



# Hampton Parent Bulletin

Volume 18, Issue 1

November 1, 2018

## School Calendar

### November

- 8 5th Grade Field Trip  
Cromwell Valley  
9:30—1:30
- 2nd Grade Field Trip  
Carroll County Farm  
9:30—3:15
- 9 First Marking Period  
Ends—School closes 3  
hrs. early.
- 12- American Education  
16 Week
- 22- Thanksgiving Holiday  
23 Schools and Offices are  
closed.
- 26 Report Cards  
Distributed
- 27 Lifetouch Picture  
Retakes
- 29 Preschool and PreK  
Conference Day—No  
school for Preschool and  
PreK
- 30 Elementary Conference  
Day—Schools closed for  
students.

## A Letter from the Principal...

Dear Parents and Guardians,

As we begin November, the month of giving, it is important to thank our countless volunteers who chaperoned field trips, sold spirit wear, organized and ran Hampton's book fair, volunteered in classrooms and in the library, and coordinated and worked the fall festival. As parents, guardians, and other relatives, you supported your children in their daily homework, ferried them to one-mile races, and watched fifth graders demonstrate their newly acquired ballroom dancing skills. Our children grow when they have new experiences and feel loved and supported.

November is always a busy time with continued learning and opportunities to share our wealth in words and actions. During American Education Week you can visit your child/ren and purchase Turkey Grams to be delivered later in the month. Children enjoy reading these expressions of love and appreciation. The Spirit of Hampton is a program started by a Hampton parent a few years ago. Teachers complete wish lists and donors purchase the items to enhance the instructional program. The wish lists will be displayed in the lobby during American Education Week.

Mrs. Dyer and the SCA sponsor Hampton Helps for Hunger. They solicit food items as listed on the flyer and donate bags of food to the Assistance Center of Towson Area Churches. This program supports local families who are food insecure. We hope to fill at least 50 bags. Gift cards to Walmart and Target are also needed for Hampton families. We thank you in advance for your generosity.

American Education Week is the perfect time to visit your child's class. See the attached schedule. On November 30<sup>th</sup> schools will be closed for conference day. Please review your child's report card and come prepared to discuss your child's skills with the teacher. It is the expectation that all parents of children from preschool to fifth grade meet in person or have a phone conference. Our children benefit from a strong home-school connection.

Enjoy this month of thanksgiving and appreciate all the joys of life.

With sincere thanks,

*Patricia M. Kaiser*

Follow us on Twitter @HamptonDolphins

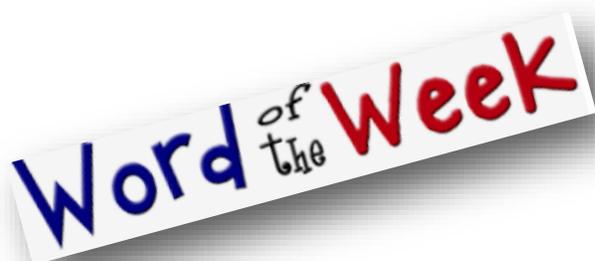
## Office News...



In November our children will experience Starlab, a mobile planetarium owned by BCPS. Mr. Tim Kent will teach our children about the night sky, constellations, and so much more. Each class will enter the mobile planetarium and experience a new adventure. Please talk to your child about Starlab and observe the night sky.

# American Education Week

Mon., Nov. 12	Tues., Nov. 13	Wed., Nov. 14	Thurs., Nov. 15	Fri., Nov. 16
Fifth Grade 10:30—12:30	First Grade 9:30—11:30 PreK—Kotria 9:30—10:30	Kindergarten 9:30—11:00 Third Grade 9:30—11:00 3's prog. 10-11:00 PreK 2:00-3:00	Fourth Grade 1:30—3:00 Second Grade 9:30—11:20	



The **Word of the Week** program improves vocabulary. Our recent words are: coordination, evacuate, perimeter, and observe. Please acknowledge your child when he/she uses one of these words.

## Physical Education News

- Mrs. Corbo

Three of our fall cross-country runs were spectacular with runners from nine different schools. Hampton hosted a race on October 18<sup>th</sup> with 157 participants. The Cross-Country Team from Notre Dame Prep traveled to Hampton to help with race jobs making our race successful and full of energy. Thank you to all the parents for transporting our Hampton runners to race sites quickly after school and before all your evening activities. Congratulations to Ali S. on first place in all three races. Congratulations also to the Hampton runners listed below for completing the races at Hampton, Timonium, and Riderwood. Race results and pictures are posted in the gym lobby.

