



# Hampton Elementary School June 2018 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 - Candace Muir  
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Home & School President -  
Tamara Simpson  
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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  
inclusive environ-  
ment.

Last day for stu-  
dents—June 22nd  
First day back—  
Tues., Sept. 4<sup>th</sup>

## Principal's Message

It's that time of year when the sun is out and the weeks just fly by. With only 3 weeks to go, this year is no different! As I write this final Principal Message of the 2017-2018 school year, we have much to reflect on. Earlier this week, 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. In September, we will be welcoming a new cohort of Grade 3 students as well as two classes of Grade 2 French Immersion students. Overall our population is staying about the same.

This year we continued to focus on our School Improvement Plan goals. 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. We have also become accustomed to a new Report Card. 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 desktops and laptops. 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, A Trip to the Legislature for our Grade 5 students, "Heart" lab, David Goss, Calithumpians, Authors and Writers
- Events: Bus Safety, Terry Fox Walk, Career Expo, Remembrance Day Ceremony, WITS kickoff, Fund-raising for Muscular Dystrophy and Juvenile Diabetes, Jump Rope for Heart, Book Swaps, Art in the Saint John Market, Christmas Concert, After School Movies, Popcorn days & Plant sales

Please encourage your child to 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.

The importance of daily reading over the summer cannot be stressed enough. Students who read over the summer maintain and can make slight gains in their reading levels. However, those who do not read can lose up to two months of learning by the time they return to school. Remember this quote "There is no such thing as a child who hates to read: there are only children who have not found the right book." (Frank Serafini). Visit the library. Read magazines. Look at reference books. Read something EVERY DAY before picking up electronics.

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 re-  
member to use your WITS!

[http://www.witsprogram.ca/pdfs/cyberbullying/cyberbullying-  
pamphlet.pdf](http://www.witsprogram.ca/pdfs/cyberbullying/cyberbullying-pamphlet.pdf)

## Mark Your Calendar!

### June

June 1st—Disability Awareness Week—Walk and Roll  
Wednesday, June 6th—1/2 day for students

June 4-8th—Safe Kids Week

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

June 9th—Hampton Kids Splash and Dash (Community event)

Thursday, June 14th—Track and Field Meet in Sussex (participating Grade 5 students)

Saturday, June 16th—Big Fair Day

Friday, June 22nd—Last day for students

### Looking Ahead: August/September

Wednesday, August 29th —Welcome Back Social

Tuesday, September. 4th—First day for students

September —Picture Day \*\*TBD\*\*



## 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](http://www.dairygoodness.ca/milk-in-school/new_brunswick/parents)

\*\*The last day for milk is June 20th (three extra days due to the closing over the flood).

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. We are so thankful to this group of volunteers for the hours they put in organizing each months orders.

A very big THANK YOU to all our Home and School Volunteers for making our Hot Lunch Program a huge success at Hampton Elementary!

## 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 begin 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

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](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.

**Most importantly—  
HAVE FUN READING!**

## 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 Crazy 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  $20 - 4$ ,  $4 \times 4$ ,  $8 + 8$  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!

## **PSSC—Parent School Support Committee**

### **Next Meeting:**

Mon. June 11, 6:30p.m

The PSSC met briefly on, Monday, May 28th at 6pm, prior to the new parent information session. During this meeting we discussed the Grade 4 provincial assessments. Hampton Elementary was granted a one-week extension due to the flood closures. The PSSC also discussed the regular agenda items such as, school-based data and staffing updates. The PSSC reviewed the content for the Hampton Elementary tour/information session for new parents. After the information session for new parents our PSSC members led parents on a tour of our school.

On behalf of the PSSC Chair and Mrs. Blanchard, we would like to extend a sincere THANK-YOU to all our committee members who volunteer their time to participate in the PSSC. We appreciate your time and dedication.

For information on the HES PSSC, including meeting minutes you can go to the Hampton Elementary website and click on the PSSC tab. <http://web1.nbed.nb.ca/sites/ASDS/1939/Pages/PSSC.aspx>

The last PSSC meeting of the 2017/2018 school year will be Monday, June 11<sup>th</sup> at 6:30 in the HES library.

## **Home and School Association**

It's hard to believe that our last meeting of the year is quickly approaching. We meet on June 7th at 6:30 PM in the Library.

