



Hampton Elementary School

October 2015

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. - TBA

PSSC Chair - Jamie Foster
psscchair@gmail.com

Home & School President -
TBA

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!

Thursday, October 29th



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. Jamie Foster was re-appointed as Chair for PSSC. We are currently seeking a President of our Home and School as Nicole Richardson has stepped into the role as Past President. Please contact the school if this is of interest to you. We look forward to working together alongside both of these groups this year. Please do not hesitate to contact either Jamie or Nicole if you would like to be a part of these committees in any capacity.

Our Terry Fox Walk takes place this year on Friday, October 2nd. We are asking students to bring in a toonie \$2 to support the Terry Fox foundation for cancer research. Our goal is \$400. Your support is greatly appreciated. Terry Fox is certainly an iconic Canadian

This month we look forward to many fun and exciting events. We will be having our annual WITS kick off this month. At this assembly we will be re-introducing the students to our WITS Community Leaders, Vernon Saunders and Anita Hoffman. Mr. Saunders is a police officer with the Rothesay Police and Ms. Hoffman is a pediatric occupational therapist. They visit the school on a regular basis to promote the WITS message.

We have been thankful to have Lee-Anna Ulrich covering in our office since the beginning of the school year. Debbie Cochran has taken a permanent position in the District Office. The position here at HES will be advertised and filled sometime this month.

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 5th-7th. 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. Also, please know that we welcome you to talk to us in the office if you have a question. You are always welcome!

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!

Friday, October 2nd—Terry Fox Walk
Wednesday, October 7th—Regional Cross Country Meet (Saint John)
Thurs./Fri. October 8 & 9th—No school for students. Provincial Curriculum days for teachers
Monday, October 12th—Thanksgiving: No school
Tuesday, October 13th—DFS Fundraising Starts
Tuesday, October 13th— 6PM PSSC Workshop
Wednesday, October 14th—HES Cross Country Meet
Monday, October 19th - Mad Science begins

Hampton High School is holding their annual "ScareFest"— Thursday, October 29th 6-8PM!

Looking Ahead: November

Next month: November

11th—Remembrance Day (No School)
23rd—Report Cards go home
25th-27th—Book Fair in the Library
26th/27th—Parent Teacher Conferences
28th—Empty Stocking Fund

Recycling Champions

We would like to send a very big Thank You to Janet Brown, Marie-Claire Erickson, Jessica Ferguson, Dawn Thomas, Lisa Richard, and Sharma Coleman 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 26th, 2015. The second term of milk will begin November 30th. We have been advised of a price increase. In the second term, prizes will be as follows: 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 lunch tickets will continue to be sold after the announcements on Monday. Your child can buy a book of 10 hot lunch tickets for \$25. All meals will cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays, Hamburgers and yogurt on Tuesday (order placed on Monday) and Subway on Thursday (orders placed on Tuesday).

Upcoming Fundraiser

Great gifts for the Holidays!

Hampton Elementary School is excited to tell you about the fundraiser the school will be doing. We will be sending home catalogues on October 13th 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.

Thank you in advance for your support! Fundraising forms and payments are due to the office by October 23rd 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. Parents are the first person in the child's life and have the biggest impact on their lives. 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

Attitude is Important

How do you as a parent feel about math? Your feelings will have an impact on how your children think about math and themselves as mathematician. Take a few minutes to reflect on these questions:

Do you think **everyone** can learn math?

Do you think of math as **useful** in everyday life?

Do you believe that **most jobs today require math skills**?

If you answer "yes" to most of these questions, then you are probably encouraging your child to think mathematically. Positive attitudes about math are important for your child's success.

Mathematics as Problem Solving, Communication, and Reasoning

Helping your child learn to solve problems, to communicate mathematically, and to demonstrate reasoning abilities are fundamental to learning mathematics. These attributes will improve your child's understanding and interest in math concepts and thinking.

A problem solver is someone who questions, investigates, and explores solutions to problems. They stick with a problem to find a solution and understand that there may be different ways to arrive at an answer and attempt different ways to get there. You can encourage your child to be a good problem solver by involving him or her in family decision making using math.

To communicate mathematically means to use words, numbers, or mathematical symbols to explain situations; to talk about how you arrived at an answer; to listen to others' ways of thinking and perhaps alter their thinking; to use pictures to explain something; and to write about math, not just give an answer. You can help your child learn to communicate mathematically by asking your child to explain a math problem or answer. Ask your child to write about the process she or he used, or to draw a picture of how he or she arrived at an answer to a problem.

