



Hampton Elementary School

September 2019

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. - Carmelle Ro-
bichaud

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](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.

School

Photo Day!

Friday, Sept. 20th
(All classes)



Principal's Message

Welcome to the 2019-2020 School Year!

Welcome H.E.S. families to the opening of another wonderful new school year. We are thrilled to be welcoming a new cohort of Grade 2 students to our school (French Immersion-grade 2) and three wonderful classes of Grade 3 English students. Our staff look forward to partnering with you as we provide the best learning opportunities for your child. Please be in regular contact with your child's teacher and try to become involved in your child's school through volunteering in classrooms, on field trips/skating and with our Home & School or our Parent Support School Committee.

We will be sending home one message per week to families; the "HES Hawk Squawk" will be sent electronically every Friday by 5pm. We will only send extra messages if there is information you absolutely need to receive before the end of the week. Newsletters will be sent by the first Monday of the month. Please ensure your email address is up-to-date in our system as this is the primary mode of communication for school wide messages.

A few things to help make our school year go more smoothly—first, please follow our drop off pro-
cedures if your child is being driven to school. All traffic dropping off children should pull vehicles beyond our front doors as this is a bus zone. A teacher will begin morning supervision at 7:50 so students should not arrive before this time. Students remain outside on the Hawks Nest from 7:50-8:15 unless it is raining heavily. Please be aware of the speed limit of 20 km/hr on School Street.

We know a strong partnership with you will make a great difference in your child's education. As partners, we share the responsibility for our children's success and want you to know that we will do our very best to carry out our responsibilities. We ask that you guide and support your child's learn-
ing by ensuring that he/she:

- 1) Attends school daily and arrives on time (by 8:20) ready for the day's learning ex-
perience
- 2) Completes homework assignments (10 minutes per Grade level)
- 3) Reads daily (or is read to daily) to develop a love for reading and to improve litera-
cy skills

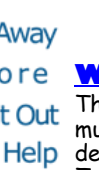
Finally, the student agenda is provided to each child and we ask that you sit down with your child and review the information included in these pages. We even have an agenda scavenger hunt contest! It is going to be a GREAT year!

Staff Changes

Our HES family has a few new additions. We would like to welcome Ms. Kate Johnson as both Re-
source teacher and Guidance teacher, Mrs. Chelsea Shannon (teaching Grade 3 English while Mme.
Kristen Reay replaces Mme. Fougere-Leblanc who is on a leave of absence), Mrs. Denise Bendixen
teaching Grade 5 FI and Mrs. Joanne Henry returning from her maternity leave. Welcome to our new
office administrative assistant, Carmelle Robichaud! We wish Mrs. Nancy Long the best of luck in
her new library position in the KV area. We also welcome a large group of new Educational Assistants
with us!

- Mrs. Blanchard

WORDS OF WITSDOM



W alk Away
I gnore
T alk it Out
S eek Help

What are the WITS Programs?

The WITS Programs bring together schools, families and com-
munities to create responsive environments that help children
deal with bullying and peer conflict. WITS Primary Program -
Teaches children to Walk away, Ignore, Talk it out and Seek help
when faced with peer conflict. The acronym also provides a common language that children and the
adults around them can use to talk about and respond to problems. Stay tuned for more information
and Words of WITSdom each month in our school newsletter!

<http://www.witsprogram.ca/pdfs/cyberbullying/cyberbullying-pamphlet.pdf>

Mark Your Calendar!

September

Monday, September 9th - First Newsletter goes home in paper format.

Tuesday, September 10th —Home and School Meeting in the HES Library

Wednesday, September 11th— Cross Country Meet @HES

Thursday, September 12th - Milk orders due

Monday, September 16th —Milk program begins.

