



Hampton Elementary School June 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

Telephone - 832-6021

Principal - Sarah Blanchard

Vice Principal - Julie Stewart

Admin. Asst. - Nancy Long

PSSC Chair - Alison Folkins
psscchair@gmail.com

Home & School President -
Laura Marles
[hes.homeandschool@gmail.com](mailto:hess.homeandschool@gmail.com)

Hampton Education Centre
832-6143

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

School Bus Transportation -
832-6429

MISSION:

Help and believe in,
Each student so
that he or she can
achieve his or her
highest potential in
a,

Safe, supportive in-
clusive environment.

Last day for stu-
dents—June 23rd

First day back—
Tues., Sept. 5th

Principal's Message

It's that time of year when the sun is out and the weeks just fly by. With less than 4 weeks to go, this year is no different! As I write this final Principal Message of the 2016-2017 school year, we have much to reflect on. Last evening I met with our new families joining HES in the Fall and I am always so proud to show them our school and the exciting programs and initiatives that make us unique.

This year we have focused on the second of a three year School Improvement Plan. As a staff we have focused on assessment practices that provide students and parents with timely information about student achievement that allows students, teachers and parents to plan for the next steps in each child's learning. Each of the areas below represent things we worked on as a school team with the support and guidance of our Parent School Support Committee and Home and School.

- Curriculum Teaching and Learning: If you stop by any of our classrooms you'll see Guided Reading, Daily Five, Guided Math and technology. Students are using our ever growing number of Ipads to read, create and extend their learning as well as a fully operational tech lab with a class set of lap-tops. This year students dived into Canada's history as they learned about one of 4 themes (Japanese interment camps, Underground Railroad, Expulsion of the Acadians and Residential Schools) which were woven together in the second installment of a mural depicting Human Rights. We are proud of the many accomplishments and successes of all our students throughout the year. Hampton Elementary students and staff have grown in so many ways and their love of learning is evident in all they do.
- Special Presentations: Theatre New Brunswick The Young Company, Planetarium, Author Kate Inglis, Writers in the school: Zach Hapeman, Calithumpians, KidSing, Children's Book Week: Linda Granfield
- Events: Bus Safety, Terry Fox Walk, Career Expo, Remembrance Day Ceremony, WITS kickoff, National Jersey Day, Youtube Channel, Jump Rope for Heart, Art in the Saint John Market, Christmas Concert & Parade, Popcorn days & Plant sales

Please encourage your child to read and keep up with practicing their math facts and playing the math games they have learned (see page 3). This will help students to strengthen and maintain the skills they have worked so hard to gain over this past year.

It has been a year of learning and growing not only for students but for myself and I love every minute of my time here at Hampton Elementary. The students are incredible as well the staff. The opportunity to work within such an amazing community is a treasured gift. Thank you for all of the support and patience provided to me over this past year.

I would also like to take this opportunity to send a huge thank you to our parent and family volunteers (H&S, PSSC, Library, Class Activities, WITS ambassadors, Book Fairs, Clubs, ...) and so much more for all they do for our students and school community. The parents are incredibly giving of their time and it is all done to enhance the experiences of our students throughout the year.

I am looking forward to working with you again next year. On behalf of the staff, I would like to wish all our families a safe and relaxing summer.

- Mrs. Blanchard



WORDS OF WITSDOM

*Have a wonderful summer and
remember to use your WITS!*

<http://www.witsprogram.ca/pdfs/cyberbullying/cyberbullying-pamphlet.pdf>

Mark Your Calendar!

June

Thursday, June 1st—DATL Art from the Heart (5-7PM)

June 2nd—Disability Awareness Week—Walk and Roll

June 5-9th—Safe Kids Week

June 10th—Hampton Kids Splash and Dash

Saturday, June 17th—Bigger, Better Fair Day

Friday, June 23rd—Last day for students

June is a very busy month. Check out our June calendar on our website for more important dates!

