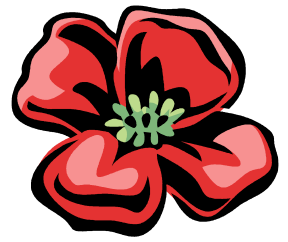




Hampton Elementary School

November 2021

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 - Sarah Blanchard

Vice Principal - Julie Stewart

Admin. Asst. -

Carmelle Robichaud

PSSC Chair - Lindsay Hall
psscchair@gmail.com

Home & School President -
Cynthia Perry
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

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.



Wednesday, Nov.
11th—Schools Closed
Remembrance Day

Principal's Message

This month we are continuing to learn about the world of Careers in our announcements, guidance lessons and virtual assemblies. Since we are unable to host our popular Career Day in person we will be sharing videos virtually with all the careers we see in the communities around us! Thank you to those who submitted videos for this activity. Students LOVE dreaming about their future.

Remembrance Day occurred over the two week CUPE strike, which was an unplanned and unexpected break in schooling for many students. Mme Leblanc shared on TEAMS a previous assembly created to recognize and remember those brave men and women who were willing to sacrifice everything for our freedom.

The Fall Progress Reports (Report Cards) will be coming home on Monday, November 29th. This report provides students and parents with feedback on student's learning skills as well as the progress made during the first three months of the school year. In some cases, you may see "NA = not assessed" as we have many students impacted by time away from learning due to COVID isolation, bus exposures and also the 10 learning days of CUPE strike action. Please read the comments closely and sign up to meet with your child's teacher to find out how your child is progressing, what the school is doing, and what you can be doing at home to support student learning. **It is important to remember students learn at different rates and in different ways.** The achievement scale, with numbers one through four indicate whether students are working below, approaching, meeting or excelling in learning goals. Learning habits are evaluated separately from learning achievement using Consistently, Usually, Sometimes and Rarely. Sometimes parents are at a loss in how to help their child. The best investment you can give your child is to spend time reading together and building automaticity with math facts. Not only is reading together a bonding experience, but it helps build vocabulary and exposure to a wide variety of topics. Being quick with math facts whether it is adding, subtracting, multiplying or dividing will minimize the processing required in multi-step problems as they are introduced!

Every day, it gets a little colder and some of our students arrive at school unprepared to be out for half an hour or more. The expectation is that students go outside at least twice every day for free time, once for music and often for phys. ed. and they are expected to stay outside, even when the weather dips below zero. Please help us by reinforcing the need to be prepared (or to wear what you send them)! Packing layers, extra clothing, spare mittens and hats are always appreciated by classroom teachers encouraging students to dress for the weather!

There is a lot going on during the next few months. Stay up to date by checking the school calendar on our website! Once again, thank you parents, students and staff! We know the past couple months have not been easy with frequent interruptions to learning and we are here to help and support our families however we can.

- Mrs. Blanchard



Walk Away

Ignore

Talk it Out

Seek Help

WORDS OF WITSDOM

How can I help my child use WITS to solve problems?

Your child can likely recite the WITS acronym but may need help putting it in action. Use the tips below with your child to explore how WITS can help with peer conflict problems.

