



Hampton Elementary School

April 2015

Newsletter



HAMPTON ELEMENTARY SCHOOL

82 School Street,
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Principal's Message

The big news this month is that HES was one of 10 elementary school finalists from Atlantic Canada in the Staples Ecopower competition. We anxiously await to find out who the winner is which will be announced in April but acknowledge all the work that is done on a daily basis by our whole school community including our Greenhouse program, recycling teams, classroom teachers, custodians and parent volunteers and staff members who make it a priority to teach our students about Earth Care.

Our Spring Scholastic Book Fair took place during Parent Teacher interview times. This year's theme was "Under the Sea" with a great selection of new titles. Thank you for giving towards the gift of reading. Also, a percentage of the sales goes directly to classroom libraries.

This month we are celebrating "Pay it Forward". Hampton Elementary staff and students would like to invite you to participate in one of these "Pay it Forward" activities. Here are some ideas to get you started:

- Pay for someone's coffee in the drive through
- Send a note, make a call or give a compliment unexpectedly 'just because'
- Create cards and deliver them to local seniors

We hope you will help us continue to teach our children the importance of giving to others and "Paying It Forward". No donation is too small because every act of kindness returns to us over and over again.

There was sun today and slowly we are feeling the warmth of Spring. The nicer weather seems to have put everyone in better spirits. As always, thank you very much for the support you give to us. Please contact the school if you have questions. With only three months left, our goal is to work hard by staying focused and working together to achieve all that we can for students to continue to be their best at Hampton Elementary.

- 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 in-
clusive environment.

**April 20th is a
regular day for
students.**



WORDS OF WITSDOM

My child is being victimized: when
and how should I seek help?

Seeking help isn't just for kids. Parents sometimes need support when their children experience bullying or peer victimization. So how do you know it's time to seek help? Ask yourself the following:

- Could someone get hurt?
- Does the situation make you feel afraid or uneasy?
- Is this something you can't handle alone?
- Did your attempts to deal with the situation not work?

If you answer yes to any of the above, it's a good idea to seek help. Check out Your Pyramid of Support at www.witsprogram.ca/pdfs/families/pyramid-of-support.pdf for suggested sources of support. Every situation is different and every source of support offers different kinds of assistance, so you may need to seek help from multiple places before getting the appropriate assistance. Remember: if at first you don't get the help you need, keep seeking help until you do!

Want to know more? Explore the Using WITS with Your Child section of the WITS website at www.witsprogram.ca/families/using-wits-with-your-children/.

Mark Your Calendar!

April is Kindness and Pay it forward Month

April 3 & 6th—No school for students (Good Friday & Easter Monday)

April 20th—regular day for students

April 24th—WITS classroom visits from our community leaders Mr. Saunders and Ms. Hofmann.

Next month: May

Friday, May 1st—No school for students (NBTA/AEFNB Council Day)

Friday, May 15—No school for students (NBTA Branch 0619 Annual General Meeting)

Thurs. May 7th—Author Shane Peacock visits HES

Tuesday, May 19th—Jump Rope for Heart Assembly



Hot Lunch and Milk Program

The last round of milk runs from April 1st—June 18th. This represents 52 school days.

Our lunch tickets will continue to be sold after the announcements on Monday. Your child can buy a book of 10 hot lunch tickets for \$25.

Pizza and Subway sandwiches cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays and Subway on Thursday (orders placed on Tuesday).

We are now offering a Friday hot lunch option with Kredl's. The cost will be TWO lunch tickets (\$5). Orders are placed on Thursday.



EARTH DAY 2015

Earth Day is just around the corner! **April 22nd** has been recognized as Earth Day since the early 1970's and was originally created to highlight the need for all of us to be involved with environmental protection.

Although many of our communities organize neighbourhood clean-ups and earth friendly activities for us to participate in on Earth Day, more and more schools are trying to make the environment a focus in the day to day lives of students and staff.