### Hampton Runners \*Ribbon Winners (1<sup>st</sup>-10<sup>th</sup> place)

John D.	Devin C.	*Grace T.	Lucas V.	Max W.	*Ali S.
*Jameson D.	*Jocelyn B.	*Quinn S.	Quan K.	Sean C.B.	*Tucker D.
Luca B.	*Charlotte L.	Gurleen K.	James J.	Emme D.	*Teagan K.
Zahra A.	Taylor N.	Ben E.	Jake B.	C.J. B.	Xander K.
Daniel G.	Sariyah G.	Ruxton S.	Zola P.T.	Grace R.	Gavin F.
*Ben G.	*Phoebe S.	Alana F.	Connor Y.	John D.	Ema S.
Amany A.	Chase K.	Harper M.	Liam O.	Mullaney G.	Noah D.
Donovan M.					

Students in grades 1-5 participated in cross country on the Hampton ½ mile course. Students learned how to pace their jog and enjoy “talking time” with a classmate. Many 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders took the challenge of mile day with success which was exciting to observe.

We enjoyed field games at the end of October in grades 1-5. Students talked about strategies for Survival, Capture the Pig, Treasure Island, Capture the Flag, and Patches of Pumpkins. We worked on defensive and offensive skills.

We are beginning to perform our Fitnessgram testing in P.E. classes. Testing for Fitnessgram includes aerobic capacity, muscular strength, and flexibility for all students in 3<sup>rd</sup> through 5<sup>th</sup> grade. We are learning ways to improve fitness levels at home with fun activities. Students in grades 4 and 5 will receive a printout of their fitness levels in Schoology and students in grade 3 will receive a worksheet to show the Healthy Fitness Zones for each test as this is just a practice year. Please have your child show you some of our tests and practice at home. At the end of every test day we finish with a celebration game.

Kindergarten students continue to improve running endurance by jogging on our roller coaster run each time they enter the gym. Students are working on aerobic dance songs as we move forward, back, left and right. We enjoyed cooperating as a class with the parachute and hula hoops. We are continuing with our work on basic skills and movement.



## From the Health Suite

- Mrs. Chambers

# Obesity Prevention: AAP Policy Explained

The obesity epidemic has increased dramatically in children. Did you know one in five kindergarteners today is already carrying excess weight?

### Practical Tips for Families

It is sometimes a little daunting to get our children to be healthy when we ourselves struggle with this task, however, studies have shown that the food we feed our children in infancy and as children have a lasting effect on their health as adults.

- **Shop smarter.** Rising costs of food makes creating health meals a challenge. The AAP recommends using online resources from the USDA to cost-effectively shop for healthy foods.
- **Make healthy food easily accessible.** Water pitchers, fruits, vegetable snacks, and other low-calorie snacks should be readily available at all times and placed in plain sight; for example, in front of the refrigerator or in large bowls on the kitchen counter or table. Replace the cookie jar with a fruit bowl.
- **Watch portion sizes.** They have increased dramatically over the past few years. Use a smaller sized serving spoon and smaller plates help children take appropriate servings of higher calorie foods. When you go out to eat as a family, recognize the portion sizes and discuss eating half and taking the other half home to enjoy later.
- **Eat breakfast.** Skipping meals, especially breakfast, has been associated with obesity. Since mornings can be time-constrained, look for healthy on-the-go breakfast options.
- **Cook with your kids.** Children take pride in being helpers, so let them mix the bowl or add ingredients to what you are making, and they'll be more likely to eat what they helped create.
- **Count the colors.** The more colors on their plate the healthier, so make it a game or competition and have them count how many colors are on their plates. (e.g., two green vegetables, one orange, one yellow...)
- **Give your children the chance to make some decisions,** when applicable, on what they will be eating for dinner. (e.g., *Would you like green beans or peas for dinner tonight?*)
- **Limit treats and snacks.** Children should have 3 well balanced meals and 1-2 small snacks over the course of the day. Do not let your children graze all day; they need structure to help limit the snacking. Treats are just that, treats on special occasions like birthdays and holidays. They should not be a daily part of your child's diet.
- **Limit the juice** to 4 ounces or less a day and avoid sugar-sweetened drinks like soda and energy drinks.
- **Avoid using food as a reward** (i.e., celebrating with ice cream, going out to eat) or a punishment (restricting food for bad behavior).
- **Don't eat directly from the package.** High-calorie snacks should be repackaged at home in smaller bags or containers.
- **Turn the TV off for dinner.** Studies have shown that people consume more food when watching TV than those who do not. Take that time to reconnect with your family at dinner.

Author: Kelsey Sisti, M.D., FAAP  
Source: American Academy of Pediatrics