



# Hampton Elementary School

## September 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*

Telephone - 832-6021

Principal - Sarah Blanchard

Vice Principal - Julie Stewart

Admin. Asst. - TBA

PSSC Chair - TBA

[psscchair@gmail.com](mailto:psscchair@gmail.com)

Home & School President -  
TBA

[hes.homeandschool@gmail.com](mailto:hes.homeandschool@gmail.com)

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.



**School  
Photo  
Day!**

Friday, September 25th  
(All classes)

### Principal's Message

#### Welcome to the 2015-2016 School Year!

Welcome H.E.S. families to the opening of a wonderful new school year. Our staff look forward to partnering with you as we provide the best learning opportunities for your child. Please be in regular contact with your child's teacher and try to become involved in your child's school through volunteering in classrooms, on field trips/skating and with our Home & School or our Parent Support School Committee. Hampton Elementary School staff is already busy organizing many events and activities for the children under our care. We are looking forward to the new school year with anticipation.

We will be sending home one message per week to families with all required information. The "HES Hawk Squawk" will be sent electronically every Friday by 5pm. We will only send extra messages if there is information you absolutely need to receive before the end of the week. Newsletters will be sent by the first Friday of the month. Please ensure your email address is up-to-date in our system as this is the primary mode of communication for school wide messages.

A few things to help make our school year go more smoothly—first, please follow our drop off procedures if your child is being driven to school. All parents dropping off their children should pull their vehicle **be-  
yond** our front doors as this is a bus zone. A teacher will begin morning supervision at 7:50 so students should not arrive before this time. Please be aware of the speed limit of 20 km/hr on School Street.

Second, we are in need of several new parent/family volunteers. While we welcome parents to volunteer throughout the school day, we know that this is not possible for the majority of our families. The following opportunities are available outside the school day and require a minimal amount of time: PSSC committee member, Home and School committee member and Recycling Champion.

We know a strong partnership with you will make a great difference in your child's education. As partners, we share the responsibility for our children's success and want you to know that we will do our very best to carry out our responsibilities. We ask that you guide and support your child's learning by ensuring that he/she:

- 1) Attends school daily and arrives on time (by 8:25) ready for the day's learning experience
- 2) Completes homework assignments (10 minutes per Grade level)
- 3) Reads daily (or is read to daily) to develop a love for reading and to improve literacy skills

Finally, the student agenda is provided to each child and we ask that you sit down with your child and re-view the information included in these pages.

### Staff Changes

Our HES family has a few new additions. We would like to welcome back Ms. Fischer (Guidance) and Ms. Vallis (Grade 5 Intensive French). We also welcome Mrs. Kennedy (Grade 5 English prime) and Ms. Hill (Music). Mrs. Stewart our Vice Principal will be teaching a combination of Phys. Ed. and Grade 3 Math.

- Mrs. Blanchard



### WORDS OF WITSDOM

#### **What are the WITS Programs?**

The WITS Programs bring together schools, families and communities to create responsive environments that help children deal with bullying and peer conflict. WITS Primary

Program - Teaches children to **W**alk away, **I**gnore, **T**alk it out and **S**eeK help when faced with peer conflict. The acronym also provides a common language that children and the adults around them can use to talk about and respond to problems. Stay tuned for more information and Words of **WITS**dom each month in our school newsletter!

## Mark Your Calendar!

### What's Happening in September??

Monday, September 14th—Hot Lunch tickets (\$25) on sale in school lobby after morning announcements.



Thursday, September 17th, - Milk order forms due back at the school

Monday, September 21st—Milk program begins.

Tuesday, September 15th—Home and School Meeting in the HES Library 6:30pm

Wednesday, September 23rd—HES Cross Country Meet

Friday, September 25th—School Photos

Tuesday, September 29th— Soccer Jamboree for select Grade 5 students at 2:45

### Looking Ahead: October

Friday, October 2nd—Terry Fox Walk

Weds./Thurs. October 8 & 9th—No school for students. Provincial Curriculum days for teachers

Wednesday, October 14th—HES Cross Country Meet

## Please Note:

**All schools in  
Anglophone South  
District are  
Peanut/Nut Free  
& Scent Free**

### Hot Lunch and Milk Program

Our milk program will begin Monday, September 21st. 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 with your child this week. 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 Thursday, September 17th. No late orders will be accepted!