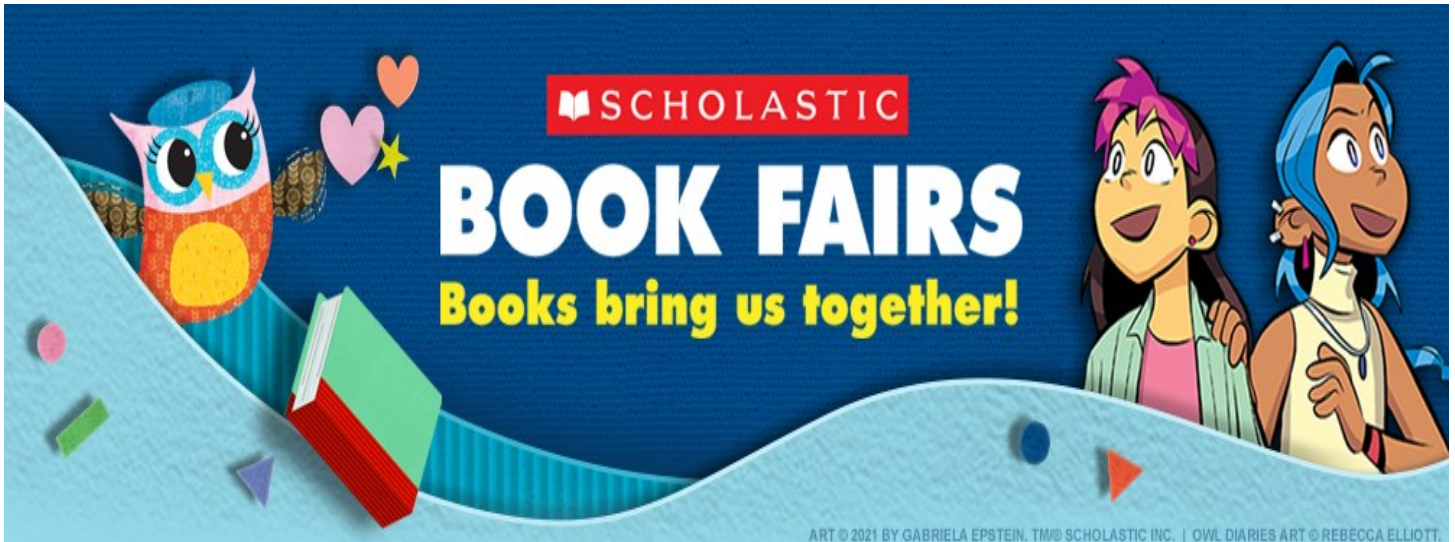
Walk away: Role-play walking away from the situation. Ask: What would happen if you walked away? Would it solve the problem? If not, try another strategy.

Ignore: Discuss ways to ignore, like leaving the situation or withdrawing eye contact. Ask: What would happen if you ignored? Would it solve the problem? If not, try another strategy.

Talk it out: Suggest statements to use to talk it out with the person bothering him or her. Sometimes saying "Stop" is enough. Maybe a joke would help. Ask: What would happen if you talked it out? Would it solve the problem? If not, try another strategy.

Seek help: Suggest other adults your child could ask for help, like a teacher. Ask: What would happen if you asked another adult for help? Would it solve the problem? If not, who else could you seek help from?

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



Hampton Elementary in-school Book Fair November 22nd-26th

Virtual fair link:

[https://virtualbookfairs.scholastic.ca/
pages/5157083](https://virtualbookfairs.scholastic.ca/pages/5157083)

All students will visit the fair during their usual library time this week and parents and students can visit the virtual fair anytime during the fair dates. Virtual orders will be shipped to the school and sent home with the students when they arrive.

Mark Your Calendar!

November

1-5th Atlantic Career Week
 10th—Remembrance Day Virtual Assembly
 11th—Remembrance Day Holiday (No School)
 19th—No School for Students (Prof. Learning Day)
 29th—Term 1 Report Cards go home

Ahead: December

2nd & 3rd—Parent Teacher Conferences (3rd is No School for Students)
 23rd—Last Day for Students (Full day of learning)

We are preparing a Christmas concert but it will continue to look a bit different this year due to limitations on gatherings.

Monday, January 10th
 First day back for students



Skating

Important reminder: when students skate, they must have a properly fitted helmet, skates and gloves. Snow pants are also recommended by most teachers!



Before skating starts, it's a good idea to practice with your child how to tie their own skates—they can do it, they just need practice :)

Hot Lunch Program

Beginning in November, we will be offering a pizza day one day a week on Fridays. Pizza will be cheese only and we encourage families to send fruit and vegetables from home to offer a well rounded meal for students on those days.

Due to the CUPE strike, Pizza orders will commence on November 26th and run for 10 weeks until the end of February.

Term 1: Report Cards/Home Reports


Reports will be going home with students on **November 29** for all K-8 schools in ASD-South. These reports are issued for parents to become aware of the progress of their children since the beginning of the school year. Due to students missing a significant portion of the curriculum in the 2019-2020 school year, a condensed curriculum continues to be in place this year with a new reporting area (Gr.2 Exploration; Gr. 3-5 Cross Curricular Connections). This year Music, Phys. Ed and Art have returned. In addition, with the CUPE strike, teachers were unable to assess in the same capacity they normally would with students using virtual or distance learning options.

Parent-Teacher meetings will take place virtually on Thurs., Dec. 2 from 4p.m.-7p.m. and Friday, Dec. 3rd from 8:30 a.m.-11:00 a.m. All bookings take place online and meetings will be held virtually through the TEAMS platform. There is no school for students on Fri., Dec. 3.

Does your child hide out at the neighbor's house when it's report-card time? Before you go looking for her/him, read these five tips for dealing with the less-than-perfect report card.

