



# Hampton Elementary School

## January 2020

### Newsletter



#### HAMPTON ELEMENTARY SCHOOL

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

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

From the Main Office

Telephone - 832-6021

Principal - Sarah Blanchard

Vice Principal - Julie Stewart

Admin. Asst. -  
Carmelle Robichaud

PSSC Chair - Candace Muir  
[psscchair@gmail.com](mailto:psscchair@gmail.com)

Home & School President -  
Krista Webb  
[hes.homeandschool@gmail.com](mailto: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

#### 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.

Monday, January  
27th No School for  
Students

Professional Learning  
day for Staff

#### 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. We either return to school from our break rested and relaxed, or so harried from a crazy schedule that we are thankful for the sanity of a normal routine again. Our students are no different. 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. We continue to reinforce the concept of **Growth Mindset** curriculum in the classrooms. *A person with a growth mindset embraces challenges, persists despite hardships, learns from their mistakes, believes effort is important, and is inspired by others' success.*

Today was a great reminder about how to **dress for the weather**. You never know when the snow might fall! Although we have not received temperatures well below -20C, we can expect them to grace us soon. We can also anticipate rain and ice with temperatures rising above 0! 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. Mrs. Henry, our Phys. Ed. Teacher is also anxious to take the children outside to enjoy classes sliding, snowshoeing and hiking in the nature trails.

January is **National Literacy Day** and we acknowledge this day with a school wide book swap. In order for this event to continue to be a success, we need your book donations! We will be collecting books all month. On Friday, January 31st, students will be invited to the lobby with their class where all the donations will be on display for each student to shop for a new to them book!

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

#### WORDS OF WITSDOM



**W**alk Away



**I**gnore

**T**alk it Out

**S**eek Help

**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?

We use our WITS not only to help ourselves, but to also help others. When we take action to help others in need (e.g., use our words to remind someone to be kind, invite a student who isn't being treated with re-spect to join our group of friends, or seek help for someone who is being disrespected) we can proudly call ourselves **WITS Upstanders** and uphold our WITS oath! *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/](http://www.witsprogram.ca/families/using-wits-with-your-children/).*

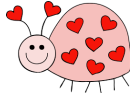
## Mark Your Calendar!

### January—National Literacy Month

\*\*Book Collection for Book Swap Jan 31\*\*\*

Thurs. January 9th—Home and School Meeting  
Weds. January 15th—Mad Science Assembly  
Monday, January 20th—PSSC meeting  
Monday, January 27th—National Literacy Day  
Friday, January 31st—School Wide Book Swap

### Looking Ahead: February



February 3—Intensive French switch to English  
February 10-14—Staff Appreciation Week  
February 11—Safer Internet Day  
February 12—Theatre New Brunswick Young Company Performance  
February 17—Schools Closed: Family Day  
February 26—Pink Shirt Day  
\*\*February 29th—It's a LEAP YEAR!!\*\*

March Break is March 2-6th, 2020

## Hot Lunch and Milk Program

Milk orders are placed through the school cash online website. The cost of milk is 55 cents per carton of white milk.



<https://asd-s.schoolcashionline.com/>

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

Our Hot Lunch Program is provided by Chartwell's delivers and is run independently from the school. Chartwell's website (<http://www.schoolorder.ca>), sign-up your child and view the menu. The school does not receive any money from this program.



## THANK YOU

THANK YOU to our **Early Morning Breakfast Club** volunteers who get here bright and early to heat up the toaster and get breakfast ready for a great group of kids.

Thank you to all of our **skating parents** who returned week after week to tie endless numbers of skates to ensure our students maximized the time they are able to skate! We even had some parents join us on the ice!

The volunteers who helped at **Chess club** from October until December!

Our **library parents** for returning week after week to check in books, check out books, provide reading recommendations and keep the library shelves organized! Your hours here do not go unnoticed!

Thank you to the parents who come each month to meetings outside school hours including our Home and School and Parent School Support Committee Meetings.

Thank you to those who come and pick up recycling on a regular basis.

Thank you to our volunteers and parents who read with children on a regular basis. It is so wonderful watching the students as they listen to a parent or guardian share a favourite book with the class or listen to another child read a book.

If you happen to find yourself with time on your hands—please reach out and we can always find a helping task for you to do.



