



Hampton Elementary School

November 2015

Newsletter



HAMPTON ELEMENTARY SCHOOL

82 School Street,
Hampton, N. B. E5N 6B2

[http://hampton-
elementary.nbed.nb.ca](http://hampton-elementary.nbed.nb.ca)

From the Main Office

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Hampton Education Centre
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Anglophone South Website
[http://web1.nbed.nb.ca/sites/asd
-s/Pages/default.aspx](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.



Principal's Message

Next week we are looking forward to our Second Annual Career Expo. Thank you to the many family and community members who donated their time for this event to represent the endless career opportunities available to students. We are still accepting volunteers (Thursday, Nov. 5 8:30-11:30). Remembrance Day will soon be upon us. On November 10th, we will be having a short assembly to remember those brave men and women who were willing to sacrifice everything for our freedom. If you are able, please join us on November 10th at around 10:30 a.m. in the gym. Come early—just in case. Our students have worked to create a service that will be both thoughtful and age appropriate. Thank you for your support of the school fundraiser. The money raised will be used to support students as we strive to update the number of technology devices that are available to students (laptops, headsets, microphones & iPod's). We are excited to add to the pod of 8 iPad minis that were purchased last year.

The Fall Progress Reports (Report Cards) will be coming home on Monday, November 23rd. This report provides students and parents with feedback on student's learning skills as well as the progress that has been made during the first two and a half months of the school year. This is an opportunity to find out early in the school year how your child is progressing, what the school is doing, and what you can be doing at home to support student learning.

During the week of November 16th-21st, students and staff at HES are going to be discussing and exploring the issue of bullying through a district initiative called "Kindness Matters". This is to promote awareness, empathy and give students the confidence and skills/strategies needed to handle bullying situations, whether they are a bystander or a target or maybe even a bully themselves. As a school, we will review and teach about bullying and help students develop strategies to deal with student conflict. We will help students understand the difference between conflict and bullying and help them to realize that while conflict is normal, bullying is not. We will also be welcoming back our special WITS leaders Ms. Hoffman & Mr. Saunders!

Once again, thank you parents, students and staff! It's been a great year so far, thanks to you!

- Mrs. Blanchard



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/.

Mark Your Calendar!

11th—Remembrance Day (No School)
23rd—Report Cards go home
25th-27th—Book Fair in the Library
26th/27th—Parent Teacher Conferences



Looking Ahead: December

Nov. 30-4th—Kids Helping Kids
1st—Estey Art Program last session
7th—Christmas Concert Rehearsal
9th—Christmas Concert (two showings)
18th—Last Day for Students

Tuesday, January 5th
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!



Hot Lunch and Milk Program

Our first round of milk ends on November 26th, 2015. The second term of milk will begin November 30th. We have been advised of a price increase. In the second term, prizes will be as follows: 50 cents per carton of white milk and 55 cents for a carton of chocolate milk. 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. Most meals will cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays, Hamburgers and yogurt on Tuesday (order placed on Monday) and Subway on Thursday (orders placed on Tuesday). We are excited to welcome a new provide: The Pita Pit (chicken pita & smoothie) on Friday (ordered Thursday) which will cost 2 tickets (\$5)

Understanding Home Reports

Home Reports will be going home with students on **Monday, November 23rd**. These reports will be issued in order for parents to become aware of the progress of their children since the beginning of the school year. Parent-Teacher interviews will take place on Thursday, November 26th from 4:00 p.m. - 7:00 p.m. and on Friday, November 27th from 8:30 a.m. - 11:00 a.m. Teachers will contact you to make appointments for these interview times. There is no school for students on Friday, November 27th.

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 C's on his report card now, expecting all A'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 White House 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.

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

Literacy is more than the ability to read and write. It involves the knowledge, skills and abilities—the competencies—that enable individuals to think critically, communicate effectively, deal with change and solve problems in a variety of contexts to achieve their personal goals, develop their knowledge and potential, and participate fully in society.

Government of Alberta, 2009b, p.6

5 Helpful Tips for Parents and their Children

To improve and enrich our reading we need to make reading part of our day!

1. **At home cereal boxes, recipes, labels on bottles, and newspapers are practical items with different words to learn from. Explore different languages and different texts.**
2. **Try a scavenger hunt or a quick game to challenge your child. Ask them to look for words that begin with the letters of the alphabet and then find out their meaning together.**
3. **Talk about what they are reading to you and what you read to them.**
4. **Listen to someone reading.**
5. **Look at pictures and ask questions with someone.**

Rereading is a super strategy! It gives children opportunities to self correct and improve comprehension skills!

