



Hampton Elementary School

May 2018

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. - Nancy Long

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psscchair@gmail.com

Home & School President -
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Hampton Education Centre
832-6143

Anglophone South Website
<http://web1.nbed.nb.ca/sites/asd-s/Pages/default.aspx>

School Bus Transportation -
832-6429

Principal's Message

It's May already! Eight months of the school year are gone. As always, there is much going on at Hampton Elementary! We had a very successful Parent Power Night, Earth Day celebrations, weekly enrichment hours, Marigold Planting, Jump Rope for Heart ramping up and much more! The next two months will be busy. To keep up to date, please refer to the calendar on the School website as there is always so much happening.

This week is our Volunteer Appreciation get together. Our staff is hosting a wonderful breakfast on Thursday to thank everyone for their part. At Hampton Elementary we are fortunate to have a great deal of volunteer support that comes in various shapes and sizes. It's about more than skate tying, school trips, shelving books, parent council or all the various committees. It is about the feeling you get when you walk through the front doors of our school. It is about the sound of children's laughter and voices sharing stories around every corner, at any given time of day, every day. It is about being a part of a very large family! It is my hope that all families in our school feel this way, not just those who are able to volunteer.

Being a parent can be challenging but the good news is that you don't have to be volunteer of the year to help your child succeed. The number one thing parents, teachers, volunteers and administrators can do to help increase student achievement is to have high expectations! We all need to commit to give our best each and every day. Instead of asking children "How was school today?", try asking: "What did you do that was fun today?", "What was the most interesting thing your teacher said today?", "What was the best game at recess?" and "What was the best thing you did at school?".

Provincial Assessments are fast approaching with all Grade 4 students writing Reading (English, French Immersion), Math and Science from May 22-June 1. Please have your child ready by ensuring that he/she is getting proper rest and has a good breakfast during these assessment days. We thank you in advance for your help with this.

With only 8 weeks left in the school year, we are gearing up for many events including transitions between DATL, HES and HMS. Our Grade 5 students have matured this year and many are already showing signs of being ready to leave our Hawk nest. As always, we have many plans in place to make this transition as smooth as possible and ease the anxiety that can sometimes be present.

We look forward to May and June! If you have any questions or concerns about this transition time please do not hesitate to contact me.

- Mrs. Blanchard

MISSION:

Help and believe in,
Each student so
that he or she can
achieve his or her
highest potential in
a,
Safe, supportive
inclusive environ-
ment.

New families
2018-2019
Open house
For parents
Monday, May 28th
6:30PM

WORDS OF WITSDOM



WHAT IS CYBERBULLYING?

Cyberbullying is a type of bullying that occurs through electronic communication devices (e.g. the Internet, cell phones, iPad, iPod, & video gaming systems)

Cyberbullying behaviours can damage children's reputations or friendships by...

- Sending or posting gossip, rumours, or secrets
- Pretending to be someone else & sending negative messages
- Posting material to tease or make fun of someone
- Posting real or digitally altered pictures or videos of others without their permission
- Rating peers' popularity or appearance online

UNDERSTANDING CYBERBULLYING IN YOUNG CHILDREN

Most children use technology responsibly...BUT 25% of fifth & sixth grade students report cyber victimization experiences in the past 30 days

The most common experiences are receiving a text message or having something posted on a social networking page's that is upsetting or uncomfortable

One in ten fifth & sixth graders report cyber bullying in the past 30 days during a school year BUT... Children who send hurtful messages often think they are "just kidding" or teasing

Cyberbullying is often committed by groups of children who would not do this alone!

Children may not intend to be mean or appreciate that the recipient can be hurt & the lack of visual contact with the recipient online makes it easy for messages to be misinterpreted

Want to know more? www.witsprogram.ca/families/using-wits-with-your-children/.

Mark Your Calendar!

