



Hampton Elementary School October 2016 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. - Patricia Farren

PSSC Chair - Alison Folkins
psscchair@gmail.com

Home & School President -
Laura Marles

hes.homeandschool@gmail.com

Hampton Education Centre
832-6143

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

School Bus Transportation -
832-6429

MISSION:

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

Photo Retake Day!

Friday, November 4th (AM)



Principal's Message

September was a busy month and we had two important meetings with our Parent School Support Committee (PSSC) as well as our Home and School. Alison Folkins was appointed as Chair for PSSC and Pam Wallace was re-appointed as recorder. Our Home and School executive is comprised of: President—Laura Marles, Vice-President (to be elected at next meeting), Treasurer—Tamara Simpson, Secretary—Erin Roy. We look forward to working together alongside both of these groups this year. Please do not hesitate to contact either Alison or Laura if you would like to be a part of these committees in any capacity.

Our Terry Fox Walk takes place this year on Friday, September 30th. We are asking students to bring in a toonie(s) \$2 to support the Terry Fox foundation for cancer research. Our goal is \$500. Your support is greatly appreciated. Terry Fox is certainly an iconic Canadian and students are always eager to learn more about him!

This month we look forward to many fun and exciting events. Our Home and School unveiled the new Hot Lunch Program. We know with any new programming there will be a window of time when we need to work out the kinks so please be patient with these parent volunteers as many hours are put in to contacting vendors, coordinating schedules, counting money, analyzing spreadsheets and ensuring students get their meals delivered! We will be having our annual WITS kick off this month. At this assembly we will be introducing the students to our WITS Community Leaders. These leaders visit the school on a regular basis to promote the WITS message.

As we look ahead to Thanksgiving, we are a little more mindful of the many things we can be thankful for. In order to support the **Hampton Food Basket**, we are asking students to bring a nonperishable or vegetable donation to our school during the week of October 3rd-5th (a very short week for students). Items can be fresh or canned. This will then be delivered to the Hampton Food Basket by our staff.

If you have any questions about what is happening at Hampton Elementary we would encourage you to call or email your child's teacher.

However you might celebrate Thanksgiving, I hope that you are able to enjoy some time with your family and friends.

- Mrs. Blanchard



WORDS OF WITSDOM

A distinguishing characteristic of the WITS Programs is their community-based approach to preventing peer victimization. That's why our school encourages community leaders, such as police officers and other adult role models, to participate in the programs. When children hear the WITS message from members of the broader community, they realize it's not just a school lesson or a classroom rule; it's something we all believe in.

Community leaders show their support at the Swearing-In Ceremony, which launches the WITS Primary Program at the beginning of the school year. They guide students in reciting a WITS Oath and distribute WITS badges.

Community leaders also visit classes throughout the year to exchange stories with children about how they used their WITS. These visits have a powerful impact on children because they show that using WITS and LEADS strategies is a lifelong commitment.

Mark Your Calendar!

What's Happening in October??

Monday, October 3rd-19th—DFS Fundraising

Wednesday, October 5th—Lockdown Practice and After School Regional Cross Country Meet (SJ)

Thurs./Fri. October 6 & 7th—No school for students. Provincial Curriculum days for teachers

Monday, October 10th—Thanksgiving: No school

Wednesday, October 12th & 19th—Cross Country Meet

Tuesday, October 18th— 6PM PSSC Workshop

Friday, October 21st—H&S Movie Night

Wednesday, October 26th—National Take me Outside Day

Hampton High School is holding their annual "ScareFest"— Thursday, October 27th 6-8PM!

Looking Ahead: 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)

Recycling Champions

We would like to send a very big **Thank You** to **Elaine and Tim Beaman, Candace Muir, Leanne Richard, Tamara and Tyler Mahar** for helping Hampton Elementary continue to stay green! These individuals volunteered to pick up our recyclables and dispose of them in the blue bins. Student leaders work at lunch time to sort the items and have them ready and bagged for pick up in the afternoon or early evening.

Many hands make light work!

