

February 12, 2019

# 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

What a beautiful week we've had. There's nothing better than getting a preview of spring in the middle of winter. Sprinter?

I want to thank everyone who came last Friday for Coffee and Conversation. It is so energizing to hear how you sing the praises of SCES to the community and to hear your great ideas to make it even better.

Besides that meeting, so many parents also came out to hear about some "Freaky Frogs" in third grade and for Celebration of Brilliance. Outstanding day at the Creek!

Looking forward to seeing all of you this Tuesday night - there will be something for everyone! We will begin at 5:30 with pizza in the cafeteria. At 6:00, the second graders will be performing their sound concert. Then we will have two Math Curriculum sessions, at 6:40 and at 7:15. These sessions are grade level specific, with practical tips for you to support your children's math learning at home. Spanish interpreters will be available.

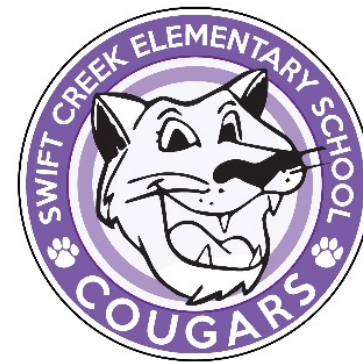
Remember that next Friday, February 15, is an Early Release day. Make sure your child knows how they are going home that day.

Also, February 18 is a Teacher Workday.

On Friday, February 22 is our Father-Daughter Dance. Last year's event was a great success. Dads and other significant heroes, we hope to see you there!

## It's Love Your Bus Driver Week!

Our bus drivers work so hard to get our children to and from school safely every day! We thank them for all their hard work. Please take a moment this week to thank your child's bus driver!!!!



**TONIGHT!**

## Math Curriculum Night

Join us for a night of math fun!

- 5:30-6:00 Dinner in the café
- 6:00-6:30 2<sup>nd</sup> grade sound concert in the gym
- 6:40 – 7:10 Information Session 1
- 7:15-7:45 Information Session 2

## In This Issue

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**What Is a Cougar Coupon?**

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**Your February, March, and April Calendars**

## P2 Corner:

Feb 11-15  
Love



### What Does Love Mean?

You value close relationships with others and being close to people.

### Why Does It Matter?

Love is imperative to an individual's happiness and fulfillment in life. On a group level, love is vital for the well being of society. The world is endlessly interconnected. We are all dependent upon each other for survival and happiness. Love produces positive feelings, which help negate loneliness, anxiety, and depression. Without love, we cannot find intimacy nor form strong relationships with our families, friends, or communities. A world without love and connection is a dangerous world.

Feb 18-22  
Make Up / Wild Card Week



Feb 25-Mar 1  
Zest\Enthusiasm



### What Does Zest\Enthusiasm Mean?

You approach life with excitement and energy. You energize people around you.

### Why Does It Matter?

For individuals, zest and enthusiasm are easily identifiable and highly desirable personality traits. We feel good when we are energized by an activity or opportunity – and we like to spend time with people who are excited about life. Those who demonstrate a high level of enthusiasm are more likely to complete tasks and exceed minimum requirements as a result of their passion.

One person's enthusiasm can spark others to think, speak, and act with more energy and conviction. Groups that are enthusiastic about tasks are much more likely to spend longer periods of time in service to the group's overall goals.