May

Wednesday, May 2—Jump Rope for Heart Assembly

Thursday, May 3—Volunteer Appreciation Breakfast

Friday, May 4—Provincial Council Day (No School for Students)

Monday, May 7—Teacher Branch 0619 Meeting Day (No School for Students)

Thursday, May 17th—WE Day Saint John

Monday, May 21—Victoria Day (Schools Closed)

Monday, May 28—H.E.S. Open House for new families

Looking Ahead: 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



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>

**The last day for milk is June 15th.

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 reminder to families, each month the order is **due by the 20th** for the next months order. For example, **all hot lunch orders for the month of June will be due by May 20th.** No late orders will be accepted. If you are new to this and would like reminders, please ensure your child is enrolled on the website:

hes.hotlunches.net

Welcome to Middle School Orientation—May 10th 2018



Hampton Middle School



Grade 5 families and students,

You are invited to Hampton Middle School's annual "Welcome to Middle School Orientation". Come learn about Hampton Middle School and all it has to offer;

- Extracurricular activities are available for the students
- How to keep lines of communication open between school and home
- Volunteering and how to get involved with your school
- What to expect when your child goes to Middle School
- Tours of the School
- Meet other HMS parents and members of the teaching team

Drop in anytime between 6:30—8:00 PM for light refreshments, door prizes and an opportunity to talk to parents and members of Hampton Middle School's teaching staff.



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

Guided Reading at Home, a Two-Part Series

by Cathy Puett Miller, The Literacy Ambassador®

Part II: What Does This Mean?

Reading is one of the things that every child must possess to be successful in life. Like walking, it is a skill that is learned, with lots of practice. It isn't a natural ability that we are born with. This two-part series by literacy expert Cathy Puett Miller is designed to give parents simple tools they can use at home to complement your child's school work, and offer additional one-on-one practice that is rewarding for everyone.

Good readers use specific tools to make sense of words, paragraphs and text. In the first article in this series, we focused on helping your child **figure out unknown words**. Now we will concentrate on helping our children **make sense** of what they read: the whole reason we read in the first place. When you read a mortgage contract or the newspaper, you automatically use some of these tools but our children may not have mastered those ideas yet.

Guided reading helps your child think about those tools and build a personal toolbox. Once they've practiced using those tools with help, they can become skillful at using them to understand what they read on their own.

Try these prompts with your child when they are reading:

Put on your thinking cap. Reading is an active process and, to get the most out of it, children must concentrate, think about what they are reading, and ask themselves from time to time if they understand what the author is saying.

A good way to start is to ask the child to predict or make their best guess as to what the story or text will be about. They can look at the title or caption and the pictures to start thinking about what they will read. Your child may also have a purpose for reading (to find out more about mountain loins.) Ask her what that purpose might be.

Recall, re-read, retell. As your child reads, stop from time to time and ask, "What has happened so far?" Help him focus on the most important parts of the story, not every detail. If he starts to give you too much information, ask "can you just tell me the three main things that have happened"

If he doesn't know, ask him to re-read the section. Sometimes when children struggle at figuring out words, they put so much effort into that part of reading that their understanding suffers. Once the "figuring out" has happened, re-reading can help them get the meaning.

Relate. Another way we understand what we read is to relate the material to our own experiences, our world, or something we've read elsewhere. While we are reading, we are thinking about how it relates to us, our world, and perhaps other texts. Help your child do that by asking questions like: "What would you do next if you were this character?" "Why do you think he made that choice?" "Doesn't that puppy look like our dog, Joey?" "Does this remind you of another story?" "I'd like to know what happens next, would you?"

Share your thoughts and what you wonder about. "I think that's really funny. Why would she do that?" Listen carefully to what your child says. That will help him learn AND bring the two of you closer.

READ MORE BELOW:

http://www.thereadingtub.com/pdfs/our_guided_reading_set.pdf

Numbers, Numbers, Everywhere

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

May: Outdoor Math

Taking learning outdoors is a great way to engage and motivate children. After a long winter, the fresh air and change of scenery can be just what is needed to get kids excited about school work. Many of these activities can be modified for language arts too.

