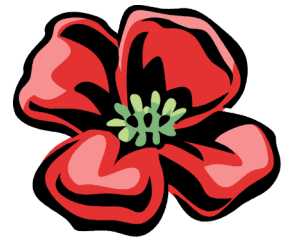




Hampton Elementary School

November 2016

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

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PSSC Chair - Alison Folkins
psscchair@gmail.com

Home & School President -
Laura Marles
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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

This week we are looking forward to our 3rd Annual Career Expo. Thank you to the many family and community members who donated their time for this event to represent the endless career opportunities available to students. We are still accepting volunteers (Thursday, Nov. 3, 8:30-11:50).

Remembrance Day will soon be upon us. On November 10th, we will be having a short assembly to remember those brave men and women who were willing to sacrifice everything for our freedom. If you are able, please join us on November 10th at around 10:30 a.m. in the gym. Come early—just in case. Our students have worked to create a service that will be both thoughtful and age appropriate. Thank you for your support of the school fundraiser. The money raised will be used to support students as we strive to update the number of technology devices that are available to students (laptops, headsets, microphones & iPod's). We are excited to add 12 more ipads as a result of last years fundraising!

The Fall Progress Reports (Report Cards) will be coming home on Monday, November 21st. This report provides students and parents with feedback on student's learning skills as well as the progress that has been made during the first two and a half months of the school year (11 weeks). This is an opportunity to find out early in the school year how your child is progressing, what the school is doing, and what you can be doing at home to support student learning.

During the week of November 14th-18th, students and staff at HES are going to be discussing and exploring the issue of bullying through a district initiative called "Kindness Matters". This is to promote awareness, empathy and give students the confidence and skills/strategies needed to handle difficult situations, whether they are a bystander or a target or maybe even a bully themselves. As a school, we review and teach skills to help students develop strategies to deal with student conflict. We will help students understand the difference between conflict and bullying and help them to realize that while conflict is normal, bullying is not. We also welcome back our special WITS leaders Ms. Hoffman & Mr. Saunders!

Once again, thank you parents, students and staff! It's been a great year so far, thanks to you!

- Mrs. Blanchard

MISSION:

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



WORDS OF WITSDOM



How can I help my child use WITS to solve problems?

Your child can likely recite the WITS acronym but may need help putting it in action. Use the tips below with your child to explore how WITS can help with peer conflict problems.

Walk away: Role-play walking away from the situation. Ask: What would happen if you walked away? Would it solve the problem? If not, try another strategy.

Ignore: Discuss ways to ignore, like leaving the situation or withdrawing eye contact. Ask: What would happen if you ignored? Would it solve the problem? If not, try another strategy.

Talk it out: Suggest statements to use to talk it out with the person bothering him or her. Sometimes saying "Stop" is enough. Maybe a joke would help. Ask: What would happen if you talked it out? Would it solve the problem? If not, try another strategy.

Seek help: Suggest other adults your child could ask for help, like a teacher. Ask: What would happen if you asked another adult for help? Would it solve the problem? If not, who else could you seek help from?

Explore the Using WITS with Your Child section of the WITS website at www.witsprogram.ca/families/using-wits-with-your-children/.

Mark Your Calendar!

What's Happening in November??

4th—AM Photo Retakes
11th—Remembrance Day (No School)
21st—Report Cards go home
22nd-25th—Book Fair in the Library
24th/25th—Parent Teacher Conferences
26th—Empty Stocking Fund (noon-8PM)



Looking Ahead: December

Kids Helping Kids
Sat. 3rd—HEC Chess Tournament
Mon. 12th—Christmas Concert Rehearsal
Weds. 14th—Christmas Concert (two showings) 9 & 10:30M
23rd—Last Day for Students (1/2 day)

Tuesday, January 10th
First day back for students

Skating

Important reminder: when students skate, they must have a properly fitted helmet, skates and gloves. Snow pants are also recommended by most teachers!



Hot Lunch and Milk Program

Our first round of milk ends on November 4th, 2016. The second term of milk will begin November 7th and runs until January 27th. The cost of milk is 50 cents per carton of white milk and 55 cents for a carton of chocolate milk.

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

Our Home and School has revamped the Hot Lunch Program. Orders are now placed on a monthly basis. The next order for the month of **December** will be due November 24th.

