



Hampton Elementary School

January 2015

Newsletter



HAMPTON ELEMENTARY SCHOOL

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

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

From the Main Office

Telephone - 832-6021

Principal - Sarah Blanchard

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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>

School Bus Transportation -

832-6429

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. January is 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. This year as life seems to become more and more busy, it is important for us to truly appreciate all that we have. The new calendar year often prompts adults to create a list of resolutions. Children's resolutions however tend to be less serious. Here are some found on the internet for you to enjoy:

1. "When I draw a portrait of my family I will include my brother."
2. "I'll go to sleep when I go to bed and not stay up texting and playing video games all night under my blanket."
3. "I'll do what my parents ask the first time instead of the twenty-first or thirty-first or whatever."
4. "I won't shove half of a banana into the bottom of my backpack after lunch and forget about it until my parents smell something funny."
5. "I will brush my teeth each and every morning and my parents will never have to remind me. I'll even floss."

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.

First day back for
students:

January 6, 2015



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 6th—First day back for students
 Mon., January 12th- PSSC Meeting 6:30 (library)
 Tues., January 20th—Home & School meet 6:30 (library)
 Tues., January 27th—Family Literacy day

Next month: February

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

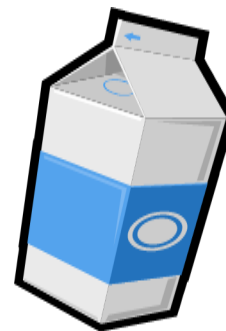


A reminder for the New Year that our school day begins at 8:25 am. Classroom activities begin immediately following the announcements at 8:30 am and teachers need to have everyone in class promptly. This one small detail makes a great deal of difference to starting the day off right!

Hot Lunch and Milk Program

Our current round of milk runs from November 3rd-January 16th. The new milk order forms (sent home on blue paper) are due back no later than Monday, January 12th. No late orders will be accepted! If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021.

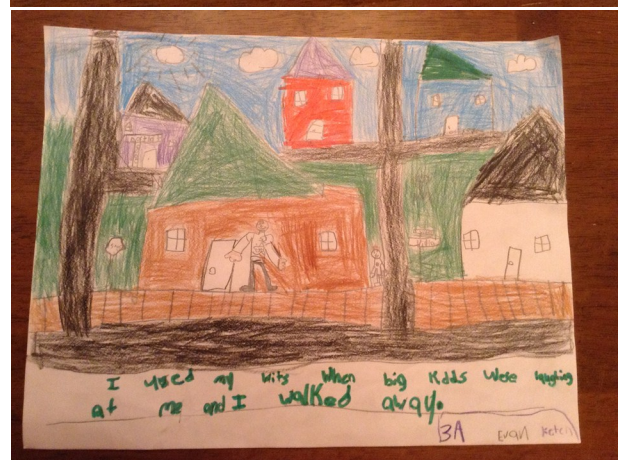
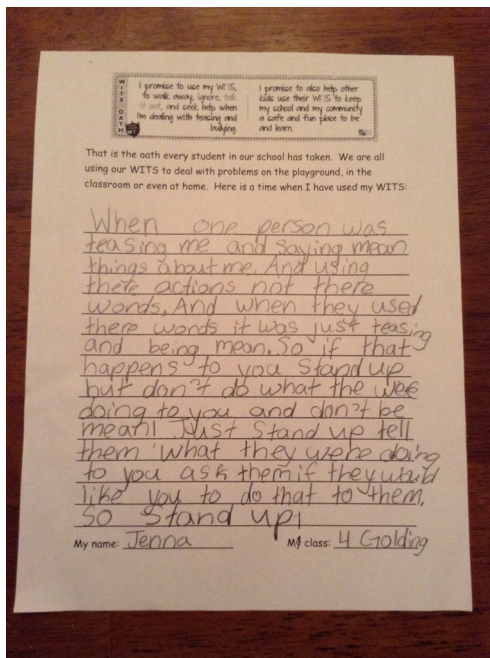
Our lunch tickets will continue to be sold after the announcements on Monday. Your child can buy a book of 10 hot lunch tickets for \$25. All meals will cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays and Subway on Thursday (orders placed on Tuesday).



