



Hampton Elementary School October 2022 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 - Megan Donovan

Vice Principal - James Geraghty

Admin. Assistant-
Carmelle Robichaud

PSSC Chair -
psscchair@gmail.com

Home & School President -
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

Principal's Message

We thank all our families for your support in making September a fantastic one at Hampton Elementary!

Our hot lunch and breakfast programs begin this week and our milk program begins after the Thanksgiving Break.

This first week of October is Fire Safety Week and the theme this year is "Learn the Sounds of Fire Safety".

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.

Mrs. Gray and our Sports Leaders student leader team organized and led an excellent Terry Fox walk. We thank everyone for their support with our "Toonies for Terry" program. We raised \$404.12 in support of the Terry Fox foundation for cancer research.

Mrs. Branch and our Hawk Squad organized and led a fantastic Truth and Reconciliation Assembly for our whole school on Orange Shirt day!

We have had over seventy students sign up to participate in our student leadership teams. This is fantastic!

A huge thank you to the families who have reached out to support our school! 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 the school at 832-6021 or email your child's teacher.

- Ms. Donovan

MISSION:

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

WORDS OF WITSDOM

Featured WITS Book: Walrus's Gift

Walrus's Gift by H.E. Stewart tells the story of a kind-hearted young walrus who befriends a lonely human child who is teased and left out by others. The young walrus seeks advice from his elders and a community of animals who work together to solve the boy's problem, teaching him important lessons about seeking help and finding his inner strength.

Walrus's Gift demonstrates how to talk it out and seek help and shows how a community can come together to solve a problem. The book is available online at www.witsprogram.ca/schools/walrus-gift/. Read the story with your child and then try using the following questions to discuss it:

- In the story, Grandfather gives the young walrus a special shell that allows him to hear other voices and better understand the boy child. We don't have a special shell, but what other ways can we use to hear and better understand one another?
- At the end of the story the young walrus tells the boy child to look within for strength and courage. Why do you think he suggests this?



**Monday, Oct. 10:
Thanksgiving Day
Schools Closed**

**Photo Retake Day:
Nov.1st 2022**

Mark Your Calendar!

October

- 10—Thanksgiving Day—No School
- 11—milk order due 9am
- 11-14—Fire Safety Week
- 11-14—Kindergarten Registration Week across ASD-South
- 13—Home and School Meeting @ 6:30pm
- 17—PSSC Meeting @ 6:30pm
- 19—Take Me Outside Day
- 31—Halloween—wear black and orange



Looking Ahead: November

- 1—School Photo Retakes
- 10—Remembrance Day Assembly
- 11—Remembrance Day Holiday (No School)
- 18—Professional Learning Day—No Classes for Students K-8
- 21st—Career Week



Recycling Champions

We can always have 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 to Mrs. Shannon and Mrs. Robichaud for helping Hampton Elementary continue to stay green! Please contact the Office @ 832-6021 for the pick up schedule!

*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).

Fire Safety and Lockdown Drills

We had two fire drills and a lock down practice in the month of September which went well. We will continue to practice our fire safety, lockdown and evacuation 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 11-14 is Fire Safety Week and students will be bringing home booklets to plan an exit for their home as well as discussing Learning the Sounds of Fire Safety! From beeps to chirps, this year's campaign works to better educate the public about the sounds smoke alarms make, what those sounds mean, and how to respond to them.



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 be unable to access the curriculum.

If you have any questions or concerns please feel free to contact the school at 832-6021.

October Guidance Update from Mrs. Branch

Hello Hawk families. I am the new guidance counsellor at Hampton Elementary School. I was able to visit each classroom in September to introduce myself and meet your wonderful children. Students were taught how to fill out a self-referral form if they need additional support from guidance. If they visit my office more than twice, I will touch base with families.

RAINBOWS

Rainbows groups will be starting this week. This program is for children who are grieving a death, divorce or other painful transitions. I facilitate these groups at school in a safe and supportive environment. Students will meet with their group weekly for ten weeks. At the end of the ten weeks- there will be a celebration. I will start another round of groups in the new year. If you would like you child to join or need more information- please reach out via email to sara.branch@nbed.nb.ca.

RESTORATIVE PRACTICES

I have started restorative circles in several classrooms and will work in collaboration with all teachers to provide circles to their students. Restorative practices focus on strengthening relationships between individuals and building a strong and connected classroom community. Students will come to understand that they are a valued member of their school community and their voice matters. The focus of our circles has been on friendship. Children have shared what friendship means to them and how to know if someone is/is not being a good friend.

TRUTH & RECONCILIATION

I want to say a huge thank you to all students at HES for being wonderful guests at our assembly for Orange Shirt Day. Our grade 5 HAWK SQUAD student leaders did an outstanding job speaking. All students lived their HAWK's HONOUR CODE- HONEST, ACCEPTING, WELL-BALANCED AND KINDNESS. Way to go HAWKS!!

APPLES & ONIONS

Feeling connected is important for our mental health. Apples & Onions is a simple game that allows families to connect around the table at supper time. Each person shares an **apple**- *something fun or positive about their day* and an **onion**- *something challenging about their day*. It is important for children to learn that we all have challenging parts to our day and yet we can appreciate moments of happiness, or joy.