

April 17, 2018

Swift Creek Current

Swift Creek Elementary School, 5601 Tryon Road, Raleigh, NC 27606

<http://swiftcreekes.wcpss.net>

919-233-4320

From the Principal's Desk

Last week you should have received an email regarding the WCPSS Family Survey. The survey is a great way for your voice to be heard about Swift Creek Elementary. The email is from "WCPSS & Panorama Education" and is titled "2018 WCPSS Family Survey." The online survey is mobile-friendly and is to be taken by all parents of students in our school. If you do not get a link to the survey, please contact me and I will assist. Thank you for taking about 15 minutes to share your feelings about Swift Creek.

We are sad to see Mrs. Hoke, our wonderful assistant principal, leave Swift Creek this month. However, we are so proud that she was appointed as principal of Penny Road Elementary. Swift Creek wishes Mrs. Hoke continued success in her new role. We are currently interviewing for a new fantastic AP, and in the meantime we will have an interim join our staff to finish out this school year.

5th Grade Graduation is Thursday, June 7

Can you believe the end is almost here? 5th grade graduation will be Thursday, June 7 at 9:30am.

The 5th grade talent show will also be on June 7 (in the afternoon). We need YOUR help to make this happen. Commitment will primarily involve coming to school to help with practices (typically 2:00-3:30) during May and early June. If you can help, please contact Marie Dexter at mariedexter@gmail.com ASAP.

End-of-Grade Tests

Attention 3rd, 4th, and 5th grade parents! Here is the end-of-grade test schedule:

- Friday, May 25: ELA (Grade 3) and Science (Coles: Grade 5)
- Tuesday, May 29: Math (Grade 3) and Science (Krauter: Grade 5)
- Wednesday, May 30: Science (Boyd: Grade 5)
- Thursday, May 31: Math (Grade 4) and ELA (Grade 5)
- Friday, June 1: ELA (Grade 4) and Math (Grade 5)



TONIGHT! 5-8pm

Chick-Fil-A Night.

20% of all sales (dine in and drive-thru) go to the Creek. We will also be selling \$1 sundaes and all that money will go to the Creek

Friday 8:00am

Muffins and Movement with Mom in the cafeteria

Food Drive – Items Due Friday!

Remember to help the Swift Creek Service Club by contributing canned fruits and vegetables, cereal, whole grain pasta or rice, and soups.

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- Monday, June 4: Read to Achieve Test (Grade 3) and Make-Ups (Grade 4-5)

We need parent volunteers to help proctor these tests. With parent volunteers we can limit the number of Teacher Assistants we have to use and limit the amount of interruption we have in our regular schedule.

Sign up at <https://tinyurl.com/EOGatSwift>.

P2 (The Positivity Project) Corner

During April and May, students will be learning about these character strengths.

April 16-20	 <p>Love of Learning You master new skills and topics on your own or in school.</p>
April 23-27	 <p>Appreciation of Beauty & Excellence You notice and value the world's beauty and people's skills. You don't take things for granted.</p>
April 30-May 4	 <p>Connection/Purpose You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.</p>

Help Our Garden Grow!!!

This month in celebration of Earth Day, Swift Creek is building a school garden. It will be next to the kindergarten building, consist of 3 beds, and a classroom area. These beds will be used by all grade levels for various educational opportunities. We look forward to using this resource for years to come.

You can help by volunteering on our Dig days or providing supplies.

- Help your child's class on a Dig day. To help the kids get excited about our gardens, classes will be visiting the build site on our dig days. Sign up for a 30 minute time slot to help: <http://tinyurl.com/scesDigIn>
- See our Garden Registry at <http://tinyurl.com/scesGardenWishes>. You don't have to buy items directly from this list. These are just ideas of the items that we need.

Have a question about our garden? Contact Nehal Outlaw, Healthy Lifestyles chair, at nehaloutlaw@gmail.com.



Teachers Are Super Heroes!

Teacher Appreciation Week

May 7-11, 2018

Please join the PTA in showing the teaching staff Swift Creek Elementary School how much we appreciate all they do for our children throughout the year. If you are able, please participate in the above special activities during Teacher Appreciation Week.

Please note that this is all voluntary.

Please also remember the special teachers your children see all year:

Music, Art, P.E., Library, Reading, ESL, Speech teachers, etc.

These teachers are invaluable to our school and also deserve our thanks.

Monday: The Power of Sweetness	Students, please write your teacher a "super" thank you note. The PTA will provide a candy buffet in the teacher's lounge.
Tuesday: Powerful Supplies	Students, please bring in supplies that are helpful in the classroom. The PTA will host a breakfast for the teachers. If you would like to donate breakfast items, please visit: https://tinyurl.com/yctyzjw8
Wednesday: The Power of Love	Students, please bring your teacher a homemade gift or note. The PTA will deliver the teachers goody bags today.
Thursday: Superpower Snacks	Students, please bring in your teacher's favorite snack item. The PTA will provide the teachers with healthy snacks today. To donate items, please visit: https://tinyurl.com/y79fd5mg
Friday: The Power of Teacher Vision	Students, please wear your teacher's favorite color today. The PTA is hosting a Mexican luncheon for the teachers. If you would like to volunteer to sit in the class while all the teachers eat together from 12-1 pm, please visit: https://tinyurl.com/yc5vsh6k

Tips from your School Psychologist



Kristen Lewis Klewis2@wcpss.net

We have a long history of using tests in schools to measure student achievement. However, in more recent years, large scale testing is being used to measure student achievement, school effectiveness, and teacher performance. Schools, teachers, and students are under much pressure to meet annual performance goals. In a recent survey of over 8,000 educators in NC public schools, nearly 30% reported clinical levels of anxiety specific to high-stakes testing. In addition, it is estimated that 10-40% of students have debilitating test anxiety (even in children as young as 7!). We are in a vastly different educational climate than years ago! Although all of us feel anxious at times, it is the more pervasive anxiety that negatively impacts daily life, particularly school performance.