Monday, September 16th— PSSC Meeting 6:30pm HES library

Wednesday, September 18th— Cross Country Meet

Friday, September 20th —School Photos

Wednesday, September 25th— Cross Country Meet

Friday, September 27th—Terry Fox Walk



Looking Ahead: October

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

Please Note:

**All schools in
ASD South are
Peanut/Nut Free
& Scent Free**

Hot Lunch and Milk Program

Our milk program will begin Monday, September 16th. Milk is 55 cents per carton of white milk. Milk orders are available online at School Cash Online. If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021. Milk Orders are due no later than **Thursday, September 12th**. No late orders will be accepted!

http://www.dairygoodness.ca/milk-in-school/new_brunswick/parents

Our Hot Lunch Program is currently reviewed each year at the first Home and School Meeting. Stay tuned for more information!

Let's Communicate

We work very hard at Hampton Elementary to communicate on a regular basis with parents through our monthly newsletter, school agenda, school website, e-mail distribution lists, as well as a new form of communication called School Connects. The cost of School Connects is covered through funds from our PSSC as well as the District Office. It allows us to send messages in both voice as well as email format at the same time. The text of all phone messages sent to HES homes is also listed on our website. Please check our school website regularly. We are also asking you to fill out the e-mail address field area of the student information forms being sent home with your child. This will enable us to send an electronic copy of the newsletter to you instead of a paper copy to cut down on costs related to photocopying. We also send out any phone messages by e-mail so that everyone is up to date and informed about everything happening at H.E.S. **A PAPER COPY OF THIS FIRST NEWSLETTER WILL BE SENT TO EACH HOME FOR THIS MONTH ONLY.** After this month, if you prefer to have a paper copy of the newsletter, and do not have access to the internet, please contact your child's teacher or our school admin assistant to send one home with your child.

Attendance Matters!

Please ensure your child arrives before 8:20! More info available:
<http://web1.nbed.nb.ca/sites/ASD-S/Pages/Attendance-Matters.aspx>



WHY ATTENDANCE MATTERS



Being present and on time has a positive impact on learning from K-12.

Stay on Track

It is difficult to "catch up" when time is missed. Starting the day late can impact your child's entire day and affects the whole classroom.



Reduce Anxiety

Your child will feel connected academically and socially when they have good attendance.



Build Confidence

Good school attendance helps to build habits that will last a lifetime and transfer to life beyond public school



Did you know?



Absenteeism is associated with lower academic achievement in reading, math, and general knowledge in the early school years, which can cause students to struggle in later years.



When Do Absences Become a Problem?



Chronic Absence
18+ days

Worrying
10-17 days

Very Good
9 or fewer days

What Can You Do?

- Set a regular bed time and morning routine.
- Get clothes and backpacks ready the night before.
- Only let your child stay home if they are truly sick. Keep in mind complaints of a stomach ache or headache may be signs of school anxiety.
- If your child seems anxious about going to school, talk to their teacher, school counselor, or principal for advice on how to make them feel comfortable and excited about learning.
- Avoid appointments and vacations when school is in session.
- Have a back-up plan for getting to school if something comes up.



ASD-S

Anglophone South School District



PSSC—Parent School Support Committee

Next Meeting:

Mon. Sept. 16, 6:30p.m

What is the PSSC?

The parent School Support Committee (PSSC) advises the Principal and improves student learning by increasing family and community involvement in the school system.

What are parents asked to do?

- Parents are asked to attend monthly meetings
- Parents are asked to learn about the School Improvement Plan
- Advise the principal on School Improvement Plan
- Review the school report card and provincial report card with the principal
- Advise the principal on development of school policies

What is the time commitment?

Meet once a month for 1.5 hours from September to June

Why should you join?

The PSSC is a great way to learn what goes on behind the scenes in the school. It is an easy time commitment and a valuable way to meet other interested parents and the principal. You get to learn about all the strategies put into place to better educate our children. As a parent you can have a voice in development of school policies.

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

For review of previous meeting minutes, you can find them under the "For Parents" dropbox on our Hampton Elementary School website or follow the link here: <http://web1.nbed.nb.ca/sites/ASD-S/1939/Pages/PSSC.aspx>

Home and School Association

The Home and School Association is looking for new members to join this year. If you would like to be part of the Home and School Association, we meet once a month for about 1 1/2 hours. H&S Association works very closely with the staff and administration of the school to support students and teachers in a variety of ways. H&S facilitates school fundraisers (including Big Fair Day), hot lunch program, Teacher/Staff Appreciation Week in February, playground upgrades and works in a supporting role with the PSSC of Hampton Elementary School. We welcome parents, grandparents and/or community members to join our group. Please come and join us.

