

December 12, 2017

# Swift Creek Current

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

<http://swiftcreekes.wcpss.net>

919-233-4320



## Changes to School Email

Recently, Wake County Schools changed the email server for the staff at Swift Creek. Although everyone's email address is the same, there have been issues with migrating to the new server. For example, some emails have not gone through successfully. If you recently sent an email to a staff member and received no response, please try to send the message again or follow up with the teacher in another way.

## Internet Safety from Mrs. Chadwick, School Counselor:

**3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade parents**, please look for the 3 free resources, sent home in today's Tuesday folders that have valuable information about Internet Safety! This is a topic all parents need to stay up to date on in order to help our children stay safe and learn to be responsible consumers of the Internet. These resources give a lot of useful information for parents and the information is geared toward children of all ages! It's never too early or too late to educate yourself on this important and rapidly changing topic!

## Having Fun and Staying Healthy from Ms. Graves

We have over 50 students signed up in grades 3-5 to participate in three Monday's of Soccer Skills! A great way to build our Swift Creek community and make new friends! Be on the lookout for more after school activities for students to be active in 2018! More information about 5th grade basketball to come home soon!!!

## Treats for Our Staff!

The Hospitality Committee is celebrating the teachers on December 15 by setting out sweet and healthy goodies for them in the Teacher's Lounge. If you would like to participate, please go to: <https://tinyurl.com/yb8ve4cn> to sign up. If you are interested in being a part of the Hospitality Committee, please contact Elizabeth at [Elizabeth.worthy@me.com](mailto:Elizabeth.worthy@me.com).

## TONIGHT at 6:30pm

Join us in the gym for a brief PTA meeting followed by a concert from our own Cougar Chorus!

## In This Issue

P2 Corner

Science Fair is Jan 18

Contributing to Annual  
Holiday Service Project

Book Fair Totals and STEM  
Night

Listen to the Music

Music Moment

Managing Holiday Stress: Tips  
from Our School Psychologist

AIG Nominations (for this  
School Year) Due Jan 5

Your December, January,  
and February Calendars

## P2 (The Positivity Project) Corner:

During December and January, students will be learning about these character strengths.

Dec 11 – 22



### **Self-Control**

You have the ability to control your emotions and behaviors. You think before you act.

Jan 1-13



### **Perseverance**

You complete what you start despite obstacles. You never give up.

## Science Fair is January 18

Attention all 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade Swifties! This year's Swift Creek Elementary School Science Fair will be held on Thursday, January 18, 2018 in the cafeteria. The upcoming Holiday break is a perfect time to work on those experimental projects or demonstrations. Not sure how to get started or what to do?

Visit <http://swiftcreekeswcpssnetptahtml.weebly.com/science-fair.html> and take a look at the complete "Experimental and Demonstration Project Science Fair Guides" and our suggested websites to visit for ideas. The one page registration form was sent home in last Tuesday's (December 5th) Tuesday Folder, but is also available on-line at <http://swiftcreekeswcpssnetptahtml.weebly.com/science-fair.html>. A limited number of copies are also available in the main office.

Here is how our Science Fair is run: Volunteer judges with STEM backgrounds from the community judge all of our projects (we have both demonstration and experimental project categories). Up to three first - third place and unlimited honorable mention medals can be awarded per grade (depending on our partition numbers). All participants also receive prizes. In addition, the judges pick the three best overall projects. These receive "Best in Show" trophies. "Best in Show" experimental projects are eligible for entry into the regional fair. Swift Creek covers the registration fee for the regional fair and I will provide an information sheet to "Best in Show" parents detailing how to register for the regional fair. We also have a recognition ceremony on the evening of the Science Fair where I am available in person to answer any questions parents may have.

**Parents, we need your help to make this year's Science Fair a success!**

Please visit the following URL to sign up for helping with set up, check in, judging and clean up after the event:

<http://tinyurl.com/sces-science>

Any questions? Please contact me (Jen Miller) at [jcmille4@gmail.com](mailto:jcmille4@gmail.com).

I look forward to seeing everyone at our science fair!

## Helping Others – Contributing to the Annual Holiday Service Project

Before and After school care is collecting items for the residents at the North Pointe Assisted Living in Garner, NC and Brian Nursing Home Center in Raleigh, NC.