Schools that have opted to participate in this rigorous program create a "Green Team" consisting of students and teachers. In some cases, parents, principals and custodians also participate to create a team that truly reflects the entire school community. This Green Team takes a leadership role in the school. Students are empowered to take a close look at how the school is conserving energy, minimizing waste, greening up the school grounds, engaging in environmental stewardship and environmental leadership. The purpose of this program is to engage students throughout the year by having them collect data about their own school, create action plans, educate others about how to make some change, and then follow up and report the results back to the school community. The goal is to create environmentally conscious citizens who think about their impact on the environment as they walk through their day-to-day life at school, at home and in the community. Whether your school is involved in EcoSchools or not, many schools are working with students to actively engage them in things like litterless lunches, re-useable water bottle campaigns and reducing landfill waste. Parents can help by supporting students in their participation in these initiatives and by modeling environmentally conscious actions at home. Having conversations with your children about your choices and actions are a great opportunity for them to understand how important we are to the environment. By supporting our children to grow up green, we are helping to create a more sustainable future.



Learning about Literacy

Goal #1 Literacy: To develop and improve instructional practices, assessment and intervention in Literacy

Last month we focused on Answering Questions. This month we present to you some information about Generating Questions & Recognizing Story Structure. This is the fifth and sixth of seven strategies we will feature which have a firm scientific basis for improving text comprehension.

5. Generating questions

By generating questions, students become aware of whether they can answer the questions and if they understand what they are reading. Students learn to ask themselves questions that require them to combine information from different segments of text. For example, students can be taught to ask main idea questions that relate to important information in a text.

6. Recognizing story structure

In story structure instruction, students learn to identify the categories of content (characters, setting, events, problem, resolution). Often, students learn to recognize story structure through the use of story maps. Instruction in story structure improves students' comprehension.

<http://www.readingrockets.org/article/seven-strategies-teach-students-text-comprehension>

Numbers, Numbers, Everywhere

Goal #3 Numeracy: To develop and improve instructional practices, assessment and intervention for Numeracy

This month we are featuring even more Math Games you can play with your family.

Guess My Number

Goal: "Can you guess the number I'm holding?" One player takes two playing cards. The cards can be ordered any way. Be sure no one else can see the cards! All other players take turns guessing what the number is by asking math questions. "Is it even?" "Is it odd?" "Is it greater than 10?" "Is it a factor of 20?" and so on. The player holding the cards can only answer with a "Yes" or "No", until the actual number is guessed.

Let's Get Loonie

(Materials: 2 dice, 8 pennies, 2 nickels, 4 dimes, 6 quarters and 1 loonie.) Roll the two dice and add the two numbers together. Take that amount of money from the centre. (Try to always have the least number of coins in front of you at a time). Object: to be the first player to get "Looney".

On the Way Home from Soccer or Baseball

How many goals/runs were scored in the game? How many more goals/runs did we need to get to make 10, 18, and 25? How many players are on the team? If they each have one sibling how many children would that be? What if half of them had 2 siblings? Now how many children would that be? It cost \$50.00 to fill up the van with gas. How much would 5 tanks cost? What about 8 tanks?

And for those nights that get rained out, how about some old favourites: Puzzles, Pay Day, Monopoly, Rummoli, Phase 10 or Payday.

PSSC—Parent School Support Committee

Next Meeting:
Monday,
April 20th, 6:30 p.m.

The PSSC has its next meeting scheduled for April 20th. We will continue to update members in regards to our School Improvement Plan and be looking at a draft policy. All are welcome!

Home and School Association

We would like to invite any parents/guardians, who may be interested in helping out at the school, to come to the next meeting.

For updates about Home and School, please ask to be part of our Facebook group under "Hampton Elementary School Home and School".

Next Meeting:
Tuesday,
April 21st, 6:30 p.m.

Blanchard's Brainteaser

Our Brainteaser this month is from Aunt Math. [Aunt Math](#) (click for direct link) is a great website which includes parent tips to understanding of math strategies to support your child.

Giant Jelly Beans



"Aunt, come look what we got you from Texas!" called Danny as he came through the kitchen door, wearing the biggest cowboy hat I ever saw.

I quickly took off my apron, and ran to greet the boys. They had been on a short vacation trip with their parents to San Antonio, Texas, and I was eager to hear all about it.

"What is San Antonio like?" I asked.