Understanding Home Reports

Home Reports will be going home with students on **Monday, November 21st**. These reports will be issued in order for parents to become aware of the progress of their children since the beginning of the school year. Parent-Teacher interviews will take place on Thursday, November 24th from 4:00 p.m. - 7:00 p.m. and on Friday, November 25th from 8:30 a.m. - 11:00 a.m. Teachers will contact you to make appointments for these interview times. There is no school for students on Friday, November 25th.

Does your child hide out at the neighbor's house when it's report-card time? Before you go looking for her/him, read these five tips for dealing with the less-than-perfect report card.

#1. Don't lose your cool.

Though many people see report cards as motivating, they can also be demoralizing. "They can sap a child of his confidence," says Dr. Kenneth Shore, school psychologist and author of the Parent's Public School Handbook. "The report card is not a measure of your child's worth or of your parenting skills." But grades can have an impact on a child's future. Make this point constructively.

#2. Accentuate the positive.

Point out what your child is doing well, whether it's an academic subject or an extracurricular activity. "Children need to know where they show motivation because they may not be aware of their strengths," says Dorothy Rich, president of the Home and School Institute. If your child does poorly in math, but enjoys figuring out basketball players' free-throw averages, make the connection for him.

#3. Look behind the grade.

The report card only indicates that there is a problem. Compare your child's papers over the year to see his progress. Discuss whether he's involved in too many extracurricular activities. "Kids need time to get their work done," says Rich. If your child is trying her hardest and still not understanding the material, contact the teacher immediately.

#4. Set goals for improvement.

Goals help us get motivated, but be realistic. If a child is getting all C's on his report card now, expecting all A's the next time may be an unrealistic goal.

#5. Contact but do not attack the teacher.

"If a parent has any questions at all, the first thing he or she should do is call the teacher for clarification -- not the guidance counselor or the vice principal," says Martie Fiske, a White House Distinguished Teacher. "A parent's first question should be: 'What's going on?'" Fiske suggests gathering more information before charging that something is wrong with the program or the teacher.

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

Mission Critical: Reading Together to Build Critical Thinking Skills

Critical thinking, the ability to think deeply about a topic or a book, is an essential skill for children to develop. Here are some helpful tips and recommended books to strengthen your child's ability to think critically.

As parents, we hope to develop many positive skills and traits in our children. Critical thinking, the ability to think deeply about a topic or a book, is an essential skill for children to develop. Critical thinking doesn't develop overnight. It's something that develops and builds through conversations and experiences. It's also something parents can nurture by sharing quality books with their children.

Even though your elementary-aged child may now be able to read on their own, reading together remains just as important as it was when your child was younger. Family read-alouds provide great opportunities to tackle more challenging books together. These longer chapter books may have plots that are more complex and more demanding vocabulary. Working through these books chapter by chapter helps teach persistence. And by reading together, you are there as an important source of support and information.

Reading critically involves slowing down, and taking the time to help your child reflect on what you've just read. Depending on the book, discussions may involve talking about what a character's actions tell us about his personality, or how the book's setting is important to the overall message. It might mean helping your child recognize something about the plot and the conflict that exists. It also means asking more open-ended questions to which there can be multiple correct answers.

Quality books enable you and your child to talk about the book in depth and with substance. All of this will help your reader develop critical thinking skills that will last a lifetime. Below are a few recommended titles, by grade level, that you and your growing reader may enjoy reading together and talking about.

<http://www.readingrockets.org/article/mission-critical-reading-together-build-critical-thinking-skills>

Numbers, Numbers, Everywhere

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

November: Estimation strategies

Often students think that estimation is another, "extra" step they must complete in math class. They prefer to find the exact answer because it's not yet clear to them how estimation can help!

Estimation can save students time; in real life an exact answer is not always necessary. Why grab a pencil and paper when an estimate is sufficient? Estimation helps students determine the reasonableness of their answers, without this skill students often make computational errors that they aren't even aware of! Estimation can improve students' mental math skills, when estimating computations students get additional practice at mentally adding, subtracting, multiplying and dividing numbers. Direct estimating experiences are very easy for you to do in your child's daily life!