*"Challenges are what make life interesting. Overcoming them is what makes life meaningful." - Joshua J. Marine*

# 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



### 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 Honourary 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.

<https://abclifeliteracy.ca/20-family-literacy-activities-to-keep-you-busy-in-2020/>

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 31st in the lobby!

## Numbers, Numbers, Everywhere

### 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  $4 \times 8$  think double the 2 fact:  $2 \times 8 = 16$ , double  $16 = 32$ , and so  $4 \times 8 = 32$ . For  $6 \times 7$  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>



## **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.*

We will be meeting Monday, January 20th. We typically meet the third Monday of the month at 6:30PM in the school library.

Our topics of discussion will be the School Improvement Plan, PSSC budget, Student Wellness Survey Questions and Parent Power Night Topic Suggestions.



For review of previous meeting minutes, you can find them under the "For Parents" dropdown 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, January 9th at 6:30pm in the Library. All parents are welcome to attend. For any questions about how to get involved, email us at [hes.homeandschool@gmail.com](mailto:hes.homeandschool@gmail.com).

**Next Meeting:**  
Thurs. Jan. 9, 6:30PM  
in the Library

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](mailto:hes.homeandschool@gmail.com)



# 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 2018, 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>

## January Wellness Theme

### 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!



## Education Support Services (Resource) at HES

### Policy 322- Inclusive Education in NB

This policy applies to all schools and school districts within the public education system in New Brunswick.

What are the Goals and Principles of this Policy?

Inclusive public education:

- Recognizes that every student can learn.
- Is universal - the provincial curriculum is provided equitably to all students and this is done in an inclusive, common learning environment shared among age-appropriate peers in their neighbourhood school.
- Is individualized - the educational program achieves success by focusing on the student's strengths and needs, and is based on the individual's best interest.

- Is requiring school personnel to be flexible and responsive to change.
- Is respectful of student and staff diversity in regards to their race, colour, religion, national origin, ancestry, place of origin, age, disability, marital status, real or perceived sexual orientation and/or gender identity, sex, social condition or political belief or activity.

- Is delivered in an accessible physical environment where all students and school personnel feel welcome, safe and valued.

Want to know more? Follow the link to access the full policy:

<https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/policies-politiques/e/322A.pdf>

**If you have any questions of concerns please feel free to contact me at [julie.stewart@nbed.nb.ca](mailto:julie.stewart@nbed.nb.ca)**

**Ms. Stewart Resource Teacher**

## Guidance Corner

Hello everyone,

I have returned from my maternity leave, and have resumed my role as Guidance Counsellor for both DATL and Hampton Elementary. I look forward to getting to know the students, as well as provide support as they take on the final months of this academic year.

In January, I will start the Mind-Up Curriculum, and focus my guidance lessons on learning how our brains work, as well as mindful awareness. The framework of these lessons is designed to strengthen the student's emotional and social well-being, by teaching them how their brain responds to stress, and by practicing strategies to better self-regulate, and quiet their mind.

In terms of community supports for families, The Canadian Mental Health Association of New Brunswick Saint John office is offering a free educational program geared towards parents of children between the ages of 4-9. The program will focus on equipping parents with the tools to help them cope and navigate childhood stress and anxiety. It is open to the public, and pre-registration is required.

For this free educational program, preregister by visiting office in Hilyard Place:

**Kids Have Stress Too!** beginning January 15, a two-week program for parents and/or caregivers of children aged 4-9 years. Westfield Elementary School. Register by calling 633-1705.

If you feel that your child would benefit from one-on-one support of a guidance counsellor, please reach out to me at [cynthia.veniot@nbed.nb.ca](mailto:cynthia.veniot@nbed.nb.ca).

Thank you.

Cynthia Veniot  
B.Ed., M.Ed., Counselling and Psychotherapy  
Guidance Counsellor

## What's Happening in the Gym?

### Let it Snow, Let it Snow, Let it Snow

Welcome back families and students. Did you know that building a snowman burns 285 calories per hour? I encourage everyone to embrace the cold winter months and stay active and warm this season by participating in outdoor winter activities. If the snow continues to fall, students will have the opportunity to snowshoe and even go sliding during P.E. over the winter months.