Numbers, Numbers, Everywhere

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

A Parent's *How-To* Guide for Helping Your Child in Math

by Gina Betts and Rylan Pranger

Math education looks different than it did even ten years ago. Employers today cite that the essential 21st century skills of problem solving, collaboration, logical reasoning and the ability to think critically are the most important 'look-fors' when interviewing candidates. In schools today, students are asked to solve challenging mathematical problems that put more importance on conceptual knowledge instead of procedural knowledge. This leaves parents sometimes at a loss about their role and how to best support their child. As a parent, you are an invaluable partner in your child's mathematics education; you are the first educator in your child's life. Research shows that when there is a high level of family involvement, students do better in school. Below are some tips to support your role as a mathematics parent.

Tips for Parents:

(adapted from *Doing Mathematics with Your Child - A Parent's Guide*

www.edu.gov.on.ca/eng/literacynumeracy/parentGuideNum2012.pdf

- find real-life experiences that encourage and engage your child to think and talk about mathematics (shopping, sorting, construction, managing time and money, understand patterns and trends, make predictions based on patterns, analyze data)
- encourage and provide manipulatives to explore mathematical concepts (toothpicks, popsicle sticks, money, chocolate chips, etc...)
- be mindful of your attitude towards mathematics; strong, positive attitudes about math increase a child's ability to feel successful and to persevere with challenging math tasks
- encourage risk taking
- provide a supportive, relaxing environment
- build your child's confidence by engaging them in math activities that will allow them to feel successful
- engage in math activities or math talk in the language you are most comfortable with
- a math problem is not necessarily a word problem; don't allow language to be the barrier to the mathematical concept presented
- build on memorization of math facts by ensuring the understanding of the concept (What does multiplication/division mean? When would we use it? Why would we use it? How did you figure out that fact? How can you use one fact to help you figure out another?)
- familiarize yourself with the Provincial Math Curriculum in order to understand what your child is learning and what is expected of him/her

Taken From: <http://www.ugdsb.on.ca/jmc/article.aspx?id=43034>

PSSC—Parent School Support Committee

Next Meeting:

Monday,

November 9th, 6:30 p.m.

The PSSC met on October 19th, 2015. 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?

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.

Home and School Association

The Home & School Association met on October 20 and discussed:

- Association by-laws - some amendments are proposed for the standard by-laws provided by NBFHSA.
- Online hot lunch ordering system is still being reviewed. The Hot Lunch Committee is also adding another menu item from the Pita Pit.
- Treasurer's Report - the treasurer is working to develop a better tracking system which will help provide details about actual revenue / expenses for each fundraiser.
- Extra-curricular activities - the Knitting/ Crocheting Club, and Coding Club will be starting up soon and the Chess Club is up and going. A Yearbook Club may also be started later if H&S decides to put together a yearbook.
- Fundraisers
 - H&S is pursuing Movie Nights and has purchased a license to show DVD releases and prereleases of certain movies.
 - H&S will be holding a Java Moose coffee sale from November 16 - 30
 - Other fundraisers such as a yearbook, calendar, bake sale / hot beverages at the Christmas concert, and a yard sale / online auction are also being considered.

Next Meeting:

Tuesday,

November 17, 6:30 p.m.

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 by telephone for students in Kindergarten to Grade 5. We use media, voice mail 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 will be encouraging 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/>

Physical Education Corner

Cross Country is over for the 2015-2016 school. Congratulations to all students for a great season. If there are any HES team shirts still at home, please return them to the school office.

Mrs. Stewart is so proud of our students who are participating in Morning Open Gym. Every Tuesday Grade 5 students, every Wednesday Grade 4 students and every Thursday Grade 3 students are able to come inside from 7:50-8:15 to have an active start to their day. Way to go Hawks!

Stay tuned: Lunch time intramurals will start in November!

Be sure to check out our new Phys. Ed website at <http://hamptonelementarype.weebly.com/>



Mrs. Stewart

Classroom Newsletters

Please continue to follow our school website for updates on coming events and activities. Most teachers have posted their classroom newsletters and websites on our school webpage. All these changes are in support of our School Improvement Plan and enhancing regular communication to parents and families.

Lost and Found

Please take a moment to visit the lost and found at our school. This area is located near the change rooms outside the gym. It is full of clothing items that definitely should be missed by families! All items will be on display during parent teacher conferences so please take a peek along the hallway outside the gym!



Raz Kids is Mobile!