"Oh, its really neat. There is a river that runs through the city. There were boats to ride up and down the river, and people were playing Mexican music all the time!" said Barney, sitting down at the table. "We got these giant Texas cowboy hats because everything in Texas is supposed to be big."

"And don't forget the Tex-Mex food!" said Danny. "Enchiladas, tacos, barbeque. Giant plates just full of food!"

"I should know you'd like the food best!" I said, laughing. (Danny is a genuine food lover!)

"Speaking of food," said Danny, holding up a sack, "We brought you some Giant Texas Jelly Beans! In Texas even the jelly beans are huge. Look at this!"

Danny held up a red jelly bean that was the size of my thumb.

"Well, I have to admit," I said "That's the biggest jelly bean I ever saw!"

"We bought some for you, aunt" said Barney, "but on the plane ride home, we thought of a math challenge using these beans. Do you want to hear it?"

"I reckon I do, pardner!" I said, trying to make my voice sound like a Texas cowboy.

"OK" said Danny. "You have to figure out how many giant jelly beans we brought you. Here are the clues:

- The number of red jelly beans is double the number of black jelly beans.
- There are an equal number of black and green jelly beans.
- There are 2 fewer red jelly beans than yellow jelly beans.
- There are half as many pink jelly beans as yellow jelly beans.
- I counted 4 black jelly beans in the bag."

"Hmm...that's a Texas sized problem if I ever heard one," I said, shaking my head.

Can you help me figure out how many giant jelly beans the boys brought me? You may have to wear a Texas sized "thinking cap" to figure out this one!

Love,
Aunt Math

Celebrate Our Volunteers

National Volunteer Recognition is usually the last week in April. The students and staff wish to thank all of our hard working volunteers for their tireless efforts in making Hampton Elementary School a great place to work, learn and play. To show our appreciation to all our volunteers, we will be hosting a volunteer breakfast celebration. All volunteers are welcome to attend this breakfast in their honor. See invitation below and please mark this very special day on your calendar.

Please Come to Our Volunteer Breakfast

The staff and students of Hampton Elementary School would like to thank you for your support this year. You have helped make so many things possible.

When: Friday, April 24th 2014 7:45 a.m. - 8:30 a.m.

Where: Hampton Elementary School Library

RSVP by calling our secretary, Mrs. Debbie Cochran at 832-6021 by Tuesday, April 21st, 2015.



Policy 711—Healthy Eating

Secrets to Making Healthy and Fun School Lunches

Pick a theme

Tap into your kids' creative side by following a theme.

- The dip: Cut a baked chicken breast into strips, and pack them with honey mustard for dipping. Add carrots and broccoli to dip in fat-free or low-fat ranch dressing.
- Backwards: Make an inside-out sandwich using lettuce to wrap turkey, fat-free or low-fat cheese, and tomato.
- Mexican food Mondays: Let your child build healthy burritos or tacos with: whole-wheat tortillas, lettuce, fat-free or low-fat sour cream, salsa, brown rice, and beans (not refried).

Keep it interesting

Pack a small amount of many foods. Use lots of containers or a bento-type lunch box to keep things interesting. Cut sandwiches into fun shapes, add colorful fruits and vegetables in different sizes, and pack yummy dips such as fat-free or low-fat yogurt or hummus.

Skip the white bread

Mix it up. Use whole-grain breads, pitas, and tortillas. And try new fillings.

- Fill a pita with your kid's favorite veggies. Add hummus for flavor.
- Spread pizza sauce on a whole-wheat tortilla, add low-fat or fat-free mozzarella cheese, then melt, roll, and slice.

Mix up the sides

Go past pretzels!

- Dip apple slices in honey.
- Pack snap peas, sliced bell peppers, or cucumbers for color and crunch!
- Add some variety with air-popped, low-fat popcorn.

Don't forget—juice and sodas can be high in sugar and calories. Instead, pack water or fat-free or low-fat milk. <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-school-lunches.pdf>

April Wellness Theme—Declutter

Here are the Ground Rules for decluttering your house:

1. Everything you own should have value, either because it's functional or beautiful or you just love it. Remember the question of what you'd grab if your house were on fire; that's your baseline for determining an object's worth.
2. Every item needs a place where it "lives." Setting things down on the coffee table or kitchen counter creates piles and confusion. People may laugh when you say, "Where do your keys live? They live in a bowl or on a hook by the front door"—but you never lose any-thing when you put it where it lives.
3. Focus on one thing at a time. Multitasking is supposed to help you get more things done quickly, but when you try to do 19 things at once, everything ends up incomplete. You're trying to simplify your life, so simplify your approach to getting organized.