They are in need of these items:

- Soft plushy gloves for indoor use
- Socks or slippers with a grip bottom
- Lap or throw blanket
- Hats
- Scarves
- Puzzle/Word search books (Large Print)



Please turn in all items to Before or After School Care by December 15. If you have questions, please contact Mrs. Kress at [akress2@wcpss.net](mailto:akress2@wcpss.net).

## Book Fair Totals and STEM Night

Thanks to everyone who attended Family Night and STEM night on November 16! We had over 102 kids turn in passports for completing STEM activities, and we generated A LOT of excitement for the Science Fair, which is open to 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders. Thank you to all the staff and volunteers who helped make this event a success. A special Thank You to Chris and Jen Miller for organizing this event! They've been working since June to make this a special night for our students and staff.

Our Book Fair total for the fall was over \$9000. About half of that money goes back to the school to purchase books for the library! Thank you so much to Aimee Langerhans, the Book Fair committee chair, for pulling off this rodeo!

## Listen to the Music

Thank you to everyone who attended the Nov 14 PTA meeting. At that meeting, we voted to use a portion of the Fun Run proceeds to purchase 2 new xylophones and stands for the music room. These xylophones will be used by ALL Swifties for years to come.

Also, thank you to everyone who sent in suggestions for how our PTA surplus should be spent. We received suggestions ranging from landscaping to panels for the Mural Club to help for students in need to technology to STEM materials. So many places where we can do good at the Creek! These options will be discussed and voted on at future PTA meetings. All current PTA members are welcome to come and VOTE!

## Music Moment from Ms. Sutton

"I Can't Sing"

### Thank You!

Thank you to Dominos and Papa Johns for donating the pizza for the book fair STEM night, and to Food Lion for donating the cookies.

Thanks to Elizabeth Worthy, Hospitality Chair, for arranging for the food.



Many times, when I meet people, a common phrase I hear is “I can’t sing” or “I’m not very musical.”

Did you know that it was scientifically proven that the idea of a person being unable to “sing” is a myth? This myth is based on the common misconception that being musical or the ability to sing and play is a born talent and not a growth skill.

Everyone has some amount of the musical skill. In a time where majority of the music we listen to has been altered by technology, it can be very off-putting to create music on our own.

### Here are some ways to improve your own personal musical skills:

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|-----------------------------|--|
| <b>1. MOVE!!!!</b>          | Movement is a sure-fire way to get connected to the music. There is an entire pedagogy (practice or method of teaching) of teaching music through movement. To start keep your movements simple. As you progress, change the music and the movements to develop your understanding. Plus, if it’s vigorous enough it can double as a mini-workout. |
| <b>2. Active Listening:</b> | Listen to music without words and image a feeling or story to accompany the music. Jazz from the 1920s/1930s or music in another language is always a good place to start. This frees up your mind to be open to the possibilities of your own creation.   |
| <b>3. Drama:</b>            | Read a children’s book with different character voices, add sound effects and create songs with your kiddo. Studies have shown that students who listen to and read with expression increase their comprehension and fluency. Even adolescent aged students benefit from hearing and sharing dramatized readings.                                  |
| <b>4. Hum More:</b>         | Pick one song and listen to over and over until you’re humming it while you go about your daily work. Humming internalizes the music which then leads to a better understanding of the musical line. It also serves as a good stress release.  |
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I encourage all families to find ways to be more musical over the break. I (Ms. Sutton) look forward to hearing about your musical adventures when we return in January.

**Being musical goes beyond playing an instrument or singing on a stage. Musicality is taking the everyday life and adding slight changes to enhance the experience.**



## Tips from your School Psychologist: Managing Holiday Stress

Kristen Lewis

Klewis2@wcpss.net

The holiday season is in full swing! Enjoy reading the following tips from The American Psychological Association (APA) intended to help parents and caregivers effectively manage holiday stress:

### Strengthen social connections

We know that strong, supportive relationships help us manage all kinds of challenges. So, we can view the holidays as a time to reconnect with the positive people in our lives. Accepting help and support from those who care about us can help alleviate stress. Also, volunteering at a local charity on our own or with family can be another way to make connections; helping others often makes us feel better, too.