Next Meeting:

Tues. Sept. 10, 6:30PM
in the school library

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

Medication/Health Services and Custody Information

It is very important that the school is kept informed of any **medical or custody concerns** with respect to your child.

Please be specific when completing the Information form that was sent home earlier this week. Please provide your child's teacher with any information on the Student Information form. The Dept. of Education requires **formal medical information forms** for children with a severe medical condition (e.g. severe allergies, diabetes, severe asthma etc., or parents with children who require medication at school).

This Health Support and Care form is available at the school office (Policy 704). The **No Child Without** program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program. MedicAlert is your child's voice in an emergency. If your child is already part of the **No Child Without** program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 to update your child's file.



Custody information that restricts access to your child can only be put into place if the school has a copy of a court order stating the restricted access.

Policy 711—Healthy Eating

The Department of Education has an ongoing commitment to promoting healthier eating and nutrition. This is reflected in the release of *Policy 711- Healthier Foods and Nutrition in Public Schools*.

Policy 711, Healthier School Food Environment, sets the minimum requirements for creating a healthier food environment in public schools.

This policy applies to all school districts and public schools in New Brunswick including: classroom, co-curricular, extra-curricular, fundraising, school sponsored and endorsed activities and events.

Here is the link for more info:

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

September Wellness Theme

This month's wellness theme is encouraging families to take advantage of the still sunny skies and warm temperatures by being active outdoors.

Connect with nature

Day-to-day life is usually a blur of passing lights, blaring sounds, and people's voices. Connecting with nature helps you find peace in your busy life while making the world a better place. The town of Hampton boasts many beautiful trails. You could take an evening stroll, bike ride, or even a guided nature walk. Research shows that spending time in nature can make us happier, more relaxed, and even healthier. Spend some time each day outside observing what's happening around you. You'll begin to notice things about your environment that you've never seen before, and increase your awareness of your surroundings.

What's Happening in the Gym?

Welcome back Hawks! Now that everyone is well rested, it is time to get our bodies moving. September is always a busy time in the gym. The focus this month will be gym routines and procedures, basic movements, endurance, and team building activities. Students will practice these skills through a variety of games and stations. With the warmer weather still upon us, we will also be bringing P.E. outside to hike on the trails and practice our skills on the field.

Being Prepared

Let's start the year off on the right foot! Please remember to wear proper footwear to P.E.



"I Can" Statement of the Month

I can move safely through a variety of physical activity indoors and outdoors (Grade 2).

I can be safe in a variety of physical activities (Grade 3).

I can select safe practices in a variety of physical activities (Grade 4).

I can act respectfully and safely in a variety of physical activities (Grade 5).

Open Gym Schedule for 2019 - 2020

Monday: Grade 5

Wednesday: Grade 4

Friday: Grade 2 and 3

Education Support Services at HES

Hello Hawk Families!

My name is Julie Stewart and I am the Resource teacher (EST-R) and Vice Principal at HES. Some of you may be wondering what the role of the Resource teacher is. Here's a quick overview:

-60% of my day is spent on supporting and collaborating with classroom teachers. For example, classroom observation, co-planning of instruction, initiating and supporting instructional strategies, problem solving, modeling, co-teaching, etc.

-25% of my day involves direct instruction or intervention with small groups of children, and occasionally, with individual students, but in all cases with specific entry and exit criteria, and documentation of outcomes achieved.

- 15% of my day encompasses administrative duties directly associated with supporting teachers and students. For example, work on personalized learning plans, working with educational assistants, consulting with other professionals, etc.

If you have any questions or concerns please feel free to contact me at

julie.stewart@nbed.nb.ca

Guidance Corner

Dear families,

I am thrilled to be back at Hampton Elementary in the Guidance role until Mme. Veniot returns from her maternity leave. I will also be acting as a Methods and Resource Teacher until June and will remain connected to the HES student body for the rest of the school year.