Looking Ahead: September

Wednesday, August 30th —Welcome Back Social

Tuesday, September. 5th—First day for students

September 20th—Picture Day



Milk Program



Our 4th round of milk is now underway. Thank you for your support of the Milk in Schools Program this school year.

http://www.dairygoodness.ca/milk-in-school/new_brunswick/parents

Milk will end June 16th.

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

HOT LUNCH PROGRAM

The Home and School is our driving force of the HES Healthy Lunch Program.

hes.hotlunches.net

Grade 5 Students are MOVING UP!

Our Grade 5 students are moving up into Hampton Middle School! They will be very busy over the next few weeks with several events planned to help support the transition from HES to HMS. Some transition events this year included: a music performance at HMS, outdoor walking with HMS students, Question and Answer in small groups and a tour of HMS. The last week of school students in Grade 5 will have a Bike Rally, BBQ, swimming, Field trip and a Moving Up Ceremony.

HES will miss this group of students but we know they are prepared to take on new challenges as they being the next leg of their journey. They have contributed so much to the school and have been a tremendous help in so many ways! I know they will take with them the skills and open-mindedness to ensure they continued success. Best of Luck to all of you and remember to keep working hard!



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

Summer Reading

The research is clear that children who don't read during the summer can lose up to **three months** of reading progress and that loss has a cumulative, long-term effect.

<http://www.readingrockets.org/calendar/summer>

The ABC's of Improved Reading

Access to books. It's critical that kids have access to a wide variety of books over the summer months, but we know that access alone doesn't make a strong impact.

Books that match readers' ability levels and interests. For young people's reading skills to improve, they need to read books that align with their own reading levels. Reading books that are too easy or too hard won't help!

Comprehension, as monitored and guided by an adult, teacher or parent. The most important piece to making summer reading effective is the help of an adult who can ask questions and guide kids to better understand what they are reading.

With these three ingredients, your summer reading program will soar!

Other ideas include:

1. Check out the local library! You can register now for their 2016 Summer Reading Club at

<http://www1.gnb.ca/0003/src=cle/2016/en/index-e.asp>

2. Find new books! Yard sales and your local library are cheap and easy. Scholastic book orders are also a great option:

http://www.scholastic.ca/clubs/images/OA16/POA16_N.pdf

3. Using technology for research rather than gaming! There are a number of great websites including: <https://newsela.com/> (news articles for students in grade 2-12) and

<http://www.ncte.org/awards/orbispictus> (award winning nonfiction books)

4. Find opportunities to write! Write a postcard from a trip you've taken or help you make your grocery list for the week. Writing in a journal about all the adventures they've had over the summer will also provide loads of writing ideas for the upcoming school year.

Numbers, Numbers, Everywhere

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

June: Preventing Summer Learning Loss

Inactive summers can lead to significant learning loss in students. Help prevent summer learning loss by incorporating these fun math activities into your summer schedule.

- Pinpoint your child's academic weaknesses and set aside 15-30 minutes daily to work on these skills. If you are unsure what skills your child needs to practice, consult his/her teacher.
- Work on Sudoku puzzles (find them in the newspaper, online and in Sudoku work books from the Dollarstore). If your kids struggle with Sudoku, checkout Kidoku puzzles from Krazy Dad at <https://krazydad.com/kidoku/>
- Water Balloon Math: choose a target number (I recommend 4 or 5 target numbers) and write this on a poster or on the ground with sidewalk chalk, fill water balloons and carefully write addition/subtraction multiplication/division equations on the balloons. Then have your child toss the balloons at the appropriate target number. Ex. target number is 16, balloons with $20 - 4$, 4×4 , $8 + 8$ could be thrown at the target.
- Shapes scavenger hunt: create a scavenger hunt for 2D shapes or 3D objects (or both!)
- Number line race: draw a number line with sidewalk chalk. Use a deck of cards, or a die. Each player starts at 0, then draws a card (or rolls the die) then adds that card to their spot on the number line (i.e. Player 1 on 0 and draws a 7, $0+7$ means that player one will advance to 7 on the number line). The first player to land exactly on the end of the number line wins. This game is highly adaptable, the number line can be lengthened or shortened as needed; the number line could begin and end at random numbers (e.g. draw the number line from 76 to 94); you can also create subtraction cards to use with the number line and have students work back.
- Practice measurement in the garden: perimeter (around the bed); area (inside the garden bed); length or width of rows etc.
- There are many online math games and apps to practice basic addition subtraction, multiplication and division facts. Use these to make screen time more meaningful.
- Sing songs: multiplication songs, counting songs, addition songs, my personal favourite is the Polygon Song by Peter Weatherall and can be found on YouTube!
- Make a hula hoop clock and use it to solve time problems.