Hot Lunch and Milk Program

Our first round of milk ends on **November 4th, 2016**. The second term of milk will begin **November 7th**. 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 **November** will be due October 21st.



Upcoming Fundraiser Great gifts for the Holidays!

Dieleman DFS
FUNDRAISING Sales
Fundraising Solutions

Hampton Elementary School is excited to tell you about the fundraiser the school will be doing once again this year. We will be sending home catalogues on October 3rd that are full of wonderful gift ideas for family and friends. These catalogues have a bit of everything from jewelry to a variety of items including wrapping paper, kitchen gadgets, calendars for the new year and stationary. It is a Canadian company and last year we were able to raise a profit of \$2370 which we used to invest in ipad technology for our classrooms. Our ipad collection has recently added 12 new ipads as a direct result of this fundraiser

Thank you in advance for your support! Fundraising forms and payments are due to the office by October 19th with delivery of items the last week of November or early December. All cheques are to be made out to Hampton Elementary School.

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

Why is Reading Important?

Every time your child reads, he or she is exercising their brain. I explain to my students that reading is exercise just like riding a bike or going swimming. To your body, reading is exercise for your brain. The more the child reads the smarter the child gets.

Reading helps vocabulary, reduces stress, and builds tranquility. Reading also helps build analytical thinking, and improved memory.

Reading is the most important skill a parent can teach a child. By taking the time to read to your children, and for children to see parents reading, will make a huge difference in the child's life. They will see that reading is important to you, so it will be important to them. Making reading fun will encourage and inspire them to want to read more.

Activities Parents Can do to Develop Reading Skills

Parents are always asking what they can do to raise a reader, and I suggest having a scheduled time once a week where each member of the family comes together and either reads silently or a member of the family could read a portion of the story out loud. When your child is reading or listening to a story, ask questions using the five W's and an H: who, what, where, when, why and how.

Start a Book Club in Your Neighborhood

Kids love getting together with other friends their own age. Choose a book that they would enjoy. Each child can take turns reading a portion of the story until everyone has had a chance to read. Adding activities only adds to the fun. For instance if they are reading *Freckle Juice* by Judy Blume, children could think up their own drink recipe.

Do Crosswords

Another excellent resource is to have Crossword puzzles available for your child. It is a fun way to increase reading skills as children navigate through the puzzle. They are learning spelling patterns and what words mean. They are also learning after reading, drawing or painting a picture of what they have just read. Children love to express themselves and art is an excellent way to promote reading.

Act it Out

Why not act out parts of the story? For instance, after reading "Little House on the Prairie" why not have a country picnic and eat foods that were available during the 1890's. Last year, while teaching that book, children dressed up with long dresses and bonnets. Afterward we made butter and children enjoyed the experience of what it may have been like during the pioneer era.

Dress up as a Character in a Book/Game Night

Does your child like to read about princesses, knights, or fairies? Have them dress up as a character in the story. What about game night? There are a variety of word games out on the market today, including Junior Boggle, Boggle, Up words, and Scrabble. I explain to parents to adapt the game to fit the level and age of the child.

I hope some of these ideas have inspired you, as they have me.

I know all of these activities take time and effort, which so many people have very little of these days. However, by remembering that our children will be the leaders of tomorrow and the time invested in them today will ensure successful confident readers in the future, then it would be worth it.

<http://k6educators.about.com/od/helpfornewteachers/a/How-To-Help-Parents-Raise-Great-Readers.htm>

Numbers, Numbers, Everywhere

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

October: Math Everyday

Often students think that math is a subject taught at school and has no real use in daily life. Help your child see math in his/her daily routine by involving your child in using numbers to solve problems and make those everyday decisions with you.

Grade 3

Skip counting by 3s, 5s, 10s, 25s. "Here is some change, can you count this for me?" Ask your child to explain how he/she counted the change (began with quarters, then dimes, then nickels etc.)

Estimating using a referent. "I've raked this pile of leaves. How many more piles do you think are left in the yard?" or "This is 1 cup of flour, how many cups are left in the bag?". Ask your child to explain his/her reasoning.