Throughout the year, Mme. Veniot and I will be supporting the students and staff of HES in developing **mindfulness** practices that can be used daily to improve concentration and reduce stress (amongst other benefits!). "Mindfulness" has become a popular buzzword lately. It can be defined as "the intentional focus of one's attention on the present moment in a nonjudgmental way" (Dr. Thomas Armstrong). I would encourage anyone that has questions about what mindfulness looks like at HES to contact myself. The MindUp Program website can also provide information for families and parents at mindup.org.

In September, I will visit all classes to review the range of emotions we may experience at any moment (using the Zones of Regulation Program). It is important that children recognize that all emotions are impermanent, natural and fine to have (even difficult ones like anger and jealousy). We will then consider how our behaviours can be influenced by the emotions we feel.

As always, if there is anything I can do to help and support your child, please don't hesitate to reach out to me.

Thank you for your support,

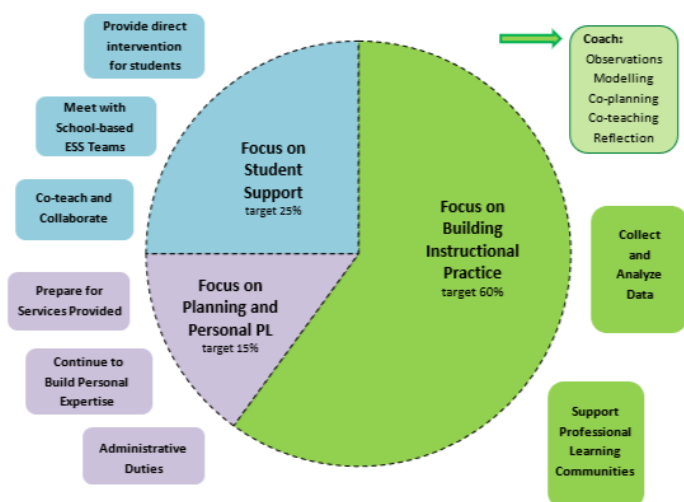
Kate Johnson

Kate.johnson@nbed.nb.ca

If you have any questions or concerns, please do not hesitate to contact me by phone or email:

506-832-6021 (HES)

Thank you!



Daily Schedule 2019-2020

Below is our daily schedule

7:50-8:15 Supervision on the Playground

8:25 Announcements and O'Canada

Instruction begins immediately following O'Canada

10:30-10:45 Recess

12:20-12:45 Outside Recess

12:45-1:05 Lunch: students eat in classrooms

2:40 Dismissal

Class Organization 2019-2020

Here is the final class organization approved for the school year. Overall we will have 15 homerooms this year.

3- Grade 3 Class 3- Grade 2 French Immersion

1- Grade 4 Class 1- Grade 3 French Immersion

2- Grade 4 French Immersion

2- Grade 5 Classes 3- Grade 5 French Immersion

Students have been assigned to classes and those were announced at our Open House evening. As a staff, we reflect on a variety of factors, such as achievement, work habits, behavior, ratio of boys to girls, friendships, learning styles and teaching styles. Our goal is to maintain a balance in each classroom in order to facilitate each student's ability to achieve to his or her potential.

Changes in After School Routine

If you wish your child to go somewhere other than his/her regular bus after school (home address), you **must** fill out an **alternate location bus form**. For the safety of your child, Anglophone South School District has asked us to **not** accept last minute changes to your child's bus arrangements. Many buses are full and it takes time to arrange alternate transportation. Anglophone South School District has a bus policy that states that: **"Without authorization in writing, from the parent (24 hours in advance), children will be sent home on their regular bus. No same day verbal arrangements will be allowed unless it is an emergency situation."** Children are not permitted to travel on a different bus after school for play dates, birthday parties, sleepovers, etc. Parents need to make other arrangements for these situations. If you require an alternate location bus form, please call the school and we will send it home with your child.

