk about?
3. Praise your child when you observe him or her using WITS or LEADS strategies. Ask: How did you decide which strategy to use? How did you feel when it worked?

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!

January

Tuesday, January 10th—First day back for students

Thursday, January 12th—Home & School Meeting

Monday, January 16th—PSSC meeting

Looking Ahead: February

February 6th—Grade 5 Intensive French concludes/students with to English.

February 22—Pink Shirt Day

February 24th—Minister's Exemption Day— No school for students

March Break is March 6-10th, 2017

TIMELY REMINDERS

A reminder for the New Year that our school day begins at 8:25 am. We would ask that you have your children to school by 8:20 am. This 5 minutes before the bell allows students the opportunity to take off their jacket, boots and settle in to the classroom before announcements.



Our classroom instruction begins 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



We will start the second round of skating **Jan. 11th-March 24th (10 weeks)** for **Schofield, Bradshaw, Vallis, Raymond, Salgado & Veniot.**

Schofield and Bradshaw skate on Wednesdays and Vallis, Raymond,

Salgado and Veniot on Fridays.

Milk Program



Our current round of milk runs until January 30th.

The new order will run from January 31st to April 13th.

The cost of milk is 50 cents per carton of white milk and 55 cents for a carton of chocolate milk. The deadline for milks orders will be due Wednesday, January 25th.

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

Hot Lunch Program

The current hot lunch program runs until January 20th.

Please contact the Home and School Association for questions regarding Hot Lunch.

THANK YOU

THANK YOU to **Jamie's Independent Grocer** on behalf of HES! Jamie and his staff provide Hampton Elementary School students with a regular weekly supply of apples and bananas to support our Healthy Eating initiatives. Thank you also to our parent volunteer Melanie Logan who picks up the fruit each week and delivers it to the school!

Thank you to **O'Keefe Home Improvements** for their generous donation to sponsor students for hot lunch and milk.

We also received a donation from the community (who wishes to remain anonymous) for our school breakfast program.

LOOKING FOR: we are in need of a volunteer to pick up the bottles, cans and juice boxes (redeemables). These bags can be dropped off at the Recycling Depot on William Bell Drive (no need to wait in line as they are pre-tagged) with funds being donated to Hampton Elementary School.



School Improvement Plan

2015-2018

The School Improvement Plan for Hampton Elementary encompasses four main areas. Literacy, Numeracy, School Climate and Enhancing Communication with parents about the School Improvement Plan. The plan is posted on our website and is reviewed monthly by staff and members of the PSSC. There will be updates in the monthly newsletters within areas of the School Improvement Plan.

Learning about Literacy

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



Family Literacy Day - January 27th

Family Literacy Day® is a national awareness initiative created by ABC Life Literacy Canada in 1999 and held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family.

Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

Barbara Reid, award-winning Canadian author and illustrator, is the Honorary Chair of Family Literacy Day!

Time spent following a new recipe, playing a game, or reading a story together can focus on learning in a fun way. These teachable moments at home help children learn listening skills and language skills, and develop their imagination and creativity—and are also opportunities for adults to practice their skills to keep them sharp.

<http://abclifeliteracy.ca/family-literacy-fun>

Stay tuned for our Annual Book Swap in honour of Family Literacy Day. We will be asking students to bring in their already "read" books in exchange for a "new to them" book. We are accepting books all month with the Book Swap happening on Friday, January 27th in the library!

Numbers, Numbers, Everywhere

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

January: Math Fact Fluency

Math fact fluency is the ability to recall the basic facts in all four operations quickly and effortlessly. Students have achieved automaticity with the basic facts when they can retrieve them from long-term memory quickly, without conscious effort.

Math can be compared to languages in some ways. Just like you have to learn to combine letters into words and words into sentences - and we have strategies like sight words to help kids to learn to read - math facts are the foundation blocks for learning the next level of math. Strategize, then memorize: research shows that students do not master the basic facts through memorization alone, instead mastery comes when students have quick and effective strategies for finding the solution. Once a student has a strategy, then practice that strategy to help the student build speed.

Addition/Subtraction Strategies

Make 10: combinations that make 10 (ex. $3=7$, $6=4$ etc.) can be applied to subtraction as well. For $14-6$, students can think $14-4=10-2$ for a final answer of 8.