Estimating sums and differences up to 1000. "This tv is \$193 and your brother wants this toy that is \$37, about how much money will we need?" In this scenario, encourage your child to look for easy numbers to compute mentally and to predict if the estimation is over or under the exact amount.

Grade 4 & 5

Using doubling and halving (an important skill for multiplication and division with 2 digit numbers)

"We are doubling this recipe. How much of all the ingredients will we need?"

"I cut this piece of wood 30 inches. I need to mark half of it, where would I mark it?"

Representing and describing numbers to 1 000 000. "According to the radio, there were 23 764 people at the hockey game. What can you tell me about this number?" Look for answers that include comparing it to a benchmark number (20 000 or 25 000), breaking apart the number (there are two groups of 10 000 and a group of 3 000 and 764 left over), talk about where else you might find that number (would there be 23 764 people in Hampton? In Saint John? Then find the answer.)

Multiplication & Division facts. "There are 16 people coming for Thanksgiving dinner. Rolls are sold in packs of 6, how many packs do I need to buy?" or "I have 23 Halloween bags to make, and 92 Halloween chocolates, how many will go in each bag?"

Submitted by Jillian Kiervin, Numeracy Lead, HES

PSSC—Parent School Support Committee

Why Get Involved?

Being involved with the PSSC allows you, as a parent, to have an impact and influence in what goes on at your child's school. It also demonstrates to your child an interest in their schooling and in your community. Being involved with the PSSC also offers wonderful opportunities for personal growth and professional development including but not limited to:

Next Meeting:

**Tuesday, October 18th,
6 p.m.**

**Hampton High School
PSSC Orientation Session**

- Networking opportunities,
- Retaining and sharpening old skills and interests,
- Developing new skills, teamwork, planning and goal setting skills,
- Provides personal visibility, an opportunity to be known in your school community,
- Leadership development, for example, persuasion, innovation, strategic thinking, change management, conflict resolution, and
- An opportunity to demonstrate management, customer service and leadership skills that can be added to your résumé.

The PSSC assists the Principal in an advisory role. The committee addresses the broad issues related to the education of all students in the school, with the goal of enhancing student learning. Primarily these issues arise from input, discussions and study of the school improvement plan. This includes helping the school by advising on which aspects of learning that need to be improved; the priority of those identified learning areas; and strategies/actions that focus on those areas.

If interested please call Mrs. Blanchard at 832-6021 or email: sarah.blanchard@nbed.nb.ca

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

The Home & School Association held their first meeting of the school year on September 13, 2016. Lots of items were discussed with the main ones being:

- Healthy Lunch: A new order form was adopted, along with new menu options. EMT is now offered as a method of payment for "healthy lunches."
- Fundraisers: Home and School will be having a Halloween-theme movie shown on the evening of Friday, October 21. More details will be provided closer to the date.
- Current finances
- District barbecue and nutrition policies

Next Meeting:

**Thursday, Oct. 13th
7 p.m.**

The 2016-2017 executive is: Laura Marles (President); Tammy Simpson (Treasurer), and Erin Roy (Secretary). The group is looking for a Vice President if anyone is interested.

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, October 13th at 7 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>

~submitted by Erin Roy

Questions? Email hes.homeandschool@gmail.com

Fire Safety and Lockdown Drills

We had two fire drills in the month of September (which went well), and during the next month or so, we will continue to practice our fire safety and lockdown procedures. If you happen to be visiting during these drills we would ask that you follow the same procedures as the students and staff (exit the building immediately upon hearing the alarm for a fire drill).

October 10-14th is Fire Safety Week and students will be bringing home booklets to plan an exit for their home.



Policy 711—Healthy Eating

Here are ten suggestions for adding more vegetables throughout the day:

1. Toss spinach or kale into your smoothies.
2. Dip raw veggies in hummus or 1-2 tablespoons of salad dressing.
3. Buy "Steamable" frozen veggies that can be cooked in the microwave in just a few minutes.
4. Make soups or stews and add extra vegetables.
5. Add peppers, tomatoes, mushrooms, and onions to your eggs.
6. Top your pizza with extra veggies.
7. Serve salads as the main dish for lunch or dinner.
8. Toss veggies on the grill along with your meats.
9. Cut all your veggies (carrots, celery, or lettuce) at once so they are in the fridge ready to eat.
10. Keep your vegetables at eye level in the fridge so you see them regularly (and eat them more regularly).