- #1. Don't lose your cool.** Though many people see report cards as motivating, they can also be demoralizing. "They can sap a child of his confidence," says Dr. Kenneth Shore, school psychologist and author of the Parent's Public School Handbook. "The report card is not a measure of your child's worth or of your parenting skills." But grades can have an impact on a child's future. Make this point constructively.
- #2. Accentuate the positive.** Point out what your child is doing well, whether it's an academic subject or an extracurricular activity. "Children need to know where they show motivation because they may not be aware of their strengths," says Dorothy Rich, president of the Home and School Institute. If your child does poorly in math, but enjoys figuring out basketball players' free-throw averages, make the connection for him.
- #3. Look behind the grade.** The report card only indicates that there is a problem. Compare your child's papers over the year to see his progress. Discuss whether he's involved in too many extracurricular activities. "Kids need time to get their work done," says Rich. If your child is trying her hardest and still not understanding the material, contact the teacher immediately.
- #4. Set goals for improvement.** Goals help us get motivated, but be realistic. If a child is getting all 2's on his report card now, expecting all 4's the next time may be an unrealistic goal.
- #5. Contact but do not attack the teacher.** "If a parent has any questions at all, the first thing he or she should do is call the teacher for clarification -- not the guidance counselor or the vice principal," says Martie Fiske, a Distinguished Teacher. "A parent's first question should be: 'What's going on?'" Fiske suggests gathering more information before charging that something is wrong with the program or the teacher.

How am I doing?
 Shoot for the 🏆👑👑. Even if you miss you will land among the 🐱🐱🐱. -Liz Brown

	Out of this World (Exceeding) I'm working on a higher level. I can explain how to do this. I can teach others.
	Flying High (Meeting) I can do it by myself! I can show how I understand. I make little or no mistakes.
	Taking Off (Developing) I am starting to understand. Sometimes I need help or an example.
	Ready to Go (Beginning) I am starting to learn this. I can't do it by myself yet.

Created by M. Fiedler © 2013 <http://www.backchannelclassroom.com/2013/04/01/grades/> Graphics by www.mindzoo.com

School Continuous Improvement Plan

The School Improvement Plan for Hampton Elementary encompasses four main areas. Literacy, Numeracy, School Climate and Enhancing Communication with parents about the School Improvement Plan. The plan is posted on our website and is reviewed monthly by staff and members of the PSSC. There will be updates in the monthly newsletters within areas of the School Improvement Plan.

Learning about Literacy

Mission Critical:

Reading Together to Build Critical Thinking Skills

Critical thinking, the ability to think deeply about a topic or a book, is an essential skill for children to develop. Here are some helpful tips and recommended books to strengthen your child's ability to think critically.

As parents, we hope to develop many positive skills and traits in our children. Critical thinking, the ability to think deeply about a topic or a book, is an essential skill for children to develop. Critical thinking doesn't develop overnight. It's something that develops and builds through conversations and experiences. It's also something parents can nurture by sharing quality books with their children.

Even though your elementary-aged child may now be able to read on their own, reading together remains just as important as it was when your child was younger. Family read-alouds provide great opportunities to tackle more challenging books together. These longer chapter books may have plots that are more complex and more demanding vocabulary. Working through these books chapter by chapter helps teach persistence. And by reading together, you are there as an important source of support and information.

Reading critically involves slowing down, and taking the time to help your child reflect on what you've just read. Depending on the book, discussions may involve talking about what a character's actions tell us about his personality, or how the book's setting is important to the overall message. It might mean helping your child recognize something about the plot and the conflict that exists. It also means asking more open-ended questions to which there can be multiple correct answers.

Quality books enable you and your child to talk about the book in depth and with substance. All of this will help your reader develop critical thinking skills that will last a lifetime. Below are a few recommended titles, by grade level, that you and your growing reader may enjoy reading together and talking about.

<http://www.readingrockets.org/article/mission-critical-reading-together-build-critical-thinking-skills>



Numbers, Numbers, Everywhere

November: Estimation strategies

Often students think that estimation is another, "extra" step they must complete in math class. They prefer to find the exact answer because it's not yet clear to them how estimation can help!

Estimation can save students time; in real life an exact answer is not always necessary. Why grab a pencil and paper when an estimate is sufficient? Estimation helps students determine the reasonableness of their answers, without this skill students often make computational errors that they aren't even aware of! Estimation can improve students' mental math skills, when estimating computations students get additional practice at mentally adding, subtracting, multiplying and dividing numbers. Direct estimating experiences are very easy for you to do in your child's daily life!

