



Hampton Elementary School

January 2016

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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Vice Principal - Julie Stewart

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PSSC Chair - Jamie Foster
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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

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. This year as life seems to become more and more busy, it is important for us to truly appreciate all that we have. Mrs. Fischer, our guidance counsellor, has begun the New Year implementing Mindful Moments in the morning announcements. Her Guidance Corner feature is a reminder for all of us to live in the present whether that 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.

Grade 2 and Grade 5 parents will be gearing up to begin filling out their program option for Grade 3 and Grade 6 next year. If you are a parent of one of these children, I encourage you to attend an info session (see page 6) and have some discussions with your child about options for next year.

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: **Tuesday,**
January 5, 2016



Walk Away
Ignore
Talk it Out
Seek Help

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 5th—First day back for students

Monday, January 11th—PSSC meeting

Tuesday, January 19th—Home & School Meeting

Looking Ahead: February

February 16th—Author Susan White visits

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 4Golding, 4

Power, 3Salgado, 5Bradshaw, 5Kennedy & 3/4Veniot.



Hot Lunch and Milk Program

Our current round of milk runs from November 30-February 12th.

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. Most meals will cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays, Hamburgers and yogurt on Tuesday (order placed on Monday) and Subway on Thursday (orders placed on Tuesday). We are excited to welcome a new provide: The Pita Pit (chicken pita & smoothie) on Friday (ordered Thursday) which will cost 2 tickets (\$5).

⇒ WITS CONTEST ⇐

This year marks the 2nd year of WITS at HES. To advance the program and the skills of our students, the WITS Ambassadors are challenging the students use their WITS knowledge in a month long contest starting next week.

Through group work, students are to present the positives/benefits of using WITS and conflict resolution for their classroom, school and/or community. We want to know what a WITS class, school and community looks like.

- Groups should be a minimum of 2-3 students (from same class, different class or grade).
- The project can be presented using any medium (video, play, dance, poster, newspaper article etc.)
- French classes are encouraged to present the project in French.
- The deadline for submissions are to be made to their teacher by Monday Feb. 1st and winners will be announced February 8th.
- Winners will be provided an unbelievable WITS prize.

Anita Hofmann & Vernon Saunders

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 Susan Clark French who picks up the fruit each week and delivers it to the 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

On January 27, 2016, Family Literacy Day will celebrate 18 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/flid/15-minutes-of-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 Wednesday, January 27th in the library!

Numbers, Numbers, Everywhere

Goal #2 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

ÉCOLE JOHN McCRAE SCHOOL

PSSC—Parent School Support Committee

Next Meeting:

Monday, January 11th
6:30 p.m.

The PSSC last met on November 9th, 2015.

Our December meeting was postponed due to poor weather conditions. We will be meeting Monday, January 11th, the second Monday of the month. Our main topic of discussion for this meeting is the Draft ASD-South Attendance Policy. All are welcome!

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 & School Association meeting will be held on Tuesday, January 19, 2015 at 6:30PM at the HES library

Fundraising

Thanks for everyone's support for the coffee fundraiser. H&S apologize for any delays in sending home orders or due to back orders.

Thanks for everyone's support of the 50/50 and Raffle at the Christmas concert with proceeds going to the Hoyt family.

A popcorn machine has been purchased for the school which will help with Movie Nights, Big Fair Day, and other events.

Movie Night

Next movie night will be held on either Friday January 22 or Friday January 29. Movie and date to be announced. Please contact the H&S by email or on Facebook if you are able to volunteer. Movies take place in the HES gymnasium at 7 PM, doors open at 6:30 PM. Admission is \$2.50 and a concession will be available. Please bring your chairs and/or sleeping bags.

Playground Committee

H&S is starting a Playground Committee which will develop proposals for the playground replacement and improvement projects, update cost estimates, and apply for grants to supplement the funds raised by the H&S. Please contact H&S if you would like to help with this committee.

School Yearbook

H&S is looking into a school yearbook and will be sending home a survey in late January. Please complete the survey as the yearbook will not be pursued if there is not enough interest.

Next Meeting:

Tuesday, January 19th
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 child) would warrant staying inside.

Did you know?

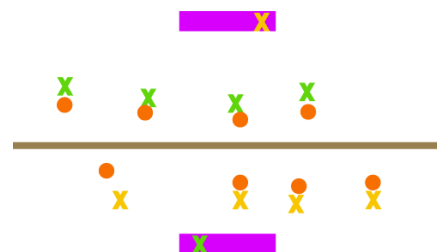
You can donate your recycling money from bottles and cans directly to Hampton Elementary School.

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!



Physical Education Corner

Last 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. In January we are moving on to Balance as part of the Gymnastics Unit.



Mrs. Stewart

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

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 — bio-chemically and neurologically — that will shape your child's responses in a positive way.

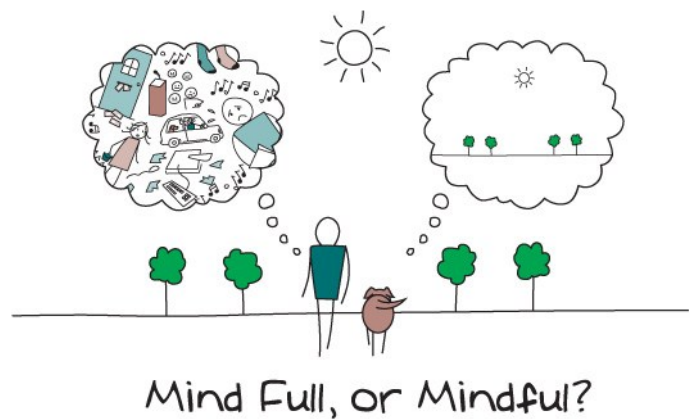
Have your children experience awe and deep beauty on a regular basis. Nature and museums

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*



IMPORTANT NOTICE TO ALL GRADES 2 & 5 PARENTS

Information Nights, regarding program selection for September 2016, will be held according to the following schedule.