See my submission in the May newsletter about taking math outside for more ideas!

Most importantly—HAVE FUN READING!

Submitted by Jillian Kiervin, Numeracy lead, HES

PSSC—Parent School Support Committee

Next Meeting:

Mon. June. 19th 6:30PM

The PSSC met on May 29th at 6:00PM to help support the Open House for new students for the Fall of 2017. Members of the PSSC led tours around the school and shared how to become involved in our school.

Our final meeting of the 2016-2017 school year will be Monday, June 19th and we will review the results of the end of year family survey and reflect on our growth as a PSSC this school year.

Thank you to the members who attend each month to provide valuable input on the best way to communicate with our families and also share how we can make our school a better experience for those who attend,

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

It's hard to believe that our last meeting of the year is quickly approaching. Thank you to everyone who supported our Home and School Association initiatives during the 2016-2017 school year. We have used our fundraising to purchase two new "brain" bikes for the students of Hampton Elementary, to help pay for a portion of the school's new projector, and to support teachers in improving the learning conditions for students.

Big Fair Day, the HES Home and School's biggest annual fundraiser, is quickly approaching! This year it is being held on Saturday, June 17, 2017 from 10 AM - 2 PM at Hampton Elementary.

Bring your whole family out for hours of fun activities. There will be pony rides, bubble soccer, sumo wrestling, inflatables, a BBQ, and raffles on baskets. Come out for the traditional Big Fair Day games and prizes too! Your Home and School needs your support to make this event possible. Please see if you can volunteer an hour or two of your time on June 17th. We are also looking for donations of water and juice boxes, small prizes and items for the classroom raffle baskets. Donation items can be dropped off at the school during school hours. Thank you in advance for your support!

For more information or if you are interested in volunteering, please contact the Home and School Association at hes.homeandschool@gmail.com. Check out our "Big Fair Day 2017" event on our Facebook page (<https://www.facebook.com/events/1859841134336959/>).

Please note that there is no parking permitted in front of the school that day. For that day only you can go down the entrance to DATL from Main Street and park at DATL. Parking will also be available at the arena parking lot, or on the side of the street going up to Hampton Middle School (facing up towards Main Street and on the side of the street that is closest to the middle school). If it rains on June 17th, Big Fair Day will be held at the Hampton Community Center, 808 Main Street.

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

Last Meeting:

Thurs. June 8th, 6:30PM

Jump Rope For Heart Program



A HUGE thank you for all your support in the Jump Rope for Heart Campaign this year. We will announce in the Hawk Squawk our final tally once we have all forms returned.

Tuesday, May 30th, Mrs. Henry and Mrs. Stewart will become a FLY on the WALL! Stay tuned for pictures!

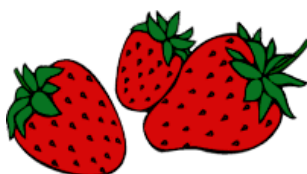
For more information please visit www.heartandstroke.ca



Policy 711—Healthy Eating

Berry season is almost here!

As the weather gets warmer, the birds start singing and that also means that fresh local berries will soon be available to us at our grocery stores! Did you know that strawberries are actually part of the rose family, and are grown in every province in Canada! Or that a blueberry bush can grow to be 7 feet tall!? You might not also know that these berries are little nutrition power-houses! Here's why they are good for us:



- All berries contain vitamin C (especially strawberries!) Vitamin C helps us heal cuts, keep gums, teeth, and bones healthy and keep blood vessel walls strong due to its antioxidant properties (neutralizes harmful molecules in our cells).
- Blueberries contain a powerful antioxidant (*anthocyanin*) in its blue colored skin that may play a role in cancer prevention.
- Berries also provide us with soluble fibre which keeps our digestive systems running smoothly.