Our lunch tickets will go on sale on Monday, September 14th. Each Monday, your child can buy a book of 10 hot lunch tickets for \$25. Hot lunch will be available for order starting Monday, Sept. 14th



## Let's Communicate

We work very hard at Hampton Elementary to communicate on a regular basis with parents through our monthly newsletter, school agenda, school website, e-mail distribution lists, as well as a new form of communication called Synervoice. Synervoice is free of charge to HES families. It allows us to send messages in both voice as well as email format at the same time. The text of all phone messages sent to HES homes is also listed on our website. Please check our school website regularly. We are also asking you to fill out the e-mail address field area of the student information forms being sent home with your child. This will enable us to send an electronic copy of the newsletter to you instead of a paper copy to cut down on costs related to photocopying. We also send out any phone messages by e-mail so that everyone is up to date and informed about everything happening at H.E.S. **A PAPER COPY OF THIS FIRST NEWSLETTER WILL BE SENT TO EACH HOME FOR THIS MONTH ONLY.** After this month, if you prefer to have a paper copy of the newsletter, and do not have access to the internet, please contact your child's teacher or our school admin assistant to send one home with your child.

## Attendance Matters!

**Watch for a pamphlet and letter from our Superintendent on the importance of school attendance.**

# **PSSC—Parent School Support Committee**

## **Next Meeting:**

**Monday,  
September 21st, 6:30 p.m.**

### **What is the role of the PSSC?**

Parent School Support Committees provide advice, feedback, and direction to the principal and school administration. This important role includes providing advice to the principal on: school policies, partnerships within the community, maintaining a positive learning environment, supporting the language and culture of the school, and planning for school improvement.

### **Who are the members of the PSSC?**

The PSSC will have between 6-12 members. Most members are parents of students in the school who are elected (or appointed) for a 3-year term. The number of parent positions on the committee is determined by the size of the school. A Home & School Association may appoint one member. The teachers in your school will elect one representative for the PSSC. The PSSC may also appoint 1-2 community members to join the PSSC. Your principal will participate in all PSSC meetings and will bring reports and updates to the committee for input and review.

### **Why get involved in the PSSC?**

Parents, principals & teachers can work together to make contributions to the quality of education and schools in New Brunswick. Working together provides opportunities for improvements in academic success, creating a positive learning environment and developing stronger volunteer programs. You can help impact positive change and take part in improvement planning by getting involved in the Parent School Support Committee (PSSC) in your school.

### **School Improvement Planning Information**

Hampton Elementary is in our first year of a three year Improvement Plan. This plan will have priority areas in Literacy, Numeracy, Positive Inclusive Environments and Parental/Community Engagement. The plan is created based on feedback from parents, students, and staff and will be finalized in the coming weeks in consultation with the PSSC and staff. Look for a copy in the coming weeks on our school website.

## **Home and School Association**

The Home and School Association is looking for new members to join this year. If you would like to be part of the Home and School Association, we meet once a month for about 1 1/2 hours. H&S Association works very closely with the staff and administration of the school to support students and teachers in a variety of ways. H&S facilitates school fundraisers (including Big Fair Day), hot lunch program, Teacher/Staff Appreciation Week in February, playground upgrades and works in a supporting role with the PSSC of Hampton Elementary School. We welcome parents, grandparents and/or community members to join our group. Please come and join us. Our next meeting is **Tuesday, September 15th at 6:30pm** in the school library.

## **Next Meeting:**

**Tuesday,  
September 15, 6:30 p.m.**

### **Big Fair Day June 2015**

Home and School would like to thank everyone who participated and supported Big Fair Day in June. This annual school fundraiser raised just over \$1700! Many families came out to this event and the prizes were a huge hit! Thank you again to the Hampton Community Center for letting us have this great event in the arena. We look forward to planning next year's Big Fair Day. If you are interested in joining the Big Fair Day Committee, please join the Home and School.

