



# Hampton Elementary School October 2020 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

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Vice Principal - Julie Stewart

Admin. Asst. - Carmelle Ro-  
bichaud

PSSC Chair - Candace Muir  
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Home & School President -  
Krista Webb  
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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.

**Oct. 5th  
Picture Day!**



Retakes Nov. 5th

## Principal's Message

September was a great month. We are so happy to have our students back and filling the classrooms with smiles, laughter and learning! October is set to be a busy month as we are now into the swing of newly established routines and teachers have been busy collecting data around where students are with reading, writing and math! **Bus Safety** presentations will take place in October in the classrooms and we will review our off-site emergency evacuation where we travel to Hampton Middle School.

This month we host two important meetings with our Parent School Support Committee (PSSC) as well as our Home and School. We look forward to working together alongside both of these volunteer groups this year. Please do not hesitate to contact the school if you would like to be a part of these committees in any capacity.

Our Terry Fox Walk was a huge success. 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 \$750! Your support is greatly appreciated. Terry Fox is certainly an iconic Canadian and students are always eager to learn more about him!

This first week of October is recognized as **NB Wellness Week** which overlaps with **Fire Safety Week** and **Disability Awareness Week**. Kids can stay well by getting enough sleep, maintaining a healthy diet, managing stress, exercising, and making time to laugh. Research shows that stress and anxiety can have a negative impact on kids' health, just like it can on the health of adults. One thing you can do to help them deal with stress and anxiety is to help them identify things in their life that they can control, like what they wear and how they spend their free time. Also help them learn what helps them de-stress. For some kids this might mean writing in a journal while others might enjoy playing a board game or going for walk.

As we look ahead to Thanksgiving, we are a little more mindful of the many things we can be thankful for especially here in New Brunswick. A huge thank you to the many families who have reached out with donations (coffee machine, hats/mittens, winter wear, school supplies, etc.) and those who expressed an interest in working outside on our gardens, picking up recycling and organizing the library. We couldn't do it without you!

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.*



**W**alk Away

**I**gnore



**T**alk it Out

**S**eek 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

October 5th—Picture Day!

World Teachers Day

October 4-10th —Fire Safety Week, Wellness Week & Disability Awareness Week

October 10th—World Mental Health Day

Monday, October 12th—Thanksgiving Day—No School for Students

### Looking Ahead: November

2-6th Career Week

5th- Photo Retake Day

10th—Virtual Remembrance Day Assembly

11th—Remembrance Day Holiday (No School)

20th—Professional Learning Day—No School for Students

The first report card will go home December 1st for the period of September 7-November 27.

## 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!*



## 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

**Literacy Goal: 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

**Numeracy Goal: 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**

**First Meeting:**  
Mon. Oct. 19, 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 first meeting will be Oct 8 at 6:30pm in the Library. We are still looking for a couple members of the executive committee. If you have any questions regarding what the roles entails you can email Home & School at [hes.homeandschool@gmail.com](mailto:hes.homeandschool@gmail.com).

**Next Meeting:**  
Thurs. Oct. 8, 6:30PM



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](mailto:hes.homeandschool@gmail.com)

Or [Julie.stewart@nbed.nb.ca](mailto:Julie.stewart@nbed.nb.ca)



## Fire Safety and Lockdown Drills

We had two fire drills in the month of September/October (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 5-9th is Fire Safety Week and students will be bringing home booklets to plan an exit for their home as well as discussing Fire Safety in the Kitchen. Did you know? Cooking is the #1 cause of home fires and home fire injuries.



### 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.

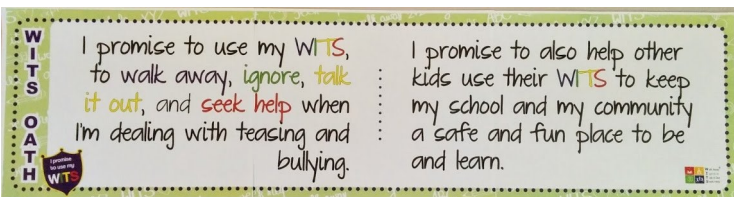
If you have any questions or concerns please feel free to contact me at [julie.stewart@nbed.nb.ca](mailto:julie.stewart@nbed.nb.ca)

# Guidance Corner

## WITS

In October, students will attend a virtual 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](http://witsprogram.ca).