Our school has once again purchased access to the Raz Kids individualized reading program. This site delivers hundreds of books for students to read wherever they have access to the internet. There is an APP that can be downloaded for easier access as well. Students have the option of listening to books for modeled fluency, reading books for practice and then recording themselves reading so teachers can monitor progress. Each book also has an accompanying quiz to test reading comprehension. Your child can log into their class using the following:



- 3 Leblanc—nleblanc
- 3 Aubin-Martin—kaubinmartin
- 3 Salgado—jsalgadob
- 3/4 Veniot—dveniot
- 4 Long—dlong10
- 4 Golding—kgolding
- 4 Power—rpowera
- 5 Kennedy—pkennedy4
- 5 Vallis—avallis0
- 5 Schofield—callenaac
- 5 Bradshaw—mbradshaww



Looking For:

Extra Yarn or Knitting Needles? The Knitting & Crocheting Club would appreciate donations of any extra yarn or knitting needles. Please send any extra that you have to your homeroom teacher or drop them off at the office.

HES Movie Night

Movie Night - The HSA will be showing The Minions Movie on Friday, November 13 at 7 PM (doors open at 6:30 PM). The cost will be \$2.50 per person and there will be a concession (popcorn, juice, water, coffee, tea and other snacks) and a 50/50 draw. Proceeds will go to the playground improvement fund.



Santa Claus Parade

Santa Claus Parade - HES will be having a float in the Hampton Santa Claus Parade on Saturday December 5. We will be holding an organizing meeting in early/mid November. Watch the Hampton Elementary School Home & School Facebook group for details. Kids whose parents helped with the float will have preferred seating on the float.



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 are a necessity for our playground!



SPEAKING OF SPEECH AND LANGUAGE...

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

Why Does My Child Have an Articulation Disorder?

An articulation disorder is a speech problem in which a child has difficulty producing speech sounds (phonemes) correctly. These difficulties are typically characterized by one or more of the following speech sound errors: sound substitutions, sound omissions, sound distortions, and sound additions. The resulting speech pattern may or may not have an adverse impact on overall intelligibility and academic achievement. An articulation disorder may be the result of a structural problem such as a cleft palate. It may be caused by brain damage or neurological dysfunction such as Down syndrome or Fetal Alcohol Syndrome. It may be the result of a motor planning problem; the child's inability to coordinate and plan the muscle movements to produce speech (apraxia). Poor speech models during the early speech and language learning years (0-3 years), chronic middle ear infections resulting in fluctuating hearing losses, or problems with hearing acuity (hearing loss) may also result in an articulation disorder.

There are many children who have articulation impairments with no known or identifiable structural or physiological explanation. It is often the case that these children are more responsive to treatment and have more favorable prognoses than those children whose articulation disorders may be associated with any of the above mentioned conditions. The successful outcome of intervention will depend on a variety of factors, including severity, age of intervention, response to treatment, and external support systems. If you suspect your child may have an articulation impairment, it would be appropriate to have him/her evaluated by a school based speech-language pathologist or by a private speech-language pathologist. Talk to your child's teacher if you have concerns. The typical range for articulation development (when 90% of children at that age will correctly produce the sound) is as follows:

age 2-3: p, b, m, h, w, d, vowels

age 3-4: n, k, g, t,

age 4-5: f, v, y, ng

age 5-6: l, sh, ch, j

age 6-7: s, z, r, th

Guidance Corner

Guidance Counselor's Role at School

What does the elementary guidance counselor do?

Conducts classroom guidance lessons, works with children in small groups, sees children individually, works with parents and teachers, acts as a liaison with outside agencies, and uses the community as a resource.

The counselor helps children...

- Recognize their strengths and needs to achieve in school
- Build self-confidence and self-esteem
- Learn decision making and problem solving skills
- Establish and maintain healthy relationships with others
- Deal with concerns and feelings
- Better understand themselves and others
- Gain valuable social skills
- Develop and learn to cope with situations that arise within the family

What are some of the topics covered by the counselor?

Personal safety, problem solving, study skills, feelings, life changes, self-acceptance, cooperation & friendship, bullying, social skills, conflict resolution, group skills

What might a student talk about while in the guidance office?

- ~ feelings about him/herself
- ~ difficulty in making or getting along with friends
- ~ a family problem
- ~ a school problem
- ~ a fear or worry
- ~ a physical concern
- ~ the need for a little tender loving care

While at Hampton Elementary School, your child could see me individually, as part of a small group, or in the classroom during a guidance lesson. If you need to talk to me, I can be reached on Monday, Wednesday and Thursday morning at Hampton Elementary School and on Tuesday, Thursday afternoon and Friday at Dr. A. T. Leatherbarrow Primary School.

Mrs. Jodie Fischer

**“Don't worry that children never listen to you;
worry that they are always watching you.”**