School Discipline Expectations

The staff of Hampton Elementary School has been diligently and gently teaching children a variety of expected behaviors and routines. We firmly believe that students who do not master these behaviors and routines may need extra practice in order to meet the expectations of school discipline. These behaviors and routines are expected to be mastered by all students before the end of September. The staff asks for your support if and when your child may need to have extra practice in any of the school discipline expectations. The following are just a few of the routines and behaviors that teachers will be reinforcing for the month of September; saying please and thank you; movement in hallways; morning announcement routine; fire drill exit; how to speak to an adult, and many more.

Grade 5 student leadership

All grade 5 students are invited to express interest for leadership opportunities this school year. We will have grade 5's who will be part of the Recycling Team, Playground Safety Leaders, Volunteers and the list goes on! Leadership roles will be announced soon!

Annual Hampton 5 Miler & Kids' Kilometre

Sunday, September 8th, 2019, 8:00-9:00 Race Day Registration and Race Pack Pick-Up @ Hampton High School. For more info: registration@hamptonriverrunners.ca

Terry Fox

Hampton Elementary School will be participating in the Terry Fox National School Run Day on September 27th. Students will learn about the heroic efforts of Terry throughout the month and have the opportunity to raise funds for cancer research. Stay tuned for more details.



"Give to every other human being every right that you claim for yourself."

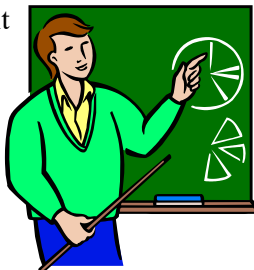
—R. Ingersoll

Instructional Time

All public schools in the province follow curricula prescribed by the New Brunswick Department of Education. Curricula expectations are extensive and at H.E.S we must attempt to protect valuable instructional time.

Please note that in order for students to be ready to learn, they must be in the building no later than 8:20 AM. Interruptions to the instructional day are to be limited to emergencies.

- If you need to communicate to your child's teacher through the day, please send a note with the information or request a phone call after instructional hours.
- If you are delivering something to your child through the day, please leave the item at the office and we will see that it is delivered to the classroom at noon or recess.
- If you are meeting your child after school, please wait in the lobby until the dismissal bell rings before proceeding to classrooms.



School Supply and Student Fees

Our school fees for all students grades two to five are \$60.00. This includes all consumable supplies, agenda, skating and school performances for the school year. If you have financial difficulty covering any of those school fees, please bring your concern to the attention of the school administrative team. The school fee is a one-time fee.

Calling and Visiting the School

The phone number for the school office is 832-6021. Teachers are always willing to talk with you regarding any concerns you may have about your child's education. **The best time to contact teachers is after 2:45 p.m.** as it is almost impossible for teachers to leave their classrooms unattended during the school day. Please also be observant of the fact that schools are very busy places. If you wish to see a teacher or administrator at the school, please call and make an appointment, and we will gladly find the time to meet with you. Dropping in to the school to meet with a teacher or administrator may lead to disappointment if the individual is not available. Also, when visiting the school you are reminded of district policy to **report to the office and check in with the school Administrative Assistant.**

If you must take your child out from the school during instructional hours please sign your child out at the office with the Admin. Assistant. We will then call your child down to the front lobby of the school. This will limit the number of visitors walking throughout the building.

Open House & PSSC Elections

Thank you to parents and students who attended our open house. It was wonderful to see such a large turnout of enthusiastic students and supportive parents. As a result the opening day of school was much calmer and smoother. Thanks to our PSSC members who helped organize this and to our helpers who passed out the ice cream which turned out to be the highlight of the night. We have returning members from last years PSSC and we are looking for a few new members. This committee meets monthly to discuss school improvement planning and district initiatives. The first meeting is scheduled for Monday, September 16th.

CONTEST! Agenda Scavenger Hunt

Please complete and return the Agenda Scavenger Hunt for a chance to win a **FAMILY NIGHT AT THE MOVIES!** One family will be selected to win an adult pass for two (with popcorn and drinks) and two child passes (with popcorn and drink).

Volunteer Form

We are always looking for volunteers at Hampton Elementary. We have opportunities for shift workers, evening workers and those who work the same hours as the school. Please read the green volunteer form that was sent home to see if there is a volunteer task that might fit your schedule! All forms returned will be entered in a draw for \$25 in Scholastic Books!