Doubles and near doubles: for example: use $3+3=6$ to determine $3+4$ (think $3+3$ plus 1 more) or $3+5$ (think $3+3$ plus 2 more). The doubles can also be used for subtraction: for $13-6$ think $6+6=12$, so $6+7=13$ then $13-6=7$.

Using fact families to add or subtract: for $8+6$, think $6+8$ or for $14-6$, think $6+?=14$.

Multiplication/Division Strategies

Multiplying by 2, 5 and 10s: skip counting by 2, 5, and 10 is a skill students have been working on since primary.

Multiplying by 3s: think multiplying by 2 then add 1 more group. Example: $3 \times 7 = ?$ Think $2 \times 7 = 14$ + one more group of 7 = 21.

Doubling: doubling can be used as a strategy for the 4 facts, 6 facts, and 8 facts. Example: for 4×8 think double the 2 fact: $2 \times 8 = 16$, double $16 = 32$, and so $4 \times 8 = 32$. For 6×7 think double the 3 fact: $3 \times 7 = 21$, double 21 is 42, so $6 \times 7 = 42$. To solve an 8 fact, think double 4 facts.

Think multiplication to divide (using fact families): for $63 \div 9$ think $9 \times ? = 63$. For $64 \div 8$, think $8 \times ? = 64$.

There are many, many more strategies for the basic facts, and not all students will use the same strategies. The key is to find a strategy that works for your child. If you are having trouble with a particular set of basic facts, or if you are searching for a different strategy, please contact your child's teacher.

Don't limit math fact practice to traditional flashcards; there are many online and app based math fact games that students can play as well as card games (crib is great for addition and subtraction) and dice games. Your child's teacher will have a wealth of suggestions for you to use at home.

In the meantime, follow this link for a math fact practice game that allows you to choose the operation, level of difficulty and time limit.

<http://www.playkidsgames.com/games/mathfact/mathFact.htm>

Submitted by Jillian Kiervin, Numeracy Lead, HES

PSSC—Parent School Support Committee

Next Meeting:

Mon. Jan. 16th, 6:30p.m

The PSSC met on November 21st, 2016 in the library. Our December meeting was postponed. We will be meeting Monday, January 16th, the third Monday of the month. Our topics of discussion will be the School Improvement Plan, PSSC budget and use of technology in the classroom.

For review of previous meeting minutes, you can find them under the "For Parents" dropbox on our Hampton Elementary School website or follow the link here: <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/PSSC.aspx>

Home and School Association

The next Home and School Association meeting will be held on Thursday, January 12, 2017 at 7:00 PM in the HES library. Everyone is welcome to come find out what Home and School has planned for the remainder for the school year.

Next Meeting:

Thurs. Jan. 12, 7PM

Online Ordering for Healthy Lunches

We are now using an online system for ordering lunches for your child. Paper forms will not be sent home. Information regarding this new system will be e-mailed and a letter will also be coming home with students this week. Also, the "Hampton Elementary School Home and School" Facebook page has an attachment with more details.

All orders for the January 23 to February 28 period are due by January 18. No late orders will be accepted. Orders can continue be paid for by cash, cheque or EMTs.

Home and School's "Thank You"

We appreciate all of your support for the various activities that we had in December. The after school movie was very successful. Special thanks to Wendy Gallant at the Irving for the donation of bottled water for this event.

Also, thanks to Blair Wanamaker for driving the float in the Christmas parade and to Danielle Scott for being in charge of the float committee. The students, staff and parents who participated in it had lots of fun!

Finally, thank you to everyone that purchased tickets on the Christmas basket at the Holiday Extravaganza and concerts. The winner was Nancy Murphy.

Please check out the Hampton Elementary School Home and School group on Facebook for ongoing updates and volunteer opportunities. Our Home and School Meeting Minutes can be found under Home and School on the HES school website: <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/Home-and-School.aspx> Questions? Email hes.homeandschool@gmail.com

~submitted by Erin Roy

Skillstreaming: January and February

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 the following social skills: Reacting to Failure, Accepting No, Saying No, and Being Honest. Skillstreaming is a curriculum that covers 60 skills across 5 groups. These skills are modeled, role played, practiced and reinforced throughout the school year.

Policy 711—Healthy Eating

With the start of a new year often comes a whole laundry list of New year's resolutions. If eating healthier is on your list this year, try some of these "tweaks" or small changes to get you into some new nutritious habits. Research shows that making small changes over time tend to work better in the long run. Start off small and you'll have a better chance of carrying some of your resolutions through the whole year. So instead of just saying you're going to eat "healthier" in 2017, pick two or three of the small changes below to start with and then build from there.

