



# Hampton Elementary School

## January 2018

### 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

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Hampton Education Centre  
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<http://web1.nbed.nb.ca/sites/asd-s/Pages/default.aspx>

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### Principal's Message

While the past weeks made home a great place to be, it was really nice to finally see all our staff and students this week. We either return to school from our break rested and relaxed, or so harried from a crazy schedule that we are thankful for the sanity of a normal routine again. Our students are no different. January is always a time when students settle back in quickly and make significant gains in their learning.

January is also a time of reflection. Of looking at the past year and celebrating all of the accomplishments. It is also a time to set sights on new goals. As a school we encourage **daily goal setting** for our students. By setting goals students can: 1. improve their academic performance, 2. increase their motivation to achieve, 3. increase pride and satisfaction in performance and 4. improve their self-confidence.

This year as life seems to become more and more busy, it is important for us to truly appreciate all that we have. Ms. Laird, our guidance counsellor, has begun the New Year implementing the **Growth Mindset** curriculum in the classrooms. *A person with a growth mindset embraces challenges, persists despite hardships, learns from their mistakes, believes effort is important, and is inspired by others' success.*

This week has been an important reminder about how to **dress for the weather**. The weekend temperatures were well below -20C with ice and snow and by the end of the week they are predicting temperatures of +8C and rain! According to our policy on wind chill hazards, generally, only temperatures below -20C (wind chill) would warrant staying inside. Thus it is important for students to come prepared to go outside (25 minutes) with snow pants, hats, mittens, boots and extra layers. There are some times when we will decide to go out for parts of recess in order for children to get fresh air, but for the most part, children are outside for the full twenty-five minutes.

January is **National Literacy Day** and we acknowledge this day with a school wide book swap. In order for this event to continue to be a success, we need your book donations! We will be collecting books all month. On Friday, January 26th students will be invited to the library where all the donations will be on display for each student to shop for a new to them book!

It is wonderful to be back into a familiar routine. As always, please call or email if you have questions or concerns about anything—and Happy New Year to everyone!

- 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.

HAPPY  
NEW  
YEAR

### WORDS OF WITSDOM

#### How can I support WITS at home?



The WITS Programs are designed to reach beyond schools to protect children from peer victimization wherever they are. Parents play a critical role by teaching children to use their WITS in a variety of situations. So what can you do to support WITS at home?

1. Use WITS and LEADS to help your child solve conflicts and deal with your own. Use the language when watching TV or movies to talk about how characters handle problems.
2. Talk about WITS reminder gifts. Through WITS, community leaders visit classrooms and drop off gifts, such as bookmarks, pencils and posters. When your child brings home these gifts, ask: Who gave you this? What did the visitor talk about?
3. Praise your child when you observe him or her using WITS or LEADS strategies. Ask: How did you decide which strategy to use? How did you feel when it worked?

We use our WITS not only to help ourselves, but to also help others. When we take action to help others in need (e.g., use our words to remind someone to be kind, invite a student who isn't being treated with respect to join our group of friends, or seek help for someone who is being disrespected) we can proudly call ourselves **WITS Upstanders** and uphold our WITS oath!

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/](http://www.witsprogram.ca/families/using-wits-with-your-children/).

## Mark Your Calendar!

### January

Monday, January 8th—First day back for students  
Thursday, January 11th—Home & School Meeting  
Monday, January 15th—PSSC meeting  
Friday, January 26th—National Literacy Day

### Looking Ahead: February

February 1st—Grade 5 Intensive French concludes/students switch to English.  
February 12-16—Heritage Week  
February 13—Theatre New Brunswick Young Company presentation for all students  
February 19—Family Day (No school for students)  
February 28—Pink Shirt Day

March Break is March 5-9th, 2018

### TIMELY REMINDERS

A reminder for the New Year that our school day begins at 8:25 am. We would ask that you have your children to school by 8:20 am. This 5 minutes before the bell allows students the opportunity to take off their jacket, boots and settle in to the classroom before announcements.

