



Hampton Parent Bulletin

Volume 18, Issue 4

January 4, 2018

School Calendar

JANUARY

- 11 Chick-fil A Night
4:00 to 8:00 pm
Towson Towne Center
TEAM BCPS DAY—
Show your **BLUE**
pride!
- 15 Dr. Martin Luther
King, Jr.'s Birthday—
school's and offices
closed
- 19 2nd Marking Period
Ends, school's close 3
hrs. early (12:45pm)
- 22 Geography Bee
2:00 pm
Grades 3, 4 & 5
- 25 Maryland Science Cen-
ter Engineering Night
6:00 to 8:00 pm
- 26 Career Day, 9:30-3:30
- 30 Finer Diner
Mr. Sutphin, 11:40
Mr. Carp, 12:35
- 31 Step Africa Assembly

A Letter from the Principal...

Dear Parents and Guardians,

Happy 2018! Each new year presents us with challenges and opportunities. We can dwell on things we cannot change or be optimistic and make changes in our behavior to impact others or ourselves. Making changes can be as simple as greeting people every day with a smile. Every day at Hampton we greet children as they enter the building and their classrooms which helps us make strong connections. The smiles we receive and the stories we hear bring us joy in return. Teaching children to be grateful for little things is important.

We also set goals for the year to read more books and record the books we read. In the last newsletter we provided some of the teachers' favorite books. We hope you can spend time during these cold winter days to read with or to your children to reinforce the love for reading. Time spent following recipes to make our favorite foods also develop math and reading skills and help us enjoy the finished products. Please take time to eat as a family without electronic devices or phones. Your children will learn the importance of conversing and listening to others. You as a parent will learn many things about your children.

As always we welcome you to be active in the PTA or as a volunteer. If you have not volunteered, please sign up on line and contact your child's teacher. Our children and our volunteers benefit from these opportunities.

Here's to a healthy and prosperous 2018.

Patricia M. Kaiser

Office News...



Winter Clothing

During these winter months, please make sure your child wears clothing appropriate to the weather. All children should wear gloves or mittens, a hat, long pants, and a warm coat. If your child loves to wear shorts he or she must wear sweat pants or leggings to cover bare skin. Frostbite is a very serious condition which requires immediate medical attention. Please prepare your children for a safe 2018.



Thank you to everyone for their generosity this holiday season! We were able to collect 6 full boxes of hats, mittens, and scarves which were all donated to the ARK Preschool in Baltimore City. The ARK Preschool is a school for children who are homeless and our hats and mittens helped them to stay very warm over this very cold winter. We also collected 3 full boxes of unwrapped toys which were donated to the Cool Kids Campaign which is an organization that helps to support children living with cancer and their families. Our donations will be used year round to help brighten the day of the Cool Kids and their siblings. Gift card donations were given to Hampton families.

*We truly appreciate all of your donations and support
of our programs at Hampton*

From the Health Suite

- Mrs. Chambers

Keep your heart healthy with Life's Simple 7 for Kids

As a young person, if you start doing small things every day that keep your body healthy, you have a better chance of living a longer, happier and healthier life.

The things that you do to keep your heart healthy will also make you less likely to develop many other types of diseases, like type 2 diabetes and cancer. These small steps are not expensive or difficult to take, and taking them can go a long way toward helping you feel your best.

Make small choices every day to keep your heart healthy

You make many choices every day, like what color socks to wear or how to fix your hair. When it comes to making decisions that keep you healthy, it may seem difficult to choose better options when so many things seem easier or just more fun. You just need to take small steps in a healthy direction and that begins by knowing the healthy choices! Then it gets easier to make choices every day that help keep you healthy.

How do I know if my heart is healthy?

Find out if your heart is healthy using Life's Simple 7. They are:

1. Avoid smoking and using tobacco products.
2. Be physically active every day.
3. Eat a heart-healthy diet.
4. Keep a healthy weight.
5. Keep your blood pressure healthy.
6. Keep your total cholesterol healthy.
7. Keep your blood sugar healthy.



We'll help you understand how to keep your heart healthy. To make it fun and exciting, the American Heart Association has created a website called "My Life Check" that will help you understand your heart health and give you and your family ideas to make the best choices.

- www.heart.org/HEARTORG



Frostbite occurs when body tissue freezes. It usually occurs first in the extremities like your feet, hands, nose, ears, fingers, and toes. Symptoms include numbness and discoloration of the affected part of the body. If caught early, frostbite may be treated. If deep tissue freezes and dies, amputation may be necessary. Find WebMD's comprehensive coverage about how frostbite happens, how it is treated and prevented, what it looks like, and much more.

- www.webmd.com/frostbite

Center for Adult & Family Literacy

ESOL Family Literacy Program

Winter 2018



Community College of Baltimore County
ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)
Family Literacy Program

ESOL Family Literacy for non-native English- speaking adults. These classes are designed to help parents learn English language skills for life, work, and to fully partner in their child’s education.

To participate in this program, parents must have a child 0-16 years old enrolled in Baltimore County Public Schools, the Judy Center of Baltimore County or Baltimore County Head Start. Classes are 60 to 65 hours. No Class Cost – Grant Funded*. Student book and workbook are not included.

Walk-In ESOL Family Literacy Placement & Registration

| LOCATION | ROOM | DAY | DATE | TIME |
|-------------------------------|-----------|----------|--------|------------|
| Cockeysville Community Center | Classroom | Thursday | Jan. 4 | 12:00 p.m. |
| 9836 Greenside Drive | | | | |
| Cockeysville, MD 21030 | | | | |

Classes start Tuesday January 9, 2018 and are held Tuesday, Wednesday, Thursday from 12:00 p.m. - 2.30 p.m.

If Baltimore County Public Schools are closed, registration will be cancelled that day. Please check www.bcps.org for school closing announcements.

How to register:

- To register for any ESOL Family Literacy class, go to any of the location listed above. Registrations are in person only.
- Arrive on time and expect to be there for 2-3 hours for registration and testing. Registration is on a first come-first served basis.
- Students must be at least 18 years of age and officially withdrawn from high school to enroll.
- To request an accomodation for a disability please call 443-840-3428. Please allow staff adequate time to arrange it before registration.
- Students with an F-1 or J-1 visa are not eligible for these grant funded* classes.
- All new students MUST take a test. Returning students may not have to test if they bring paperwork from previous classes. Test procedures are subject to change.

DO NOT BRING CHILDREN TO REGISTRATION AND CLASSES.

**These classes are supported by grant funding from Maryland Department of Labor, Licensing, and Regulation (DLLR).*

The Community College of Baltimore County practices equal opportunity in education and is strongly and actively committed to diversity within the college community. CCBC does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, veteran’s status, marital status or sexual orientation. For more information on the ESOL Family Literacy Program visit: <http://www.ccbcmd.edu/esol>



For more information about ESOL Family Literacy contact:
 Mary Sutorius at msutorius@ccbcmd.edu
 or call Stephanie at 443-840-3458