Here are some small changes adapted from the Food Guide key messages:

- Eat at least one dark green and one orange vegetable each day
- Have vegetables and fruit more often than juice
- Choose whole grains instead of processed grain products
- Drink milk or a fortified milk alternative each day
- Eat fish at least once a week
- Include more beans, lentils and meat alternatives into your diet

<http://healthyeatingatschool.ca/resources>

It's Cold Outside



Make sure your children have warm clothes for playing outside at recess. They should come to school prepared with warm jackets, hats, mittens, and snow pants for these cold winter days. Generally, temperatures below -20C (wind chill) would warrant staying inside.

Did you know?

You can donate your recycling money from bottles and cans directly to Hampton Elementary School. Simply drop off your bags to the redemption center with a label for Hampton Elementary School and they will be processed with the money credited towards our account. You don't even have to wait in line! Simply drop them off with a note and leave!



Rainbows is an international not-for profit program that fosters emotional healing among children, youth and adults grieving a loss from a life-altering crisis and transition in their family. The curriculum is designed to assist people who are grieving a death, divorce or any other painful transition in their family within a safe, supportive environment with a unique peer assisted program. Rainbows at Hampton Elementary will be offered soon by our guidance counsellor, Mary Clarke.

Please call the school at 832-6021 if you would like your child to participate in this program.

What is RAINBOWS? RAINBOWS is a support group with a curriculum designed for children who have suffered significant loss in their lives, either through death, divorce, or other life altering crisis. Children in the program are provided an opportunity to meet new friends who have shared similar experiences and to have a trained, caring adult help them sort through and understand their grief and to achieve a healthy acceptance of what has happened to their family.

What RAINBOWS is not. RAINBOWS is not counseling or therapy for children. It is strictly a peer support group guided by caring and trained adults.

RAINBOWS consists of 12 weekly meetings and a Celebrate Me Day. The groups meet for 30-40 minutes. The children meet in small groups to share an activity and discuss various topics of Self, Belonging, Fears, Blame, Trust, Forgiveness, Stepfamilies, Feelings, Changes, Transitions, Coping, Reaching Out, and Acceptance and Family. The goal of the support group is to assist the children in expressing and understanding their feelings, accepting what has happened, and experiencing a sense of belonging and love.

Physical Education

A New Year..... A Healthier You!

It is that time of year again where we take a look at our daily routines and come up with new goals or resolutions to improve our health. This month, I am challenging students to create a DAILY HEALTHY HABIT to follow and track each day of the month. This can be something as simple as participating in 30 minutes of physical activity each day or getting 10 hours of sleep each night. Students were given a hand out in P.E. class to track their weekly progress. If students complete an entire week, they can fill in their raffle ticket for a chance to win a Hawk Award and be mentioned on our Physical Education website (<http://hamptonelementarype.weebly.com/>).

Intramurals

Congratulations to all grade three ball hockey players for having an excellent season! After many rounds of overtime, The Lightning and Bruins tied for 1st place and The Sharks and Predators tied for 3rd. I have never seen a closer playoff season. Thanks again to all grade five coaches and goal referees who gave up their recesses to volunteer.

Grade four ball hockey is just getting on its way and I am thrilled with the number of students who signed up to play! A new round of grade five volunteers will be chosen to coach these teams.

Grade 3 Curriculum Outcomes for January:

Doing D8 - Demonstrate ways to retain and move an object with control. Knowing

K2 - Explain the relationship between good nutritional habits and personal well being.

Valuing V4 - Explain why persistence may be important to achieving a goal.

Grade 4 and 5 Curriculum Outcomes for January:

Doing D6 - Demonstrate ways to send and receive an object with increasing accuracy, using an implement.

Knowing K3 - Identify nutritional needs related to physical activity.

Knowing K5 - Demonstrate an ability to set personal goals.

Valuing V5 - Take personal responsibility for a physically active life style.

Submitted By: Mrs. Henry



Run Jump Throw Wheel
Indoor Series

hamptonelementarype
SERIES
2017

nb
New Brunswick
Physical Education

COME
RUN
JUMP &
THROW

THIS IS A REGIONAL
MEET, TOP 8 IN EACH
EVENT WILL QUALIFY
FOR PROVINCIALS

FOR AGES 8-9 / 10-11 / 12-13

LOCATION: SAINT JOHN, UNBSJ
TIME: SUNDAY JAN 15th, 10AM
REGISTER: WWW.TRACKIEREG.COM/RJTW2017SJ
DEADLINE: JAN 13TH @ MIDNIGHT

WWW.ANB.CA

A Note from the Music Room...