Grade 3: Students in grade 3 are working on estimating quantities of objects using a referent (a smaller known quantity). Some things you can do at home:

- Estimate the quantity of Halloween candy in a pile, use a smaller pile to make an accurate estimate.
- Estimate of the number of items in your shopping cart
- Determine the price of one object, then estimate how much 20 objects would be or 100 objects. (ex. One box of cereal is \$3, how much would 20 boxes be?)
- Count how many cars in a small section of parking lot, use that number to estimate how many cars in the entire parking lot. This example can be applied to other situations such as the number of flowers in a flower bed, the number of bricks in a wall.
- Estimate how much milk/oranges/juice boxes to buy to last a week.
- Weigh yourself/produce/object and estimate how much 25 of those things would weigh.

Grades 4 & 5: Students in grades 4 and 5 are applying estimation strategies to addition, subtraction, multiplication and division problems. You can help by modelling your personal estimation strategies and explaining your thinking.

For example: to estimate the difference of $487 - 264$, you might say "Instead of 487, I thought of 490 since it's only 3 more than 487 and instead of 264 I thought of 260 since it is only 4 less than 264 and $490 - 260$ is 230. So a reasonable estimate is 230".

Part of estimating is determining if your estimate is more or less than the exact answer (an over-estimate or an under-estimate). In the above situation, 230 is an over-estimate because I increased the number 487 by 3 and subtracted a lesser number than the original equation intended (264). You can explore ways to bring the estimate closer to the exact answer with your child, for example, trying $490-265$ or $485-260$ and comparing the answers.

Some things you can do at home:

- Popsicles cost 19 cents each, how much money for 52 popsicles (multiplication).
- A bus holds 57 passengers, how many buses are needed for 100 passengers? For 250 passengers? For 475 passengers? (multiplication)
- Renting a skating rink cost \$2.85/hour, how many hours can we skate for \$25? (Multiplication or division)
- It is 39 km from Hampton to Saint John, how far will you travel on a round trip? How far will you travel if you make the round trip 5 days a week? (addition)
- I'm reading a book of 934 pages. I've read 248 pages so far, about how many pages do I have left? (subtraction)

PSSC—Parent School Support Committee

Next Meeting:

Mon. Nov. 15, 6:30p.m

Virtual

One of the responsibilities of the PSSC is to monitor the School Improvement Plan.

SCHOOL IMPROVEMENT PLAN

The School Improvement Plan is a tool used by schools to ensure there is continuous, incremental improvement in the learning of all students over time. School Improvement Plans are generally developed for three-year time periods. Questions to be considered in establishing a School Improvement Plan include:

- What should the school be able to do for all students?
- Is the school successful at doing it now?
- If not, what learning aspects need to be improved, and which should have the priority for improvement?
- How will the school get improvement in the identified priority areas?

In the month of November, both students (Grade 4 and 5) as well as teaching staff complete a survey which is used to help the school decide which areas to focus on for improvement. Supporting the Mental Health of both students and staff remains a focus for our school and our PSSC. Stay tuned for news about upcoming Parent Sessions to support children at home!

ENGAGING WITH PARENTS AND THE COMMUNITY

Communicating and engaging parents is a key part of the PSSC's responsibilities. Parents play a critical role in their child's education, however, drawing them in to schools and forging constructive parent-school relationships can be challenging. Please let us know if there are ways you wish for us to better communicate with you.

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

Home & School's next meeting will be on Thursday, November 4th at 6:30pm in the Library. All parents are welcome to attend. For any questions about how to get involved, email us at hes.homeandschool@gmail.com.

Next Meeting:

Thurs. Nov. 4, 6:30PM

Virtual

The primary goal for this year is supporting classroom teachers needs with \$200 allocated to each teacher. We will be offering a JAVA MOOSE COFFEE Fundraiser this Fall/Winter to raise funds to support classroom based initiatives.

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

Inclement Weather Procedures

Schools may be closed early on days when the weather conditions are anticipated to deteriorate significantly during the day. Every effort will be made to notify parents through our school Synvoice system for students in Kindergarten to Grade 5. We use media (radio stations), voicemail and email. Families are reminded of the importance of ensuring alternate arrangements are in place for their child(ren) in cases when they or another adult will not be available to be home.