Here is the link for more info:

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/policies-politiques/e/711A.pdf>

October Wellness Theme

This month's wellness theme is encouraging families to reflect on gratitude.

Here are some conversation starters you might want to try around the dinner table this month:

- ⇒ What does being grateful mean to you?
- ⇒ Share a good deed that someone has done for you.
- ⇒ What are ways that we can show our gratitude?
- ⇒ What is a good deed that your family could work on together?
- ⇒ List 10 things you are grateful for in your community.
- ⇒ How many different ways can you say thank you?
- ⇒ October has a 'Choose to be great Week' - what are you going to celebrate?
- ⇒ Using each letter of your name, say something you are thankful for.
- ⇒ Write a thank you note (picture etc.) to someone for something they have done for you.

Physical Education Corner

Our Physical Education Program is up and moving into full gear. The focus for September was classroom routines and procedures, basic movements, endurance, strength building and hand-eye coordination. Students have been practicing these skills through low organized games and rotating through a variety of stations.

Grade five students have been working extremely hard preparing for the soccer jamboree. HES couldn't be prouder of our cross country runners. Our team has been very successful this far in the season. GO HAWKS GO!

Sneak Peek into October

This year HES will join 250,000 students nationwide to participate in "Take Me Outside Day". This movement was initiated to spread awareness of the importance of

unplugging and spending more time outside. All Physical Education classes will be held outside the week of Oct. 24 to Oct. 28. Students will learn different schoolyard games and participate in a number of nature-based activities.

Grade 3 Curriculum Outcomes Covered:

Doing: D1 Select and perform locomotor and non-locomotor skills (with and without objects) in simple sequences individually, and with a partner.

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

Knowing: K1 Explain the importance of participating daily in vigorous physical activities.

K5 Identify safety rules and procedures for various activities.

Valuing: V1 Accept responsibility willingly for assigned roles while participating in physical activity.

V6 Explain the importance of listening to directions and staying on task.

Grade 4-5 Curriculum Outcomes Covered:

Doing: D1 Select and combine locomotor and non-locomotor skills into complex movements sequences individually, with others and with objects.

D8 Demonstrate basic motor skills in games and sport activities.

Knowing: K1 Explain the importance of participating in physical activities to develop components of fitness and motor abilities.

K4 Demonstrate a knowledge and understanding of safety rules and procedures for activities.

Valuing: V1 Explain the importance of following rules, routines and safety procedures in a variety of activities.

V2 Accept responsibility for various roles while participating in physical activity.

~submitted by Ms. Sheils

Drop Off & Pick Up of Students

Thank you for diligently using the sign in and sign out procedures and wearing visitors badges when at HES. Please also note the additional safety procedures we have in place.

1. All visitors and volunteers need to check into the office and obtain a visitor badge.
2. When leaving the school, all visitors and volunteers must sign out and return their visitor badge to the office.
3. At the beginning of the day all parents are asked to drop off their children just past the office doors. We would really appreciate if you did not come into the school, but rather, help them to become independent by allowing them to go into the school and hang up their own bags.
4. Parents picking their children up during the day need to report to the office. Their children will be called down to meet them.
5. At the end of the day, parents should be reminded to not pass the buses if the lights are flashing red. This will result in a hefty fine. Park before the first playground and wait until the buses have cleared or walk to the entrance and meet your child in the lobby.

Grade 5 Leadership

There are 73 grade 5 students that have signed up for one of our many leadership responsibilities. There are 46 Peacekeepers, 47 Student secretaries, 43 on Milk, 33 Paper Recyclers and 39 Plastic, Metal and Cardboard Recyclers.

Thank you to our Grade 5 students who are wonderful ambassadors for our school!

