



Hampton Elementary School

October 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 - TBD
psscchair@gmail.com

Home & School President -
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.

Monday, Oct. 11:
Thanksgiving Day
Schools Closed

Photo Retake Day:
Friday, Oct. 22

Principal's Message

Well the first month of school is over and it was a busy one. We are so happy to have our students back and filling the classrooms with smiles, laughter and learning! Bus Safety presentations took place in September with all students being reminded of the school bus danger zone and how important it is to sit with back to the back and bottom to the bottom with backpack on your lap!

October is set to be a great month as we are now into the swing of newly established routines and teachers have been busy collecting data around where students are with reading, writing and math! This first week of October is Fire Safety Week and the theme this year is "Learn the Sounds of Fire Safety".

This month we host two important meetings with our Parent School Support Committee (PSSC) as well as our Home and School. We look forward to working together alongside both of these volunteer groups this year. Please do not hesitate to contact the school if you would like to be a part of these committees in any capacity.

Our Terry Fox Walk was another success. We asked students to bring in a toonie(s) \$2 to support the Terry Fox foundation for cancer research. Our goal was \$650 and we raised \$770! Your support is greatly appreciated. Terry Fox is certainly an iconic Canadian and students are always eager to learn more about him!

With school, sports and activities, kids need to ensure they are taking care of themselves to stay healthy. Kids can stay well by getting enough sleep (10-12 hours!), maintaining a healthy diet, managing stress, exercising, and making time to laugh. Research shows that stress and anxiety can have a negative impact on kids' health, just like it can on the health of adults. One thing you can do to help them deal with stress and anxiety is to help them identify things in their life that they can control, like what they wear and how they spend their free time. Also help them learn what helps them de-stress. For some kids this might mean writing in a journal while others might enjoy playing a board game or going for walk. Did you know? Anxiety releases a stress hormone (cortisol), which causes the body to produce extra levels of stomach acid. So when kids complain of a tummy ache, this is why! Acceptance of some degree of stomach discomfort is important as students work through their feelings and learn to overcome these feelings. Once the cortisol levels lower, kids feel better and you can celebrate them for their resilience.

As we look ahead to Thanksgiving, we are a little more mindful of the many things we can be thankful for. A huge thank you to the families who have reached out to support our school! We couldn't do it without you!

If you have any questions about what is happening at Hampton Elementary we would encourage you to call or email your child's teacher. However you might celebrate Thanksgiving, I hope that you are able to enjoy some time with your family and friends.

- Mrs. Blanchard

WORDS OF WITSDOM

Featured WITS Book: Walrus's Gift

Walrus's Gift by H.E. Stewart tells the story of a kind-hearted young walrus who befriends a lonely human child who is teased and left out by others. The young walrus seeks advice from his elders and a community of animals who work together to solve the boy's problem, teaching him important lessons about seeking help and finding his inner strength.

Walrus's Gift demonstrates how to talk it out and seek help and shows how a community can come together to solve a problem. The book is available online at www.witsprogram.ca/schools/walrus-gift/. Read the story with your child and then try using the following questions to discuss it:

- In the story, Grandfather gives the young walrus a special shell that allows him to hear other voices and better understand the boy child. We don't have a special shell, but what other ways can we use to hear and better understand one another?
- At the end of the story the young walrus tells the boy child to look within for strength and courage. Why do you think he suggests this?



COVID-19 Checklist Before Leaving Home

Backpack:



Two clean masks



A box or clear plastic bag
to store their masks

Screening:

My child does not have purple markings on their fingers or toes.

My child does not have two of the following symptoms:

- ✓ fever above 38°C or signs of fever (such as chills)
- ✓ a new cough or worsening chronic cough
- ✓ sore throat
- ✓ runny nose
- ✓ headache
- ✓ a new onset of fatigue
- ✓ a new onset of muscle pain
- ✓ diarrhea
- ✓ loss of sense of taste or loss of sense of smell
- ✓ difficulty breathing

Call 811 if symptomatic!