Mar 4-8  
Cheering Others' Success

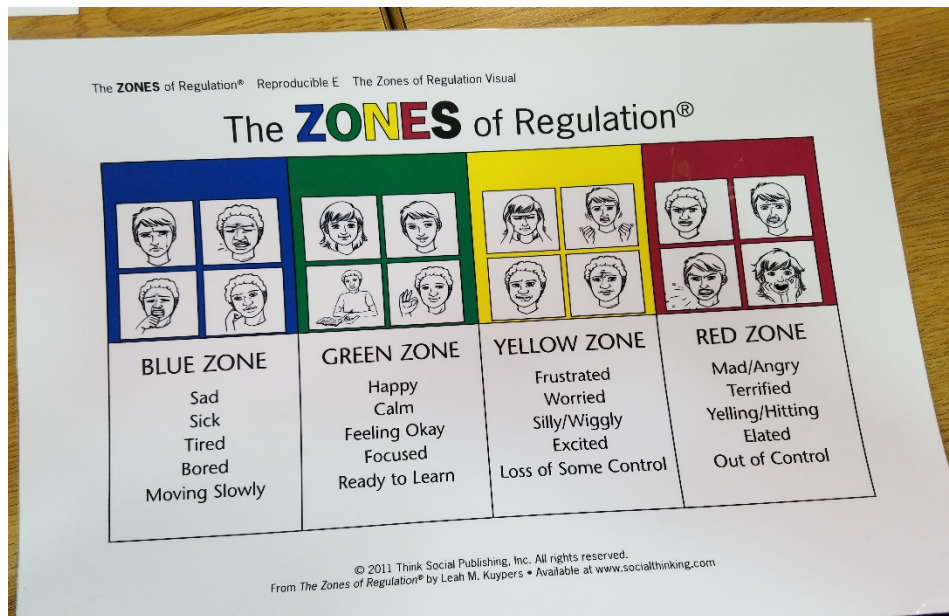


## Zones of Regulation

Recently, Swift Creek Elementary School adopted the use of the **ZONES of Regulation** curriculum school-wide to teach students to identify and manage their emotions. This program will allow all staff members to use a common language when addressing the social and emotional needs of SCES students. ZONES of Regulation is proven to support all types of learners in developing self-control.

There are four zones that we will use to describe how the brain and body feel. They are:

- **Blue** – body is running slow (tired, sick, sad, or bored)
- **Green** – good to go, like a green light (happy, calm, focused, ready to learn)
- **Yellow** – proceed with caution or slow down (starting to lose control, frustrated, overwhelmed, silly, wiggly, excited)
- **Red** – extreme emotions, have trouble making good decisions and need to STOP (out of control, terror, uncontrolled anger, aggression, elation),



Staff will help students **Check-In** by using the statement, “I feel \_\_\_\_\_. I’m in the \_\_\_\_\_ ZONE.”. Teachers will use visuals to help students identify their ZONE and the tool that might be helpful for the student. All teachers have taught students lessons on identifying their ZONE and a few tools that might help them be in a more appropriate state to learn.

### TOOLS to help your child with self-regulation:

- Deep breaths
- Exercise
- Talk with a parent or sibling
- Hug someone
- Read (alone or with a parent)
- Listen to music
- Take a break

### ZONES can be helpful at home too! Tips for using the ZONES at home:

- Use language of Red, Blue, Green and Yellow Zones at home.
- Point out your observations of your child’s emotions/behaviors and what Zone they may be in.

- Validate what zone your child is in and help them brainstorm ways to gain self-control so that their behavior is expected for the context.
- Share with your child how his/her behavior is affecting the zone you are in and how you feel.
- Help the student become comfortable using the ZONES language to communicate his/her feelings and needs by encouraging them to share their zone with you.
- Show interest in learning about the students triggers and zones tools. Ask if they want reminders to use the tools and how they want the reminders.
- Positively reinforce your child when they recognize and share their zone with you and manage their behaviors while in it.
- Talk with your child about appropriate “tools” you use to cope with emotions. Model and talk about your experience out loud.
- Remember, everyone experiences all of the zones (and emotions), thus the Red and Yellow Zones are not “bad” or “naughty” zones.

### What is a Cougar Coupon?

Students can earn a Cougar Coupon from any staff member when the student is displaying ROAR behavior. This can be in the classroom, the hallway, in specials, and so on.

Students save their coupons to purchase items from the ROAR coupon menu, which is displayed in every classroom. Some grade levels have a treasure box, where a student can redeem coupons for an item. Other grade levels have experience prizes, such as eating lunch with the teacher or a free homework pass.

### Family Academy Nights at the Creek: March 12 and April 23

Did you know that Wake County Public schools offers a variety of workshops for parents? This year, Swift Creek will be hosting two of these workshops at our school! Translators will be available so all our families can participate in these programs.

#### March 12 6pm: Transitioning to Middle School

If your child is transitioning to middle school, don't panic! You will learn what to expect and what steps to take to ensure their child is ready for a smooth transition. They will also learn about the day-to-day routine, extracurricular activity options, and how to access the Home Base Parent Portal.

Extra special thank you to PTA Vice President Tara Batemon for getting this session to our school!!!!

#### April 23 Time TBD: Preparing for the EOGs

The EOG tests measure a student's abilities in various subjects, including reading, mathematics, and science, through a series of exams implemented during the last three weeks of the school year. Parents will be provided with strategies to help their child feel at ease when taking the EOGs.

Thank you, thank you to Mrs. Carey Burkhalter, our ESL teacher, for arranging this important session!!!!