### **Volunteering at HES**

There are many different opportunities at HES for you to be involved in our school. These include, but are not limited to: classroom assistance, help on field trips, member of the PSSC or Home and School, hot lunch helper, library helper and the list goes on. We encourage you to become involved in our school. Please be aware that in order to ensure the safety for all our students, volunteers who help at the school and have direct contact with students in our building, are required to demonstrate understanding of the Dept. of Education's pupil protection policy, Policy 701, and to provide evidence of a criminal record check. If you are interested in volunteering at HES please contact Mrs. Blanchard to obtain more information and the proper forms to fill out.

## **Medication/Health Services and Custody Information**

It is very important that the school is kept informed of any medical or custody concerns with respect to your child. Please be specific when completing the Information form that was sent home earlier this week. Please provide your child's teacher with any information on the Student Information form. The Dept. of Education requires formal medical information forms for children with a severe medical condition (e.g. severe allergies, diabetes, severe asthma etc., or parents with children who require medication at school). This Health Support and Care form is available at the school office. The **No Child Without** program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14<sup>th</sup> birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program. MedicAlert is your child's voice in an emergency. If your child is already part of the **No Child Without** program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 to update your child's file.

Custody information that restricts access to your child can only be put into place if the school has a copy of a court order stating the restricted access.

### **Policy 711—Healthy Eating**

The Department of Education has an ongoing commitment to promoting healthier eating and nutrition. This is reflected in the release of *Policy 711- Healthier Foods and Nutrition in Public Schools*.

Policy 711 outlines the requirements for healthy foods served in public schools, food awareness, and the sale of foods throughout the school system.

Currently, there is an enormous amount of activity going on at the school level with the goal of providing healthier food options in school and educating our students and school community about the value of healthy eating, nutrition and physical activity. This policy supports those efforts.



### **September Wellness Theme**

This month's wellness theme is encouraging families to take advantage of the still sunny skies and warm temperatures by being active outdoors.

#### **Connect with nature**

Day-to-day life is usually a blur of passing lights, blaring sounds, and people's voices. Connecting with nature helps you find peace in your busy life while making the world a better place. The town of Hampton boasts many beautiful trails. You could take an evening stroll, bike ride, or even a guided nature walk. Research shows that spending time in nature can make us happier, more relaxed, and even healthier. Spend some time each day outside observing what's happening around you. You'll begin to notice things about your environment that you've never seen before, and increase your awareness of your surroundings.

## **Guidance Corner**

### **School's In ... Time to Learn**

So how do we set our children up for success at school? Not unlike adults, children need the obvious basics to feel well and to do well: sleep, good nutrition, and physical activity. Generally speaking, elementary aged children should have 10-12 hours of uninterrupted sleep. Children's brains transform subconsciously learned material into active knowledge while they sleep. After a good night's rest, start your child's day off on a positive note with a healthy breakfast. Good nutrition consists of a balanced diet including foods from various food groups and not too many foods high in refined sugar or preservatives. Try providing fresh fruit along with grains and/or protein to give the body the essential fuel it needs. As well, make sure water is consumed throughout the day. Did you know that our brains depend on proper hydration to function optimally? Brain cells require a delicate balance between water and various elements to work well, and when you lose too much water, that balance is disrupted. Your brain cells lose efficiency. Years of research have found that when we're thirsty, we have more difficulty focusing our attention. Dehydration can impair short term memory function and the recall of long-term memory.

Now let's look at the link between physical activity and good health. The link between physical activity and physical and mental health, is scientifically proven. For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily (for more information please visit [participation.com](http://participation.com)). As you get back into "school mode" you probably recognize the value of having more structure and routine in different areas of life. Not only does a routine help provide structure for our children it helps us as adults manage all of our daily responsibilities more effectively.



## **After School Art Program**

Open to children in grades 3, 4 & 5 at Hampton Elementary School. Students will learn how to draw and paint a wide variety of subjects including people, animals, cartoons, landscapes and more. All supplies will be provided and are included in the cost of the course. The program is 10 classes long on **Tuesdays** beginning **Tuesday, Sept. 29th**. Classes are right after school until 4:15pm. The fee is \$180 +tax per child. Class maximum is 25 so early registration is encouraged. Each session is a different program allowing students to return each year. Please call if you are interested but require financial support. Call Jennifer at "Estey Creations" at 638-9194 to register. More information will be sent home with your child next week if they are interested.