Thank you to so many of our community partners for their continued support.

~Hampton Independent Grocery store for supporting our breakfast program with apples and bananas every week

~Kredl's Corner Market for supporting Nutrition Month and partnering to offer a healthy hot lunch option on Fridays

Guidance Corner

How do we address bullying at HES?

At HES we have looked to evidence based information (research) to help guide us in preventing and dealing with the issue of bullying.

Research has shown that narrowly focused programs directed solely at those who bully or their targets: situational deterrents (eg. increasing supervision in bullying hotspots); and zero tolerance policies including school expulsion have limited effectiveness and may actually increase or worsen the problem.

So what does work?

Both Canadian and international research stress the need for a whole school approach to bullying which includes the adoption of an anti-bullying policy and anti-bullying initiatives.

HES has an Anti-Bullying Policy that teachers have helped develop and that provides them with guiding principles when dealing with bullying.

Research indicates that anti-bullying initiatives should focus on the school environment. We need to challenge people's ideas about what others think, what are the social norms? School climate and social norms must convey that bullying is not "cool". Hurting another person should never be accepted as "OK". School wide initiatives at HES include: WITS (Walk Away, Ignore, Talk it Out, Seek Help), Hawk Awards, Bullying Awareness Week, Kindness Week, Pink Shirt Day, Pay it Forward, Peacekeepers, Skill Streaming and various groups/clubs/intramurals. **All of these things provide opportunities for students to learn the importance of being kind, responsible and respectful toward others.** The expectation that students follow The Golden Rule - treat others as you want to be treated, is clearly demonstrated and taught.

Prevention is most effective when the entire school community is on board. Our school community includes staff at school, bus drivers, volunteers, families and caregivers and other adults who interact with our students. We always welcome opportunities to include those who are interested in helping us create a positive, safe and caring learning environment.

Research also says schools should focus class time on bullying prevention. The Comprehensive Guidance Curriculum is taught by Ms. Pearce in all classes. Programs and activities used in this curriculum cover topics such as respect, making and keeping friends, problem solving, conflict resolution, recognizing bullying, responding to bullying, reporting bullying and showing empathy. As well, all teachers cover various social skills using a program called **Skill Streaming**. These skills compliment and reinforce the expectation that students will act with kindness and respect, and will take responsibility for their actions. Teachers model and teach that each of us have a right to learn in an environment that is safe and caring. Teachers at HES are very skilled at connecting with their students and creating classrooms where students feel they are respected and cared about.

As a school community, it is important that we give a consistent message that what we expect from our children is respect for self and others. One of the best ways we teach this is by positive adult examples in the community, at school and most importantly in the home environment.



School Improvement Planning

All grade 4 and 5 students in the province of New Brunswick completed the Tell Them From Me Survey which included questions about school safety, bullying and academic engagement. Here are some of the results from our students:

Children at HES indicated that if bullying did occur it was more likely to be verbal or social rather than physical. 8% of the students within this age group also indicated that they had been victims of cyber bullying (an increase of 2% from last year). The increase with cyberbullying is trending upwards for all children across Canada. Overall, children indicated that most incidents of bullying occurred outside the school. Parents can play a HUGE role in this area by monitoring their child's devices and having open conversations about online dialogue and respectful internet use.

On the Tell Them From Me Survey children at HES indicated that they are 17% more likely to tell a parent if they are being bullied rather a teacher. This could be because some of these situations are due to Cyber Bullying and not occurring at school. However, if they see other children being bullied at school they are 30% more likely to tell a teacher, than a parent. A significant percentage (85%) attempt to comfort or assist the victim in some way.

Students indicated a high level of confidence (92%) with the school programs which are helping them to understand bullying.

This data has been shared with the PSSC and is useful as we continue to move forward to provide a safe and inclusive environment in our schools and our community.