June Wellness Theme

AVOID OVER-SCHEDULING DURING THE FINAL WEEKS OF SCHOOL

At the end of the school year, children can often become over-scheduled. They still have their regular after-school activities. They have school projects to complete and final tests. There are school plays, concerts, banquets, spring sports and other special events. Your child and your entire family can become stressed and even ill. Your child may not know when to cut back to maintain balance. You'll need to help.

A child who is over-scheduled:

- Is irritable or mopes around.
- Can't concentrate.
- Is restless at bedtime.
- Picks fights.
- Starts overeating.
- Complains of stomach-aches, headaches or mysterious illnesses.



Report Cards and Student Placement

Report Cards will go home on **Friday, June 23rd**. The report card will not state what classroom your child has been assigned to for the 2017-2018 school year at Hampton Elementary. We are always adjusting class lists over the summer to create balanced classrooms, and we are still waiting to complete the hiring of all of our teaching staff for the new school year. You can check to see who your child's teacher will be for the coming school year by attending our Back to School Social event on Wednesday, August 30th. Students will not be taking home a school supply list as we initiated a fee based

system based on the results of a parent survey in June 2016. The fee is \$60 (\$40 for consumable classroom supplies and \$20 for student agenda, performances and 10 skating visits in either the Fall or Winter term. If your child is not attending school on the 23rd, please inform the school office and the report card will be mailed to you. No report cards will be given out ahead of June 23rd. Schools will continue open June 26th and 27th for any necessary meetings.



Physical Education Corner

We Need In

May 28th to June 3rd is Disability Awareness Week. This is a national campaign designed to promote more efficient community access for people with disabilities. Hampton Elementary School will be taking part in a school wide **Walk and Roll Event** on June 2nd to promote this movement. Students will also participate in adapted physical activities during class time.



Track and Field Meet

Track and Field is being held on June 20th at Sussex Elementary School this year. Tryouts for grade 5 students will begin the week of June 5th.



Taking Physical Education Outside



With the warmer weather now here, we will be heading outside more frequently for Physical

Education class and taking advantage of the fantastic green spaces around the school. On the field this month, students will work on sending and receiving skills with frisbees, omnikin balls, footballs, soccer balls, and even foam rockets, as well as enjoy games of tag, soccer and soccer baseball. Students should be prepared to go outside for Physical Education class on nice days and wear proper outdoor footwear. Don't forget to apply sunscreen!

Grade Three June Outcomes

D9: Demonstrate ways to send and receive a variety of objects with and without equipment

such as a racquet, baseball bat or hockey stick.

D10: Using acquired motor skills in simple, low organized games.

D12: Demonstrate running, jumping and throwing in a variety of ways.

K6: Explain the principle of force.

Grade Four and Five June Outcomes

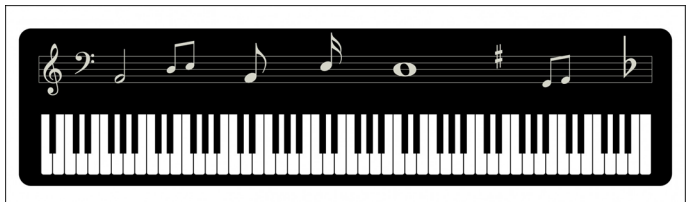
D5: Demonstrate ways to send and receive an object with increasing accuracy, individually and with others.

D8: Demonstrate basic motor skills in games or sport activities.

D9: Demonstrate basic offensive and defensive positions and strategies.

Submitted By: Mrs. Henry

Notes from the Music Room...



It is an exciting time in the music room! We are having a wonderful time learning to play keyboards. Concentrating on the pentatonic scale, students have been composing, transposing, reading and writing music.