Sidewalk chalk

- * use sidewalk chalk to create hopscotch: on each square write an equation that your child must answer before picking up their rock
- * create a numberline (0-10, 0-100, 0-1000, 0-10 000, 6000 – 8000, 700-800 etc), toss a rock and name the number that would be written in that spot
- * draw a clock with the side walk chalk (a hula hoop makes a good circle!), then find 2 sticks (one for the hour hand and a longer one for the minute hand), practice telling time and showing a given time.
- * Draw a game board (could be a long, curvy path marked out with spaces) and write a basic fact on each space. Have your child roll a dice (or 2) to determine how many spaces they travel. When they get to their space, solve the equation. Play continues until someone reaches the end of the board game.

Shape exploration: find a variety of 2-D shapes in nature: square, rectangle, pentagon, quadrilaterals (4 sided shapes), hexagon etc. This can also be done with 3-D objects: cube, prism, pyramids, cones, cylinders etc.

Explore symmetry in nature: find natural expressions of symmetry (when one side of an image is exactly the same as the other). Have your child identify the line of symmetry. You can also search for non-examples of symmetry in nature.

Sticks: use sticks to create operation signs (+, -, x, ÷) and sidewalk chalk to create the numbers. A fun, kinesthetic way to do math equations.

Algebra: use an object in nature to represent a number value, then solve for that number. For example: 53 – rock = 23, what number does the rock represent? Students at grade 3 level should focus on addition and subtraction, while students in grades 4 and 5 can do addition, subtraction, multiplication, division equations, limited to one unknown value.

Search nature for fractions: students in grade 3 are learning about fractions of a whole (think fractions of a pizza or fractions of a chocolate bar). Have students find a stick that can be broken into equal pieces to show fourths (or thirds or fifths etc). Remind your child that fractions must be equal parts in order to be considered fractions. Students in grades 4 and 5 are learning about fractions of a set and could use stones to illustrate a given fraction, for example show 4/6 using stones (or leaves or sticks etc.)

Graphing: collect a variety of objects in a given amount of time (2-3 minutes), categorize the objects collected (i.e. rocks, leaves, twigs, bugs etc) then graph the results in a bar graph or pictograph. The graph could be done outside with sidewalk chalk.

Invisible man (the reverse of hang man). Draw the hang man (stick figure) in the dirt. Ask your child a math question, if they answer correctly they can erase one body part. The goal is to make the man invisible. If you choose, you can add something to the man if they answer a question incorrectly. This game is a great way to practice any type of math question.

Check google and Pinterest for other ideas on how to incorporate math into outdoor play!

Submitted by Jillian Kiervin, former Numeracy lead, HES

PSSC—Parent School Support Committee

Next Meeting:

Mon. May 28, 6:00p.m

The PSSC met on Monday, April 16th, 2018 in the Hampton Elementary School Library.

In addition to our regular agenda items (Safety Procedures, Behaviour/Office Referral Data, Attendance Data), we discussed the Parent Power Night, Teacher Perception Survey Data and reviewed our up to date achievement data as it relates to the School Improvement Plan. The report card data for term two was also reviewed and compared to district outcomes. The PSSC members completed a Professional Principal Review to submit to the Office of the Superintendent.

On Thursday, April 19th, the PSSC hosted the second annual Parent Power Night. It was wonderful to see such a great turnout to this event. The topic this year was Anxiety Affecting Children and Their Relationships. A huge thank you to everyone who ensured that this event was a success, the panellists, parents and teachers in attendance, Station 33, and our school administrators and custodians. Lots of great information was shared with our community.

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/ASD-S/1939/Pages/PSSC.aspx>

The next PSSC meeting will be Monday, May 28th, 2018 before the Grade 2/3 Parent Information Session.

Home and School Association

Next Meeting:

Tues. May 8th, 6:30PM

The HES Home and School last met on April 12th, 2018. Items discussed were updates to the Music room, including the new stools that were purchased. The HES Playground Project was also a topic of discussion that you will be hearing more about soon.

As we near in to the final stretch of the school year, we are busy getting ready for our biggest fundraiser of the year - Big Fair Day. It happens on June 16th from 10:00 AM - 2:00 PM. We will have inflatables, pony rides, face painting and much more! There will be lots of opportunities to volunteer. This event wouldn't be possible without the help of the whole school.

Thank you to all of the students who entered the art contest for the Big Fair Day punch cards. Submissions will be judged at our meeting on May 8th.