If you are creative and have time to be part of this committee we would love to have you! This may also involve applying for grants.

Attention all runners!

H.E.S. students in grades 3 to 5 have been invited to join other elementary schools in the Hampton Ed. Centre in 5 cross country meets that will be taking place at our school and 1 meet in Saint John. If you are interested in joining our school team, come see Mrs. Henry to sign-up and get a permission slip. The first run begins on Sept. 11th!



"There are many little ways to enlarge your world. Love of books is the best of all."

— Jacqueline Kennedy



SPEAKING OF SPEECH AND LANGUAGE...

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

Early Literacy Skills Predict Reading and Writing Success!
Handy Handouts from Super Duper Inc. (2012) by Becky Spivey, M.Ed.

Early literacy is everything children should know about reading and writing before they can actually read or write. Literacy skills begin developing in the first 5 years of life with a toddler holding and chewing on a book, to wanting a favorite book read over and over, to becoming a preschooler or kindergartner who loves to “read” a story to you from memory.

According to research performed by the National Reading Panel and other experts, young children entering school with specific early literacy skills have the greatest opportunity to become successful readers and writers. Early literacy skills include *Vocabulary, Print Motivation, Print Awareness, Narrative Skills, Letter Knowledge, and Phonological Awareness*. These important foundational skills are the building blocks for learning to read and write. Children having been exposed to, or having most of these skills, will benefit more from the reading instruction they receive when entering kindergarten than the child with fewer skills or no exposure at all.

Early experiences with books and language are most critical for future success in literacy. Parents must be responsible for providing experiences at home that promote the following skills:

- **Print Motivation** — is taking an interest in and enjoying books. A child with print motivation loves being read to, plays with books, and pretends to write. Trips to the library are fun, motivational, and FREE! Exchange books with other parents with children of your child’s age. Encourage print motivation in your child by making reading a special shared time with you. Make books accessible to your child. Let your child see you enjoying reading. Talk to your child about how we use reading and/or writing almost every minute of the day.
- **Vocabulary** — (knowing the names of things) is the most important skill for children to have when learning to read. By the time your child enters school, he/she should know between 3,000-5,000 words. Help develop your child’s vocabulary by reading and rereading a variety of books (fiction and nonfiction) and teaching the names of all the objects in your child’s world.
- **Print Awareness** — is a child’s ability to point to the words on the page of a book. It includes learning that writing (in English) follows rules: print moves top to bottom and left to right, and that the person reading is someone that knows what all the letters and words say. Point out and read words to your child everywhere you see them: on signs, advertisements, labels, stores, candies, products, etc.
- **Narrative Skills** — help a child understand and tell a story and describe things, like what happened at a birthday party or about a trip to Grandma’s. Parents can help strengthen their child’s narrative skills by asking him/her to tell what is happening in a story or book, instead of always listening to you read. Ask your child to tell you about things he/she has done or will do that involve a regular sequence of steps: getting ready for school, what your family did/will do on vacation, how to play a particular game, etc.
- **Letter Knowledge** — is the ability to recognize and name letters (upper and lower case) and produce the sounds they make. Develop your child’s letter knowledge by using lots of fun reading and/or writing activities: pointing out and naming letters in a book, on a sign or on a label; drawing letters in sand or shaving cream; painting letters on paper with brushes, etc. Talk about letters and how some are similar in shape (l, H, F, E, and T or W, M, N, V). Teach the child how to write the letters in his/her name (one letter at a time) when he/she begins using a crayon to draw or “write”. As your child learns each letter, have him/her practice producing the sound the letter makes.
- **Phonological Awareness** — is an understanding of hearing and manipulating sounds in words. Phonological awareness includes the ability to hear and create rhymes (bat, cat, gnat, hat, mat, and sat), say words with sounds left out (bat without b is at), and put two word chunks together to make a word (fl + at = flat). Most often, children having difficulty with phonological awareness have trouble learning to read. An understanding of phonological awareness begins with a child’s exposure to and practice with the previous five steps. Phonological awareness is one of the final steps in preparing children for actual reading instruction that begins in kindergarten.