Mrs. Hill and Mrs. Henry have thoroughly enjoyed exploring music with your children this year, sharing their love of music and seeing your children's own understanding and appreciation grow each week. Have a wonderful summer!

Mrs. Henry and Mrs. Hill

Guidance Corner

News Letter for June

Wow, June is here already!

Lots of interesting topics have been covered in our guidance classes and they continue into our last days on June. Some of our classes have been reading, exploring and hopefully practicing the 7 Habits of Happy Kids. We are up to Habit 4 now! **Habit 1- Be Pro-active** - I do the right thing without being asked, even if no one is looking. **Habit 2- Begin with the End in Mind.** Have a plan, plan ahead and set goals. **Habit 3 - Put First Things First** Work First then Play. **Habit 4 - Think Win - Win.** Everyone can win. When a conflict happens think about the other person and try to find another solution. **Habit 5 - Seek First to Understand then to be Understood.** Listen before you talk. **Habit 6 - Synergize!** Together is better. Working in groups helps us to come up with better ideas than what one person can do alone. **Habit 7 - Sharpen the Saw.** Balance feels best. I take care of my body by eating well, exercising and getting lots of sleep.

The rest of our classes are working on a self-esteem. We have spent the last couple of weeks looking at stereotypes and next we will see how we can overcome those and be proud of who we are and comfortable with ourselves

Our Go Girls group will finish on Thursday of this week. Tuesday Squad will end this week as well. Rainbows will continue until the end of the school year (as we had a late start).

As always, I am at Hampton Elementary School on Tuesday's and Thursday's. If you would like me to see your child, please send me an email at mclarke@nbed.nb.ca.

Have a wonderful summer!

Mrs. Clarke, the school guidance counsellor is available on Tuesday and Thursday mornings each week to meet individually with students. Please feel free to contact the school or your child's teacher if you would like her to chat with your son or daughter. Sometimes just sharing a problem with a caring person can make it easier to manage.

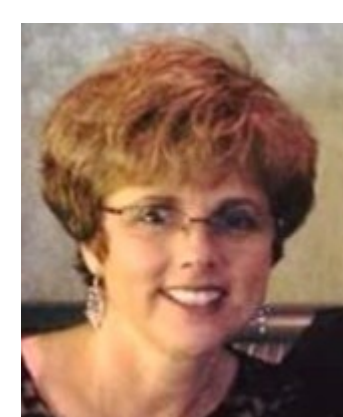
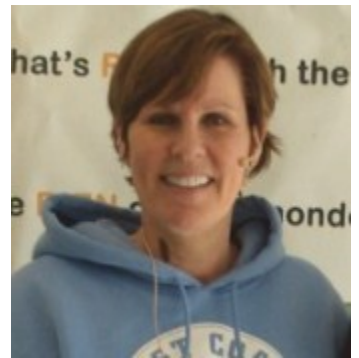
Mrs. Mary Clarke
mclarke@nbed.nb.ca

What are we reading?

Please check out our "Guess who's reading?" in the hallways toward the gym and spend some time seeing if you can match our HES staff with the right book! We celebrate all the staff of HES for being great role models as readers for our students!

Goodbye and Congratulations

The staff and students would like to wish staff members, Mrs. Veniot and Mrs. Seely all the best on their retirement in June 2017. Mrs. Veniot began at Hampton Elementary in 2000 followed by Mrs. Seely who joined the HES staff in 2002. These lovely women have a combination



of over 50 years of service to the education of children. We appreciate all the contributions you have made to HES and we are going to miss you! Best of luck on your future endeavors as teacher retirees!

Mural Unveiling

Stay tuned for an announcement about the official unveiling of our second installment of a mural based on the Human Rights in collaboration with local artists, Sue and Kathy Hooper. The children cannot wait to share their special creation with the public. Tentative official unveiling is set for the morning of June 23, 2017.

Moving in? Moving Out?



If you are planning a move to another school this summer, or know of someone moving into our school area for the 2017-2018 school year, please notify the office as soon as possible.

