

June 4, 2019

Swift Creek Current

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

<http://swiftcreekes.wcpss.net>

919-233-4320

Yearbooks are Here!

Yearbooks will be delivered to your child's classroom on Tuesday, June 4. Forgot to order a yearbook? Please check with the front office, or you can still purchase a yearbook online

at <https://tinyurl.com/SwiftCreekYearbook>

Thanks to those who purchased yearbooks, TreeRing Corporation, in partnership with Trees for the Future, is proud to plant 294 trees in honor of our school's yearbook purchases during the year. This grove of trees is being planted by local families in countries devastated by deforestation and global climate change. These fast-growing, permanent trees protect fragile ecosystems and assure that families can continue to live in harmony with the natural resources of their lands. Each year these trees will replace many tons of pollution from the atmosphere with life giving oxygen.

Order Your School Supplies Today!

You can get all your kids' school supplies today. You can order online at www.shopttkits.com. Our school code is 38021. The deadline is Friday, June 14. If you have any questions, contact Lynn Kelly at lkelly2003@gmail.com

Swift Creek Family Picnic: June 6 5-7pm



Another school year is coming to close. Let's celebrate the year by having a family picnic on the field behind the school. You provide the food for your family and we'll provide the fun.

Bring a picnic dinner for your family. (This is not a potluck. Each family is responsible for their own dinner.) Then afterwards gather with your Swifty friends to play on the playground, kickball, or with the



Fifth Grade Graduation is Monday, June 10!

- 9:30 ceremony in gym
- 10:30 Classroom Awards
- 11:00 Reach for the Stars celebration on the field
- 2:00 Talent Show

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parachute. This is a chance just to kick back, relax, and be with our nifty Swifty family. If you have any questions, contact Marie Dexter at mariecddexter@gmail.com.

Thank you to Our Proctors and Hall Monitors!

Thank you to all of our WONDERFUL parents and community members for volunteering to proctor our EOG tests!! All of our testing days ran smoothly and our students worked extremely hard. We truly could not have done it without your help and support. I wish you all the best this summer! Thank you again! Best, Amanda Nichols

PTA Officers for 2019-20

Thank you to everyone who attended the May PTA meeting. We elected the following officers for next school year.

- President – Tara Batemon
- Vice President 1 – Marie Dexter
- Vice President 2 – Deborah Killion
- Treasurer – Delores Ragsdale
- Secretary – Lauren Nicholls

Thank you to April Bartley, who has served as Secretary for the past 3 years. We greatly appreciate your dedication and time! We are glad to know that we will have you at the Creek for many years to come.

Healthful Living --- BRING IT ON SUMMER

Summer is a great time to move our bodies and enjoy active adventures with friends and family. Bike rides, walks, swimming, hiking, paddle boards, kayaks, badminton, paddle ball, and so many more fun things you can do with others!

Remember food is fuel and with warmer weather, watermelon is a great snack to keep you hydrated!

Don't forget to drink lots of WATER and WEAR SUNSCREEN ALWAYS! Put on a hat to protect yourself and don't forget to re-apply the sunscreen after being outside a few hours.

Message from Incoming President, Tara Batemon:

This has been a wonderful and eventful year at Swift Creek! I look forward to serving as your 2019-2020 PTA President and working to help us continue to grow and flourish as a community.

I hope you enjoy your summer vacations! Warmly, Tara Batemon

At the end of this newsletter are some fitness calendars if you want to challenge a friend/family member or just yourself. Do this every day and continue to build your endurance and stamina for when you come back in August.

Play Hard, Have FUN, and BE SAFE!
Ms. Graves :)



Music Minute

Hello SCES families,

As we get closer to the end of the school year, I encourage all families to be musical throughout the summer. On the SCES Music Website (located under the Students tab of the SCES web page), I shared the "10 Ways To Be Musical in the Summer" list. They are low cost, easy ways to pass the summertime with music. Students are also encouraged to use the music website to participate in digital learning opportunities throughout the summer.

The internet is full of great resources and opportunities for our kiddos to learn, but it is also a place that can be unsafe and not suitable for our students. I've shared an Internet Safety document in the "Music Websites" section that provides a list of resources for parents to help make the internet a safer place for our students. Please feel free to contact me if you need assistance finding the document.

Lastly, thank you all for being a part of the SCES community and sending your kiddo(s) to Swift Creek. It is a joy to teach and work with them. I hope that you have a wonderful summer.

Ms. Jazzmone Sutton, Music Educator

Visit the Swift Creek Music Web Site at

<https://sites.google.com/a/wcpss.net/scmusic>.