For more Family Academy events, see <https://www.wcpss.net/family-academy>

## Looking for a Great Summer Camp? Why Not Try Camp Invention at Swift Creek?

Camp Invention will be at Swift Creek June 24-28. This camp is available for children entering K – 6 and is taught by Swift Creek teachers. The Camp Director is Mrs. Monica Coles, one of our 5<sup>th</sup> grade teachers.

If you register now through March 22, you can save \$25 by using the code INNOVATE25CP. Sign up today at the Camp Invention website [www.campinvention.org](http://www.campinvention.org).

## Sponsor a Page or Place an Ad in the Yearbook!

Sponsoring a page in the yearbook is a fun way to show your support for the Swift Creek Yearbook! For \$10, you can sponsor a page of your choice.

The Yearbook is also an easy, affordable way to advertise your business! We have different sized advertisements available to suit your needs. When you purchase an advertisement in the yearbook, it also helps keep costs down for the children purchasing the yearbook.

For more information, please contact Kristy Pickurel at [yearbookpics.sce@gmail.com](mailto:yearbookpics.sce@gmail.com).

Don't forget to purchase your yearbook at <https://tinyurl.com/scesYearbook!>

## Save the Date! International Night is Thursday, March 21

We are excited at how things are coming together for International Night on Thursday, March 21! It is going to be a great evening and will happen in conjunction with Family Night at the Book Fair. Here is the schedule for the evening:

- 5:30-7:45 Book Fair open in the media center
- 5:30-6:30 Sample international foods in the cafeteria
- 6:30-7:15 Performances in the gym
- 5:30-7:30 Country displays are open for tourists



We'd love for your family to get involved! The level of commitment is up to you. You can help create a display that represents the country your family is from and lists some of your traditions. You can bring books, music, food, and have a classroom! Or you can volunteer to help on the night of the event. We are looking for all kinds of help.

## Friday: Deadline for Wake Up and Read Book Drive

The Swift Creek Service Club (SC2) is collecting new and gently used books for 0-12 year olds during the Wake Up and Read Book Drive. These books will be distributed to the areas of most need in Wake County. 13 elementary schools, local preschools, community centers, and churches will all benefit from these book donations.

Please put your books in the box in the front hall! We are collecting through Friday!



We want to hear YOUR FAMILY'S story. If you are interested, contact Marie Dexter at [mariecdexter@gmail.com](mailto:mariecdexter@gmail.com).

## You Make a Difference at the Creek! Get Involved!

Today, our lives are very much rush, rush, go, go, but if you have a few moments, we would love for you to get involved at the Creek! Here are some ways that you can help!

- Contact Mrs. Wils about shelving books in the library. [swils@wcpss.com](mailto:swils@wcpss.com).
- Contact your child's teacher about supplies needed in the classroom or ways you can volunteer.
- Get more involved in PTA sponsored activities. You don't have to be a PTA member to volunteer. Contact Delores Ragsdale at [dmragsdale@yahoo.com](mailto:dmragsdale@yahoo.com) to be added to our volunteer list.
- Plan for next year! We have many 5<sup>th</sup> grade families leaving the Creek this year and they have some big shoes to fill. We are looking for volunteers in these areas:
  - Membership
  - Cougar Counter
  - Book Fair
  - Healthy Living
  - Science Fair / STEM night
  - Watch DOGS
  - Officer positions: President, Vice President, Secretary, Treasurer (to take over in the 2020-21 school year)

If you want to help, we can find something for you to do! If you'd like to nominate someone for a position, you can do that too! Contact PTA President Marie Dexter at [mariecdexter@gmail.com](mailto:mariecdexter@gmail.com) or Vice President Tara Batemon at [tbatemon@gmail.com](mailto:tbatemon@gmail.com).

## Congratulations to the January Super Snippers!

Congratulations to Mrs. D'Amello's 5<sup>th</sup> grade class for turning in \$16.30 in Box Tops in January.



Our next collection day is Friday, Feb 22. Please turn in any Box Tops you have. The deadline for our spring submission is March 1.

## The Swifty Spirit Award Goes to Mrs. Sedaghat's Class!

Mrs. Sedaghat's class showed they have tons of Swift Creek spirit on Spirit Day, Feb 1. They had 70% class participation. They will host Swifty Cougar for the next month in their classroom and celebrated with a popcorn party.



Our next spirit day is Friday, March 8. Since this is during March Madness, this will be a college spirit day. Students are encouraged to wear their favorite college gear or colors!