### Invasion/Territory Games (Grades 3 -5)

Let's ring in the New Year with some invasion games. An invasion game is any game where the goal is to invade the other team's territory to score a point. Some well-known examples of invasion type games are hockey, basketball, and soccer. We will focus on teamwork and cooperation skills, communication, body placement and position-

ing, strategies for sending and receiving objects, and attacking and defending a goal.

### Throwing, Catching, and Tag Games (Grade 2)

Grade two students will practice and refine their throwing and catching skills this month. Students will have lots of opportunity to practice these skills through stations, games, and partner activities. We will also be playing a variety of high energy tag games to practice our tagging and fleeing strategies.

### "I Can" Statements for January

#### Grade 2

*I can throw an object overhand.  
I can catch an object at various levels and different distances with two hands.  
I can change direction quickly to avoid getting tagged.  
I can force others into getting trapped.  
I can stay positive even when I lose.*

#### Grade 3

*I can move into space to receive a pass.  
I can move to get away from a defender.  
I can find ways to approach an opponent.  
I can attempt to intercept a pass.  
I can cooperate with others to achieve a common goal or task.*

#### Grade 4

*I can place myself in an appropriate position to provide support.  
I can guard an opponent.  
I can respond appropriately to winning and losing.  
I can accept responsibility for my performance without blaming others.*

#### Grade 5

*I can move to get away from a defender.  
I can provide support to a teammate.  
I can use verbal and non-verbal cues to communicate to my teammates.  
I can place myself between the carrier and the goal/target when defending.  
I can act appropriately whether I win or lose.*

Submitted By: Mrs. Henry

## A Message from the Library:

Our current initiatives in the library involve increasing the number of French books that are available to students. Our students have shared the concern about the limited selection of reading material and have created a list of high interest books on a WISH LIST. Thanks to our local groups, like the Lions Club, we have been slowly adding new titles. If you would like to donate any French Books to our library, we will acknowledge the donation with a label and add it to the collection!

Candace Muir

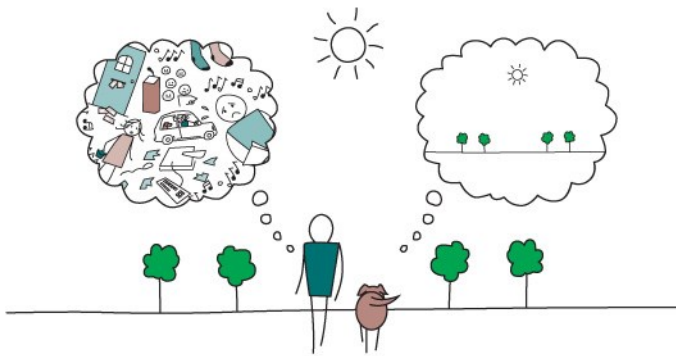
## A Note from the Music Room...

It's a new year and that means we are moving along with the Music Curriculum. Our Choir will take a little break and we will be offering a new club in the new year with a focus on drama and acting! Stay tuned to the announcements for more information!



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

# Growth Mindset



Mind Full, or Mindful?

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.

In recent Guidance classes students have been learning what mindset means and what the difference is between a "fixed mindset" and a "growth mindset".

What is a "mindset"?

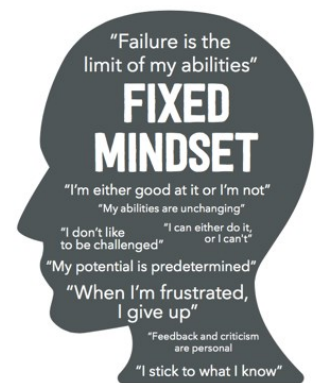
It is a mental attitude that determines how you will interpret and respond to situations.

What is a "fixed mindset"?

People with a fixed mindset believe that intelligence and talent are fixed at birth and cannot be changed. A person with a fixed mindset does not like challenges, gives up easily, sees effort as fruitless, ignores feedback, and is threatened by others' success.

What is a "growth mindset"?

People with a growth mindset believe that intelligence and talent can be developed and improved with practice and more effort. A person with a growth mindset embraces challenges, persists despite hardships, learns from their mistakes, believes effort is important, and is inspired by others' success.



*"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence."*

*~Carol S. Dweck*