

November 15, 2016

Swift Creek Current

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

<http://swiftcreekes.wcpss.net>

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What Are You Thankful For?

November always reminds me of all the things that I have to be thankful for. As I reflect over 2016, here are some of the things at Swift Creek that I am grateful for:

- The \$15,500 that we raised during the Fun Run. Although we didn't meet our fundraising goal, \$15,500 will help us provide many important programs to the students at Swift Creek. Thank you to everyone who donated.
- The amazing Book Fair in October. We had over \$9000 in sales. As a result, we raised \$4000 in Scholastic dollars to purchase new books for the school library.
- Our amazing, energetic, hardworking teachers, teaching assistants, administrative staff, student support staff, custodians, and cafeteria staff. Every time I walk into the school I see the dedication these individuals have to their profession and our kids.
- For so many incredible business sponsors: Campbell Road's Nursery, BJs, Food Lion, Chick-Fil-A, Lowe's Foods. Recently, Storage King came by to add their support. Storage King is helping to strengthen our literacy programs by providing books for the library and our classrooms!
- For all the volunteers (parents, grandparents, church members) who give their time every week to support our teachers and students.

I could go on and on. I hope you could too. I wish all of you a Happy Thanksgiving. Marie Dexter, PTA President

Volunteer Opportunity: Help ESL Readers

Ms. Burkhalter needs volunteers to have ESL students read one on one with in the morning before school starts (8:45am-9:15am).

Please contact Ms. Burkhalter (cburkhalter@wcpss.net) if you can help.



Thanksgiving Break is
Wed, November 23-
November 27.

Enjoy the Thanksgiving
Holiday!



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Update on Capital Transit Performance

All students attended the Capital Transit performance on Thursday, November 10. Capital Transit is five professional musicians taking kids on an interactive journey through 500 years of Music History in 50 minutes. NEVER boring, they perform Baroque & Classical music, Spirituals, Blues, Jazz, Bluegrass, Doo-Wop and Rock & Roll. With key points for kids to listen for and remember, it addresses the NC Course of Study in History, Music, & Social Studies. Kids get to interact with the band, play instruments with the band, move, clap, and even dance!

This performance was sponsored by the Swift Creek PTA and in part through a grant from United Arts Council of Raleigh and Wake County. Additional support is provided by the North Carolina Arts Council, a division of the Department of Cultural Resources.

National School Psychology Awareness Week: November 14-18

Small Steps Change Lives

My name is Kristen Lewis, and I am the school psychologist at Swift Creek Elementary. School psychologists are members of school staff that support students' ability to learn and teachers' ability to teach. School psychologists apply expertise in mental health, learning, and behavior to help children and youth succeed academically, socially, behaviorally, and emotionally. We provide direct support and interventions to students, such as individualized learning and behavioral assessments to identify students' strengths and needs, academic and behavioral interventions, counseling, and social skills training. We also consult with teachers, families, and other educators to improve support strategies and school-wide practices and policies. We are in a unique position to ensure students success every day, including both small and bigger accomplishments.

The theme of School Psychology Awareness Week, "Small Steps Change Lives," is directed to students, but also carries an important message to parents and caregivers. There are many ways families can help children make positive changes in small increments. As parents and caregivers, you can praise attempts and hard work, encourage goals setting and trying new challenges, help your child identify their strengths and weaknesses, and help your child realize that set backs are not all encompassing or permanent. I look forward to working together as we encourage all of our children, whether at home or at school, to see and take small steps to achieve their best.

Help with the Early Release Luncheon on December 2

The Hospitality Committee will host an early release luncheon for the teachers on December 2. Please look for a sign up genius next week. Please email Elizabeth at Elizabeth.Worthy@me.com if you are interested in volunteering with the Hospitality Committee by donating your time or food for our events.

Thank You, Ms. Hartley

The PTA would like to extend a special thank you to Ms. Hartley for all of her work on the book fair. We really appreciated your guidance, your energy, and your enthusiasm! Sadly, Mrs. Hartley will be leaving Swift Creek this month to return to Durham County. You might have been here for only a short time, but we will miss you. You have been amazing!

ATTENTION Wake County Volunteers!

If you registered to be a Wake County volunteer BEFORE July 1, 2016, this message is for you!

The vendor who handles background checks for school volunteers is scheduled to purge the names of former volunteers at the close of business Nov. 18. While most of the names being removed are no longer volunteers in our schools, it is possible the names of current volunteers could be purged from the list. This would force them to register again.

To keep this from happening, any current volunteers who registered before July 1, 2016 should renew their volunteer registration now. To renew your registration, you must use the computer in the school library.

TIPS FOR A HEALTHY HOLIDAY :) Family time = Happy Time

Carve Out Time for Activity

Start the morning out with a family walk and enjoy a family game of football, soccer, or any team sport before the big dinner! This is a great way to add some activity for a healthier holiday!

Start the Day with a Healthy Breakfast

By starting the day with a healthy breakfast you can help prevent overeating throughout the day! Try eggs, fruit, and whole-wheat toast!

Eat Healthy Snacks

Plan ahead and keep smart options in the house. Fruit or nuts will help hold the family over until the turkey is ready!

Veggies and Portion Control

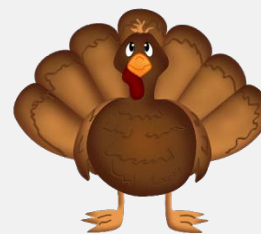
Thanksgiving dinner can be a learning opportunity to help your kids understand portion sizes. Try making a few different vegetables for your child to try out. Encourage them to fill half of their plate with a variety of vegetables! The other half of the plate should be split between protein (turkey!) and starches (yams, potatoes, and corn)! Also, the more color the better!

Get Everyone Involved in Clean Up

Family clean up time after dinner. Everyone can communicate, play some holiday music and be on their feet moving around. Have the kids help with gathering, washing, or drying dishes. This light activity will help fight fatigue after dinner!

Happy Thanksgiving! From Ms. Graves

Healthy Kids = Happy Kids!



Your November Calendar

- November 17 5-8pm:** McTeacher's night at the McDonald's off Walnut Street. Help us raise money for our school during this annual event!
- November 22:** Deadline for Fall Spirit Wear orders.
- November 23:** Teacher Work Day
- November 24-27:** Thanksgiving holiday

Your December Calendar

- December 2 1:15pm:** Early Release. School dismisses at 1:15pm.
- December 13 6:30pm:** PTA meeting in the gym; followed by Chorus concert
- December 22:** Teacher Work Day
- December 23 – Jan 2:** Winter Holiday

Your January Calendar

- January 10 6:30pm:** PTA meeting in the media center. Everyone is welcome to attend!
- January 12:** Science Fair! Participation is optional for anyone in grades 3-5 and students may enter demonstrations or experimental projects. Questions? Need more information? Contact Jen Miller at jcmille4@gmail.com.
- January 16:** Martin Luther King Jr. Holiday. No school!
- January 20 1:15pm:** Early Release
- January 27:** Teacher Work Day. No School!

Fall Spirit Wear Orders!

Want to order some fall spirit wear (long sleeve shirts, zip up hoodies, and more)? Be on the lookout for order forms! If you order by the deadline (November 22nd), you will get your order before the holidays! They make GREAT gifts!!!

