



Hampton Elementary School

October 2019

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. - Carmelle Robichaud

PSSC Chair - Candace Muir
psscchair@gmail.com

Home & School President -
Krista Webb
hes.homeandschool@gmail.com

Hampton Education Centre
832-6143

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

School Bus Transportation -
832-6429

MISSION:

Help and believe in,
Each student so
that he or she can
achieve his or her
highest potential in a,

Safe, supportive inclusive environment.

Oct. 22nd
8:30am
School
Retake Day!



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. Candace Muir was re-appointed as Chair for PSSC and Kristia MacDonlad as recorder. Our Home and School committee also met this month and Krista Webb is our President. We look forward to working together alongside both of these groups this year. Please do not hesitate to contact either Candace Muir or Krista Webb if you would like to be a part of these committees in any capacity.

Our Terry Fox Walk was a huge success on the last Friday in September. We asked students to bring in a toonie(s) \$2 to support the **Terry Fox** foundation for cancer research. Our goal was \$600 and we raised \$920! 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. This first week of October is recognized as **NB Wellness Week**. Wellness is the optimal state of health and well-being of individuals and groups. It is the ability of people and communities to reach their fullest potential, both in terms of health and fulfillment of purpose. We are all part of achieving a healthy New Brunswick where, together, we can live in a culture of wellness. World Mental Health Day is October 10th. Following Wellness Week is Fire Safety Week (Oct. 7-11).

As we look ahead to Thanksgiving, we are a little more mindful of the many things we can be thankful for. A huge thank you to the many volunteers who have been in our school's already this month including our green thumb gardeners, breakfast club volunteers, recycling volunteers, library and classroom volunteers too!

Bus Safety presentations will take place in October and students will practice a bus evacuation as part of this safety protocol. We will also practice our off-site emergency evacuation where we travel to Hampton Middle School. October is also the month where we expand our **school clubs** and we will be offering embroidery club, chess club, Lego club, gardening and of course our ongoing intramurals.

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.



Walk Away
Ignore



Talk it Out
Seek Help

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.

<http://www.witsprogram.ca/families/>

Mark Your Calendar!

October

Wednesday, October 2nd—Orange Shirt Day
After School Regional Cross Country Meet (SJ)

October 7-11th—Fire Safety Week

Wednesday, October 9th—After School Cross Country Meet

Monday, October 14th—Thanksgiving Day—No School for Students

Wednesday, October 16th—After School Cross Country Meet

Thursday, October 17th—HES After School Movie
Hampton High School is holding their annual "ScareFest"—Thurs., Oct. 24th 6-8PM!

Looking Ahead: November

1st HES Career Expo

4-8th Atlantic Career Week

7th—Remembrance Day Assembly

8th—No School for Students (Prof. Learning Day)

11th—Remembrance Day Holiday (No School)

18th—Report Cards go home

19th-22nd—Book Fair in the Library

21st/22nd—Parent Teacher Conferences (22nd is No School for Students)

Recycling Champions

We are still looking for a few more Recycling Champion Volunteers. These individuals volunteer 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.

Thank you for helping Hampton Elementary continue to stay green!

Many hands make light work!

Hot Lunch and Milk Program

The first round of milk is currently ongoing. If you have any questions about ordering milk, please contact our school admin. assistant at 832-6021. The next round of milk will be available online for November-February.

Hot lunch is offered through the Chartwells Delivers Program at www.schoollunchorder.ca

chartwells 
eat. learn. live.

WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.

I have an undiagnosed rash.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

School Continuous 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

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)

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

half "I cut this piece of wood 30 inches. I need to mark 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, former Numeracy Lead

PSSC—Parent School Support Committee

Next Meeting:

Mon. Oct. 21, 6:30p.m

*What is the PSSC? – The Parent School Support Committee (PSSC) is a group of parents and community members who work in an encouraging, advisory, and collaborative fashion with the School Principal and staff to ensure the best possible learning opportunities for the students of their school. * *Taken from the PSSC handbook**

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.

The PSSC would like to extend a warm welcome to our new members. Your time is appreciated.

One of the roles of the PSSC is to work along side the Principal, Mrs. Blanchard, to develop and monitor the School Improvement Plan (SIP) to find out more information about the SIP go the HES website, click the "About Us" drop down menu and click on School Improvement Plan.

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

Home & School's next meeting will be Oct 10 at 6:30pm in the Library. We are still looking for a treasurer and secretary if either of these might be of interest please attend our next meeting or if you have any questions regarding what the roles entails you can email Home & School at hes.homeandschool@gmail.com.