Grade 3's and 4's will be learning to read musical notation as they begin to play pitched percussion instruments. Building on concepts introduced in earlier grades, they will be able to recognize and read more complex patterns in varied meter.

Barb Hill

Music teacher

Let's Get Strumming!

Grade five students are beginning a new unit this month called "Rainbow Ukulele". This unit facilitates student learning through a motivational reward system where students earn coloured pony beads for each new skill mastered on the ukulele. Each of their earned beads will be added to a keychain that students can use to track their progress and keep at the end of the unit. Students will learn a variety of chords, strumming patterns and songs, as well as, practice playing ukulele using TABS and traditional staff note reading.

Mrs. Hill and Mrs. Henry

Guidance Corner

By: Mrs. Fischer

Mindfulness curriculum teaches how to notice what is happening in the present moment and to experience the here and now without judgment. Just as we can develop the skill of paying attention, noticing the present moment and accepting it, we can learn to deploy gratitude. Gratitude can become a habit of mind. When we teach students to seek ways to be grateful for small everyday acts of kindness, what's already around them, some kids struggle.

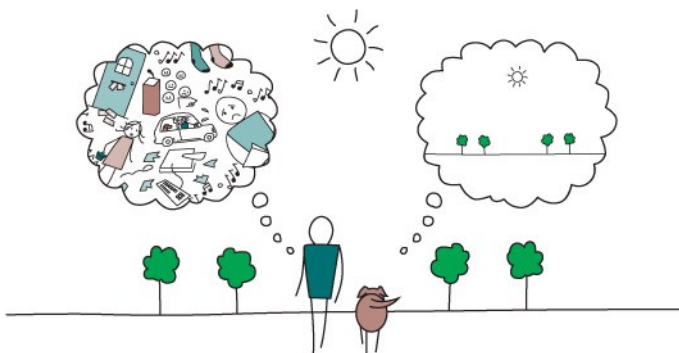
These tips can help:

Teach your child to be grateful by modeling it in an emotionally genuine way. You can feel and express gratitude for both big and little things in daily life ("The clerk at the supermarket was so nice. She made me smile.") If you model gratitude for your child, you are helping create an emotional habit — biochemically and neurologically — that will shape your child's responses in a positive way.

Have your children experience awe and deep beauty on a regular basis. Nature and museums for example help open children's eyes and minds to the vastness of life.

Make sure your children practice gratitude in daily conversation. Saying "thank you," expressing appreciation, and affirming what others say all matter a lot in helping develop kids appreciation for what they have.

*From: GreatSchools.org
Gratitude: the cure for entitlement and materialism
Tips from experts on promoting gratitude in our kids
by: Hank Pellissier*



Mind Full, or Mindful?

Guidance continued...

As guidance counselor at Hampton Elementary school I see each class for 30 minutes every two weeks. I follow the District and Provincial Initiatives each month working it into the Personal Wellness Curriculum.

In November and December we read books and discussed 'kindness' and the fact that all of us are special and unique. We created a Kindness Christmas Tree with acts of kindness written on the bulbs. In January we will be learning some mindfulness activities. These activities should:

- help improve self-control and self-regulation skills
- strengthen resiliency and decision making
- develop positive social skills like empathy and compassion

Our girls group that runs on Tuesday's at lunch has been very popular. It is so popular that we have more girls than we can manage so we will be making some changes and run two groups on a six week rotation. (more to come on this it, is in the works)

We would like to start a Rainbows group which would be open to any student who has suffered loss. This is a small group and lots of sharing and healing can take place. It is coordinated by the YMCA, as a trained facilitator I can take the children through the sessions. If you have a child who has suffered some kind of loss (death of a loved one, divorce, or any other loss) please contact me or a classroom teacher an application will be sent home.

I am available to meet with students individually on Tuesday and Thursday mornings. Many times recommendations come from the classroom teachers and sometimes the students personally ask to see me.

Please feel free to contact me or your child's teacher if you would like me to chat with your son or daughter. Sometimes just sharing a problem with a caring person can make it easier to manage.

Mrs. Mary Clarke
mclarke@nbed.nb.ca