



# Hampton Elementary School September 2017 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.- Nancy Long

PSSC Chair - TBD

[psscchair@gmail.com](mailto:psscchair@gmail.com)

Home & School President -  
TBD

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

Hampton Education Centre  
832-6143

Anglophone South Website

[http://web1.nbed.nb.ca/sites/ascd-  
s/Pages/default.aspx](http://web1.nbed.nb.ca/sites/ascd-<br/>s/Pages/default.aspx)

School Bus Transportation -  
832-6429

## Principal's Message

### Welcome to the 2017-2018 School Year!

Welcome H.E.S. families to the opening of a wonderful new school year. 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 procedures if your child is being driven to school. All parents dropping off their children should pull their vehicle 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 are in need of several new volunteers. While we welcome parents to volunteer throughout the school day, we know this is not possible for the majority of our families. The following opportunities are available outside the school day and require a minimal amount of time: *PSSC committee member, Home and School committee member and Recycling Champion.*

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 learning by ensuring that he/she:

- 1) **Attends school daily and arrives on time (by 8:20) ready for the day's learning experience**
- 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 literacy 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.

### Staff Changes

Our HES family has a few new additions. We would like to welcome Ms. Laird (replacing Mrs. Clarke) in Guidance, Mrs. Thorne and Mme. Smith (Gr 5), Mme. Melanson (Gr 3 FI) and Mrs. Kennedy (gr 3/4). We wish the best of luck to the following teachers in their other positions in the District: Mr. Raymond, Mme. Leblanc (Sussex Elementary), Mme. Vallis (maternity leave).

- Mrs. Blanchard

## MISSION:

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

Safe, supportive  
inclusive environ-  
ment.



**School  
Photo  
Day!**

Wednesday, Sept. 20th  
(All classes)



## WORDS OF WITSDOM

### What are the WITS Programs?

The WITS Programs bring together schools, families and communities 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!

## Mark Your Calendar!

What's Happening in September??

**Monday, September 11th** - First Newsletter goes home in paper format. Milk order forms go home.

**Wednesday, September 13th**— Cross Country Meet (QPlex)

**Thursday, September 14th** —Home and School Meeting in the HES Library 7pm

**Thursday, September 14th**, - Milk order forms due back at the school

**Monday, September 18th** —Milk program begins.

**Monday, September 18th**— PSSC Meeting 6:30pm HES library

**Wednesday, September 20th** —School Photos

**HALF DAY DISMISSAL FOR STUDENTS**

**Wednesday, September 27th**— Cross Country Meet (QPlex)

**Thursday, September 28th**—Soccer Jamboree for select Grade 5 students afterschool

**Friday, September 30th**—Terry Fox Walk



Looking Ahead: October

**Monday, October 9th**—Thanksgiving Day—No School for Students

**Wednesday, October 25th**—Half day dismissal for students.

## Please Note: All schools in Anglophone South District are Peanut/Nut Free & Scent Free

### Hot Lunch and Milk Program

Our milk program will begin Monday, September 18th. Milk is 50 cents per carton of white milk and 55 cents for a carton of chocolate milk. Milk order forms will be sent home with your child on Monday. If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021. Milk Order Forms are due back no later than **Thursday, September 14th**. No late orders will be accepted! [http://www.dairygoodness.ca/milk-in-school/new\\_brunswick/parents](http://www.dairygoodness.ca/milk-in-school/new_brunswick/parents)

Our Hot Lunch Program is currently being revamped by our Home and School Committee. The new menu will be revealed after the Home and School meeting on September 14th with a two week ordering period for September. The first full month will be October. 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>

## **PSSC—Parent School Support Committee**

**Next Meeting:**

Monday, September  
18th, 6:30 p.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](mailto: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:**  
Thursday, Sept. 14th  
7 p.m.

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)

## 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 14<sup>th</sup> 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 outlines the requirements for healthy foods served in public schools, food awareness, and the sale of foods throughout the school system.

Currently, there is an enormous amount of activity going on at the school level with the goal of providing healthier food options in school and educating our students and school community about the value of healthy eating, nutrition and physical activity. This policy supports those efforts.

Here is the link for more info:

<http://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.

## Guidance Corner

### School's In ... Time to Learn

So how do we set our children up for success at school? Not unlike adults, children need the obvious basics to feel well and to do well: sleep, good nutrition, and physical activity. Generally speaking, elementary aged children should have 10-12 hours of uninterrupted sleep. Children's brains transform subconsciously learned material into active knowledge while they sleep. After a good night's rest, start your child's day off on a positive note with a healthy breakfast. Good nutrition consists of a balanced diet including foods from various food groups and not too many foods high in refined sugar or preservatives. Try providing fresh fruit along with grains and/or protein to give the body the essential fuel it needs. As well, make sure water is consumed throughout the day. Did you know that our brains depend on proper hydration to function optimally? Brain cells require a delicate balance between water and various elements to work well, and when you lose too much water, that balance is disrupted. Your brain cells lose efficiency. Years of research have found that when we're thirsty, we have more difficulty focusing our attention. Dehydration can impair short term memory function and the recall of long-term memory.

Now let's look at the link between physical activity and good health. The link between physical activity and physical and mental health, is scientifically proven. For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily (for more information please visit [participation.com](http://participation.com)). As you get back into "school mode" you probably recognize the value of having more structure and routine in different areas of life. Not only does a routine help provide structure for our children it helps us as adults manage all of our daily responsibilities more effectively.