Our classroom instruction begins immediately following the announcements at 8:30 am and teachers need to have everyone in class promptly. Thank you for your help in having your children arrive on time. This one small detail makes a great deal of difference to starting the day off right!



## Skating



We will start the second round of skating Jan. 8th-March 23rd (10 weeks) for Kennedy, Salgado, Bradshaw and Schofield.

Students should have skates, a properly fitted helmet and something to cover their hands.

## Milk Program



Our second round of milk ends on February 2nd. The third term of milk will begin February 5th and runs until April 13th. The cost of milk is 50 cents per carton of white milk and 55 cents for a carton of chocolate milk.

If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021.

## Hot Lunch Program

The current hot lunch program runs until January 20th. Our Home and School has revamped the Hot Lunch Program. Orders are now placed on a monthly basis. The next order for the month of February will be due January 20th.

Please contact the Home and School Association for questions regarding Hot Lunch.

# THANK YOU

THANK YOU to Jamie's Independent Grocer on behalf of HES! Jamie and his staff provide Hampton Elementary School students with a regular weekly supply of apples and bananas to support our Healthy Eating initiatives. Thank you also to our volunteer Wade Long who picks up the fruit each week and delivers it to the school!

We also want to thank our Early Morning Breakfast Club volunteers: Nancy Meech, Maureen Robichaud, Cindy Logan, Cheryl Kelly, Allan McConnell, Jean-Claude Vautour and Gina and Harvey MacLeod.

Thank you to all of our skating parents who return week after week to tie endless numbers of skates to ensure our students maximize the time they are able to skate!

The dads who helped at Chess club from September until December!

Our library parents for returning week after week to check in books, check out books, provide reading recommendations and keep the library shelves organized! Your hours here do not go unnoticed!

Our knitting volunteers who have a large group of students at all varying levels who are eager to learn. Thank you for your patience!



# School Improvement Plan 2015-2018

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

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

### **Family Literacy Day - January 27th**

Family Literacy Day® is a national awareness initiative created by ABC Life Literacy Canada in 1999 and held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family.

Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

Barbara Reid, award-winning Canadian author and illustrator, is the Honorary Chair of Family Literacy Day!

Time spent following a new recipe, playing a game, or reading a story together can focus on learning in a fun way.

These teachable moments at home help children learn listening skills and language skills, and develop their imagination and creativity—and are also opportunities for adults to practice their skills to keep them sharp.

<http://abclifeliteracy.ca/family-literacy-fun>

Stay tuned for our Annual Book Swap in honour of Family Literacy Day. We will be asking students to bring in their already "read" books in exchange for a "new to them" book. We are accepting books all month with the Book Swap happening on Friday, January 26th in the library!

## Numbers, Numbers, Everywhere

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

### **January: Math Fact Fluency**

Math fact fluency is the ability to recall the basic facts in all four operations quickly and effortlessly. Students have achieved automaticity with the basic facts when they can retrieve them from long-term memory quickly, without conscious effort.

Math can be compared to languages in some ways. Just like you have to learn to combine letters into words and words into sentences - and we have strategies like sight words to help kids to learn to read - math facts are the foundation blocks for learning the next level of math. Strategize, then memorize: research shows that students do not master the basic facts through memorization alone, instead mastery comes when students have quick and effective strategies for finding the solution. Once a student has a strategy, then practice that strategy to help the student build speed.

#### Addition/Subtraction Strategies

Make 10: combinations that make 10 (ex.  $3+7$ ,  $6+4$  etc.) can be applied to subtraction as well. For  $14-6$ , students can think  $14-4=10-2$  for a final answer of 8.

Doubles and near doubles: for example: use  $3+3=6$  to determine  $3+4$  (think  $3+3$  plus 1 more) or  $3+5$  (think  $3+3$  plus 2 more). The doubles can also be used for subtraction: for  $13-6$  think  $6+6=12$ , so  $6+7=13$  then  $13-6=7$ .

Using fact families to add or subtract: for  $8+6$ , think  $6+8$  or for  $14-6$ , think  $6+? = 14$ .

