

Hampden Meadows Weekly Family Newsletter

Week ending March 29, 2024

April 2 - No School - Election Day

April 9 - Arts Night - See Below

April 10 - No School - Eid-al-Fitr

May 2, 6-8 PM District-wide Peace Poster Party High School Cafeteria

What's Coming Up at HMS?

Next week we will be visited by Jayne Ellspermann from the Blue Ribbon Schools of Excellence. The purpose of the visit is to provide us with actionable insights that can be used towards our school improvement. We are very excited to share all the wonderful things happening in our learning community and what we can do to make it even better.



The following week we will begin RICAS testing. As I have stated in many previous newsletters, we are aiming to create excitement and positive feelings around the state testing. We want students to be confident and “show what they know”. It is always important that students arrive to school on time, however, please be aware that testing begins at 8:00 so students arriving late will need to complete the test on make-up days.



RICAS and NGSA Update

RICAS ELA (Grades 4 & 5)

NGSA (Grade 5)

RICAS Math (Grades 4 & 5)

April 8 & 9

April 30 & May 1

May 13 & 14



Don't miss out on participating in the 2024 Nayatt 5K on April 6th! Check out this year's logo inspired by Nayatt student, Harper Paxton! Register today for the Nayatt 5K - [CLICK HERE](#)

Here are photos from the student council's visit to the Hotel for Homeless Dogs! As a school community, we collected 364 donations for the Hotel for Homeless Dogs. Items ranged from dog treats/food, cleaning supplies for the faculty, dog beds, dog bowls, collars, leashes, blankets, and lots and lots of dog toys!

Student Council members had a hands-on experience at the Hotel for Homeless Dogs. Students had the opportunity to make homemade treats for the pups, divide and bag treats for volunteer dog walkers, tour the facility, and play with the pups! They were so respectful and responsible with the pups. The organization was impressed with our students!



HMS SPRING SPIRIT WEEK Monday April 1st- April 5th

Monday, April 1st

HAT DAY: Come to school wearing a hat of your choice!

Tuesday, April 2nd

NO SCHOOL!

Wednesday, April 3rd

JERSEY DAY: Come to school in your favorite jersey representing your favorite team!

Thursday, April 4th

HMS PRIDE DAY: Represent HMS and wear HMS colors!

4th Grade- Yellow Out (wear as much yellow as possible!)

5th Grade- Blue Out (wear as much blue as possible!)

Friday, April 5th

MINION DAY: Minions Assemble! Come to school dressed as a minion!

Yellow top and blue bottoms!



Here is the information about RICAS that was shared at a recent PTO Meeting
[RICAS - A Brief Overview for Parents](#)

Check out the latest library news

📄 HMS Library Newsletter March 2024

As the weather begins to warm up (we hope!) we will be seeing many bikes filling our racks. This is a great time to review bike expectations which we will do next week with Officer Joel. For safety's sake, please review these tips with your child this weekend.



Cell Phone and Smart Watches Policy

We are seeing an increase in cell phone and smartwatch use during the school day between students and for calling home. We will remind the students of the school policy. Please reiterate to your child that if they need to contact you during the school day, they should come to the main office.

(From the HMS Handbook)

Personal devices are discouraged for students in grades K-8. Cell phones and smart watches of any kind that are brought to school will be shut off and stored in the student's backpack. BPS will not assume responsibility for the safekeeping of these devices. They are not to be used during the school day. Access to families via phone is provided through the main office.

From: Nurse McDonald
March is National Sleep Awareness Month



Sleep Hygiene
How Much Sleep Do Kids Need?

School-age kids need 9-12 hours of sleep a night. Homework, sports, and after-school activities, screen time (on computers, TVs, smartphones, and other devices), and hectic family schedules all can lead to kids not getting the sleep they need.

Importance of Limiting Screen Time Before Bed:

Screen time in the hour before bed can stimulate your child. Blue light from televisions, computer screens, phones, and tablets might suppress melatonin levels and delay sleepiness. Your child might be tempted to stay up late to chat with friends or play games.