The information will be provided on options for the **Grades 3 and 6 students:** English Prime Program, Early French Immersion Program and the Late French Immersion Program.

Parents/guardians are invited to whichever meeting they wish to attend.

PROGRAMS INFORMATION MEETINGS 2016

HAMPTON EDUCATION CENTER		Johanne Austin & Paul Smith	
Date	Time	Location	Snow Date
Tuesday, January 12, 2016	6:30 P.M.	Sussex Regional High School-Theater	Wednesday, January 13, 2016 at Sussex Regional High School-Theater
Thursday, January 14, 2016	6:30 P.M.	Wesleyan Church	Monday, January 25, 2016- Wesleyan Church
Monday, January 18, 2016	6:30 P.M.	Hampton High School- Theater	Thursday, January 21, 2016 at Hampton High School-Theater



SPEAKING OF SPEECH AND LANGUAGE...

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

Noise-Induced Hearing Loss (NIHL)

by Amber Hodgson, M.A., CCC-SLP (<http://www.superduperinc.com/handouts>)

Did you know that prolonged exposure to any noise at or above 85 decibels can cause gradual hearing loss (National Institute on Deafness and Other Communication Disorders (NIDCD), 2010)?

But first, what are “decibels?” *Decibels (dB)* are what we use to measure noise levels, and 85 dB is probably not as loud as you think; the noise-level gauge on the right shows that 85 dB is slightly louder than heavy city traffic! The type of hearing loss that occurs from exposure to loud sounds is known as *noise-induced hearing loss (NIHL)*, and research suggests that NIHL is occurring much more frequently and at younger ages (American Speech-Language-Hearing Association (ASHA), 2010). NIHL usually occurs painlessly over a period of time; however, it can occur from one exposure to an extremely loud noise. Luckily, NIHL can be prevented!

<i>How Loud is Too Loud?</i>	
Decibels	Sound Source
150	Firecracker
120	Ambulance Siren
110	Chain Saw; Rock Concert
105	Personal Stereo System at Maximum Volume
100	Woodshop; snowmobile
95	Motorcycle
90	Power Mower
85	Heavy City Traffic
60	Normal Conversation
40	Refrigerator
30	Whispered Voice
0	Threshold for normal hearing

Effects of NIHL: Hearing loss due to noise exposure usually occurs in the high frequencies (pitches). Speech sounds that give meaning to words, such as /ch/, /th/, /sh/, /f/, and /s/, are high-frequency sounds; therefore, NIHL can make it difficult to understand words and communicate successfully. This can lead to problems listening in different environments, including the classroom. Children with NIHL may be hesitant to answer in the classroom or have conversations with peers, and they may also demonstrate behavior problems.

How Can NIHL Be Prevented? The best way to prevent hearing loss due to noise exposure is to eliminate or reduce the noise. When noise cannot be eliminated, people need to protect themselves from the noise by wearing hearing protection like earplugs or earmuffs. Other ways to prevent hearing loss due to noise exposure are to limit the amount of time around the noise or to increase the distance from the source of the noise. If, after leaving a potentially noise-harmful area, you experience *tinnitus* (ringing in the ears), or if the people talking to you sound like they are mumbling, you could be experiencing temporary hearing loss due to noise exposure, which may lead to permanent hearing loss over time.

It is important to educate your children about NIHL through discussion and by example. Wear your ear protection and encourage your children to follow your example. Also, do not overlook a potential risk of hearing loss from any device that children use with headphones. Remind them to keep their headphones at a reasonable volume *and* not to listen to them for too long.

Why the Growth Mindset?

When students and educators have a growth mindset, they understand that intelligence can be developed. Students focus on improvement instead of worrying about how smart they are. They work hard to learn more and get smarter. Based on years of research by Stanford University's Dr. Dweck, Lisa Blackwell Ph.D., and their colleagues, we know that students who learn this mindset show greater [motivation in school](#), [better grades](#), and [higher test scores](#).

What does a Growth Mindset School look like?

Administrators support teachers' learning. They are responsive to honest feedback, rather than defensive. They seek to build their skills, and are willing to learn from their teachers.

Teachers collaborate with their colleagues and instructional leaders, rather than shut their classroom doors and fly solo. They strive to strengthen their own practice, rather than blame others. They truly believe that all students can learn and succeed—and show it.

Parents support their children's learning both inside and outside the classroom. They partner with teachers, and respond to outreach. They worry less about advocating for their children to get good grades and focus on making sure kids are being challenged and put in the effort needed to grow.

Students are enthusiastic, hard-working, persistent learners. They take charge over their own success.

<http://www.mindsetworks.com/webnav/whatismindset.aspx>

GROWTH mindset GROWTH mindset

WHAT IS IT?

We used to think that our intelligence was fixed - meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle - the more we use it, the stronger (and smarter) our brain becomes.

A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- is threatened by other people's success
- try hard to appear as smart or capable as possible

IS YOUR MINDSET FIXED?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard

WHAT DOES A GROWTH MINDSET LOOK LIKE?

HOW YOU CAN HELP YOUR CHILD

1 TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?

2 PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative. You can say something like:

- "Wow! You must have worked really hard on this!"

5

ENCOURAGE FAILURE (SAY WHAT?!)

Your child needs to know that failure can (and often does) happen and it is okay! Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure - this is how they learn to persevere in the face of challenges.

3 THE BRAIN CAN GROW!

Remind your child that their intelligence is not fixed. Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

4 HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themselves makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!

4