Grade 3: Students in grade 3 are working on estimating quantities of objects using a referent (a smaller known quantity). Some things you can do at home:

- Estimate the quantity of Halloween candy in a pile, use a smaller pile to make an accurate estimate.
- Estimate of the number of items in your shopping cart
- Determine the price of one object, then estimate how much 20 objects would be or 100 objects. (ex. One box of cereal is \$3, how much would 20 boxes be?)
- Count how many cars in a small section of parking lot, use that number to estimate how many cars in the entire parking lot. This example can be applied to other situations such as the number of flowers in a flower bed, the number of bricks in a wall.
- Estimate how much milk/oranges/juice boxes to buy to last a week.
- Weigh yourself/produce/object and estimate how much 25 of those things would weigh.

Grades 4 & 5: Students in grades 4 and 5 are applying estimation strategies to addition, subtraction, multiplication and division problems. You can help by modelling your personal estimation strategies and explaining your thinking. For example: to estimate the difference of $487 - 264$, you might say "Instead of 487, I thought of 490 since it's only 3 more than 487 and instead of 264 I thought of 260 since it is only 4 less than 264 and $490 - 260$ is 230. So a reasonable estimate is 230".

Part of estimating is determining if your estimate is more or less than the exact answer (an over-estimate or an under-estimate). In the above situation, 230 is an over-estimate because I increased the number 487 by 3 and subtracted a lesser number than the original equation intended (264). You can explore ways to bring the estimate closer to the exact answer with your child, for example, trying $490-265$ or $485-260$ and comparing the answers.

Some things you can do at home:

- Popsicles cost 19 cents each, how much money for 52 popsicles (multiplication).
- A bus holds 57 passengers, how many buses are needed for 100 passengers? For 250 passengers? For 475 passengers? (multiplication)
- Renting a skating rink cost \$2.85/hour, how many hours can we skate for \$25? (Multiplication or division)
- It is 39 km from Hampton to Saint John, how far will you travel on a round trip? How far will you travel if you make the round trip 5 days a week? (addition)
- I'm reading a book of 934 pages. I've read 248 pages so far, about how many pages do I have left? (subtraction)
- A photo album holds 150 pictures, I've already put in 73 pictures, about how many more pictures can I put in the photo album? (subtraction)

Submitted by Jillian Kiervin, Numeracy Lead, HES

PSSC—Parent School Support Committee

Next Meeting:

Tues. Nov. 21st, 6:30p.m

The PSSC met on October 18th, 2016 at the DEC PSSC Orientation at Hampton High School.

One of the responsibilities of the PSSC is to monitor the School Improvement Plan.

SCHOOL IMPROVEMENT PLAN

The School Improvement Plan is a tool used by schools to ensure there is continuous, incremental improvement in the learning of all students over time. School Improvement Plans are generally developed for three-year time periods. Questions to be considered in establishing a School Improvement Plan include:

- What should the school be able to do for all students?
- Is the school successful at doing it now?
- If not, what learning aspects need to be improved, and which should have the priority for improvement?
- How will the school get improvement in the identified priority areas?

ENGAGING WITH PARENTS AND THE COMMUNITY

Communicating and engaging parents is a key part of the PSSC's responsibilities. Parents play a critical role in their child's education, however, drawing them in to schools and forging constructive parent-school relationships can be challenging. Please let us know if there are ways you wish for us to better communicate with you.

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

Hampton Elementary's Home and School Association has been busy planning different fundraisers for this school year.

Java Moose Coffee Sale

We are having a Java Moose coffee sale later this month from November 3-17. Coffee orders will be delivered to the school the beginning of December, in plenty of time for Christmas. We will be selling five flavours: Candy Cane, Eggnog, Vanilla Buttercream, Bay of Fundy and Foghorn. The class with the most coffee orders will win a hot chocolate party.

HES Holiday Shopping Extravaganza

Tables are filling up fast for our first Holiday Shopping Extravaganza to be held on December 2nd from 6-9 PM and on December 3rd from 10-2. Local craft vendors will be set up inside the school, and there will be concessions on sale as well. There are a few tables left if you are interested in being a vendor. Please send the Home & School Association an email at hes.homeandschool@gmail.com.

Movie Night

Thank you to everyone who came out to support our successful Movie Night on October 21. We raised enough money to help with the purchase of a Brain Bike for the school.