Next Meeting:

Thurs. Oct. 10, 6:30PM

Our school has opted to continue with Chartwells Delivers. This is a courtesy program to families and is run completely external from the operation of the school. The school does not receive any compensation for this program. You can order lunch by going to www.schoollunchorder.ca (you must enable pop-ups).

We are holding our first after school movie on Oct 17 and we will be showing Toy Story 4. Watch for permission slips to come home soon.

We will be doing a Java Moose Coffee Fundraiser which will start on Oct 15 and run till Oct 25. Watch for the order forms to be sent home.

The Grand Opening for the New Hawks Eye playground will be Friday, October 11th at 10a.m. Families are welcome to join us in the official opening.

Thanks

Krista Webb

President

Home and School Association

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

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 7-11th 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.qnb.ca/content/dam/qnb/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.

Education Support Services at HES

Hello Hawk Families,

Some of you may have heard the terms PLP (personalized learning plan) and accommodations (universal and justified) and may be unsure what they mean. Here's a quick breakdown:

Personalized Learning Plan (PLP): A plan for a student who requires specific and individual identification of practical strategies, goals, outcomes, targets, and educational supports that ensure the student experiences success in learning that is meaningful and appropriate, considering the student's individual needs.

Accommodation: An accommodation is intended to remove barriers to learning while still ex-

pecting students to master the same instructional content as their typical peers. Accommodations do not alter prescribed outcomes.

- **Universal accommodations** are those strategies, technologies, or adjustments (good teaching strategies) that enable a student to reach prescribed outcomes and can be used as needed. These accommodations are not documented within the PLP and are available to ALL students.

- **Justifiable accommodations** are strategies, technologies, or adjustments documented within a PLP without which the student would NOT BE ABLE to access the curriculum.

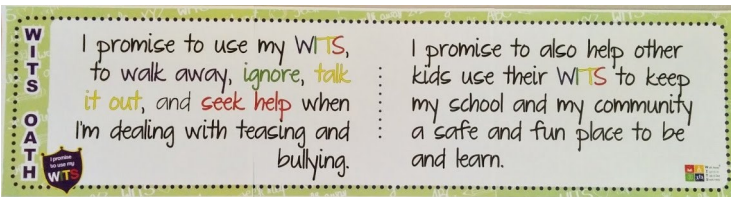
If you have any questions or concerns please feel free to contact me at julie.stewart@nbed.nb.ca

Guidance Corner

WITS

In October, students will attend an assembly to sharpen skills and review strategies for using our WITS to prevent and respond to bullying and peer victimization. WITS stands for **W**alk away, **I**gnore, **T**alk it out and **S**eek help.

A topic of focus is that walking away and getting help means you are part of the solution. If you stay and watch, you are part of the problem. Please check in with your child often to find out how they are feeling socially and emotionally at school. Concerns can be brought to the attention of the classroom teacher. A WITS parent toolkit can be found at witsprogram.ca.



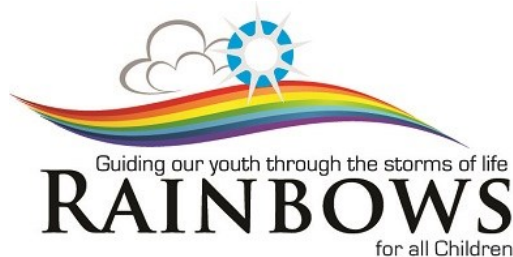
Rainbows Programs will be offered at HES over the 2019-2020 school year.

Over 100,000 Canadian children are affected each year by divorce, separation or death in their families. Often confused and angry, these children may reveal their pain through inappropriate behaviour or withdrawing in unhealthy ways. Rainbows offers a pro-active solution to this dilemma.

In Rainbows, elementary-aged children speak about their feelings and share their grief in a safe environment in small group settings. The groups are led by trained facilitators using age-appropriate materials.

Please contact Kate Johnson at kate.johnson@nbed.nb.ca or at 832-6021 if you feel that your child would be a good candidate for a Rainbows Program. You can also visit <https://www.rainbows.ca/about-us/> for more information.

Thank you!



What's Happening in the Gym?

What's Happening in the Gym?

It is time to kick our Physical Education classes into full gear. This month students will be learning the fundamental skills needed to play a game of soccer. Students will practice and refine their soccer skills through obstacle courses, drills, stations, scrimmages and games. We will also continue to play other low organized P.E. games to practice locomotor skills, tagging and fleeing tactics, and monitor our fitness and heart rates.

Take Me Outside

Students will be participating in Take Me Outside Day as part of our P.E. program this month. We will join over 200,000 students and teachers across Canada on October 23rd to help raise awareness about the importance of outdoor education.