HES Parent Resource Library

HES hosts a great Parent Resource Library including books, pamphlets and videos ranging in topics such as Effective Discipline, Bullying and Friendship. We also have resources dealing with Pediculosis (Head lice). These resources can be found in the lobby bookshelf by the Sign In Book. Please let the office know if you are borrowing one of the items.



Raz Kids is Mobile!

Our school has once again purchased access to the Raz Kids individualized reading program. This site delivers hundreds of books for students to read wherever they have access to the internet. There is an APP that can be downloaded for easier access as well. Students have the option of listening to books for modeled fluency, reading books for practice and then recording themselves reading so teachers can monitor progress. Each book also has an accompanying quiz to test reading comprehension. Your child can log into their class using the following:

- 3 M. Leblanc & 3 N. Fougere-Leblanc—nleblanc
- 3 Aubin-Martin—kaubinmartin0
- 3 Salgado—jsalgadob
- 3/4 Veniot—dveniot
- 4 Long—dlong29
- 4 Golding—kgolding5
- 4 Power—rpowera
- 5 Vallis & 5 Raymond—avallis0
- 5 Schofield—cschofield2
- 5 Bradshaw—mbradshaw5

Mrs. Madden's Lego Club

Mrs. Madden has one of her most popular clubs up and running. Lego club offers an opportunity for students to build social skills in a fun setting while also supporting fine motor development and thinking skills. It is an ideal setting for children who might otherwise be reluctant communicators to participate in a social club. Regular participation in structured Lego group building projects encourages children to talk, listen and learn from each other, developing joint attention, co-operation, compromise and negotiation skills and supporting a wide range of language and learning abilities. This is a fully inclusive group open to all children.



If at first you don't succeed, then skydiving definitely isn't for you. – Steven Wright

Thank you

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

-the McPherson & Bennett families for recent donations of books to the HES library

-With you Advocacy Services for their donation to the breakfast program (www.WithYouAdvocacyServices.com)

-Hampton 50/50 donation (\$1000) to the breakfast program



KV3C Learning Opportunity

On behalf of KV3C (Kennebecasis Valley Community Caring for Children), we would like to share information about an upcoming parenting workshop called “Secrets of Discipline” based on the book written by Ontario educator, Ronald Morrish. This 4-week workshop is being facilitated by Kathy English. This same workshop has been presented a number of times in the past. It is a popularly requested one, where many parents (with children as young as toddlers to middle school age) have benefited. There are a limited number of spots available. Registration information available in the attached flyer, by email to info@kv3c.ca, or via KV3C’s Facebook page.

Workshop dates: 4-weeks, Tuesdays, 7-9 p.m., October 4, 11, 18 and 25. Fee information (includes book) in flyer.
Location: Chris Saunders Memorial Elementary School.

SECRETS OF DISCIPLINE

Register Today
for this
4 week class
on the benefits of
raising
responsible
children.
Based on
this book
written by
Ronald Morrish

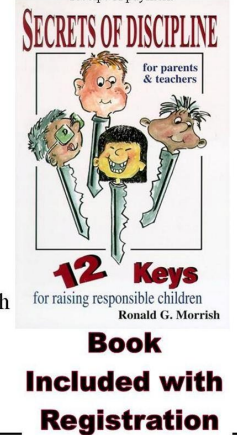


October
4th, 11th, 18th and 25th
From 7-9
**Chris Saunders Memorial
Elementary School**
To register, email us at info@kv3c.ca
or visit us at the Community Fall Expo
(Aug 25th)

Space is limited
Registration confirmed on first come
first serve basis with
receipt of payment