WITS Contest

This month our students were tasked with creating a poster or writing to demonstrate how they were using their WITS. Ms. Hoffman and Mr. Saunders chose a winner from

each grade level. There were over 100 entries and they had a difficult time choosing from all of the wonderful submissions. Here are the winning submissions from each Grade level.



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 **Monitoring Comprehension**. This month we present to you some information about **Metacognition**. This is the second of seven strategies we will feature which have a firm scientific basis for improving text comprehension.

2. Metacognition

Metacognition can be defined as "thinking about thinking." Good readers use metacognitive strategies to think about and have control over their reading. Before reading, they might clarify their purpose for reading and preview the text. During reading, they might monitor their understanding, adjusting their reading speed to fit the difficulty of the text and "fixing" any comprehension problems they have. After reading, they check their understanding of what they read.

Students may use several comprehension monitoring strategies:

- **Identify where the difficulty occurs**
"I don't understand the second paragraph on page 76."
- **Identify what the difficulty is**
"I don't get what the author means when she says, 'Arriving in America was a milestone in my grandmother's life.'"
- **Restate the difficult sentence or passage in their own words**
"Oh, so the author means that coming to America was a very important event in her grandmother's life."
- **Look back through the text**
"The author talked about Mr. McBride in Chapter 2, but I don't remember much about him. Maybe if I reread that chapter, I can figure out why he's acting this way now."
- **Look forward in the text for information that might help them to resolve the difficulty**
"The text says, 'The groundwater may form a stream or pond or create a wetland. People can also bring groundwater to the surface.' Hmm, I don't understand how people can do that... Oh, the next section is called 'Wells.' I'll read this section to see if it tells how they do it."

<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

In the last few years, there has been some confusion around the "new" way of doing math. It is important to note that today's math includes all the same mathematical concepts and facts as the "traditional" math, the only real difference is in the way students learn this information. Today's math focuses on understanding math ideas by encouraging discovery and exploration through problem solving.

In our math curriculum, there are 7 mathematical processes: **problem solving, selecting tools and computational strategies, reasoning and proving, representing, communicating, reflecting and connecting**. The goal of these processes is to help students become more confident problem solvers.

Below you will find the processes broken down into questions. These questions are meant to be used as coaching tools to help students with their mathematical thinking. Try them at home. You may be surprised by the answers!

Solving the Problem

What is the question and what do you need to do?

Selecting tools and strategies

Will you need to add, subtract, divide or multiply?

What tools or technology would help you?

Representing (Showing the work)

How are you going to show your ideas? (graphs, numbers, words and symbols)

Reasoning (Making sense)

Does your answer make sense? If not, do you need to fix or change something?

Communicating (Sharing it with others)

How can you explain your answer in writing?

Reflecting (Making it personal)

What worked and what did not? Why?

Connections (Seeing relationships)

Does this problem remind you of anything?

By: Patricia Josephson (Literacy Coach)
ÉCOLE JOHN McCRAE SCHOOL

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!



Family Literacy Day -January 27th

On January 27, 2015, Family Literacy Day will celebrate 17 years of learning as a family. Their initiative, created by Life Literacy Canada, has been embraced by literacy organizations, schools and libraries all across Canada. This year, Life Literacy is encouraging families to take time each day to have "15 Minutes of Fun".

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/fld/15-minutes-of-fun>

Home and School Association

The Home and School Association hopes that all of our HES families and friends had a safe and happy holiday and that your New Year is filled with joy and laughter.

Thank you to everyone who supported our Java Moose Coffee Fundraiser! The coffee arrived just in time for the holidays and hopefully helped keep you going during such a busy time of year. The total number of bags sold was 174 with a profit of \$475! The money raised supports learning initiatives for all students at HES.

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,
January 20th, 6:30 p.m.

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 2015, 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.

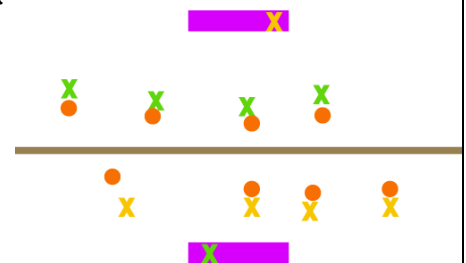
Did you know?

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 and leave!



Physical Education Corner

This month our students adapted to having the stage in the gym as we prepared for our Christmas Concert performances. As a result we have played a game which takes up less space but also helps to develop ball skills and spatial awareness: **Benchball!** Using the illustration to the right, have your child explain the rules and the object of the game.