#### Multiplication/Division Strategies

Multiplying by 2, 5 and 10s: skip counting by 2, 5, and 10 is a skill students have been working on since primary.

Multiplying by 3s: think multiplying by 2 then add 1 more group. Example:  $3 \times 7 = ?$  Think  $2 \times 7 = 14$  + one more group of 7 = 21.

Doubling: doubling can be used as a strategy for the 4 facts, 6 facts, and 8 facts. Example: for  $4 \times 8$  think double the 2 fact:  $2 \times 8 = 16$ , double  $16 = 32$ , and so  $4 \times 8 = 32$ . For  $6 \times 7$  think double the 3 fact:  $3 \times 7 = 21$ , double 21 is 42, so  $6 \times 7 = 42$ . To solve an 8 fact, think double 4 facts.

Think multiplication to divide (using fact families): for  $63 \div 9$  think  $9 \times ? = 63$ . For  $64 \div 8$ , think  $8 \times ? = 64$ .

There are many, many more strategies for the basic facts, and not all students will use the same strategies. The key is to find a strategy that works for your child. If you are having trouble with a particular set of basic facts, or if you are searching for a different strategy, please contact your child's teacher.

Don't limit math fact practice to traditional flashcards; there are many online and app based math fact games that students can play as well as card games (crib is great for addition and subtraction) and dice games. Your child's teacher will have a wealth of suggestions for you to use at home.

In the meantime, follow this link for a math fact practice game that allows you to choose the operation, level of difficulty and time limit.

<http://www.playkidsgames.com/games/mathfact/mathFact.htm>

Submitted by Jillian Kiervin, Numeracy Lead, HES

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

**Next Meeting:**  
Mon. Jan. 15th, 6:30p.m

The PSSC met on Monday, November 20th, 2017 in the Resource Room. Those in attendance were able to have a good look around this room and also learn about a few of the Alternate Seating options available to our students such as: Hokki Stools, Zuma Rocker Chairs, Exercise Balls, etc. Our December meeting was postponed due to the proximity to the holidays. We will be

meeting Monday, January 15th, the third Monday of the month. Our topics of discussion will be the School Improvement Plan, PSSC budget, Student Wellness Survey Questions, and Parent Power Night Topic Suggestions.

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 next Home and School Association meeting will be held on Thursday, January 11, 2018 at 6:30 PM in the HES library. Everyone is welcome to come find out what Home and School has planned for the remainder for the school year.

**Next Meeting:**  
Thurs. Jan. 11, 7PM

### **Online Ordering for Healthy Lunches**

We are now using an online system for ordering lunches for your child. Paper forms will not be sent home. Orders are always due on the 20th for the proceeding month. Also, the "Hampton Elementary School Home and School" Facebook page has an attachment with more details.

All orders for the February period are due by January 20th. No late orders will be accepted. Orders can continue be paid for by cash, cheque or EMTs.



### **Home and School's "Thank You's"**

We appreciate all of your support for the various activities that we had in December. The after school movie was very successful.

Please check out the Hampton Elementary School Home and School group on Facebook for ongoing updates and volunteer opportunities. 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)

# Skillstreaming: January and February

Social Skills are skills that we use in every environment that includes two or more people. They allow us to know what to say, how to make good choices, and how to behave in different situations.

Classrooms at Hampton Elementary are focusing on the following social skills: Reacting to Failure, Accepting No, Saying No, and Being Honest. Skillstreaming is a curriculum that covers 60 skills across 5 groups. These skills are modeled, role played, practiced and reinforced throughout the school year.

## Policy 711—Healthy Eating

With the start of a new year often comes a whole laundry list of New year's resolutions. If eating healthier is on your list this year, try some of these "tweaks" or small changes to get you into some new nutritious habits. Research shows that making small changes over time tend to work better in the long run. Start off small and you'll have a better chance of carrying some of your resolutions through the whole year. So instead of just saying you're going to eat "healthier" in 2018, pick two or three of the small changes below to start with and then build from there.