Track and Field

Selected students will be representing Hampton Elementary School at our annual District Track and Field meet taking place in Sussex. An information sheet will be sent home with selected students. Students will be participating in the following events:

Running:

- 50m
- 100m
- 200m
- 400m

Running long jump
Shot put
Standing Long Jump



We know these students will be rewarded in their effort through diligent practice, athletic performance and sportsmanship.

Check out our new climbing wall!! Kids have been busy perfecting their climbing skills as they traverse the wall. Thank you to the Hampton River Runners for their donation.

Summer Camps for Students

We have received several brochures and information from various organizations regarding Summer camps and Summer programs available for students. If you are interested in enrolling your child in YMCA Summer camps, Soccer Camp, Hampton Bible Camp, Kings Way Junior Volunteer Summer Camp, UNB Seawolves Football Camp, drama camp or any other summer programs you can look for this information on our parent board or table in the school lobby. Please feel free to take any brochures that you may need. Also, you may want to check out more programs



which are available on the public library website at <http://www.gnb.ca/0003/children.asp>

Marigolds

HES Students are planting Marigolds again this year on June 16th. We will also be planting veggies in our brand new Veggie Trugs in the courtyard.



Lost and Found

Please remember to check out our Lost and Found items before leaving at the end of June. Any unclaimed items will be donated to a local charity the first week of July.



Medication

If you have medication at school for your child at school please stop in before the end of June to take it home for the summer. In September, forms will need to be filled out again to have medication administered at school. Thanks for your assistance.



Checking at Home

Please make a special effort to check at home for any text books, library books, school supplies or equipment. If you find anything hiding under the bed or behind the door that belongs to Hampton Elementary, please return it to school so that we may complete our year-end inventory.

Grade 5 Moving Up!

Mark your calendars! Grade 5 Moving Up Ceremony is scheduled for Thursday, June 22nd beginning at 9 a.m. with a small reception to follow in classrooms.



“Love can change a person the way a parent can change a baby-awkwardly, and often with a great deal of mess.”

– [Lemony Snicket](#), [Horseradish](#)

Daily Schedule 2017-2018

Below is our daily schedule for the 2017-2018 (no changes)

7:50-8:15 Supervision on the Playground

8:25 Announcements and O'Canada

Instruction begins immediately following O'Canada

10:00-10:15 Recess

11:50-12:15 Outside Recess

12:15-12:35 Lunch: students eat in classrooms

2:40 Dismissal

Class Organization 2017-2018

We are well into the process of planning for the 2017-2018 school year. The following class organizations have been approved. If you know anyone moving into the area and planning to register their child please call the school 832-6021. Our school administrative assistants will be available until June 27 and return on August 24.

1 Grade 3 Class	3 Grade 3 French Immersion
1 Grade 3/4 Class	2 Grade 4 French Immersion
1 Grade 4 Class	2 Grade 5 French Immersion
2 Grade 5 Classes	

Students have yet to be assigned to classes for next year. As a staff, we reflect on a variety of factors, such as achievement, work habits, behavior, ratio of boys to girls, friendships, learning styles and teaching styles. Our goal is to maintain a balance in each classroom in order to facilitate each student's ability to achieve to his or her potential. Please know that we have the best interest of all our students and staff in mind when classes are created.

End of Year Parent Survey

Stay tuned to your email for a quick survey to give input into what went well at HES and also an opportunity to provide suggestions for improvement! We hope you will take a few minutes to complete this for us!

Sun Safety

June is the month of year-end outings and each class has something special planned. If your child's trip includes spending time outdoors, please make sure they are dressed appropriately for the weather conditions, have plenty of water and use sunscreen. Sunscreen is im-



portant everyday. If it is cloudy or sunny, the UV index in June is usually very high and everyone should protect their skin.

Back to School/Meet the Teacher Open House and Ice-Cream Social

On Wednesday, August 30th at 6:30 p.m. we will be hosting a Back to School/Meet the Teacher Open House and Ice-Cream Social (sponsored by the Home and School Association and the PSSC.). This is a drop in event for you to join for an ice-cream, meet your child's teacher, sign up for PSSC committee and hear about classroom expectations. Your child can also drop off their backpack, indoor sneakers and leave them in their classroom.