## What's Happening in Music for October:

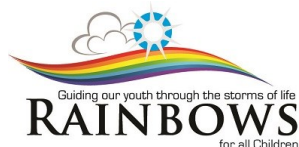
Just a reminder that music class is outside so please make sure you dress for the weather. We have been very fortunate to have had decent weather so far this fall as well as many outside spaces that work for various weather. I plan to keep the students outside as much as possible this school year.

Students will be continuing with Strand 1 of the Music curriculum outcomes this month which focus on creating, making, and presenting.

This month we will be continuing to work with body percussion. The students will be using different forms of body percussion to create their own songs as well as present them. The students will also be using their knowledge on beats and rhythm to sing and play various songs, poems, and games as a group. This knowledge will help as we continue to work on the dynamics and tempo within music.

Submitted by Ms. LeBlanc

Rainbows Programs will be offered at HES over the 2020-2021 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 the school 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.

## What's Happening in Phys. Ed.?

### 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 21st to help raise awareness about the importance of outdoor education.

### Accessibility is the Future!

October 4th to October 10th is Disability Awareness Week. This is a national campaign designed to promote more efficient community access for people with disabilities. Hampton Elementary will be taking part in a Walk and Roll Event to promote this movement. Students will also participate in adapted physical activities during PE class time.



### Terry Fox Update

HES raised a grand total of \$742.00 for the Terry Fox Foundation. Amazing job Hawks for going above and beyond our goal. Thank you for all your donations!

### 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



## **Drop Off & Pick Up of Students**

Thank you to all parents for following the new drop off and pick up procedures at the Community Center. This is a learning process for our students and staff but things seem to be going smoothly now.

For students who need to be picked up during the day for appointments or procedures, please pull to the front of the school and press the buzzer to check in with the office and let them know who you are picking up. Mrs. Robichaud will then contact your child's classroom and have them sent directly outside to you.

For unexpected change to after school routines, please try to let the office know as soon as possible. We try to limit the number of interruptions to our classrooms throughout the day.

Scheduled visitors/volunteers need to follow the COVID-19 check in procedures which includes the screening questionnaire, log book and hand sanitizing.

When leaving the school, all visitors and volunteers must sign out and return their visitor badge to the office.

Remember not to pass busses with their red lights flashing! This will result in a hefty fine.

## **Grade 5 Leadership**

There are 74 grade 5 students this year and classes take turns weekly to sign up for one of our many leadership responsibilities (while staying in their classroom bubble grouping). There are Peacekeepers who help students at recess and noon hour, 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! We also celebrate our Grade 5 classes who are keeping our lobby looking beautiful with all the new decorations.

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 looking to borrow one of our books.



## **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.

One of the great benefits of this program is access to French levelled reading books for our French Immersion students. Students are able to record themselves reading a book and have it sent to their classroom teacher!

Your child can log into their class using the information provided by your classroom teacher.

All of our students should be reading EVERY night. The more reading children do, the more quickly they will develop as readers. It is often recommended that beginning readers spend 15 or 20 minutes reading each day (in addition to the reading they do at school).

Note that beginning readers generally benefit from reading to someone and many will not be interested in reading alone. Finding time to listen to your child read every day is important. Even after children learn to read by themselves, it's still important for you to read aloud together. By reading stories that are on their interest level, but beyond their reading level, you can stretch young readers' understanding and motivate them to improve their skills.

## **Mrs. Madden's Lego Club**

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. We are still hoping to offer this club to small groups of students in a large area with physical distancing requirements and sanitation procedures in place. Stay tuned for more information on the morning announcements. (Parents can read all our morning announcements on the front page of our website near the bottom under "Morning Announcements").



"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

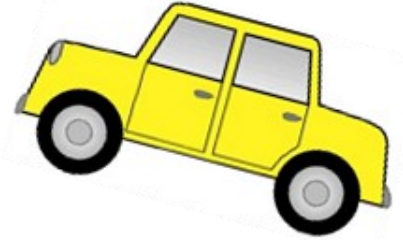


## SPEAKING OF SPEECH AND LANGUAGE...

(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., slee, 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](http://www.superduperinc.com/handouts)