We will be having a raffle basket draw again this year. More information will be coming home soon regarding this excellent fundraiser. Each class has a theme and students are asked to send in items related to the theme by May 17th. Tickets will be on sale the week before Big Fair Day and you can also buy tickets during it. Winners will be selected at the end of the day on June 16th.

The final afterschool movie of the year will be held on May 24th. Please stay tuned for more information.

We meet next on Tuesday, May 8th at 6:30. Please note the change in day.

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



Jump Rope For Heart Program

Once again our students will be taking part in the Heart & Stroke Foundation Jump Rope for Heart.

Did you know that this generation of children is the first that may not live as long as their parents? The biggest threat today is childhood obesity, with 26% of Canada's children (2 - 17 year olds) being overweight or obese - over 1.6 million! At the Heart and Stroke Foundation, they are working hard to stop this trend through programs like Jump Rope for Heart. When your child participates, they learn the importance of physical activity, healthy eating and social responsibility. Established

in 1981, Jump Rope for Heart is a nationwide success that delivers fun and fitness to more than 4,000 schools and 600,000 students each year while raising millions of dollars for heart disease and stroke research, health education, and social change.

In addition to raising funds for the Heart and Stroke Foundation, Jump Rope for Heart motivates kids to establish healthy lifestyle habits today to promote a healthier, longer life. Jump Rope for Heart is just one of many great initiatives of the Heart and Stroke Foundation.

Our Jump Rope for Heart fundraiser will "kick-off" on Weds., May 2nd. Students will be given their pledge envelopes. You and your child are under no obligation to participate in the fundraising efforts and under no circumstances should a child be canvassing door to door. Children could approach family members or visitors to your home if they wish to participate.

Students will be taking part in a variety of jump rope activities, including buddy jumping with our neighbors from Dr. A.T Leatherbarrow. Pledge envelopes are due back May 15th. For more information please visit www.heartandstroke.ca



"I Read, We Read, H.E.S. Reads!"

Did you know there are only 6 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!

May Wellness Theme—Spring

With the change of seasons comes a chance to change your life. Liberate your mind, your senses, and your spirit.

- ⇒ Pick a sunny day to check out an art gallery, a theatre or explore a part of town you never have been before.
- ⇒ It's spring cleaning time! When you remove distractions from your outside world, you clear your inner mind.
- ⇒ Get outside for a hike. See if you can get a friend to come along or create a spring playlist to rock out to!
- ⇒ Try some self-directed outdoor meditation. Lie back and think of nothing for as long as it takes to relax.
- ⇒ Grab your favourite book and head outside to read it under the shade of a tree. Bring a blanket and a snack.
- ⇒ Choose a recipe and make a meal you've been wanting to try! Challenge: buy random ingredients and see what happens.
- ⇒ Take the opportunity to meet new people. We've all been stuck inside this winter and we're all looking to have fun.
- ⇒ Walk to work, school or your hobby. Give yourself enough time that you don't get stressed out about timing.
- ⇒ Dress in bright colours. It's easy to get caught up in wearing only black, but bright colours can brighten up your day.
- ⇒ Rearrange your space. Reorient your rooms to have more positive energies and to take advantage of the late-day sun.

- See more at: <http://mindyourmind.ca/wellness/change-seasons-spring#sthash.TnHRjtIY.dpuf>

Physical Education Corner

Healthy Hearts

Did you know that your heart is the most important muscle in your body? May is Jump Rope for Heart month! In the gym, students will be tracking their fitness progress while participating in a variety of activities designed to build their cardio-respiratory endurance and keep their hearts healthy. Students will also have the opportunity to raise funds for the Heart and Stroke Foundation and participate in our annual Jump Rope for Heart Event alongside students from Dr. Leatherbarrow.



Equal Opportunity for All

May 27th to June 2nd 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 schoolwide **Walk and Roll Event** on June 1st to promote this movement. Students will also participate in adapted physical activities during class time.



Intramurals

Grade 5 ball hockey intramurals will begin this month.

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 ac-

tivities.

- 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.
- 3.2 Apply physical fitness concepts and principles to construct personal wellness plans.