Emergency plan:

I have an emergency plan in place in case the school calls me to pick up my child

Handwashing:

Washing hands with soap and water and let's go!

School phone number:
School starting time:
School ending time:
Bus pick-up time:
Bus drop-off time:

Mark Your Calendar!

October

October 3-9—Fire Safety Week

Monday, October 11th—Thanksgiving Day—No School for Students

October 12-15—Kindergarten Registration Week across ASD—South

21st—Take Me Outside Day

22nd - Photo Retake Day

Sunday, October 31—Halloween



Looking Ahead: November

1-5th Career Week

10th—Virtual Remembrance Day Assembly

11th—Remembrance Day Holiday (No School)

19th—Professional Learning Day—No School for Students

22-26th Scholastic Book Fair

Nov. 29th: First Report Cards go home



Recycling Champions

We are still looking for a few more Recycling Champion Volunteers. These individuals volunteer to pick up our recyclables and dispose of them in the blue bins. Student leaders work at lunch time to sort the items and have them ready and bagged for pick up in the afternoon or early evening.

Thank you for helping Hampton Elementary continue to stay green! Please contact Mrs. Kennedy who is overseeing the pick up schedule! pat.kennedy@nbed.nb.ca

*Many hands
make light
work!*



WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.

I have an undiagnosed rash.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

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

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

Why is Reading Important?

Every time your child reads, he or she is exercising their brain. I explain to my students that reading is exercise just like riding a bike or going swimming. To your body, reading is exercise for your brain. The more the child reads the smarter the child gets.

Reading helps vocabulary, reduces stress, and builds tranquility. Reading also helps build analytical thinking, and improved memory.

Reading is the most important skill a parent can teach a child. By taking the time to read to your children, and for children to see parents reading, will make a huge difference in the child's life. They will see that reading is important to you, so it will be important to them. Making reading fun will encourage and inspire them to want to read more.

Activities Parents Can do to Develop Reading Skills

Parents are always asking what they can do to raise a reader, and I suggest having a scheduled time once a week where each member of the family comes together and either reads silently or a member of the family could read a portion of the story out loud. When your child is reading or listening to a story, ask questions using the five W's and an H: who, what, where, when, why and how.

Start a Book Club in Your Neighborhood

Kids love getting together with other friends their own age. Choose a book that they would enjoy. Each child can take turns reading a portion of the story until everyone has had a chance to read. Adding activities only adds to the fun. For instance if they are reading *Freckle Juice* by Judy Blume, children could think up their own drink recipe.

Do Crosswords

Another excellent resource is to have Crossword puzzles available for your child. It is a fun way to increase reading skills as children navigate through the puzzle. They are learning spelling patterns and what words mean. They are also learning after reading, drawing or painting a picture of what they have just read. Children love to express themselves and art is an excellent way to promote reading.

Act it Out

Why not act out parts of the story? For instance, after reading "Little House on the Prairie" why not have a country picnic and eat foods that were available during the 1890's. Last year, while teaching that book, children dressed up with long dresses and bonnets. Afterward we made butter and children enjoyed the experience of what it may have been like during the pioneer era.

Dress up as a Character in a Book/Game Night

Does your child like to read about princesses, knights, or fairies? Have them dress up as a character in the story. What about game night? There are a variety of word games out on the market today, including Junior Boggle, Boggle, Up words, and Scrabble. I explain to parents to adapt the game to fit the level and age of the child.

I hope some of these ideas have inspired you, as they have me.

I know all of these activities take time and effort, which so many people have very little of these days. However, by remembering that our children will be the leaders of tomorrow and the time invested in them today will ensure successful confident readers in the future, then it would be worth it.

