



Hampton Elementary School October 2014



HAMPTON ELEMENTARY SCHOOL

82 School Street,
Hampton, N. B. E2N 5B2

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

From the Main Office

Telephone - 832-6021

Principal - Sarah Blanchard

Vice Principal - Julie Stewart

Administrative Assistant -
Debbie Cochrane

PSSC Chair - Jamie Foster
psscchair@gmail.com

Home & School President -
Nicole Richardson

Hampton Education Centre
832-6143

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.

Photo Retake Day!

Friday, October 24th



Principal's Message

September was a busy month and we had two important meetings with our Parent School Support Committee (PSSC) as well as our Home and School. A new chair, Jamie Foster was appointed for PSSC and a new President, Nicole Richardson was also appointed for our Home and School. We look forward to working together alongside both of these groups this year. Please do not hesitate to contact either Jamie or Nicole if you would like to be a part of these committees.

Our Terry Fox Walk was a huge success again this year and we were able to donate \$375 to the Terry Fox foundation for cancer research. The students always enjoy our walk up to the Middle School where we have a fun rally with music and dancing. It was inspiring to talk to students who were walking for a special person. Your support was greatly appreciated!

I am very excited to announce our school will be having our WITS kick off assembly on October 6th. At this assembly we will be introducing the students to our WITS Community Leaders, Vernon Saunders and Anita Hoffman. Mr. Saunders is a police officer with the Rothesay Police and Ms. Hoffman is a pediatric occupational therapist.

We are excited to welcome Mrs. Cochrane back to her position as Administrative Assistant for Hampton Elementary School beginning October 6th.

As we look ahead to Thanksgiving, we are a little more mindful of the many things we can be thankful for. In order to support the Hampton Food Basket, we are asking students to bring a vegetable donation to our school during the week of October 6th-8th. Items can be fresh or canned. This will then be delivered to the Hampton Food Basket.

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

Walk Away
Ignore
Talk it Out
SeeK Help

A distinguishing characteristic of the WITS Programs is their community-based approach to preventing peer victimization. That's why our school encourages community leaders, such as police officers and other adult role models, to participate in the programs. When children hear the WITS message from members of the broader community, they realize it's not just a school lesson or a classroom rule; it's something we all believe in.

Community leaders show their support at the Swearing-In Ceremony, which launches the WITS Primary Program at the beginning of the school year. They guide students in reciting a WITS Oath and distribute WITS badges.

Community leaders also visit classes throughout the year to exchange stories with children about how they used their WITS. These visits have a powerful impact on children because they show that using WITS and LEADS strategies is a lifelong commitment.

Mark Your Calendar!

Monday, October 6th —WITS Kick Off Assembly

Tuesday, October 7th - Afterschool Art Program

Wednesday, October 8th - Mad Science begins & Track and Field

October 9/10th—No school for students

Monday, October 13th—Thanksgiving: No school

Tuesday, October 14th—DFS Fundraising Starts

Wednesday, October 15th - Mad Science & Track and Field

October 15-17th—Kindergarten Registration begins

Wednesday, October 22th - Mad Science & Track and Field

Wednesday, October 29th - Mad Science

Friday, October 31st—Art Richard Performance for all students

Hampton High School is holding their annual "ScareFest"—October 30th!

Next month: November

10th—Report Cards go home

11th—Remembrance Day (No School)

12th-14th—Book Fair in the Library

13th/14th—Parent Teacher Conferences

22nd—Empty Stocking Fund

Recycling Champions

We would like to send a very big **Thank You** to Mrs. Ketch, Mr. Love and Ms. Murphy for helping Hampton Elementary continue to stay green! These individuals volunteered 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. If you would like to join this team, please contact the office! Many hands make light work! We would love for this to be a daily pick up.

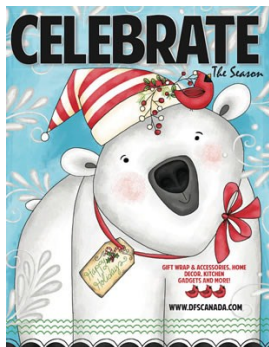
Hot Lunch and Milk Program

Our first round of milk ends on October 31st, 2014. The next round will run from November 3rd-January 16th. Milk is 45 cents per carton of white milk and 50 cents for a carton of chocolate milk. Milk order forms will be sent home the week of October 19th. If you have any questions about ordering milk, please contact our school admin. assistant at 832- 6021. Milk Order Forms are due back no later than **Monday, October 27th**. No late orders will be accepted!

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

Upcoming Fundraiser Great gifts for the Holidays!