10 Ways To Be Musical in the Summer!!!

1. Host a concert for your family.

2. Write a song.

<http://www.kidzworld.com/article/24798-how-to-write-songs>

3. Attend a local concert.

4. Learn a new song.

<http://teachbesideme.com/classical-songs-kids-love/>

5. Start an instrument.

6. Have a Dance Party.

<https://www.youtube.com/watch?v=vCQ7lw-H62A>

7. Create your own instrument.

<http://www.letsplaykidsmusic.com/homemade-musical-instruments-shakers-maracas/>

8. Discover a new composer/musician.

<http://www.classicsforkids.com>

9. Create a dance to go with music.

10. Practice your rhythms with the musical minons.

https://www.youtube.com/watch?v=AR1ELLMRKvE&feature=youtube_gdata_player

Art Room Needs

The following items are desired for the art room:

On-going items for art room:

- used Legos
- wooden blocks
- yarn
- paper tubes
- baby wipes
- men's ties
- egg cartons
- paper drink trays
- sliding close gallon Ziploc bags
- sharpie markers all colors
- plastic bottle tops
- laundry detergent tops
- paper grocery bags
- old wooden brooms
- copy paper

new items for art room:

- used gift wrapping tissue paper
- sequins
- glitter glue
- old house paint brushes (like what you might throw away)
- CLEAN plastic squeezable ketchup and mustard containers
- clean cool whip containers with lids



Read, Read, Read This Summer!

Even though school is out, it is important to continue read over the summer. Reading helps build vocabulary and critical thinking skills.

Here are some tips for parents to make summer reading FUN!


1. Read aloud together with your child every day. Be creative! Read outside in a hammock. Go on a picnic. Have your child read to you.
2. Set a good example! Go to the library and check out books so you have lots of options around the house.
3. Read the same book as your child and discuss it. You could have a mini Book Club with related activities or food.
4. Let your kids choose what they want to read. Kids are more likely to read when they get to choose their book.
5. Listen to books on tape.
6. Take your child to the library regularly. Participate in the many summer programs that Wake County offers.
7. Subscribe to a magazine.
8. Encourage your child to write to a pen pal. Who doesn't like getting a letter or postcard in the mail?
9. On road trips, encourage your child to read street signs, billboards, notices, and so on.
10. Encourage your child to keep a summer scrapbook.

Source:

www.readingrockets.org/article/summer-reading-tips-parents. Accessed on May 31, 2019.

June Calendar

Date and Time	Event
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June 7	Field Day <ul style="list-style-type: none"> • K-2 10-12 • 3-5 12:30-2:30
June 10 	5th Grade Graduation <ul style="list-style-type: none"> • 9:30 Graduation ceremony in the gym • After the ceremony, we will have High Fives and Good Vibes on the field behind the school. Parents, Families, Friends, and Staff are welcome to join us! Help us celebrate each student's accomplishments and to wish him/her well in middle school. • 2:00 5th Grade Talent Show in the gym. This event will be attended by the entire school. Parents and family members are welcome as well.
June 11	Last Day of School
June 14	Deadline for ordering School Supply Kits online.

August Calendar

Date and Time	Event
Mid-August	Teacher and Class assignments will be posted on the front doors of the school building. No letters will be sent my mail. You must stop by the school to see your assignment.
August 26	First Day of School!

Join us for Camp Invention: June 24-28

There is still time to register for Camp Invention at Swift Creek! Do it today at campinvention.org. For more information, contact Camp Director Monica Coles (mcoles@wcpss.net) or Camp Parent Marie Dexter (mariecddexter@gmail.com).

Stay in the Loop!

For information over the summer, follow these resources:

- School Twitter account @SCESROARS
- The PTA page on FaceBook at <https://www.facebook.com/swiftcreekespta>
- School website: <https://www.wcpss.net/swiftcreekes>
- PTA website: <http://swiftcreekeswcpssnetptahtml.weebly.com/>

If you are interested in receiving emails from the PTA, send your email address to Marie Dexter at mariecddexter@gmail.com. There will be few emails over the summer, but they will increase in frequency as we head into August.

A B C D E F G

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Swift Creek Before and After School Hours of Operation

Monday – Friday
7:00 a.m. – 8:45 a.m.
4:00 p.m. – 6:00 p.m.

*If there is a delay due to inclement weather, before
school will be delayed as well.

* After School is open early release days.

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Program Provides

Quality Educated
Caregivers...CPR and First
Aid Certified

Afternoon Snack

Homework Help

Arts – And – Crafts

Group Activities

Outdoor Play

Indoor Play

In-House Field Trips

Cooking Activities

And So Much More

Cost Per Child Before School

\$96.25 monthly, per student

After School

\$114.58 monthly, per student

A one-time fee of \$15 fee
for each program will be
charged at the time of
registration, per student.

We also offer early release
days only.

Sign-Up will be on Meet
the Teacher day.