<http://k6educators.about.com/od/helpfornewteachers/a/How-To-Help-Parents-Raise-Great-Readers.htm>

Numbers, Numbers, Everywhere

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

October: Math Everyday

Often students think that math is a subject taught at school and has no real use in daily life. Help your child see math in his/her daily routine by involving your child in using numbers to solve problems and make those everyday decisions with you.

Grade 3

Skip counting by 3s, 5s, 10s, 25s. "Here is some change, can you count this for me?" Ask your child to explain how he/she counted the change (began with quarters, then dimes, then nickels etc.)

Estimating using a referent. "I've raked this pile of leaves. How many more piles do you think are left in the yard?" or "This is 1 cup of flour, how many cups are left in the bag?". Ask your child to explain his/her reasoning.

Estimating sums and differences up to 1000. "This tv is \$193 and your brother wants this toy that is \$37, about how much money will we need?" In this scenario, encourage your child to look for easy numbers to compute mentally and to predict if the estimation is over or under the exact amount.

Grade 4 & 5

Using doubling and halving (an important skill for multiplication and division with 2 digit numbers)

ingre "We are doubling this recipe. How much of all the dients will we need?"

half "I cut this piece of wood 30 inches. I need to mark of it, where would I mark it?"

Representing and describing numbers to 1 000 000. "According to the radio, there were 23 764 people at the hockey game. What can you tell me about this number?" Look for answers that include comparing it to a benchmark number (20 000 or 25 000), breaking apart the number (there are two groups of 10 000 and a group of 3 000 and 764 left over), talk about where else you might find that number (would there be 23 764 people in Hampton? In Saint John? Then find the answer.)

Multiplication & Division facts. "There are 16 people coming for Thanksgiving dinner. Rolls are sold in packs of 6, how many packs do I need to buy?" or "I have 23 Halloween bags to make, and 92 Halloween chocolates, how many will go in each bag?"

Submitted by Jillian Kiervin, former Numeracy Lead

PSSC—Parent School Support Committee

Next Meeting:

October 18, 2021
To be held virtually

What is the PSSC? – The Parent School Support Committee (PSSC) is a group of parents and community members who work in an encouraging, advisory, and collaborative fashion with the School Principal and staff to ensure the best possible learning opportunities for the students of their school. * *Taken from the PSSC handbook*

The committee addresses the broad issues related to the education of all students in the school, with the goal of enhancing student learning. Primarily these issues arise from input, discussions and study of the school improvement plan. This includes helping the school by advising on which aspects of learning that need to be improved; the priority of those identified learning areas; and strategies/actions that focus on those areas.

The PSSC would like to extend a warm welcome to our new members. Your time is appreciated.

One of the roles of the PSSC is to work along side the Principal, Mrs. Blanchard, to develop and monitor the School Improvement Plan (SIP) to find out more information about the SIP go the HES website, click the “About Us” drop down menu and click on School Improvement Plan.

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 first meeting will be Oct 14 at 6:30pm virtually. We are still looking for a couple members of the executive committee.

Next Meeting:

October 14, 2021 6:30pm
To be held virtually

Our Home and School is a member of the New Brunswick Federation of Home and School Associations Inc. This is an organization of parents and teachers working together, dedicated to providing our children with a quality education.

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>

Expressions of Interest will be accepted.

Please email Mrs. Stewart: Julie.stewart@nbed.nb.ca

Be sure to like our Facebook page to stay up to date on everything that is going on with the home and school.



Fire Safety and Lockdown Drills

We had two fire drills in the month of September (one unofficial and one official) which went well), and during the next month or so, we will continue to practice our fire safety and lockdown procedures. If you happen to be visiting during these drills we would ask that you follow the same procedures as the students and staff (exit the building immediately upon hearing the alarm for a fire drill).

October 4-8th is Fire Safety Week and students will be bringing home booklets to plan an exit for their home as well as discussing Learning the Sounds of Fire Safety! From beeps to chirps, this year's campaign works to better educate the public about the sounds smoke alarms make, what those sounds mean, and how to respond to them.