Cost is
\$40 per family
Or
\$20 for
KV3C members

Facilitated
By
Kathy English



Author Visit

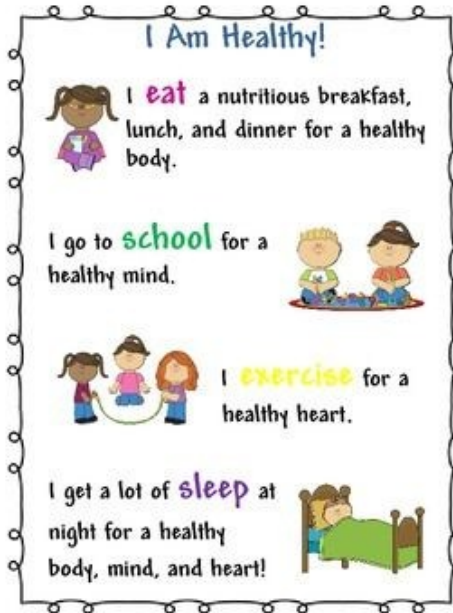
As part of the Fog Lit Festival, we were excited to welcome author Kate Inglis to our school on September 3rd. Kate presented her book, “If I were a zombie...” to our Grade three students in a fun, interactive setting. In this one hour session, the students acted out different parts of the book as zombies and aliens!



“I find television very educational. Every time someone turns it on, I go in the other room and read a book.” – Groucho Marx

Guidance Corner

School's In ... Time to Learn



So how do we set our children up for success at school? Not unlike adults, children need the obvious basics to feel well and to do well: sleep, good nutrition, and physical activity. Generally speaking, elementary aged children should have 10-12 hours of uninterrupted sleep. Children's brains transform subconsciously learned material into active knowledge while they sleep. After a good night's rest, start your child's day off on a positive note with a healthy breakfast. Good nutrition consists of a balanced diet including foods from various food groups and not too many foods high in refined sugar or preservatives. Try providing fresh fruit along with grains and/or protein to give the body the essential fuel it needs. As well, make sure water is consumed throughout the day. Did you know that our brains depend on proper hydration to function optimally? Brain cells require a delicate balance between water and various elements to work well, and when you lose too much water, that balance is disrupted. Your brain cells lose efficiency. Years of research have found that when we're thirsty, we have more difficulty focusing our attention. Dehydration can impair short term memory function and the recall of long-term memory.

Now let's look at the link between physical activity and good health. The link between physical activity and physical and mental health, is scientifically proven. For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily (for more information please visit participation.com). As you get back into "school mode" you probably recognize the value of having

more structure and routine in different areas of life. Not only does a routine help provide structure for our children it helps us as adults manage all of our daily responsibilities more effectively.

A Note from the Music Room



All Grade 3 and 4 students have been engaged in a study of marches and students have learned to sing and write cadences. There has been lots of movement as we work at internalizing the beat through marching. Practising keeping a steady beat, and writing, reading and performing rhythms will continue to be a focus in the month ahead. We will wrap up our unit on marches by learning about the composer John Philip Sousa, "The March King".

Grade 5 students will be learning to play recorder this year through a highly motivational programme where they earn 'belts' (as in karate) for advancing through increasingly difficult pieces. Parents of Grade 5 students will be asked to send in the \$5.00 for their child's recorder sometime this fall. Information to follow.

Choir began on September 21. Please make sure the permission slips are returned by Oct. 12 if you child wishes to participate in the Empty Stocking performance on Nov 26.

Submitted by Mrs. Hill

Grade 5: Our focus for September was on beat and rhythmic notation. Students practiced reading, accompanying and composing rhythmic patterns using language, body percussion, rhythm sticks and boomwhackers.

5.1.4. Demonstrate an awareness of rhythmic/melodic concepts, form, and texture, through language, movement, and performance.

Submitted by Ms. Sheils



Sweet Caroline Walk/Run 2K and 10K

Sat. Oct. 8 @10 am

Rothesay High School

61 HAMPTON ROAD, ROTHESAY, NB

10k start - 10 am

2k start - 10:15 am

REGISTER ONLINE

facebook.com/events/896162873728615/

\$30/Person \$75/Family

Race Day Registration starts @8 am

Race Kit Pickup, Fri. Oct. 7

1-4 pm: Running Room, Brunswick Square

6-8 pm: Java Moose, 47 Clarke Rd, Rothesay

For more information visit the "Sweet Caroline Foundation"
Facebook event page or contact sweetcarolinefoundation@gmail.com.

Promoting Allergy Awareness, helping to create a safer
environment for those living with food allergies.