Please check out the Hampton Elementary School Home and School group on Facebook for ongoing updates and volunteer opportunities. Our next meeting will be on Thursday, November 10th at 7:00 PM in the school library. All are welcome to attend. 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

Next Meeting:

Thurs. Nov. 10th 7PM

~submitted by Erin Roy

Inclement Weather Procedures

Schools may be closed early on days when the weather conditions are anticipated to deteriorate significantly during the day. Every effort will be made to notify parents by telephone for students in Kindergarten to Grade 5. We use media, voice mail and email. Families are reminded of the importance of ensuring alternate arrangements are in place for their child(ren) in cases when they or another adult will not be available to be home.

<http://web1.nbed.nb.ca/sites/ASD-S/Pages/Inclement-Weather-Policy.aspx>



Policy 711—Healthy Eating

November each year is 'Good Nutrition Month'! It is a great month to bolster your own efforts to eat healthier, a great time to try out new nutritious recipes and to teach your kids about eating better. Why not set a goal of eliminating another one of your food addictions this month? Commit to looking up nutrition tips each week and trying out a new healthier dish that you can add to your regular meal plan. Use this month to educate your kids about eating right. Remind them about the My Food Pyramid and find something they are passionate about to motivate them to join in your Good Nutrition Month mission. Perhaps they want to be better at a sport, may be they want to fit in to some new clothes or even get stronger or just look better. Help them look up the healthy foods that will help them reach their goals or even try out recipes from different types of diets like vegan or raw food diets. - See more at:

<http://www.foodenquirer.com/articles/november-is-good-nutrition-month-.html#sthash.nDSvA694.dpuf>

Have fun with it and enjoy Good Nutrition Month as a month for exploring new foods and tastes!

November Wellness Theme

November is Kindness Matters Week. We will be encouraging students to think about others and we urge you to continue this message at home.

Here are some activities/discussion points to consider:

- ⇒ What is your definition of kindness?
- ⇒ Create a kindness chain.
- ⇒ Find ways to "smile it forward" with kindness.
- ⇒ Create a kindness calendar.
- ⇒ Display the letters K I N D N E S S—how many words can you make using these letters?
- ⇒ Be a kindness spy—recognize acts of kindness.
- ⇒ Learn more about Kindness Challenge.

Here are some other links:

Kindness Challenge: <http://kindnessmattersblog.org/>

Kids for Peace:

http://kidsforpeaceglobal.org/events_overview.html

Pinterest Kindness activities:

<https://www.pinterest.com/sjww/teaching-kindness/>



New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick

Engage. Evaluate. Inform. Recommend.
Engager. Évaluer. Informer. Recommander.

2016-2017 New Brunswick Elementary Student Wellness Survey

The *New Brunswick Student Wellness Survey* is a provincial initiative of the Department of Social Development – Wellness Branch, in partnership with the Department of Education and Early Childhood Development and the New Brunswick Health Council

(NBHC). The elementary portion of this initiative, the *New Brunswick Elementary Student Wellness Survey*, began in 2007-2008 and was repeated in 2010-2011 and in 2013-2014. The survey gathers information from **students** in grades 4 and 5 and **parents/guardians** of students in grades K to 5. It surveys attitudes and behaviours regarding healthy eating, mental fitness, bullying, physical activity and tobacco use.

By taking the time to com-

plete this survey, students and parents can contribute to their school's improvement plans and student wellness activities. On *November 14th*, our school will be participating in this survey, as we aim to improve the health and wellness of children in our community. If you would like more information on this survey, please call the New Brunswick Health Council at 1-877-225-2521.



Classroom Newsletters

Please continue to follow our school website for updates on coming events and activities. Most teachers have posted their classroom newsletters and websites on our school webpage. All these changes are in support of our School Improvement Plan and enhancing regular communication to parents and families.

Lost and Found

Please take a moment to visit the lost and found at our school. This area is located near the change rooms outside the gym. It is full of clothing items that definitely should be missed by families! All items will be on display during parent teacher conferences so please take a peek along the hallway outside the gym!



Santa Claus Parade

Santa Claus Parade - HES will be having a float in the Hampton Santa Claus Parade on Saturday December 10. We will be holding an organizing meeting in early/mid November. Watch the Hampton Elementary School Home & School Facebook group for details. Kids whose parents helped with the float will have preferred seating on the float.

CHRISTMAS
PARADE

Extra Clothes

As we head into November, it is always a good idea to send along some extra clothes with your child. An extra pair of dry socks and mittens is always a good thing to have tucked into the backpack. At this time of year, rubber boots are a necessity for our playground!