Policy 711—Healthy Eating

Here are ten suggestions for adding more vegetables throughout the day:

1. Toss spinach or kale into your smoothies.
2. Dip raw veggies in hummus or 1-2 tablespoons of salad dressing.
3. Buy "Steamable" frozen veggies that can be cooked in the microwave in just a few minutes.
4. Make soups or stews and add extra vegetables.
5. Add peppers, tomatoes, mushrooms, and onions to your eggs.
6. Top your pizza with extra veggies.
7. Serve salads as the main dish for lunch or dinner.
8. Toss veggies on the grill along with your meats.
9. Cut all your veggies (carrots, celery, or lettuce) at once so they are in the fridge ready to eat.
10. Keep your vegetables at eye level in the fridge so you see them regularly (and eat them more regularly).

Here is the link for more info:
<http://www2.qnb.ca/content/dam/qnb/Departments/ed/pdf/K12/policies-politiques/e/711A.pdf>

October Wellness Theme

This month's wellness theme is encouraging families to reflect on gratitude.

Here are some conversation starters you might want to try around the dinner table this month:

- ⇒ What does being grateful mean to you?
- ⇒ Share a good deed that someone has done for you.
- ⇒ What are ways that we can show our gratitude?
- ⇒ What is a good deed that your family could work on together?
- ⇒ List 10 things you are grateful for in your community.
- ⇒ How many different ways can you say thank you?
- ⇒ October has a 'Choose to be great Week' - what are you going to celebrate?
- ⇒ Using each letter of your name, say something you are thankful for.
- ⇒ Write a thank you note (picture etc.) to someone for something they have done for you.



Education Support Services at HES

Hello Hawk Families,

Some of you may have heard the terms PLP (personalized learning plan) and accommodations (universal and justified) and may be unsure what they mean. Here's a quick breakdown:

Personalized Learning Plan (PLP): A plan for a student who requires specific and individual identification of practical strategies, goals, outcomes, targets, and educational supports that ensure the student experiences success in learning that is meaningful and appropriate, considering the student's individual needs.

Accommodation: An accommodation is intended to remove barriers to learning while still ex-

pecting students to master the same instructional content as their typical peers. Accommodations do not alter prescribed outcomes.

· **Universal accommodations** are those strategies, technologies, or adjustments (good teaching strategies) that enable a student to reach prescribed outcomes and can be used as needed. These accommodations are not documented within the PLP and are available to ALL students.

· **Justifiable accommodations** are strategies, technologies, or adjustments documented within a PLP without which the student would NOT BE ABLE to access the curriculum.

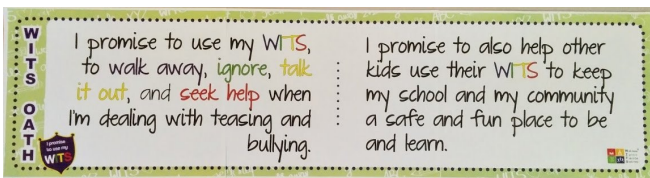
If you have any questions or concerns please feel free to contact me at julie.stewart@nbed.nb.ca

Guidance

WITS

In October, students will attend a virtual assembly to sharpen skills and review strategies for using our WITS to prevent and respond to bullying and peer victimization. WITS stands for **W**alk away, **I**gnore, **T**alk it out and **S**eek help.

A topic of focus is that walking away and getting help means you are part of the solution. If you stay and watch, you are part of the problem. Please check in with your child often to find out how they are feeling socially and emotionally at school. Concerns can be brought to the attention of the classroom teacher. A WITS parent toolkit can be found at witsprogram.ca.



What's happening in Music: October

First off, a big thank you to the home and school association as we now have 5 lovely picnic tables in our courtyard that are getting some use this fall as my outdoor music space. Weather permitting, we will be having music outdoors this month, therefore I encourage students to dress appropriately for the weather each day. Layers are best as the temperature changes as the day goes.