Thank you to everyone who supported our Home and School Association initiatives during the 2017-2018 school year. We have used the profits from our fundraising to purchase recorders, new chairs for the Music room, and classroom supplies to support teachers in improving the learning conditions for students.

### **Next Meeting:**

June 7th, 6:30PM

### **Big Fair Day**

Big Fair Day, HES Home and School's biggest annual fundraiser, is quickly approaching! This year it is being held on Saturday, June 16, 2018 from 10 AM - 2 PM at Hampton Elementary.

Bring your whole family out for hours of fun activities. There will be a giant slide, a wipe-out course, bouncy castles, 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 let us know if you can volunteer an hour or two of your time on June 16<sup>th</sup>. This event is not possible without volunteers. We are also looking for donations of small prizes. They can be dropped off at the school during school hours. Thank you in advance for your support!

### **Punch Card Contest**

Congratulations to Hannah Morton, the winner of the Big Fair Day punch card art contest. Second Place was awarded to Keely Stevens and Third Place was Evan Dee. All three will receive a \$10 punch card. Great job to everyone who sent in entries.

Over the summer, the Home & School will be working on:

- Updates to the Music room
- The Hawk's Nest Playground Project: applying for funding, creating a website and other activities.
- Setting the menu for the hot lunch program in the fall

If you're interested in helping with any of these activities, email [hes.homeandschool@gmail.com](mailto:hes.homeandschool@gmail.com) or watch our Facebook page.

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

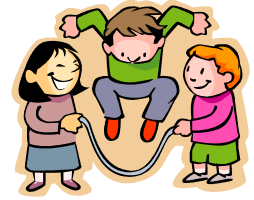




## **Jump Rope For Heart Program**

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.

For more information please visit [www.heartandstroke.ca](http://www.heartandstroke.ca)



### **“I Read, We Read, H.E.S. Reads!”**

Did you know there are only 3 Fridays left before the end of the school year? At H.E.S we would like to unite with families and the community to boost students’ reading skills.

Each Friday, you are welcome to join us from 8:15a.m. until 8:45a.m. to listen to our students reading.

Reading aloud helps build fluency, improves comprehension and helps develop critical reasoning. The reader is more invested in the process and is more likely to think about what he or she is saying while reading. More importantly, reading aloud builds reading confidence!

### **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 22nd**. The report card will not state what classroom your child has been assigned to for the 2018-2019 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 Thursday, 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 22nd, please inform the school office and the report card will be mailed to you. No report cards will be given out ahead of June 22nd. Schools will continue open June 25th and 26th for any necessary meetings.



# Physical Education Corner

## 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, 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!



## Track and Field Meet

Track and Field is being held on June 14<sup>th</sup> at Sussex Elementary School this year for grade five students. Listen to the morning announcements for more information on try-outs.



## Instant Replay

We will revisit some of our favourite P.E. games and activities from the year this month. Have a game you would love to play one more time? Don't forget to add it to the request bin located in the gym.

### Grade 3 Curriculum Outcomes

- 1.1 Develop movement concepts with a variety of movement activities.
- 1.3 Combine a variety of fundamental locomotor and manipulative skills.
- 2.1 Extend existing tactics that can be used in a variety of games and activities.
- 3.1 Apply emotional and social skills to the learning and performance of physical activity.
- 3.2 Apply physical fitness concepts and principles to improve health and performance.

### Grade 4 Curriculum Outcomes

- 1.1 Apply movement concepts with a variety of movement activities.
- 1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts.
- 2.1 Integrate tactics in a variety of games and activities.
- 3.1 Select emotional and social skills that apply to the learning and performance of physical activity.
- 3.2 Analyze physical fitness concepts and principles to improve well-being and performance.

### Grade 5 Curriculum Outcomes

- 1.1 Refine movement concepts with a variety of movement activities.
- 1.3 Apply combinations of fundamental locomotor skills and manipulative skills in more complex movement contexts.
- 2.1 Select appropriate tactics in a variety of games and activities.
- 3.1 Model emotional and social skills that apply to the learning and performance of physical activity.

Submitted By: Mrs. Henry

# A Note from the Music Room...

Students are really making progress through the Recorder Karate Program, with most students working towards their yellow or orange belts. We will continue to take advantage of the nice weather and open space around the school and bring our music classes outside for some extra practice time. Grade five students may bring home their recorders to keep at the end of the school year.