<http://web1.nbed.nb.ca/sites/ASD-S/Pages/Inclement-Weather-Policy.aspx>



Policy 711—Healthy Eating

November each year is 'Good Nutrition Month!' It is a great month to bolster your own efforts to eat healthier, a great time to try out new nutritious recipes and to teach your kids about eating better. Why not set a goal of eliminating another one of your food addictions this month? Commit to looking up nutrition tips each week and trying out a new healthier dish that you can add to your regular meal plan. Use this month to educate your kids about eating right. Remind them about the My Food Pyramid and find something they are passionate about to motivate them to join in your Good Nutrition Month mission. Perhaps they want to be better at a sport, may be they want to fit in to some new clothes or even get stronger or just look better. Help them look up the healthy foods that will help them reach their goals or even try out recipes from different types of diets like vegan or raw food diets. - See more at:

<http://www.foodenquirer.com/articles/november-is-good-nutrition-month-.html#sthash.nDSvA694.dpuf>

Have fun with it and enjoy Good Nutrition Month as a month for exploring new foods and tastes!



November Wellness Theme

November is Kindness Matters Week. We encourage students to think about others and we urge you to continue this message at home. Here are some activities/discussion points to consider:

- ⇒ What is your definition of kindness?
- ⇒ Create a kindness chain.
- ⇒ Find ways to "smile it forward" with kindness.
- ⇒ Create a kindness calendar.
- ⇒ Display the letters K I N D N E S S—how many words can you make using these letters?
- ⇒ Be a kindness spy—recognize acts of kindness.
- ⇒ Learn more about Kindness Challenge.

Here are some other links:

Kindness Challenge: <http://kindnessmattersblog.org/>

Kids for Peace:

http://kidsforpeaceglobal.org/events_overview.html

Pinterest Kindness activities:

<https://www.pinterest.com/sjww/teaching-kindness/>

Education Support Services at HES

Personalized Learning Plans or "PLP"s Universal vs. Justified Accommodations

Universal Accommodations:

Universal accommodations are strategies, technologies, or adjustments that allow a student to achieve prescribed outcomes. These accommodations are available to ALL students. A few examples of universal accommodations are:

- * Manipulatives
- * Spell checker
- * Frequent activity breaks
- * Simplified directions
- * Extra time
- * Practice test provided

Justified Accommodations:

These accommodations are only available to those students who follow a Personalized Learning Plan (PLP). A few examples of justified accommodations are:

- * Braille
- * Taped texts
- * Scribe
- * Speech/text device
- * Oral testing
- * Spelling not counted in daily work or test situations



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

julie.stewart@nbed.nb.ca

Ms. Stewart
Resource Teacher

Guidance Corner

Career Week at Hampton Elementary

November 1-5th is Career Week at Hampton Elementary! Thank you to all that submitted videos to our Virtual Career Fairs both this year and last. Students will enjoy our Dream Career Dress-Up Day on Friday, November 5th.

Career week school-wide activities include exploring student interests and available workforce opportunities that match these interests. The idea of changing careers and examples of people that have done so will also be a highlight of the week!

Talking to Children about Covid 19

New Brunswick's current Covid-19 situation has led to an increase in Covid related worries and concerns arriving at my Guidance office. The following tips are commonly listed in the research I have undertaken to prepare for talking to children about Covid 19.

- ⇒ Validate any feelings that a child is having. Let them know that it is normal and okay to feel worried, angry or any other feeling.
- ⇒ Avoid minimizing statements like, "Everything is fine". However, take care not to overemphasize the negatives of the situation. Children will look to us as role models for how to move forward and cope with this situation.
- ⇒ Follow the child's lead in the conversation. Answer questions honestly and with age-appropriate detail.
- ⇒ Focus on what we CAN control to stay safe and healthy like washing hands and wearing masks.
- ⇒ Encourage regular routines as much as possible. Opportunities for fun, enjoyment and regular physical activity are important for mental health.
- ⇒ Avoid making blaming statements in front of children. We model respectful interactions.

Should you think your child might need to speak me, please contact me at kate.johnson@nbed.nb.ca or call 832-6021.

Kate Johnson
Guidance Teacher

A Message from the Library:

We are continuing to build up our library after a recent purge of damaged and outdated books as well as the loss of many missing books from the early closure of the school year in 2019-2020.

Did you know? With over half our student pop-

ulation enrolled in French Immersion, the selection of books in the library is less than 10%. If you have current, popular titles, we would happily accept them to our school library! Thank you in advance for your donations!

Practicing Language Skills in the Car

The car is a great place to practice speech/language skills and strategies. Take advantage of time spent in the car by playing some fun, language-based games.