For more information, contact Annie Kress, Swift Creek
Before & After School Coordinator at
919-233-4320 ext 20879
Email: akress2@wcpss.net

S R Q P O N

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7 Crunches 12 Knee Raises	2 7 Squat Jumps 5 Arm Circles	3 ANIMALS TASK CARD #1	4 7 Squat Jumps 12 Knee Raises	5 7 Crunches 5 Arm Circles	6 PLAY TENNIS AT A LOCAL PARK
7 10 Squat Jumps 8 Arm Circles	8 10 Crunches 15 Knee Raises	9 10 Squat Jumps 8 Arm Circles	10 WEATHER TASK CARD #2	11 10 Squat Jumps 15 Knee Raises	12 10 Crunches 8 Arm Circles	13 PRACTICE THROWING A BASEBALL
14 12 Squat Jumps 12 Arm Circles	15 15 Crunches 20 Knee Raises	16 12 Squat Jumps 12 Arm Circles	17 ANIMALS TASK CARD #1	18 12 Squat Jumps 20 Knee Raises	19 15 Crunches 12 Arm Circles	20 FLY A KITE
21 15 Squat Jumps 15 Arm Circles	22 20 Crunches 25 Knee Raises	23 15 Squat Jumps 15 Arm Circles	24 WEATHER TASK CARD #2	25 15 Squat Jumps 25 Knee Raises	26 20 Crunches 15 Arm Circles	27 WALK ON A TRAIL WITH A FRIEND
28 20 Squat Jumps 20 Arm Circles	29 25 Crunches 30 Knee Raises	30 20 Squat Jumps 30 Arm Circles	31 ANIMALS TASK CARD #1			

July is National Parks and Recreation Month! - Encourage kids to stay active and spend time outdoors this month. They can perform these activities at a local park!



Refer to Task Cards 1&2 on Page 3



For Arm Circles and Knee Raises, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS MVP



SQUAT Jumps

Start with feet shoulder width apart.
Squat down (sit back) with arms
extended. Explode up and reach up.
Land softly on both feet. *Repeat.*

HealthierGeneration.org



FITNESS BREAKS PRE-GAME



Knee RAISE

Stand tall, lift one knee up
towards the chest and hold.
Alternate knees.

HealthierGeneration.org



1

TASK CARDS

ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear

HealthierGeneration.org



2

TASK CARDS

WEATHER

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing

HealthierGeneration.org





FITNESS CHALLENGE

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 NATURE WALK (Walk for 1 mile)
2 5 Carioca 6 Lunges	3 7 Squats Hop on 1 leg (15 seconds)	4 5 Carioca 10 Jumping Jacks	5 TASK CARD #1	6 5 Carioca 6 Lunges	7 7 Squats Hop on 1 leg (15 seconds)	8 HELP WITH A GARDENING PROJECT
9 8 Carioca 9 Lunges	10 10 Squats Hop on 1 leg (20 seconds)	11 8 Carioca 15 Jumping Jacks	12 TASK CARD #2	13 8 Carioca 9 Lunges	14 10 Squats Hop on 1 leg (20 seconds)	15 BIKE RIDE (Ride for 2 miles)
16 12 Carioca 12 Lunges	17 15 Squats Hop on 1 leg (25 seconds)	18 12 Carioca 20 Jumping Jacks	19 TASK CARD #1	20 12 Carioca 12 Lunges	21 15 Squats Hop on 1 leg (25 seconds)	22 GO SWIMMING IN THE LAKE
23 15 Carioca 15 Lunges	24 20 Squats Hop on 1 leg (30 seconds)	25 15 Carioca 25 Jumping Jacks	26 TASK CARD #2	27 20 Carioca 15 Lunges	28 20 Squats Hop on 1 leg (45 seconds)	29 NATURE WALK (Walk for 3 miles)
30 20 Carioca 20 Lunges						

June Calendar - Keep kids active this summer with simple fitness activities that can be done at home or at a summer program! Every Saturday they can enjoy nature with an outdoor exercise or activity, like gardening for National Gardening Week. Involve family and friends too!

 Refer to Task Cards 1&2 on Page 4

 For Hop on 1 Leg exercise, repeat for each leg

Find the visuals & descriptions for each fitness activity below.



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS OVERTIME



Squats

Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.

HealthierGeneration.org



FITNESS BREAKS TIP-OFF



HOP on one leg

Take off on one foot and land on the same foot multiple times.

HealthierGeneration.org



FITNESS BREAKS TIP-OFF



Carioca

Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square.

HealthierGeneration.org



FITNESS BREAKS PRE-GAME



BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*

HealthierGeneration.org



1

TASK CARDS

- 20 arm actions
Pump arms like running hard
- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches

HealthierGeneration.org



2

TASK CARDS

- Write your last name in the air with your left foot
- 14 crisscross jumps
- 6 jumps forward and back
- Write your first name in the air with your right foot
- 8 wood chops each side

HealthierGeneration.org