### Initiate conversations about the season

It can be helpful to have conversations with our kids about the variety of different holiday traditions our families, friends and others may celebrate. Parents can use this time as an opportunity to discuss how some families may not participate in the same holiday traditions as others. It is important to teach open-mindedness about others and their celebrations.

### Set expectations

It is helpful to set realistic expectations for gifts and holiday activities. Depending on a child's age, we can use this opportunity to teach kids about the value of money and responsible spending. We need to remember to pare down our own expectations, too. Instead of trying to take on everything, we need to identify the most important holiday tasks and take small concrete steps to accomplish them.

### Keep things in perspective

On the whole, the holiday season is short, and we control our reactions to stress. It helps to maintain a broader context and a longer-term perspective. Our greatest fears may not happen and, if they do, we can tap our strengths and the help of others to manage them. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.

### Take care of yourself

It is important that we pay attention to our own needs and feelings during the holiday season. We can find fun, enjoyable and relaxing activities for ourselves and our families. By keeping our minds and bodies healthy, we are primed to deal with stressful situations when they arise. Consider cutting back television viewing for kids and getting the family out together for fresh air and a winter walk. Physical activity can help us feel better and sleep well, while reducing sedentary time and possible exposure to stress-inducing advertisements.



## Your December Calendar

- ❑ **Dec 12 6:30pm:** PTA meeting, 3<sup>rd</sup> grade concert, and Cougar Chorus in the gym
- ❑ **Dec 15:** College Spirit Day!
- ❑ **Dec 19:** Winter Glow Dance party!
- ❑ **Dec 21 1:15pm:** Early Release
- ❑ **Dec 21:** Box Top Collection Day!
- ❑ **Dec 22-Jan 1:** Winter Break

## Your January Calendar

- ❑ **Jan 2-13:** The Positivity Project: Perseverance
- ❑ **Jan 2 9:15am:** School is back in session! Don't be late!
- ❑ **Jan 5:** School Spirit Day!
- ❑ **Jan 9 6:30pm:** PTA Meeting!
- ❑ **Jan 12**
  - **3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders:** Entry forms due for the Science Fair on Jan 18.
  - **9:30am:** Title I Family Engagement in the media center
- ❑ **Jan 15-26:** The Positivity Project: Hope/Optimism
- ❑ **Jan 15:** Martin Luther King Jr. birthday. No school!
- ❑ **Jan 18:** Science Fair for 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders.
- ❑ **Jan 19:** College Spirit Day
- ❑ **Jan 22:** Teacher Work Day. No School for Students.
- ❑ **Jan 29-Feb 2:** The Positivity Project: Prudence
- ❑ **Jan 31:** Box Top Collection day! Turn in your Box Tops and Coke bottle tops to your child's teacher.

## Your February Calendar

- ❑ **Feb 2:** School Spirit Day
- ❑ **Feb 5-9:** The Positivity Project: Fairness
- ❑ **Feb 8:** Sound Works! Cultural Arts Workshop for 2<sup>nd</sup> grade
- ❑ **Feb 9 1:15pm:** Early Release. School dismisses at 1:15.
- ❑ **Feb 12-16:** The Positivity Project: Love
- ❑ **Feb 13 6:30pm:** PTA Meeting!
- ❑ **Feb 15:** African American Dance Ensemble. Cultural Arts performance for entire school!
- ❑ **Feb 16:**
  - College Spirit Day!
  - Box Top Collection Day! This is the last big collection before our school's submission for a Spring check! Please turn in all your Box Tops and Coke bottle tops so we can get a great big check!
- ❑ **Feb 19:** Teacher Work Day. No School for Students.

## AIG Nomination Window

AIG nominations are accepted at any time. Simply send a note to Mrs. Krutsch ([skrutsch@wcpss.net](mailto:skrutsch@wcpss.net)). However, to be considered for testing this school year, nominations must be received by January 5, 2018.

## Congratulations to Our November Super Snippers!

Congratulations to Mrs. Coles' 5<sup>th</sup> grade class for collecting the most Box Tops (152) and the most Coke bottle tops (43) in November. As the winning class, Mrs. Coles received some school supplies and the students received some fun pencils!

Help us earn easy money for Swift Creek by collecting Box Tops. Each one is worth 10 cents to our school!