Hampton Elementary School is excited to tell you about the fundraiser the school will be doing. We will be sending home two catalogues on October 14th that are full of wonderful gift ideas for family and friends. One catalogue has jewelry and the other one has a variety of items including wrapping paper, kitchen gadgets, calendars for the new year and stationary. It is a Canadian company and several schools within our Education Centre have found it to be very well received.



Thank you in advance for your support! Fundraising forms and payments are due to the office by October 31st with delivery of items the first week of December. All cheques are to be made out to Hampton Elementary School.



2014/2015
www.dfscanada.com

PSSC—School 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 about one area of the School Improvement Plan. For the month of October we are reporting on the area of **Numeracy**.

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

Attitude is Important

How do you as a parent feel about math? Your feelings will have an impact on how your children think about math and themselves as mathematician. Take a few minutes to reflect on these questions:

Do you think **everyone** can learn math? Do you think of math as **useful** in everyday life? Do you believe that **most jobs today require math** skills?

If you answer "yes" to most of these questions, then you are probably encouraging your child to think mathematically. Positive attitudes about math are important for your child's success.

Mathematics as Problem Solving, Communication, and Reasoning

Helping your child learn to solve problems, to communicate mathematically, and to demonstrate reasoning abilities are fundamental to learning mathematics. These attributes will improve your child's understanding and interest in math concepts and thinking.

A problem solver is someone who questions, investigates, and explores solutions to problems. They stick with a problem to find a solution and understand that there may be different ways to arrive at an answer and attempt different ways to get there. You can encourage your child to be a good problem solver by involving him or her in family decision making using math.

To communicate mathematically means to use words, numbers, or mathematical symbols to explain situations; to talk about how you arrived at an answer; to listen to others' ways of thinking and perhaps alter their thinking; to use pictures to explain something; and to write about math, not just give an answer. You can help your child learn to communicate mathematically by asking your child to explain a math problem or answer. Ask your child to write about the process she or he used, or to draw a picture of how he or she arrived at an answer to a problem.

Reasoning ability means thinking logically, being able to see similarities and differences about math concepts in different domains and make choices based on those differences or similarities. You can encourage your child to explain his or her reasoning behind answers and encourage them to ask themselves, "Does this make sense?" As you listen, you will hear your child sharing his or her reasoning.

Home and School Association

There is a great deal of information and research out there that talks about Parent Involvement in Schools. There are Parent Involvement Committees, Parent Advocacy Groups, Parents for Education and Parent Councils. There is also the 24 hour a day, 7 days a week, parent responsibilities of work, home and outside activities that require our attention. **In today's world - parents are pressed for time.**

So what do you say when you get that request from us, your children's school to volunteer? How can you fit it all in this school year? How do you stay involved in your child's education, manage all of your other responsibilities and carve out even a minute for yourself?

The good news is that the research about Parent Involvement has shifted. While we used to talk about parents being in the schools (which we'd still love to see happen), it now talks about ways that we can work together to support your children's well being and learning. John Hattie (2009) suggests that you can best support your children's learning by talking with them. When you do this, he suggests that children will be more successful at school. As the start of the 2013-2014 school year begins, make it a daily habit to talk with your children about their day at school. Other than the traditional, "what did you do at school today", try these questions to get more than the typical "nothing" response.

What helped you learn today?

What was hard for you today?

What are you going to try to do differently tomorrow?

What questions did you ask today?

What questions could you have asked?

What are you interested in learning more about?

As your children's teachers, educational assistants, principals, vice principals and office and custodial staff, we value and want your support. Support however comes in many shapes and sizes. Being involved includes more than attending Open House, Parent-Teacher interviews and meetings, reading the school and classroom newsletters and volunteering. Being involved means being a partner in your children's education. It means talking and working with your children's teacher to ensure your children are coming to school each and every day this school year ready to learn. Support means being a listener, asking questions, mentoring, being a coach, talking about school and being a co-learner. (Building Parent Engagement 2011)

Parent involvement means holding high aspirations and expectations for our children. (Hung & Ho, 2005) Expect the best from your children, hold the bar high and this school year when you ask, "What did you do at school today?" don't accept "nothing" as a response. There's a lot going on in school and as partners in your children's education, we want you to know about our day at school!

Fire Safety and Lockdown Drills

We had two fire drills in the month of September (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 6-10th is Fire Safety Week and students will be bringing home booklets to plan an exit for their home.



Picking Up and Dropping Off Students

Thank you for diligently using the sign in and sign out procedures and wearing visitors badges when at HES. Please also note the additional safety procedures we have in place.