Reasoning ability means thinking logically, being able to see similarities and differences about math concepts in different domains and make choices based on those differences or similarities. You can encourage your child to explain his or her reasoning behind answers and encourage them to ask themselves, "Does this make sense?" As you listen, you will hear your child sharing his or her reasoning.

PSSC—Parent School Support Committee

Next Meeting:

**Monday,
October 19th, 6:30 p.m.**

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:

- 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.

Home and School Association

The Home & School Association held their first meeting of the school year on September 15, 2015. The main items discussed were:

- Current finances - account balance, final balance for Big Fair Day, and short-term and long-term financial goals.
- District barbecue and nutrition policies
- Committees formed to organize parent volunteers including Extracurricular Activities, Hot Lunch, Big Fair Day, Fundraising, Grants, and the Christmas Parade Float. The committee leaders will contact parents who signed up to volunteer under these categories
- Elections were held and the new executive includes Nicole Richardson (past president), Shawn Price (vice-president), Tamara Simpson (treasurer), and Radya Rifaat-Simpson (secretary). The group is still looking for a president if anyone is interested.
- Online Hot Lunch ordering system is being looked at. An online system would make it easier for the teachers to process the orders and would also allow parents to refill their accounts (i.e. purchase tickets) online. The system would be more flexible for changing menus and different prices for items.

Since the meeting, the volunteer forms have been tabulated and volunteers are being contacted as the various committees form. The Fundraising Committee met September 28 to plan this year's fundraising activities.

Please check out the Hampton Elementary School Home and School FaceBook Group for ongoing updates. Feel free to contact any of the executive if you have ideas or want to help.

The next Home and School Association meeting will be Tuesday, October 20 at 6:30 PM in the school library. All are welcome to attend.

Next Meeting:

**Tuesday,
October 20, 6:30 p.m.**

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 4-10th 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).

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

Students in Grade 5 are looking forward to their first soccer jamboree of the year and Cross Country continues for a few more Wednesdays. Phys. Ed classes this past month have taken advantage of the nice weather by exploring the many trails around the school. Students have also learned the rules and routines of the gym and of course, played some new games. Our skill development has focused on ball handling in soccer. Be sure to check out our new Phys. Ed website at <http://hamptonelementarype.weebly.com/>

This is a great spot including weekly recipes, curriculum updates and ideas to help keep your family moving!



Mrs. Stewart

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 58 Peacekeepers, 46 Student secretaries, 29 on Milk, 33 Paper Recyclers and 49 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 cabinet 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 Leblanc—nleblanc
- 3 Aubin-Martin—kaubinmartin
- 3 Salgado—jsalgadob
- 3/4 Veniot—dveniot
- 4 Long—dlong10
- 4 Golding—kgolding
- 4 Power—rpowera
- 5 Kennedy—pkennedy4
- 5 Vallis—avallis0
- 5 Schofield—callenaac
- 5 Bradshaw—mbradshaww

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.





SPEAKING OF SPEECH AND LANGUAGE...

(FROM THE ASD-S SPEECH-LANGUAGE PATHOLOGY DEPARTMENT)

PRAGMATICS: Social Language Use

Pragmatics is defined as the social use of language. Pragmatics involve three major communication skills:

1. Using language for different purposes, such as:

- greeting
- informing
- demanding
- promising
- requesting

2. Changing language according to the needs of a listener or situation, such as:

- talking differently to a baby than to an adult
- giving background information to an unfamiliar listener
- speaking differently in a classroom than on a playground

3. Following rules for conversations and storytelling, such as:

- taking turns in conversation
- staying on topic
- how to use verbal and nonverbal signals
- introducing topics of conversation
- rephrasing when misunderstood
- how close to stand to someone when speaking

A student may be able to communicate clearly and correctly in complex sentences but still have a problem with social language skills. Students sometimes have difficulty learning the rules for social language known as pragmatics. A student may have an occasional problem with social pragmatics in specific situations. If your child is having significant challenges with social language issues, the teacher may consult with the school-based speech-language pathologist to discuss suggestions and strategies to help build your child's pragmatic language abilities and help them have more positive social interactions. (From American Speech-Language-Hearing Association, 2011)