Research shows the following are predictors of high test anxiety:

- Students with disabilities (e.g., learning disabilities, ADHD)
- Previous academic achievement (e.g., a history of perceived or actual failure to meet benchmark) Career Aspirations/Relevance of test Consequences (e.g., passing the grade level; external pressure- not disappointing a parent)

Our bodies respond well to an optimal level of stress during test-taking, but too much anxiety can lead to poor test performance because the body gets physiologically over- aroused. In this, test anxiety creates a vicious cycle! Some researchers say it may even create an “invisible disability” of achievement stress that can extend throughout a student’s academic career.

High Test Anxiety  **Low Test Performance**

Some symptoms that may be concerning and indicate a child may have higher levels of anxiety than optimal include: Dizziness, nausea, flushed face, trouble breathing, being afraid of failure constantly, withdrawal, “blinking out,” and feeling a sense of panic.

What has been shown to work in easing test anxiety in youth?

- **Helping to reduce physiological symptoms of anxiety**—calming techniques such as deep breathing, going for a walk, relaxation strategies
- **Reappraisal**-helping students to reframe and put in perspective the test-taking situation: “You will be anxious on this test, but it will be a good thing to be a little bit nervous. If you feel like you may be getting too anxious, it is okay to stop for a bit and take a few deep breaths. Remember, you are very smart and capable, and this is just one measure of how much you know.” OR “What is the absolute worst thing that could happen if you don’t do well?”
- **Writing**-Recently, more researchers are finding that allowing students to write about their worries for 10 minutes before taking a test may increase test performance.

Most importantly, we must remain cognizant of our anxiety levels and how much they impact our youth. Our reactions to test-taking and assessment situations impact our student’s reactions.

April Calendar

Date and Time	Event
April 16 - 20	<p>Food Drive by the Swift Creek Service Club. Our goal is to collect at least 1500 items for the food bank. This is about 3 items per student. If we reach our school goal, we will have a school wide dance party where we play a few songs over the intercom and students can dance with their classmates!</p> <p>Most needed items are:</p> <ul style="list-style-type: none"> • Canned Fruits and Veggies • Canned Meat • Canned Beans and Soup • Whole Grain Pasta and Rice • Cereal • Peanut Butter
	
TONIGHT!!! April 17 5-8pm	Swift Creek night at the Chick-Fil-A in Crossroads. 20% of sales (dine in or drive thru) goes to Swift Creek. We will also be selling \$1 sundaes and all that money goes to the Creek.
April 20 8:00am	<ul style="list-style-type: none"> • 8:00am: Join us for Muffins and Movement with Mom in the cafeteria. • College Spirit Day! Wear your favorite college colors!
April 23-27	The Positivity Project: Appreciation of Beauty and Excellence Office Appreciation Week!
April 24	Big Dig Day for our School Garden Here we grow! Volunteers will be at the school today to build our 3 new garden beds near the kindergarten building.
April 25	Little Dig Day for our School Garden Now that the beds are finished, our Swifties will be making the beds ready for plants. Ask your child what their class did in the garden.
April 27	College Spirit Day! Wear your favorite college colors!

May Calendar

Date and Time	Event
May 1	Math Night for K -2 at the Food Lion in Swift Creek Shopping center
May 2	Math Night for 3-5 at the Food Lion in Swift Creek shopping center
May 4	School Spirit Day! Wear your purple!
May 6 3:00pm	Swift Creek Night with NC Courage. A portion of all ticket sales go back to the Creek!
May 7 - 11	<p>Teacher Appreciation Week!!!</p> <ul style="list-style-type: none"> • Monday - Write a Thank You Note to your teacher • Tuesday - Bring supplies for your classroom • Wednesday - Bring a handmade gift or note • Thursday - Bring your teacher's favorite snack • Friday - Wear your teacher's favorite color
	
May 8 6:30pm	PTA meeting in the media center.

	<ul style="list-style-type: none"> • Meet the new principal of Dillard Middle School, Mrs. Feldman • Elect PTA officers for next year • Approve summer budget
May 17 6-7pm	Kindergarten Open House. Please tell your friends and neighbors with incoming kindergartners to stop by!
May 18	<ul style="list-style-type: none"> • 8am Donuts with Dad in the cafeteria • College Spirit Day
May 25	<p>EOG Testing Starts! ELA (Grade 3) and Science (Coles: Grade 5)</p> <p>It is important that we test 100% of our students. Please refrain from scheduling doctor appointments, vacations, and anything else that would not allow the student to be in attendance at school on these days. Our goal is to minimize the need for makeup testing sessions as these sessions do not create the best test environment for students, pull staff from their regular assignments, and interrupt the flow of the school day. Also, testing environments cannot be disrupted, so early pickups are not permitted until after 2:00 PM.</p> 
May 28	Memorial Day! No School.
May 29 	Math (Grade 3) and Science (Krauter: Grade 5)
May 30 	Science (Boyd: Grade 5)
May 31 	Math (Grade 4) and ELA (Grade 5)

June Calendar

Date and Time	Event
June 1 	ELA (Grade 4) and Math (Grade 5)
June 4 	Read to Achieve Test (Grade 3) and Make-Ups (Grade 4-5)
June 7 	<ul style="list-style-type: none"> • 9:30 5th grade graduation in the gym • 2:00 5th grade Talent Show
June 8	Last Day of School and Field Day!