Thank you

We would like to extend a HUGE thank you to the following individuals:

- Hourihan family for their donation of books to the library
- Workers for Wishes for a donation of a wish to a student at HES

Parent Learning Opportunity:



Child & Adolescent Anxiety -

What Parents Can Do

An Introduction to Anxiety & Parenting Strategies

Wed. November 9, 7:00-8:30 PM

Fundy Middle & High School

44 Mount Pleasant Road

St. George, New Brunswick

Daniel Chorney, Ph.D. Registered Psychologist (Dr. Daniel Chorney & Associates)

Guidance Corner

What does the elementary guidance counselor do?

Conducts classroom guidance lessons, works with children in small groups, sees children individually, works with parents and teachers, acts as a liaison with outside agencies, and uses the community as a resource.

The counselor helps children...

- Recognize their strengths and needs to achieve in school
- Build self-confidence and self-esteem
- Learn decision making and problem solving skills
- Establish and maintain healthy relationships with others
- Deal with concerns and feelings
- Better understand themselves and others
- Gain valuable social skills
- Develop and learn to cope with situations that arise within the family

What are some of the topics covered by the counselor?

Personal safety, problem solving, study skills, feelings, life changes, self-acceptance, cooperation & friendship, bullying, social skills, conflict resolution, group skills

What might a student talk about while in the guidance office?

- ~ feelings about him/herself
- ~ difficulty in making or getting along with friends
- ~ a family problem
- ~ a school problem
- ~ a fear or worry
- ~ a physical concern
- ~ the need for a little tender loving care

While at Hampton Elementary School, your child could see me individually, as part of a small group, or in the classroom during a guidance lesson. If you need to talk to me, I can be reached on Monday, Wednesday and Friday at Hampton Middle School and on Tuesday, Thursday at Hampton Elementary School.

“Don't worry that children never listen to you; worry that they are always watching you.”

A Note from the Music Room...

There are lots of great things happening in the music rooms this fall! Students have spent time experiencing and understanding marching music and learned about the famous American 'March King', John Phillip Sousa. Many classes even learned to perform the cup game to 'The Washington Post'. Very impressive!



Mrs. Henry's classes have been working hard at reading and understanding musical notation, moving on from note values to note naming.

All classes are preparing to sing a beautiful rendition of 'In Flanders Fields' at the Remembrance Day service on the 10th.

Our 35-voice choir is getting in the Christmas spirit a little early as they prepare to sing in the 'Empty Stocking Fund' broadcast on Nov. 26th. The rest of the school will soon follow as rehearsals begin for our HES concert on Dec. 14th.

Mrs. Henry & Mrs. Hill

Physical Education Corner

Throw, Catch, Kick and Hike:

In the gym students are working on both hand-eye and foot-eye coordination. Students have been practicing sending and receiving a variety of objects such as frisbees, dodgeballs, soccer balls and even hacky sacks through games, relays and stations. We also have been enjoying the wonderful fall weather by bringing our P.E. classes outdoors. Each class has had the opportunity to explore the nature trails behind the school and even feed the chickadees!

Cross country has come to an end for the year. HES is lucky to have so many dedicated runners and parents. It was an excellent season by all. Thank you!

Coming Up in November:

I am delighted to announce that special guest Alex Holder from "Run, Jump, Throw, Wheel" is coming to HES this month to lead each class in a fundamental movement workshop.

Stay tuned for ball hockey intramurals beginning this month at lunch recess.

Grade 3 Curriculum Outcomes Covered:

Doing: D9 Demonstrate ways to send and receive a variety of objects with and without equipment. D12 Demonstrate running, jumping and throwing in a variety of ways.

Knowing: K4 Explain how working with a partner or group may affect performance.

Valuing: V2 Work willingly with others of varying abilities, interests and cultural backgrounds.

Grade 4-5 Curriculum Outcomes Covered:

Doing: D5 Demonstrate ways to send and receive an object with increasing accuracy, individually and with others. D10 Be involved in fitness activities.

Knowing: K1a Practice and describe the importance of warm-up and cool-down activities.

Valuing: V3 Demonstrate etiquette and fair play by participating cooperatively in physical activity with others who may have varying interests, abilities and backgrounds.