Cross Country

There are 3 cross country meets coming up this month. The October 9th and 16th meets will be held on our home field and the large districtwide meet hosted by the Saint John Track Club is on October 2nd. Our team has been very successful this far in the season. **GO HAWKS GO!**

Intramurals and Sport Leaders

Soccer intramurals will begin this month, starting with grade 2 and grade 3. Intramurals will be held on Tuesdays and Thursdays during lunch recess.

Attention grade 5 students! Mrs. Henry will be looking for Sport Leaders to help coach, referee and set up for grade 2 and 3 intramurals.

Terry Fox Update

Students raised a grand total of \$921.19 for the Terry Fox Foundation! Amazing job Hawks for going above and beyond our goal. I couldn't be prouder of all our students, their generosity is inspiring. Thank you!

Grade 2 Curriculum Outcomes:

- 1.1 Link movement concepts to various movements.
- 1.3 Refine a variety of fundamental locomotor skills.
- 3.2 Refine knowledge of physical fitness concepts and principles to improve well-being and performance.

Grade 3 Curriculum Outcomes:

- 1.3 Combines a variety of fundamental locomotor and manipulative skills.
- 3.2 Apply physical fitness concepts and principles to improve well-being and performance.

Grade 4 Curriculum Outcomes:

- 1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts.
- 3.2 Analyze physical fitness concepts and principles to improve well-being and performance.

Grade 5 Curriculum Outcomes:

- 1.3 Select appropriate fundamental locomotor skills and manipulative skills in more complex movement contexts.
- 3.1 Model emotional and social skills that apply to the learning and performance of physical activity.

Submitted By: Mrs. Henry

A Note from the Music Room...

Welcome to Ms. Lisa Leblanc who will be teaching music with us this year. Ms. Leblanc has great plans for the music program this year and will be starting choir this month for any interested students!

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 92 grade 5 students this year and classes take turns weekly to sign up for one of our many leadership responsibilities. There are Peacekeepers who help students at recess and noon hour, Student secretaries who help in the office and morning announcements, Milk helpers who count and pass out milk to each classroom, Paper Recyclers who collect paper all throughout the school and Plastic, Metal and Cardboard Recyclers who sort and package this material for our parents so it is ready to go to the blue bins!

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. Search for the shared classes using the names below:

Bendixen & Prosser: Username: 2Prosser5Bendixen

Golding & Vallis Username: 2vallis4Golding

Kennedy: HES3K5C

Melanson: 5Melanson

Power: rpower3

Reay: 3Reay

Salgado: HES3S5S

Aubin & Schofield: 2Aubin5Schofield

Shannon: 3SHES

Thorne: 4Thorne

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 on Monday's at lunch.



"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence." Carol S. Dweck

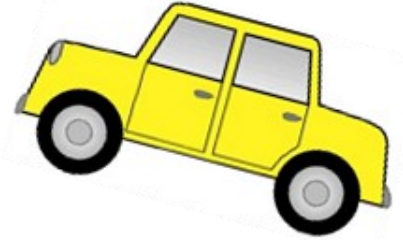


SPEAKING OF SPEECH AND LANGUAGE...

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

Practicing Language Skills in the Car

The car is a great place to practice speech/language skills and strategies. Take advantage of time spent in the car by playing some fun, language-based games.



Here are a few ideas:

- **Categories:** To play this game, one player chooses a category, such as "animals." Every player takes a turn naming an item in the category. If a player repeats a word or is unable to name a word in the category, he/she is out. Play continues until one player remains and wins the game. To make this task more complex, have the child add more descriptive words to the category (e.g., animals with tails, animals that live in the zoo) or name animals alphabetically (eg., aardvark, bear, cat, dog, etc.).
- **Rhyme Time:** To practice phonological awareness skills, children can practice creating rhymes for things they see from the car window or in the environment around them. For example, if a child chooses the word "tree," other players must name some rhyming words (e.g., knee, see, me). The player who gives the most rhymes is the winner! As an added bonus, players can create rhymes using nonsense words (e.g., sree, dree). Other players take turns identifying whether the rhyming word is a real word or a nonsense word.
- **Guess It:** Players take turns describing familiar items or objects (e.g., car, apple, baby). The first player chooses an object and gives three clues to describe it. All of the other players take turns guessing what the first player is describing (e.g., it is a fruit; it can be red or green; it grows on a tree). If no players guess correctly, the first player provides another clue about the object. The player who correctly identifies the mystery object earns a point and chooses the next word to describe.

Long rides in the car can be fun and educational! Playing games during long trips is a great way to expand and reinforce language skills.

Resources: www.superduperinc.com/handouts