1. All visitors and volunteers need to check into the office and obtain a visitor badge.
2. When leaving the school, all visitors and volunteers must sign out and return their visitor badge to the office.
3. At the beginning of the day all parents are asked to drop off their children just past the office doors. We would really appreciate if you did not come into the school, but rather, help them to become independent by allowing them to go into the school and hang up their own bags.
4. Parents picking their children up during the day need to report to the office. Their children will be called down to meet them.
5. At the end of the day, parents should be reminded to not pass the buses if the lights are flashing red. This will result in a hefty fine. Park before the first playground and wait until the buses have cleared or walk to the entrance and meet your child in the lobby.

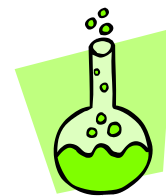
Grade 5 Leadership

There are 57 grade 5 students that have signed up for Peacekeepers as well as other Leadership positions. One of the most popular roles was of student secretary!

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

After School Programs

Both the Estey Creations Art Program as well as the Mad Science After School Enrichment Programs filled up quickly and are no longer accepting registrations.



Physical Education Corner



Students in Grade 5 are looking forward to their first soccer jamboree of the year and Cross Country continues for a few more Wednesdays. This takes place at KVHS and our students have been practicing at the lunch hour. Be sure to check out our new Phys. Ed website at <http://hamptonelementarype.weebly.com/>

This is a great spot including weekly recipes, curriculum updates and ideas to help keep your family moving!

Mrs. Stewart

Guidance Corner

A good day at school begins and ends with a pleasant routine at home. Try these ideas for establishing good habits with your child.

A fresh start

A calm morning can help your youngster go to school with a positive attitude. Build an extra 10 minutes into his wake-up time so he won't be rushed if he spills food on his shirt or misplaces his glasses. Also let him think of tasks he could do the night before, such as showering or special things he needs for school by the front door.

Backpack check

Use your child's backpack to spark conversations about school. Sit together while he goes through it, and talk about what's inside. If he shows you his report on elephants, you might say, "I didn't know they could eat 300 pounds of food in a day!" or "What was the most interesting thing you learned about elephants?"

Screen-time limits

Large doses of TV, video games, and apps can distract your youngster from his "job": being a student. Encourage him to spend free time playing outside with friends or reading for pleasure. *Note:* Experts recommend no more than two hours of screen time per day (and many parents limit it further).♥

Rested

A set bedtime helps kids fall asleep more quickly. Suggest that your child get in bed 15 minutes early to read, make up stories, or talk quietly with you.

<https://sites.google.com/site/otsegoelementarycounseling/counselor-s-corner-newsletter>

If you would like to speak with me, I can be reached on Tuesday, Thursday morning and Friday at Dr. A. T. Leatherbarrow School and on Monday, Wednesday and Thursday afternoon at Hampton Elementary School. You can also email me at denise.pearce@nbed.nb.ca.

I look forward to working with all students at Hampton Elementary School this year!

Denise Pearce, Guidance Counsellor, MEd, CCC.



DID YOU KNOW?

HES hosts a great Parent Resource Library including books, pamphlets and videos ranging in topics such as Effective Discipline, Bullying and Friendship. These resources can be found in the lobby cabinet by the Sign In Book. Please let the office know if you are borrowing one of the items.



SPEAKING OF SPEECH AND LANGUAGE...

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

Encouraging Your Child to Use a Healthy Voice

All kids strain their voices from time to time: cheering for the home team at a ballgame, belt-ing out a favourite song in the shower or calling out to friends on the playground. Most of the time, these actions do not cause any real harm to the vocal cords (the delicate bands of tissue in the voice box or larynx). But repeated misuse or abuse of the vocal cords, caused by such things as repetitive screaming, yelling or using the voice in an unnatural way, can lead to hoarseness. When this happens, the voice crackles and sounds rough, raspy or breathy. In some cases, excessive and repeated instances of vocal abuse or misuse can lead to small growths on the vocal cords called vocal nodules.

The most helpful thing you can do as a parent to promote a healthy voice is to be a good role model for your child. The following are habits that the whole family can practice to encourage healthy voice use:

- Use a relaxed and natural voice.
- Have a "quiet time" on a daily basis and ensure a good night's rest.
- Drink plenty of water. Avoid drinks that contain caffeine such as cola, tea and coffee, as caffeine can cause the vocal cords to become dry.
- Discourage "sound effects" during play as well as yelling and screaming.
- Use whistles, clapping or non-verbal signs/hand signals to get another person's attention or when cheering for others.
- Move closer to the other person when talking. Avoid shouting from another room.
- Avoid talking in loud places or over background noise, such as the TV or radio.

Reduce throat-clearing and coughing. Try taking a sip of water instead.

When should you be concerned? If your child's voice sounds too nasal, hoarse or breathy to you, and the problem lasts for more than two weeks, consult your doctor.

By building healthy habits from the start, you can keep your child's voice healthy!