Here are some small changes adapted from the Food Guide key messages:

- Eat at least one dark green and one orange vegetable each day
- Have vegetables and fruit more often than juice
- Choose whole grains instead of processed grain products
- Drink milk or a fortified milk alternative each day
- Eat fish at least once a week
- Include more beans, lentils and meat alternatives into your diet

<http://healthyeatingatschool.ca/resources>

## It's Cold Outside



Make sure your children have warm clothes for playing outside at recess. They should come to school prepared with warm jackets, hats, mittens, and snow pants for these cold winter days. Generally, temperatures below -20C (wind child) would warrant staying inside.

## Did you know?

You can donate your recycling money from bottles and cans directly to Hampton Elementary School. Simply drop off your bags to the redemption center with a label for Hampton Elementary School and they will be processed with the money credited towards our account. You don't even have to wait in line! Simply drop them off with a note and leave!



Rainbows is an international not-for profit program that fosters emotional healing among children, youth and adults grieving a loss from a life-altering crisis and transition in their family. The curriculum is designed to assist people who are grieving a death, divorce or any other painful transition in their family within a safe, supportive environment with a unique peer assisted program. Rainbows at Hampton Elementary will be offered soon by our guidance counsellor, Dianne Laird.

Please call the school at 832-6021 if you would like your child to participate in this program.

**What is RAINBOWS?** RAINBOWS is a support group with a curriculum designed for children who have suffered significant loss in their lives, either through death, divorce, or other life altering crisis. Children in the program are provided an opportunity to meet new friends who have shared similar experiences and to have a trained, caring adult help them sort through and understand their grief and to achieve a healthy acceptance of what has happened to their family.

**What RAINBOWS is not.** RAINBOWS is not counseling or therapy for children. It is strictly a peer support group guided by caring and trained adults.

RAINBOWS consists of 12 weekly meetings and a Celebrate Me Day. The groups meet for 30-40 minutes. The children meet in small groups to share an activity and discuss various topics of Self, Belonging, Fears, Blame, Trust, Forgiveness, Stepfamilies, Feelings, Changes, Transitions, Coping, Reaching Out, and Acceptance and Family. The goal of the support group is to assist the children in expressing and understanding their feelings, accepting what has happened, and experiencing a sense of belonging and love.

# Physical Education

## Physical Education Corner

Welcome back families and students. Let's roll in the New Year with a gymnastics unit! This month students will practice their balance skills by moving across beams (benches), holding single stationary balance poses and through using a variety of balance equipment such as wiggle boards, pods and bosu balls. Students will also be rolling down wedges, jumping off spring boards, climbing over bench boxes and swinging across ropes.

### Extra-Curricular Activities

Instead of team intramurals this month, students will be invited to the gym at lunch recess to use the gymnastic equipment. Students may work on skills that were already taught in class or create their own routines using the equipment provided. Listen to the morning announcements to hear when your class is invited.

### Let it Snow, Let it Snow, Let it Snow

Did you know that building a snowman burns 285 calories per hour? I encourage everyone to embrace the cold winter months and stay active and warm this season by participating in outdoor winter activities. If the snow continues to fall, students will have the opportunity to snowshoe and even go sliding during P.E. over the winter months.

### Grade Three Outcomes:

- 1.1 Develop movement concepts with a variety of movement activities.
- 1.2 Explore movement principles related to balance on a variety of steady and unsteady surfaces.

### Grade Four Outcomes:

- 1.1 Apply movement concepts with a variety of movement activities.
- 1.2 Identify movement principles related to balance on a variety of steady surfaces, unsteady surfaces.

### Grade Five Outcomes:

- 1.1 Refine movement concepts with a variety of movement activities.
- 1.2 Apply movement principles related to balance on a variety of steady surfaces and unsteady surfaces.