## **School Fundraising for Technology**

Our Fall fundraiser is the very popular DFS Dieleman fundraiser. The money raised from this campaign is used to support technology in our classrooms, specifically iPads which we are unable to purchase through government funds. Last year we raised \$2370! With more students at HES this year, we would like to set our goal of \$2500!



## **Changes in After School Routine**

If you wish your child to go somewhere other than his/her regular bus after school (home address), you **must** fill out an **alternate location bus form**. For the safety of your child, Anglophone South School District has asked us to **not** accept last minute changes to your child's bus arrangements. Many buses are full and it takes time to arrange alternate transportation. Anglophone South School District has a bus policy that states that: **"Without authorization in writing, from the parent (24 hours in advance), children will be sent home on their regular bus. No same day verbal arrangements will be allowed unless it is an emergency situation."** Children are not permitted to travel on a different bus after school for play dates, birthday parties etc. Parents need to make other arrangements for these situations. If you require an alternate location bus form, please call the school and we will send it home with your child.

## **School Discipline Expectations**

The staff of Hampton Elementary School has been diligently and gently teaching children a variety of expected behaviors and routines. We firmly believe that students who

do not master these behaviors and routines may need extra practice in order to meet the expectations of school discipline. These behaviors and routines are expected to be mastered by all students before the end of September. The staff asks for your support if and when your child may need to have extra practice in any of the school discipline expectations. The following are just a few of the routines and behaviors that teachers will be reinforcing for the month of September; saying please and thank you; movement in hallways; morning announcement routine; fire drill exit; how to speak to an adult, and many more.

## **Grade 5 student leadership**

All grade 5 students are invited to express interest for leadership opportunities this school year. We will have grade 5's who will be part of the Recycling Team, Playground Safety Leaders, Volunteers and the list goes on! Leadership roles will be announced soon!

## **Daily Schedule 2015-2016**

Below is our daily schedule for the 2015-2016 (no changes)

7:50-8:10 Supervision on the Playground  
8:25 O'Canada and Announcements  
10:00-10:15 Recess  
11:50-12:10 Outside Recess  
12:10-12:35 Lunch: students eat in classrooms  
2:40 Dismissal

## **Class Organization 2015-2016**

We are well into the process of planning for the 2015-2016 school year. The following class organizations have been approved. If you know anyone moving into the area and planning to register their child please call the school 832-6021. Our school administrative assistants will be available until June 23 and return on August 27.

1 Grade 3 Class	2 Grade 3 French Immersion
1 Grade 3/4 Class	2 Grade 4 French Immersion
1 Grade 4 Class	2 Grade 5 French Immersion
2 Grade 5 Classes	

Students have yet to be assigned to classes for next year. As a staff, we reflect on a variety of factors, such as achievement, work habits, behavior, ratio of boys to girls, friendships, learning styles and teaching styles. Our goal is to maintain a balance in each classroom in order to facilitate each student's ability to achieve to his or her potential. Please know that we have the best interest of all our students and staff in mind when classes are created.

## **Instructional Time**

All public schools in the province follow curricula prescribed by the New Brunswick Department of Education. Curricula expectations are extensive and at H.E.S we must attempt to protect valuable instructional time.



Please note that in order for students to be ready to learn, they must be in the building no later than 8:20 AM. Interruptions to the instructional day are to be limited to emergencies.

- If you need to communicate to your child's teacher through the day, please send a note with the information or request a phone call after instructional hours.
- If you are delivering something to your child through the day, please leave the item at the office and we will see that it is delivered to the classroom at noon or recess.
- If you are meeting your child after school, please wait in the lobby until the dismissal bell rings before proceeding to classrooms.

## **School Fees**

Our school fees for all students grades three to five are \$20.00. This includes the agenda, skating and school performances for the school year 2015—2016. If you have financial difficulty covering any of those school fees, please bring your concern to the attention of the school administrative team. The school fee is a one-time fee.