Submitted By: Mrs. Henry

## Guidance Corner

### 5 ways to keep kids mentally healthy during summer break

During the school year, kids are surrounded by adults monitoring their daily behaviors, moods, and habits. School's out...now what?

When the school year takes a pause, underlying issues in kids can progress. And without check-ins from adults with a variety of perspectives, these issues can go unnoticed. So how can parents check up on their children's mental health during summer break?

"Summer presents an opportunity to reconnect with your child and learn more about what is going on in his or her life," says Dr. Rachel Leonard, clinical supervisor at Rogers Behavioral Health.

Dr. Leonard provides five tips for checking up on a child's mental well-being:

**Find an activity you could do together.** "Even if it's something small, like a walk after dinner, these can be great opportunities for your child to open up to you," Dr. Leonard says.

**Maintain routine or structure.** "While summer may be a nice reprieve from academic expectations and it is natural to spend more time relaxing, it is helpful to still maintain some structure throughout the days and weeks as well as to engage in a variety of activities," says Dr. Leonard.

**Monitor overall patterns of behavior.** "For example, many kids enjoy sleeping in during vacation. If that doesn't interfere with getting to activities on time or engaging with friends and hobbies, it's likely not an issue. However, if your child sleeps for much of the day, avoids engaging with others, and also appears to be down or irritable much of the time, this is more cause for concern," Dr. Leonard explains.

**Watch for avoidance of or anxiety in certain types of activities or situations.** "When someone is struggling, they often avoid or disengage from things they used to do. While you may see decreases in some activities, there are often increases in other more solitary and sedentary activities, such as sleep, playing video games, watching TV, or reading," says Dr. Leonard.

**Signs of distress.** "This can include tearfulness, irritability, restlessness, and comments indicating a negative view of themselves, hopelessness, or excessive worry about negative outcomes in the future," says Dr. Leonard. Sometimes, despite a parent's best efforts, children may need additional support with internal issues they face.

## **Congratulations**

The staff and students would like to wish Mme. Bradshaw all the best on her position with the District as a French Immersion lead teacher for the 2018-2019 school year.

## **Moving in? Moving Out?**



IT IS VERY IMPORTANT that if you are planning a move to another school this summer, or know of someone moving into our school area for the 2018-2019 school year, that you notify the office as soon as possible.

## **Class Placement Requests:**

As in past years, we will not be taking any class placement requests for September 2018. If your child has some exceptional circumstances that require consideration when doing class placements, please email Mrs. Blanchard directly, sarah.blanchard@nbed.nb.ca Please know that when placing your child in a class, we consider their ability, personality, friendships, learning style, and behaviour. Class building is a lengthy process that is given a great deal of thought by the staff. Thank you for recognizing that we do our very best for each and every student.

## **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.

## **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 15th. 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.

## **Goodbye sweet ducklings**

On Tuesday, May 29th the staff and students of Hampton Elementary joined together to line the courtyard and hallways to make a human channel to lead Mother duck and her 13 ducklings to the marsh behind our school.



## **Daily Schedule 2018-2019**

Below is our daily schedule for the 2018-2019 (\*\*denotes changes)

7:50-8:15 Supervision on the Playground

8:25 Announcements and O'Canada

Instruction begins immediately following O'Canada

\*\*\*30minutes has been added to the morning instructional time in order to accommodate a larger literacy block in the morning\*\*\*

10:30-10:45 Recess

12:20-12:45 Outside Recess

12:45-1:05 Lunch: students eat in classrooms

2:40 Dismissal

## **Class Organization 2018-2019**

We are well into the process of planning for the 2018-2019 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 26 and return on August 20.

### English Prime Classes

1—Grade 3 class

2—Grade 4 classes \*\*one could become a 4/5 class

1—Grade 5 class

### French Immersion Classes

2—Grade 2 classes

2—Grade 3 classes

3—Grade 4 classes

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 important 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 Thursday, 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 us 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 2018  
for Students on  
Tuesday, September 4th.  
See you all then!**

Have a safe and happy  
summer holiday!





## 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.

It's Bigger...  
It's Better...  
It's Coming...



## Bigger Better Fair Day

Saturday, June 16th 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](mailto:hes.homeandschool@gmail.com)