Submitted By: Mrs. Henry

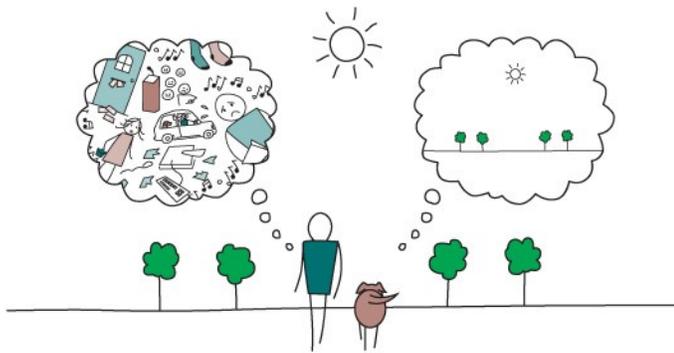
# A Note from the Music Room...

## Let's Get Strumming!

Grade five students are beginning a new unit this month called "Rainbow Ukulele". This unit facilitates student learning through a motivational reward system where students earn coloured pony beads for each new skill mastered on the ukulele. Each of their earned beads will be added to a key-chain that students can use to track their progress and keep at the end of the unit. Students will learn a variety of chords, strumming patterns and songs, as well as, practice playing ukulele using TABS and traditional staff note reading.

Submitted By: Mrs. Henry and  
Mrs. Hill

# Guidance Corner



Mind Full, or Mindful?

Mindfulness curriculum teaches how to notice what is happening in the present moment and to experience the here and now without judgment. Just as we can develop the skill of paying attention, noticing the present moment and accepting it, we can learn to deploy gratitude. Gratitude can become a habit of mind. When we teach students to seek ways to be grateful for small everyday acts of kindness, what's already around them, some kids struggle.

In recent Guidance classes students have been learning what mindset means and what the difference is between a "fixed mindset" and a "growth mindset".

What is a **"mindset"**?

It is a mental attitude that determines how you will interpret and respond to situations.

What is a **"fixed mindset"**?

People with a fixed mindset believe that intelligence and talent are fixed at birth and cannot be changed. A person with a fixed mindset does not like challenges, gives up easily, sees effort as fruitless, ignores feedback, and is threatened by others' success.

ers' success.

What is a **"growth mindset"**?

People with a growth mindset believe that intelligence and talent can be developed and improved with practice and more effort. A person with a growth mindset embraces challenges, persists despite hardships, learns from their mistakes, believes effort is important, and is inspired by others' success.

In the New Year we will continue lessons and activities which will help to foster a growth mindset in our students, and help improve their academic performance.

Please feel free to contact me or your child's teacher if you would like me to chat with your son or daughter. Sometimes just sharing a problem with a caring person can make it easier to manage.

Ms. Dianne Laird  
Guidance Counsellor





## SPEAKING OF SPEECH AND LANGUAGE...

(FROM THE ASD-S SPEECH-LANGUAGE PATHOLOGY DEPARTMENT)

# Vocabulary

Vocabulary refers to the knowledge and understanding of word meanings and how words are related. Vocabulary is the basis for learning language and is critical for developing literacy skills and reading comprehension. Learning of new words happens at school, in the home and in the community. Teachers provide direct instruction for new words when teaching specific topics such as science or math. Parents can extend this learning at home.

### Extend Learning:

Play word games such as Scrabble, Boggle, Charades or Scattergories

Visit new places such as a museum, library, zoo, or attraction (e.g. lighthouse, park, pet store) and talk about all the new things you see

Use apps that encourage vocabulary development

Read a variety of book types including non-fiction and magazines

Have your child explain in their own words what the "new" word means

Encourage reading and writing at home

Encourage your child to tell you about his or her day

### Apps Suggestions:

I imagine by Bizzibrains - Students create characters, find fun interactions, read along with the story and answer comprehension questions

Let's Name Things by SuperDuperInc - Students name items they see in pictures

Shadow Puppet by Shadow Puppet - Students combine photos, videos and voice to tell a story, demonstrate a task or explain a concept

What Does Miss Bee See? by SuperDuperInc - Students name items they see in pictures