Submitted By: Mrs. Henry

A Note from the Music Room...

Recorder Karate is now in full swing and students are beginning to earn their first couple of karate belts! Classes can play their first notes on the recorder while reading the notes on the staff. We are very happy with how well students are doing so far with this new unit.

Thank you to the Home and School for providing the music room with 30 new stools. These have been a great addition to our music experience and are very much enjoyed by students and staff.

Submitted By: Mrs. Henry





Date: Monday, May 28, 2018

Time: 6:30-7:30 pm

Hampton Elementary Music Room



H.E.S. Information Night for Parents



Welcome to Hampton Elementary School!

We are looking forward to meeting you at our

New Grade 2FI and Grade 3

(School Year 2018-19) Information Night

for Parents on Monday, May 28, 2018, beginning at 6:30 pm

Guidance Corner

May 7-13th is the Canadian Mental Health Association Mental Health Week. It was started in 1951 to raise awareness for mental health in Canada. CMHA Mental Health Week offers practical ways to maintain and improve your mental health.



Every year, CMHA asks Canadians to #GetLoud about mental health. In the past Mental Health Week has taken the form of mental illness awareness week. It was about breaking the stigma, and about our experiences with mental illnesses. But we didn't get loud about the fact that all Canadians have mental health.

This year, Mental Health Week is not only about the 1 in 5 Canadians who experience mental health issues. It's about the 5 in 5.

5 in 5 of us have mental health. We all have a state of mental health. We all have it, so why not talk about it?

It's about feeling good about yourself and reaching your potential. It's about really thriving in life. It's about the ups and downs. It's also about those overwhelming days when you need to take a few moments to breathe. And it's about the mental illnesses that can affect any one of us.

We can all have a state of mental well-being, whether or not we have a mental illness. For more information and to check out Mental Health Week activities go to:

www.cmha.ca

www.cmhanb.ca

www.canadian-health-network.ca

10 Tips for Mental Health

1. Build healthy self-esteem
2. Eat well and keep fit
3. Create positive family relationships
4. Make friends who count
5. Create a realistic budget
6. Get involved/volunteer
7. Manage stress effectively
8. Learn to cope with changes that affect you
9. Identify and deal with your moods
10. Find a spirituality to call your own

Submitted by: Mrs. Laird



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.

Supervision reminders:

Please be reminded that supervision at school does not begin until 7:50 a.m. Students should not be dropped off until after that time. If you must drop off your student, please do so after 7:50 a.m. Likewise, all students should leave the school grounds promptly after school end, 2:40 p.m., unless supervised by a parent. Thank you for your cooperation in keeping our students safe.

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.

New Family Parent Info Night

HES will be hosting a Parent Information night May 28th at 6:30PM in the school music room. This is for any students who will be new to HES in September for the 2018-2019 school year and who want to know more about the programs and our school.

OFFICE CHECK-IN

PLEASE remember to check in at the school office when visiting the school, picking up your child, dropping off something, or volunteering in a classroom. Upon arriving at the school you need to sign in with your name, date and time. You also need to pick up a "VISITOR" badge before heading off to the classroom. Thank you for helping us follow this very necessary safety precaution.



FIRE & LOCK DOWN DRILLS

On April 13th, we had our first Spring Fire Drill. The students and staff did a wonderful job exiting the building quickly and quietly. During the months of May and June we will also be practicing our fire and lock down procedures. During these drills anyone in the school is asked to follow the same procedures as the students and staff.

BICYCLES AT SCHOOL

Students are reminded to ensure that their bicycles have received a proper tune-up before using them on town streets. Also, please take the time to review all safety rules and rules of the road with your children. Road congestion at arrival and dismissal time can be very dangerous for young cyclists. Please watch for children at all times, whether they are walking, cycling or a passenger in a vehicle. Let's keep our children safe.



EARTH DAY

Earth Day was celebrated by Hampton Elementary students by doing a "Community Clean-Up." Each class chose a specific location around the school to pick up garbage and clean up after the winter. Thank you to everyone for caring for our environment.