Here are a few ideas:

- **Categories:** To play this game, one player chooses a category, such as "animals." Every player takes a turn naming an item in the category. If a player repeats a word or is unable to name a word in the category, he/she is out. Play continues until one player remains and wins the game. To make this task more complex, have the child add more descriptive words to the category (e.g., animals with tails, animals that live in the zoo) or name animals alphabetically (eg., aardvark, bear, cat, dog, etc.).
- **Rhyme Time:** To practice phonological awareness skills, children can practice creating rhymes for things they see from the car window or in the environment around them. For example, if a child chooses the word "tree," other players must name some rhyming words (e.g., knee, see, me). The player who gives the most rhymes is the winner! As an added bonus, players can create rhymes using nonsense words (e.g., slee, dree). Other players take turns identifying whether the rhyming word is a real word or a nonsense word.
- **Guess It:** Players take turns describing familiar items or objects (e.g., car, apple, baby). The first player chooses an object and gives three clues to describe it. All of the other players take turns guessing what the first player is describing (e.g., it is a fruit; it can be red or green; it grows on a tree). If no players guess correctly, the first player provides another clue about the object. The player who correctly identifies the mystery object earns a point and chooses the next word to describe.

Long rides in the car can be fun and educational! Playing games during long trips is a great way to expand and reinforce language skills.

Resources: www.superduperinc.com/handouts

Failure is so important. It is the ability to resist failure or use failure that often leads to greater success.

– J.K. Rowling

ATTENTION: SPEEDING ZONE!

School Street has a speed limit of 20km/hr! Please use extra caution when driving down the hill to drop off your students!



Lost and Found

Due to COVID-19, families are unable to visit the school spontaneously. If your child is missing an item, please send a note to the teacher and they can have a look on your behalf. In addition, we will be posting items to the Hampton Elementary School (Hampton NB) Home and School Facebook page.



Extra Clothes

As we head into November, it is always a good idea to send along some extra clothes with your child. An extra pair of dry socks and mittens is always a good thing to have tucked into the backpack. At this time of year, rubber boots can be a necessity for our playground!



Lice

Lice are a common school occurrence. Please contact the school if you find and treat your child for lice as it is an important step in managing an outbreak. It is the responsibility of the parent to regularly check their child's hair for the occurrence of lice. <http://web1.nbed.nb.ca/sites/ASD-S/Pages/Head-Lice.aspx>



Clubs & Activities

It is now well into the school year and we have many of our clubs and groups running. Our grade 5 students are involved in recycling and peer helpers. They are keen to lend a helping hand both inside and outside the school. Students who participate in these roles are from the same classroom.

Our greenhouse team has been busy growing and caring for our plants three days per week and are being adopted by individual classrooms. In addition to this group, we also have students who work outside tending to the flower beds and in the courtyard raking leaves for the younger preschool children.

Mrs. Madden, our School Intervention Worker, has students involved in Remote Control (impulse control) and Volcanoes (emotional regulation) and Zones of

Regulation. These programs are happening in the classroom instead of with smaller groups of students from different classes.

Other clubs which used to occur outside the general classroom setting are still being offered but occurring on a less frequent basis include: Lego club and games club are popular right now! **Want to learn more about what is happening at HES? Check out our school website and our daily morning announcements!**



A Note from the Music Room...

Please remember that music will be outside most days, so dress accordingly. This year our Christmas concert will be a video as it was last year. The performances will be uploaded to the student's Music team in files on their Teams site. The students will begin working on their Winter or Christmas themed song by mid-November.

Our drama club has been meeting for the past month with grade 4's and 5's outside in the courtyard and will continue throughout the month of November, weather pending. A big thank you to Mme. Bradshaw, who helps with this club every week.

Choir for grade 4's and 5's began last week also in the courtyard, and they will be a part of the Winter concert video as each group will prepare a performance. A big thank you to both Mme. Reay and Mrs. Johnson who both help with the choir.

This month the grade 2's will be continuing to learn new songs that will showcase their awareness of the elements of music. The students are becoming aware that a song can be separated into the lyrics, rhythm, and melody.

This month the grade 3's will be continuing to work on the elements of music and showcasing their knowledge of rhythm with various percussion instruments. They will also be working on singing with expression.

This month the grade 4's and 5's will be continuing to build on their knowledge about the different elements of music. They will also be working on singing with expression as a part of a whole class ensemble.

Any questions concerning the concert, or any other music related questions do not hesitate to email.

lisa.leblanc@nbed.nb.ca

Submitted by Ms. LeBlanc

It's not that I'm so smart, it's just that I stay with problems longer.

~Albert Einstein