## **Calling and Visiting the School**

The phone number for the school office is 832-6021. Teachers are always willing to talk with you regarding any concerns you may have about your child's education. **The best time to contact teachers is after 2:45 p.m.** as it is almost impossible for teachers to leave their classrooms unattended during the school day. Please also be observant of the fact that schools are very busy places. If you wish to see a teacher or administrator at the school, please call and make an appointment, and we will gladly find the time to meet with you. Dropping in to the school to meet with a teacher or administrator may lead to disappointment if the individual is not available. Also, when visiting the school you are reminded of district policy to **report to the office and check in with the school Administrative Assistant.**

If you must take your child out from the school during instructional hours please sign your child out at the office with the Admin. Assistant. We will then call your child down to the front lobby of the school. This will limit the number of visitors walking throughout the building.

## **Open House & PSSC Elections**

Thank you to parents and students who attended our open house. It was wonderful to see such a large turnout of enthusiastic students and supportive parents. As a result the opening day of school was much calmer and smoother. Thanks to our PSSC members who helped organize this and to our High School students who passed out the ice cream which turned out to be the highlight of the night. We have returning members from last years PSSC and we are looking for a few new members including the election of a new Chair. This committee meets monthly to discuss school improvement planning and district initiatives. The first meeting is scheduled for Monday, September 21st.

## **Cross Country Meet 2015**

During the fall this year we will be having our District Cross Country runs for students in grades 3, 4 & 5. These "fun" runs are meant to encourage participation, promote active living, and act as a personal challenge. The runs will be held at Hampton Elementary School as well as the new French School. Mrs. Stewart will be sending home further information about this including dates, times, etc. She will also be holding practices every Monday at lunch recess to help the students feel more confident in their abilities.



## **15th Annual Hampton 5 Miler & Kids' Kilometre**

Sunday, September 13th, 2015 8:00-9:00 Race Day Registration and Race Pack Pick-Up @ Hampton High School. For more info: [registration@hamptonriverrunners.ca](mailto:registration@hamptonriverrunners.ca)





## SPEAKING OF SPEECH AND LANGUAGE...

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

### HELPING TEACH RESPONSIBILITY

Giving children jobs to complete in the home can help increase responsibility and improve self-esteem. Although most children are not internally driven to be responsible, situations can be set up to help children feel like they are playing a vital role in the family unit. It can be difficult to determine what to expect from your child at each age but no matter what you are asking of your child it is important that you are clear and concise. You must teach your child to perform the job you are assigning and anticipate that they will need help and reminders initially.

Chore charts posted in a visible part of the home can be a great reminder. It also helps if the child is given a say in which chore they will be assigned.

Quality standards must be established in the beginning along with rewards and consequences for jobs well done or jobs not completed.

Experts warn that family chores do not have to have a monetary reward. These tasks are not completed because you are earning money but because you are part of a family and each person must play a role in the day to day functioning of the household.

Part of learning responsibility is the understanding that if you do not do your part the whole family may be affected.

Finally both parents need to be unified in the chore assignment and not give into battle of chores. Children may not want to do their chores but it is important to remain consistent, tune out the grumbling and restate the consequences and rewards.

### What are reasonable jobs for each child in your house?

Children as young as 3 years old can be asked to put away their toys, take laundry to the laundry room, feed family pets, wipe up messes and even dust with socks on their hands.

Four and five year olds can help set and clear the table, help with food preparations and carry in and put away groceries.

Six to eight year olds can do any of the chores mentioned for younger children as well as take care of pets, vacuum/mop, take out trash and put away laundry.

Nine to twelve year olds can learn to wash dishes, help prepare meals, assist in cleaning bathrooms, rake leaves and operate a washer and dryer.

Teenagers, with appropriate training and guidance can do almost any household chore.

All school age children should be able to pack their back packs and should be responsible for ensuring that all the items they need for the day are in their school bag before they get on the bus. It is important to remember that children mature at their own pace and are capable of completing chores at different rates. It is also important to include your special needs children in the assigning of chores. It will increase their personal responsibility and increase their feelings of belonging in the family unit. Remember, be positive when jobs are completed, praise jobs well done even if they are not done precisely the way you would have done them. In conclusion, we hope that teaching these lessons in responsibility will last a lifetime. (From: [www.care.com](http://www.care.com))