## **Daily Schedule 2017-2018**

Below is our daily schedule for the 2017-2018

7:50-8:15 Supervision on the Playground

8:25 Announcements and O'Canada

Instruction begins immediately following O'Canada

10:00-10:15 Recess

11:50-12:15 Outside Recess

12:15-12:35 Lunch: students eat in classrooms

2:40 Dismissal

## **Class Organization 2017-2018**

Here is the final class organization approved for the 2017-2018 school year. Overall we will have 12 homerooms this year.

1- Grade 3 Class                      3- Grade 3 French Immersion

1- Grade 3/4 Class                  2- Grade 4 French Immersion

1- Grade 4 Class                    2- Grade 5 French Immersion

2- Grade 5 Classes

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!

## **17th Annual Hampton 5 Miler & Kids' Kilometre**

Sunday, September 10th, 2017, 8:00-9:00 Race Day Registration and Race Pack Pick-Up @ Hampton High School.

For more info: [registration@hamptonriverrunners.ca](mailto:registration@hamptonriverrunners.ca)



*"Once you learn to read, you will be forever free." — Frederick Douglass*

## **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 three 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.

## **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, team building activities and hand-eye coordination. Students will practice these skills through low organized games and rotating through a variety of 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.

### **Cross Country**

Attention all students! H.E.S. has been invited to join other elementary schools in the Hampton Ed. Centre in 5 cross country meets that will be taking place at the QPLEX this year. If you are interested in joining our school team, come see Mrs. Henry to sign-up and get a permission slip.



### **Grade 5 Soccer Jamboree**

KVHS Leadership students are hosting a soccer jamboree for grade 5 students on September 28<sup>th</sup>. Weekly soccer practices will begin in the upcoming weeks for anyone that would like to attend.



### **Terry Fox**

Hampton Elementary School will be participating in the Terry Fox National School Run Day on September 29<sup>th</sup>. 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.



Don't forget to check out our P.E. website for more updates and pictures: <http://hamptonelementarype.weebly.com/>

**Submitted by: Mrs. Henry**

## **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 18th.

## **CONTEST! Agenda Scavenger Hunt**

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

*"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)

**What is Phonemic Awareness?:** Phonemic awareness is the ability to *hear and manipulate* individual sounds in words and is a component of *phonological awareness*. Children must first understand that words are made up of separate *speech sounds* that can be blended together to make words before they can make sense of using the alphabet to read and write. Research has identified phonemic awareness and letter knowledge as the best two predictors of how well a child will learn to read during the first two years of school (National Reading Panel, 2000). Children who develop strong phonemic awareness skills at an early age are more likely to become fluent readers and better spellers than children who do not. **Phonemic awareness is NOT phonics!**

## What is Phonological Awareness made of?

### Rhyme and Alliteration

- Enjoying and reciting learned rhyming words or alliterative phrases in familiar storybooks or nursery rhymes.

### Syllable Awareness

- Counting, tapping, blending, or segmenting a word into syllables.

### Onset and Rime

- The ability to produce a rhyming word depends on understanding that rhyming words have the same rime. Recognizing a rhyme is much easier than producing a rhyme.

### Phoneme Awareness

- Identify and match the initial sounds in words, then the final and middle sounds (e.g., "Which picture begins with /m/?"; "Find another picture that ends in /r/").
- Segment and produce the initial sound, then the final and middle sounds (e.g., "What sound does **zoo** start with?"; "Say the last sound in **milk**"; "Say the vowel sound in **rope**").
- Blend sounds into words (e.g., "Listen: /f/ /ee/ /t/. Say it fast").
- Segment the phonemes in two- or three-sound words, moving to four- and five- sound words as the student becomes proficient (e.g., "The word is **eyes**. Stretch and say the sounds: /i/ /z/" [Only 2 sounds!]).
- Manipulate phonemes by removing, adding, or substituting sounds (e.g., "Say **smoke** without the /m/").

## How do I practice Phonemic Awareness?

### Sound Identification

- Have a sound **scavenger hunt**. Give your child a bag and ask him/her to find as many things around the house that begin with a certain sound.
- Play "**I spy**" with beginning sounds of words "I spy something that begins with /t/".

### Segmenting

- Play **Head, Shoulders, Knees and Toes** with sounds. Say a word and have your child touch his/her head for the first sound, shoulders for the second sound, and knees for the third while saying each sound.
- **Jump for Sounds**. Say a word and have your child jump for each sound in the word while saying the sound.

### Blending

- **Simon Says**. Give a segmented action word (Pausing between each *sound*, NOT letter!). 'Simon says 'j-uh-m-p', 'c-l-a-p'. The child blends the sounds, says the action word and does the action.
- **What's in the bag**. Create a mystery bag of objects. Give a clue about what is in the bag (e.g. 'There is something in my bag that sounds like 'd-uh-k'). The child gets the item if they guess the word!
- **What am I thinking of?** Say a segmented word ('m-ah-t'). Take turns guessing what the word is. This is a great car game!

### Manipulating

- **Sound Play Songs**. E.g. *Willaby wallaby. Apples and Bananas. Banana Fana Fo Fana. The name game. Create new songs: Head and Shoulders → Bed and Boulders, Bees and Bows.*
- **Car game**. Ask your child to say a word without one of its sounds, e.g. Say *mice* but don't say /m/ [*ice*].
- **Joke and Riddles**. *What do you have if you put ducks in a box? A box of quackers.; What is a ghost's favourite dessert? Boo-berry pie!*