Sleep Hygiene Checklist:

- Avoid caffeine later in the day.
- Exercise regularly.
- Eliminate noise from the sleeping environment.
- Maintain a regular sleep schedule.
- Reduce blue light (emitted from phones and tablets) before bed.
- Ensure a comfortable room temperature.
- Sleep in familiar places.

Resources

<https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids>
<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>



Arts Night is Coming!

April 9, 2024

5:30 (Sensory Friendly)

6:00-6:45 Grade 4

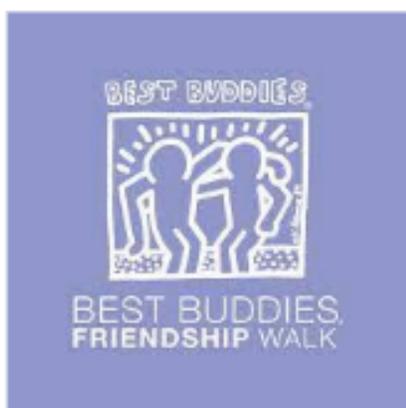
7:00-7:45 Grade 5

Volunteers Needed To Set Up - Sign up [HERE](#)

**PLEASE JOIN US FOR THE ANNUAL RI
BEST BUDDIES FRIENDSHIP WALK!**

***HMS Best Buddies will be joining fellow
Rhode Island Best Buddies chapters to
support inclusion of all people.***

****All are welcome to attend!***



Schedule

Saturday, April 22, 2023

Check-in: 10:00 AM

Opening Ceremonies: 10:30 AM

Walk: 11:00 AM

Celebrate Until: 12:30 PM

Location

Providence College

Providence, RI, 02918

Please find the registration link here:

<https://www.bestbuddiesfriendshipwalk.org/rhodeisland/supporting/#HMSBestBuddies>

***To register for the walk: Click "Register" → Complete Personal Information →
"Join a Team" → Select "HMS Best Buddies"***

- ★ We will be meeting at 10:30 AM at the track!
- ★ Wear your Best Buddies shirt and/or Barrington gear!
- ★ Feel free to bring your family and friends! All are invited to join our team!



What items can you fill this jar with that someone would love to win? More information to come!

Chain Reaction

A Day Without Hate - May 3, 2024

Last week we were visited by high school students from the Chain Reaction Club to discuss *A Day Without Hate*, which is May 3. Below is more information about events leading up to that day.

- District-wide Peace Poster Party - Thursday, May 2, 6-8 PM, BHS Cafeteria
 - Drop in any time and paint a peace poster to either hang up at BHS or bring back to your school to hang.
- A Day Without Hate - Friday, May 3
 - Wear white, the color of peace
 - Celebrate the day in whatever way you choose
- See what we did a few years ago by reading [the blog post on the Rachel's Challenge](#) website about our event.

You can find ALL our previous newsletters by clicking [HERE](#)

Please call or email the office staff at HMSattendance@barringtonschools.org to alert us of an early dismissal, changes in dismissal, or an absence.

CONTACT US

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Social Emotional CONTACT INFORMATION:

★ Mrs. Malone- School Psychologist

Phone:(401)-203-4793 Email: maloner@barringtonschools.org

★ Mrs. Canario- School Social Worker

Phone:(401)-217-9482 Email: canarioc@barringtonschools.org

★ Officer Saccoccio- Barrington SRO

Phone: Barrington Police Ext 816 or 401-524-7921 Email: sro@barringtonschools.org

IMPORTANT LINKS:

[2023-2024 School Calendar](#)

[April 2024 Lunch Menu](#) & [April 2024 Breakfast Menu](#)

BMS

PASTA DINNER NIGHT

Take a night off from cooking and enjoy some
yummy Spaghetti & Meatballs with your Friends & Family!

FRIDAY APRIL 5TH 2024
BMS CAFETERIA

All proceeds will help send our 8th Grade class to Washington, DC!

Scan QR Code

To make your reservation & buy your tickets



PRICING

Adults \$15

Kids (12 & under) \$8

First Seating Begins @ 6:00 pm

15 minute seating increments

Last Seating @ 7:30pm

And, make it an all BPS weekend!
"Carb load" at BMS on Friday 4/5 before running
*the **Nayatt 5K** on Saturday 4/6!*



Scan code to register now
Nayatt 5K!