**School Begins in the Fall 2017
for Students on
Tuesday, September 5th.
See you all then!**



Have a safe and happy
summer holiday!

“Have you ever noticed how parents can go from the most wonderful people in the world to totally embarrassing in three seconds?”

– [Rick Riordan, The Red Pyramid](#)



SPEAKING OF SPEECH AND LANGUAGE...

(from the ASD-S Speech-Language Pathology Department)

The Importance of Free and Unstructured Outdoor Play for Kids

(<http://www.brighthorizons.com/family-resources/e-family-news/free-unstructured-outdoor-play-kids/>)

Do you remember having long extended periods of time outdoors where you invented elaborate play scenarios? Perhaps you played pirates or were part of a new made-up family. Maybe you planned adventures like building a fort or tried new skills like catching salamanders. Children benefit greatly from open-ended time where they are in their parents' view but have some independence in solving problems and determining how the play proceeds.

Child Development through Structured & Unstructured Play

Structured play is the kind of play where there is typically an adult leader and a specific, planned way in which the play will go. For example, organized sports or dance classes are structured play. Playing a board game with specific rules and directions with an adult playing or looking on is also an example of structured play. Your child can benefit from finding the right structured play activities but it should be complemented with opportunities for unstructured play. These are the types of activities that are typically child-directed with no set goals or direction.

The Benefits of Unstructured Play for Kids

Why is unstructured outdoor play important? There are so many benefits. A few are below:

- **Children need more physical activity.** Many sources agree that today's children are too sedentary. In addition to 20 - 30 minutes of daily structured physical activity, children should get at least 60 minutes of unstructured physical activity daily, and more is even better
- **Unstructured outdoor play offers opportunities to develop executive function skills.** Executive function skills have been compared to an air traffic control system in each of our bodies. These [essential life skills](#) help us remember information, filter out distractions, switch gears when needed, and sustain focus over time (Harvard University Center on the Developing Child, 2015). Among the many [benefits of imaginary play](#), one is helping children develop these executive function skills. Children develop rules for the imaginary scenarios they create, remember and try out complex ideas, apply the rules to the scenarios as they go along, and regulate each other's behavior. Given the time, children can extend imaginary play for hours.
- **Children who play outdoors regularly are less likely to be nearsighted** ([Shephard](#), 2015). Sunshine and natural light help children have better distance vision.
- **Social skills are enhanced.** There are many different skills children learn from unstructured activities. Children who have opportunities to work together with their peers towards a goal learn [friendship skills](#) such as teamwork, problem-solving, [care and cooperation](#), all critical skills for school and life.

Younger Children and Unstructured Outdoor Play

Younger children need closer supervision than school-agers. You can help them get started by asking them what they could do with a basket of smooth stones or a net bag filled with balls of varying sizes. Then step back, keep them in view, but let the play unfold and resist the urge to intervene too much. (Note: children also benefit greatly by having you engage in play with them; but occasionally let them figure out the direction of the play with their peers without much adult intervention). Consider loose parts for a variety of open-ended play possibilities. Examples of loose parts include natural items like sticks and stones of varying sizes, sand, water, small logs, and leaves and/or man-made items like hula hoops, balls, jump ropes, stepping stones, trikes, wheelbarrows, buckets, tubes, large blocks, or sifters. The possibilities are endless with these kinds of materials.

Children want to play outside because it is fun. That is enough of a reason to offer it. Look for ways to build unstructured outdoor play into your child's week with many potential benefits for your child.



Bigger Better Fair Day

Saturday, June 17th 10AM–2PM

A Hampton tradition for over 30 years, Hampton Elementary School's Annual Big Fair Day.

This event is open to EVERYONE! Bring your family for some fun family activities there will be games, bouncy castles, BBQ, and best of all....prizes!

Proceeds from Big Fair Day this year will be going towards the Hampton Elementary School's Playground Replacement Project.

The rain location is in the Hampton Community Centre.

Questions? Contact the Home and School at hes.homeandschool@gmail.com