## Notes from District 5 Council Meeting

Three times a year, our school board representative Dr. James Martin holds a council meeting for the schools in the southwest region of Wake County (District 5). The February meeting discussed these topics:

- Marketing your school to perspective parents.
- Updates to the wellness policy by the School Health Advisory Council (SHAC). Here are the updates:
  - Recommends 30 minutes of daily activity for students K-8
  - Includes all 10 components of the Whole School, Whole Community, Whole Child Model
  - Endorses and supports the use of the school gardens and active transportation to and from school
  - Focuses on nutrition and healthy snacks and discusses model
  - New guidance of implementation and reporting compliance with the policy.

If you'd like more information about this meeting, contact Marie Dexter at [mariecddexter@gmail.com](mailto:mariecddexter@gmail.com).

## Cultural Arts News!

Swift Creek welcomed back Billy Jonas on Monday, February 11. He provided a workshop for each second grade class in which he shared his musical talents and helped each second grader prepare an instruments from recycled objects! The second graders will use their magnificent instruments in the Sound Concert tonight, February 12. We look forward to hearing their beautiful music.

This event was possible because of YOUR Fun Run donations and is sponsored by the Swift Creek PTA.

## How You Can Help Spread the Word about Swift Creek!

We have so many wonderful things at Swift Creek to celebrate! Parents play an important role in getting the word out to perspective parents. Here's how you can help:

- Review us on Great Schools.
- Tell parents to follow our school on Twitter @SCESROARS.
- Share this newsletter.
- Ask folks to like our PTA Facebook page:  
<https://www.facebook.com/swiftcreekespta>



## Stay In the Loop!

Use these resources to stay in the loop about the day to day happenings at the Creek.

- Follow our school on Twitter @SCESROARS.
- Follow our Swift Creek PTA page on Facebook at <https://www.facebook.com/swiftcreekespta>
- Sign up for weekly PTA emails. These go home every Sunday and give an overview of what you can expect next week! If you are interested in receiving these emails, contact Marie Dexter at [mariecddexter@gmail.com](mailto:mariecddexter@gmail.com).
- Follow the PTA website at <http://swiftcreekeswcpsnetptahtml.weebly.com/>. On this site, you can find the weekly PTA email, along with forms, explanations of all our awesome activities at the Creek, and volunteer opportunities!



## Dads, We Need YOU!!!!

The Watch DOG program focuses on education and safety in schools by using the positive influence of fathers and father-figures for a two-fold purpose:

1. To provide positive male role models for the students, demonstrating by their presence that education is important
2. To provide an extra set of eyes and ears to enhance school security and reduce bullying.

Fathers, stepfathers, grandfathers, uncles, older brothers, cousins are asked to spend at least 1 day at their student's school volunteering.

They will support the school through monitoring the school property, working in small groups, reading, using flashcards, helping with homework, refereeing games, listening ears, or whatever else needs to be done to PLANT SEEDS OF SUCCESS in the lives of the students.



**Dads of Great Students**

### Be a Watch DOG!

The school clock is ticking. We want you to be a Watch DOG this year. Sign up today at

<http://tinyurl.com/scesDads1819> or contact David Outlaw at [drdavidoutlaw@gmail.com](mailto:drdavidoutlaw@gmail.com).

### Be Our Top DOG!

We are looking for someone to run the Watch DOG program next school year.

Duties include:

- host organizational meeting at the beginning of the year with principal Propst gathering interest in the program and starting signup in September.
- After that the main duties are answering questions about the program and recruiting volunteers.
- Finally coordinating and communicating the schedule from dads signed up to the school administrator.



## Tips for Building Resilience in Children and Teens

### 1. **Make connections.**

Teach your child how to make friends, including the skill of empathy.

### 2. **Help your child by having him or her help others.**

Engage your child in age-appropriate volunteer work or ask for assistance with some task that he or she can master,

### 3. **Maintain a daily routine.**

Sticking to a routine can be comforting to children.

### 4. **Take a break.**

Endlessly working can be counter-productive. Teach your child how to focus on something besides what's worrying him.

### 5. **Teach your child self-care.**

Make yourself a good example, and teach your child the importance of making time to eat properly, exercise, and rest. Make sure your child has time to have fun.

### 6. **Move toward your goals.**

Teach your child to set reasonable goals and then to move toward them one step at time. Receiving praise will focus your child on what he or she has accomplished rather than what hasn't been accomplished.

