

There will be **no school** for students on Friday, April 22nd AND Monday, April 25th due to Professional Learning day for staff.

Safe Arrival Reminder

We want to ensure students arrive safely at D.A.T.L. and ask for your assistance with the following:

Please call <u>832-6162 by</u> <u>8:30 am</u> if your child will be absent or late.

Checking in when late or absent models, for children, a valuable life lesson helpful in their teen and adult lives.

122 School Street Hampton, NB E5N 6B2 832-6022 (Office) stephanie.worth@nbed.nb.ca 832-6067 (Kindergarten) 832-6162 (Safe Arrival) 1-855-535-7669 (SNOW) http://web1.nbed.nb.ca/sites/A SD-S/Pages/welcome.aspx (District Website)

http://web1.nbed.nb.ca/sites/A SD-S/1940/Pages/default.aspx (School Website)



Student-Involved Conferences

THANK YOU!

...for coming to support your child on March 31 and April 1!



Congratulations to our 60–Minute Challenge students!

THANK YOU! We raised \$212.00

for IWK during our Kindness Week! This will be presented to the IWK during the IWK Telethon in June.

PSSC Meeting The April meeting of the PSSC will be held on April 6, at 6:30 pm.

THANK

Kindergarten Transition Day— No School for our Current K Class

We have designated **Friday, May 27** as our Kindergarten Transition Day when current Kindergarten students stay home so that our next year's K children can visit our classrooms and even get a short ride on the bus. Kindergarten Transition Day provides a wonderful opportunity for all children and their families to get a better understanding of the routines and expectations of a typical kindergarten day! It is designed to help make the transition to kindergarten positive for all involved!

New Students at DATL for 2016–2017

In addition to welcoming our new K class, it is that time of year when we start planning for the 2016–2017 school year. If you are (or know of another family) moving to the DATL serving area, please let us know. Our staffing allotment is based on student enrolment, and we want to plan for a smooth transition to our school for all families. Thanks!



Home & School Spring Fundraiser

Clean out your closets and your clutter! Home and School members will be at the Hampton Community Center on Saturday, April 23rd from 8:00am-2:00pm collecting your unwanted household items including clothing, toys, small kitchen appliances, electronics, books and small furniture. All items will be transported to Value Village where items will be weighed and the school will get paid by the pound. If you require further information about this fundraiser, please visit our Home and School's Facebook page.

Home and School meeting

Tuesday, April 5th at 6:30 p.m.



A Few Words About Mindfulness

If you've gone to a book store or watched the news lately, you've probably seen something about mindfulness. So what is Mindfulness all about? Here are the <u>ABC's</u> of mindfulness:

A is for Awareness - Becoming more aware of what you are thinking and doing – what's going on in your mind and body.

B is for "just Being" with your experience. Avoiding the tendency to respond on auto-pilot and feed problems by creating your own story.

C is for Choice—seeing things and responding more wisely-. By creating a gap between the experience and our reaction to, we can make wiser choices.

Mindful parenting, as <u>defined by Mindfulness-Based Stress Reduction founder Jon Kabat-Zinn</u>, consists of "paying attention to your child and your parenting in a particular way: intentionally, here and now, and non-judgmentally."

Being mindful is, at its core, the ability to sustain a focused awareness on the present moment, and practicing mindfulness has been proven to help <u>boost our powers of focus and attention</u> as well having other potential health benefits for adults.

Students at Leatherbarrow are practicing mindful breathing and becoming familiar with the term "Mindful Bodies". They are learning to focus their attention on calm breathing and using still, peaceful bodies to build their capacity to sustain attention and focus.

In today's busy world it's important to make time to slow down and enjoy the moment to moment, day to day happenings that we experience. Try taking a "Mindful" moment with your family a few times a day.

Sources:

http://www.huffingtonpost.com/2014/05/22/why-children-need-mindful_ html Juliet Adams, Founder of Mindfulnet.org & Director, A Head for Work

Attendance Matters

We all want our children/students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

Start teaching them early ...

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It's vital that students go to school every day. If adults at home don't set expectations for their children to attend school every day in the early years, the message is that regular attendance at school isn't important. Students need to know, right from the start, that attending school every day leads to greater school success.

There are always times when students need to miss school, such as when they're ill. It's important that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

Regular school attendance is an important part of giving your child the best possible start in life. Talking to your child and their teachers could help solve any difficulties you may have in getting your child to go to school and there are other forms of support available if you still have problems. We want to work with you to help your child(ren) get to school on time and be here every day. If you need more information please contact us.

Adapted from:

Every Day Counts Primary School Parent Brochure

http://www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance

Potluck for Piggs Peak

Saturday, April 9, Lighthouse River Center 5:30 dinner 7:30 – 9:30 music eve

doors open at 5 With local musicians Bring your favorite dish to share and any nonalcoholic drinks you would like. For families, singles, couples the suggested minimum donation of \$20 would be much appreciated. Visit our website: /www.hamptonpiggspeak.ca



Kings County Lacrosse

2016 Learn to Play Program

Children ages 6–12 (players born 2004–2010) April 2nd, 9th, 16th 23rd 9:30 to 10:30 am at Hampton Elementary School. Cost \$20 total.

Registration for KCLA April 23rd 2016 10 am to 1 pm Ossekeag Room (2nd floor Hampton Community Centre).



Happy Spring!

Spring weather is here and students will begin to come to school in spring jackets and shoes. Please remember that the mornings are still chilly and our playground will be wet with lots of mud. We ask that our children wear splash pants to protect their clothing and to be dry and comfortable. Boots are also essential. It is a great time to ensure your child has an extra set of clothing here at school so that, if he or she becomes wet or muddy, a change of clothing is available.