GRADE 5 Moving Up

Mark your calendars! Grade 5 Moving Up Ceremony is scheduled for Thursday, June 21st beginning at 9:00 a.m. This is a short ceremony recognizing the end of our students formal elementary education and the start of a new chapter in Middle School!



Thank you!

A very HUGE thank you to Independent Grocery Store in Hampton. Jamie and his crew have been providing Hampton Elementary students with apples and bananas for our breakfast program and to support our Healthy eating initiatives.

Lost and Found!

Just before March Break we bagged up MANY bags of clothing from our Lost and Found. There was nothing left in either one of our bins. Unfortunately, just two weeks later, they are both half full. Please help us by labeling your children's clothing and by coming by and checking the bins periodically. While we try to make sure everyone takes coats, sweaters, hats and other pieces of clothing home, they do get lost and end up in the Lost and Found.



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



Bigger Better Fair Day

Saturday, June 16th 10AM—2PM

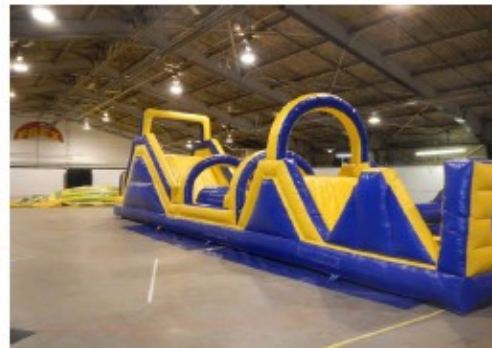
A Hampton tradition for over 30 years, Hampton Elementary School's Annual Big Fair Day.

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





SPEAKING OF SPEECH AND LANGUAGE...

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

Many of us take our ability to communicate for granted. Yet the ability to speak, hear and be heard is much more vital to our everyday lives than most of us realize. Each year, Speech-Language and Audiology Canada (SAC) dedicates the month of May to raising public awareness about communication disorders and the professionals who can help.

Some causes of speech and language disorders:

- Traumatic brain injury
- Stroke
- Head and neck cancers
- Learning disabilities
- Degenerative diseases (e.g., ALS, Parkinson's, etc.)

Types of speech and language disorders:

Articulation disorders occur when a person cannot correctly produce one or more sounds (e.g., wabbit for rabbit, kip for skip). May be the result of delayed development, poor muscle control, cleft lip/palate, hearing impairment or learning disabilities. In adults, may be the result of neurological damage from stroke or head injury.

Voice disorders include inappropriate pitch, loudness, quality or total loss of voice. Voice problems may result from damage to the vocal cords because of surgery, disease or yelling (vocal abuse), or from conditions such as cleft palate, cerebral palsy or hearing impairment.

Fluency disorders or stuttering is a disruption in the normal flow or rhythm of speech. Characteristics of stuttering may include repetitions of sounds, syllables, words or phrases.

Apraxia (A-PRAX-SIA): A speech programming disorder that makes words and sentences sound jumbled or meaningless.

Dysarthria (DIS-AR-THREE-AH): A group of speech disorders resulting from paralysis, weakness or lack of coordination of the muscles required for speech.

Aphasia (AH-FAY-SIA): A language disorder due to brain damage or disease resulting in difficulty in formulating, expressing, and/or understanding language.

TIPS for better communication:

- Speaking with someone who has a communication disorder may require extra time and practice.
- Reduce background noises that may be distracting (e.g. turn off the radio or TV, close the door or move to a quieter place).
- Stick to one conversation topic at a time. Avoid quick shifts in conversation topics.
- Keep sentences and questions short.
- Allow extra time for responding.
- Be an active listener. Pay attention to eye gaze and gestures. Take a guess (e.g. "are you talking about your dog?" Yes? Tell me more.")
- Speak slowly and clearly.
- Do not speak louder to get your message across unless the person has a hearing loss.

Speech-Language Pathologists

are highly trained professionals who are focused on the prevention, identification and management of speech, language and swallowing disorders.

www.communicationhealth.ca

May is Speech and Hearing Month.

maymonth.ca



Speech & Hearing Month
Speak well. Hear well. Live well.

For communication fact sheets and more information regarding the professionals who provide help and support, visit: www.sac-oac.ca