### 7. **Nurture a positive self-view.**

Help your child remember ways that he or she has successfully handled hardships in the past and then help him understand that these past challenges help him build the strength to handle future challenges.

### 8. **Keep things in perspective and maintain a hopeful outlook.**

Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times.

### 9. **Look for opportunities for self-discovery.**

Tough times are often the times when children learn the most about themselves. Help your child look at how whatever he is facing can teach him "what he is made of."

### 10. **Accept that change is part of living.**

Change can often be scary. Help your child see that change is part of life and new goals can replace goals that have become unattainable.

## More Opportunities to see Resilience: The Biology of Stress and Science of Hope

Thank you to all the parents and staff who came to the showing of Resilience on Jan 30. Everyone who attended said they wish everyone could see this film.

Many children have Adverse Childhood Experiences that have caused them stress. These children need our support. Aren't sure what an Adverse Childhood Experience is? Take a look at this questionnaire from Public Schools First of NC. See <https://www.publicschoolsfirstnc.org/know-the-issues/resilience/>.

Resilience will be shown again at WCPSS Crossroads II, 110 Corning Dr, Cary NC at 7pm:

- March 14
- April 11



# Valentine Riddles

**Directions:** Each letter of the alphabet has been given a number. To find the answer to the Valentine riddle look at the number under each line and find the letter that it has been grouped with using the letter keys.



What is a vampire's girlfriend called?

18 21 6      10 18 2 25 11



3 14 21 26 9 16

What did the lightbulb say to the switch?

1 2 25      17 25 14 9      24 26      2 9

What did one snake say to the other snake?

10 21 5 26      24 26      22      18 25 10

22 9 16      22      18 21 6 6

Why did the banana go out with the orange?

4 26 20 22 25 6 26      18 26

20 2 25 11 16 9 17      10 26 17      22

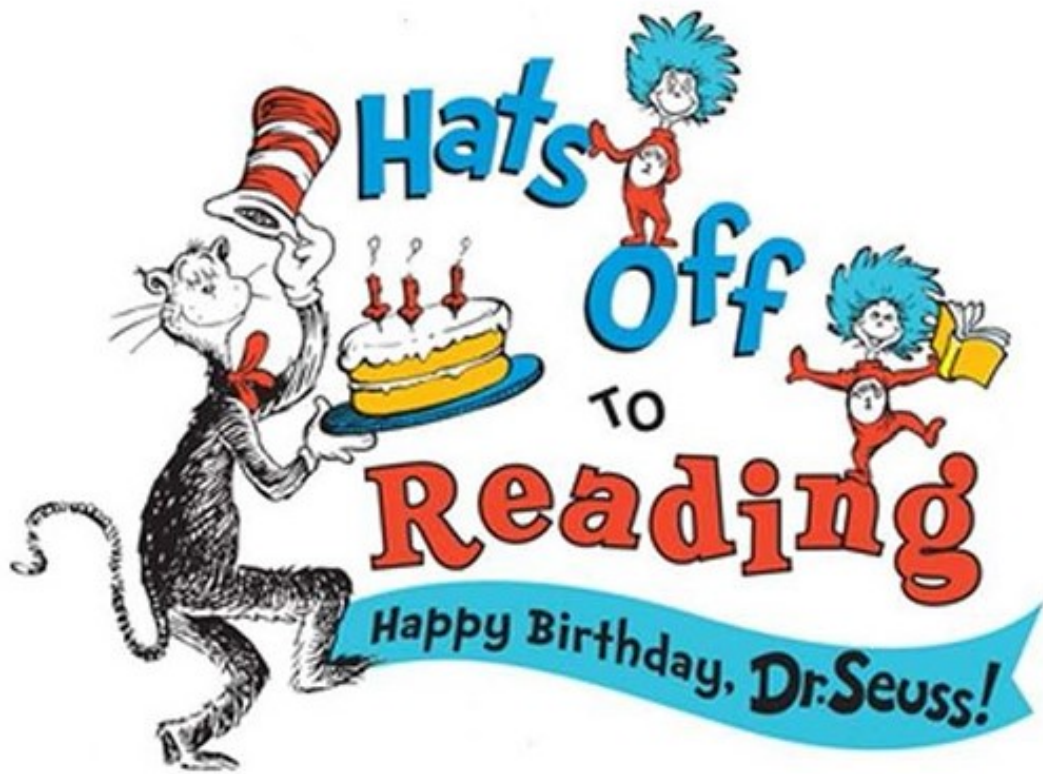
16 22 17 26



<b>A</b>	<b>22</b>
<b>B</b>	<b>4</b>
<b>C</b>	<b>20</b>
<b>D</b>	<b>16</b>
<b>E</b>	<b>26</b>
<b>F</b>	<b>3</b>
<b>G</b>	<b>10</b>
<b>H</b>	<b>18</b>
<b>I</b>	<b>21</b>
<b>J</b>	<b>7</b>
<b>K</b>	<b>19</b>
<b>L</b>	<b>11</b>
<b>M</b>	<b>24</b>