<http://hamptonelementarype.weebly.com>

Guidance Corner

Take the time to make the time!

Time Flies! Before we know it our children are all grown up. Most parents realize the rewards of close Family ties. Yet the demands of jobs and day to day household activities can be stressful and tiring. Sometimes quality time with your child gets squeezed out. In this age of two-income families, spending quality time with your child may seem impossible. Have demanding work schedules, responsibilities and endless housework chores taken over your life? Spending quality time with your child gives you a chance to shape their values. The shared experiences you have with your child will shape their viewpoints as they are exposed to the growing influence of peers and pop culture in the future. You provide a framework of reference that your child may constantly refer to as they mature. The more time you spend with your child the more you will be able to help them tune into their abilities, skill building activities and healthy friendships. As we move into a new calendar year, in order to find the time for your child, you may want to prioritize and reorganize your schedule.

Consider the following tips: Examine your daily schedule and organize your tasks beginning with those that are absolutely necessary to complete. Concentrate on the areas that are most important to you and eliminate the remaining tasks for that day. You may be surprised at how much time you gain by going through this process.

*We schedule appointments and meetings often in our daily lives. Sometimes we have to actually schedule in time to spend with our children. Look at the calendar and pick a time and day to make a "date" with your child. Let them see that you are writing down the time you plan to spend with them just as you would with any other important appointment. Once you schedule your "date," stick to your word. There is nothing more disappointing to a child than a broken promise from a parent. Finding a special time may seem difficult; consider using daily activities as a way to spend some one on one time with your child.

The best ways to connect are often the simplest. Preparing dinner, Family dinner time around the table, Homework time, Household chores, Riding in the car (children and teens often feel comfortable talking in the car) and Bedtime wind down time (during bedtime snack or as you lie down at the end of the day)

Spending quality time with your child does not mean you have to go somewhere special; you can have some excellent quality time at home. Have a board game night planned each week. Watch a movie and order in pizza. Play cards, Have a family picnic in your living room. Make a tent and let them sleep in it or have a camp out in the family room with sleeping bags. Do a craft project together, Watch family movies, Take apart an old VCR and see what makes it work. Put on some music and dance. Exercise together: go for a bike ride, take a walk or walk the dog. Read a story; include snuggle time.

As you show your child that you are excited to spend time being a parent, you are creating fond lifelong memories that may be passed on to future generations. Some of the greatest moments in your child's life can come from sharing experiences with you.

Take the time to make the time! Make 2015 a great year for your family

Wishing everyone a happy and safe new year!

Originally published January 2014 (Jodie Fischer)



SPEAKING OF SPEECH AND LANGUAGE...

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

Vocabulary

Vocabulary refers to the knowledge and understanding of word meanings and how words are related. Vocabulary is the basis for learning language and is critical for developing literacy skills and reading comprehension. Learning of new words happens at school, in the home and in the community. Teachers provide direct instruction for new words when teaching specific topics such as science or math. Parents can extend this learning at home.

Extend Learning:

- Play word games such as Scrabble, Boggle, Charades or Scattergories
- Visit new places such as a museum, library, zoo, or attraction (e.g. lighthouse, park, pet store) and talk about all the new things you see
- Use apps that encourage vocabulary development
- Read a variety of book types including non-fiction and magazines
- Have your child explain in their own words what the "new" word means
- Encourage reading and writing at home
- Encourage your child to tell you about his or her day

Apps Suggestions:

- I imagine by Bizzibrains - Students create characters, find fun interactions, read along with the story and answer comprehension questions
- Let's Name Things by SuperDuperInc - Students name items they see in pictures
- Shadow Puppet by Shadow Puppet - Students combine photos, videos and voice to tell a story, demonstrate a task or explain a concept
- What Does Miss Bee See? by SuperDuperInc - Students name items they see in pictures

Blanchard's Brainteaser

The number 90 can be expressed as the sum of 3 consecutive whole numbers. That is, $90 = 29 + 30 + 31$. The number 90 can also be written as the sum of 4 consecutive whole numbers.

That is, $90 = 21 + 22 + 23 + 24$. Express the number 220 as the sum of 5 consecutive whole numbers and then as the sum of 8 consecutive whole numbers. Show how you solved the problem!