Grade 2-3's: This month we will be continuing to work with body percussion as well as performing rhythms on various percussion instruments. The students will also be using their knowledge on beats and rhythm to sing and play various songs, poems, and games as a group. This knowledge will help as we continue to work on the dynamics and tempo within music.

Grade 4-5's: This month the students will be continuing to strengthen their knowledge about rhythm and beat values. They will be creating and presenting various rhythms as a whole class and in small groups.

They will also be continuing to work on various musical elements through songs and music games.

Students will continue to focus on Strand 1 of the Music curriculum outcomes this month which focuses on creating, making, and presenting. GCO 1- Students will explore, challenge, develop, and express ideas, using the skills, language, techniques, and processes of the arts. GCO 2- Students will be expected to create and/ or present, collaboratively, and independently, expressive products in the arts for a range of audiences and purposes.

Please reach out with any questions and/or concerns that you may have.

lisa.leblanc.nbed.nb.ca

Drop Off & Pick Up of Students

Thank you to all parents for following the new drop off and pick up procedures at the Community Center. This is a learning process for our students and staff but things seem to be going smoothly now.

For students who need to be picked up during the day for appointments or procedures, please pull to the front of the school and press the buzzer to check in with the office and let them know who you are picking up. Mrs. Robichaud will then contact your child's classroom and have them sent directly outside to you.

For unexpected change to after school routines, please try to let the office know as soon as possible. We try to limit the number of interruptions to our classrooms throughout the day.

Remember not to pass busses with their red lights flashing! This will result in a hefty fine.

Grade 5 Leadership

There are 95 grade 5 students this year and classes take turns weekly to sign up for one of our many leadership responsibilities (while staying in their classroom bubble grouping). There are Peacekeepers who help students at recess and noon hour, Paper Recyclers who collect paper all throughout the school and Plastic, Metal and Cardboard Recyclers who sort and package this material for our parents so it is ready to go to the blue bins! We also celebrate our Grade 5 classes who are keeping our lobby looking beautiful with all the new decorations.

Thank you to our Grade 5 students who are wonderful ambassadors for our school!

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence." Carol S. Dweck



Physical Education October Newsletter



What's Happening in P.E. Class?

It is time to kick our Physical Education classes into full gear. This month students will be learning the fundamental skills needed to play a game of soccer. Students will practice and refine their kicking skills through obstacle courses, stations, scrimmages, and games. We will also continue to play other low organized PE games to practice locomotor skills, tagging and fleeing tactics, and monitor our fitness and heart rates.

Take Me Outside Day



Students will be participating in Take Me Outside Day as part of our P.E. program. We will join over 200,000 students and teachers across Canada on October 20th to help raise awareness about the importance of outdoor education.

Terry Fox Update

HES raised a grand total of \$776.00 for the Terry Fox Foundation. Amazing job Hawks for going above and beyond our goal.

Thank you for all your donations!

“I Can Statements” for October

Grade 2 Curriculum Outcomes:

- 1.1 Link movement concepts to various movements.
- 1.3 Refine a variety of fundamental locomotor skills.
- 3.2 Refine knowledge of physical fitness concepts and principles to improve well-being and performance.

Grade 4 Curriculum Outcomes:

- 1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts.
- 3.2 Analyze physical fitness concepts and principles to improve well-being and performance.

Grade 3 Curriculum Outcomes:

- 1.3 Combine a variety of fundamental locomotor and manipulative skills.
- 3.2 Apply physical fitness concepts and principles to improve well-being and performance.

Grade 5 Curriculum Outcomes:

- 1.3 Select appropriate fundamental locomotor skills and manipulative skills in more complex movement contexts.
- 3.1 Model emotional and social skills that apply to the learning and performance of physical activity.

P.E. will continue to be outside weather permitting. It is important for students to always be dressed for the weather and have proper footwear. Students should be prepared for a variety of activities, such as running and kicking.