<b>N</b>	<b>9</b>
<b>O</b>	<b>2</b>
<b>P</b>	<b>13</b>
<b>Q</b>	<b>23</b>
<b>R</b>	<b>14</b>
<b>S</b>	<b>6</b>
<b>T</b>	<b>17</b>
<b>U</b>	<b>25</b>
<b>V</b>	<b>5</b>
<b>W</b>	<b>12</b>
<b>X</b>	<b>15</b>
<b>Y</b>	<b>1</b>
<b>Z</b>	<b>8</b>





# Read Across America Week!

February 25-March 1

**Monday-** Cat in the Hat day! Wear a hat & bring your favorite Dr. Seuss book

Join us for a Read Across America kick off night at our Library from 5:00-6:00!

**Tuesday-** Whoville Hair Day! Show off your crazy hair styles

**Wednesday-** Lorax Mustache Day! Wear your favorite mustache

**Thursday-** Fox in Socks Day! Wear your favorite pair of socks

**Friday-** Community readers will read their favorite book in your class! Dress like your favorite book character!

## Your February Calendar

- ☐ **Feb 11-15:** P2 Love
- ☐ **Feb 12 6:30pm:** PTA meeting
- ☐ **Feb 15 1:15pm:** Early Release. School dismisses at 1:15pm. Deadline for RSVPs for Father Daughter dance.
- ☐ **Feb 18:** Teacher Work Day
- ☐ **Feb 22:**
  - 6-7:30pm: Father Daughter Dance in the cafeteria
  - 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 25-Mar1:** P2 Enthusiasm; Read Across America Week. Check out the flyer earlier in this newsletter for each day's theme.

## Your March Calendar

- ☐ **Mar 4-8:** P2 Cheering Others' Success
- ☐ **Mar 8 1:15pm:** Early Release. School dismisses at 1:15pm.
- ☐ **Mar 11-15:** P2 Love of Learning
- ☐ **Mar 12 6:00pm:** PTA meeting and Family Academy Night: Transitioning to Middle School
- ☐ **Mar 18-22:** P2 Forgiveness
- ☐ **Mar 25-29:** P2 Fairness
- ☐ **Mar 28:** Box Top Collection Day!
- ☐ **Mar 29:** Teacher Work Day

## Your April Calendar

- ☐ **Apr 1-5:** P2 Humor
- ☐ **Apr 8-12:** P2 Being Present and Giving Others My Attention
- ☐ **Apr 9 6:30pm:** PTA meeting, Drama performance!
- ☐ **Apr 15-19:** Spring Break
- ☐ **Apr 22:** Teacher Work Day
- ☐ **Apr 23:** Family Academy Night: Preparing for the EOGs
- ☐ **Apr 22-26:** P2 Appreciation of Beauty and Excellence
- ☐ **Apr 29-May 3:** P2 Purpose
- ☐ **Apr 30:** Box Top Collection Day!

### SCES Basketball Schedule

Come cheer on Ms. Graves and our 5<sup>th</sup> grade basketball team!

- Feb 13 – HOME vs Creech Road Elementary
- Feb 27 – AWAY at Barwell Elementary
- March 6 – AWAY at Creech Road Elementary
- March 13 – AWAY at Dillard Drive Elementary

Thanks to David's Auto Service in Durham for sponsoring our team this year! They are providing us with shirts and snacks.

### 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade Parents: EOG Test Window!!!!

Please mark your calendar! EOG testing will take place beginning **May 29-June 7** for all **3<sup>rd</sup> - 5<sup>th</sup> grade students**. Testing **begins at 9:15 AM** each day and it is very important that all students are on time to school on each of these days. Please do not schedule appointments or other events that will cause students to not be at school to start the day. More information about EOG testing will come out later in the spring. Thank you for helping to ensure a smooth testing process for students and staff!