

November 6, 2018

Swift Creek Current

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

<http://swiftcreek.wcpss.net>

919-233-4320

From the Principal's Desk

Our Student Support Services staffs have prepared a powerful presentation called, "Keeping Children Emotionally and Physically Safe." They will be joined by Kelly Lister, our district's Crisis Intervention Specialist. Over the past few years we have seen an increase in the number of students who report feeling stressed, have difficulty regulating their emotions, or want to harm themselves. We want to improve the partnership between home and school to help our children become balanced in life. This workshop will help us to understand the risks our kids face and learn ways to help our children navigate through good and bad times (increase resiliency and coping skills). Please join us Wednesday, November 7 from 6:00 pm to 7:00 pm for this powerful session.

TOMORROW NIGHT 6-7pm!!!

Keeping Children Emotionally and Physically Safe

The Swift Creek Elementary Student Services Team and the WCPSS Crisis Intervention and Prevention Specialist are offering this free workshop for parents on understanding the risks children face and how to help children build resiliency and coping skills.

Swift Creek Elementary hopes to team up with parents to help children find balance in their lives and get the most from their education.

Childcare will be provided.

If you have questions, please contact Mrs. Chadwick, our school counselor, at cchadwick@wcpss.net.



VOTE TODAY!

The PTA encourages you to go vote in today's general election. The polls are open until 7:30.

Remember the important school bond that is on the ballot. The money to renovate Swift Creek will come directly from this bond. The Swift Creek PTA has issued a position statement in support of this bond.

- If the bond passes, the property tax impact would be \$23 per \$100,00 of assessed property value.]
- If the bond does not pass, these renovations will still occur. However, the Board of Commissions will have to find another more expensive way to pay for these new schools and renovations.

In This Issue

P2 Corner

HELP Children Improve Their Reading Fluency

We Need You for Book Fair and STEM Night

Your Nov and Dec calendars

P2 Corner:

Nov 5-9
Bravery



What Does Bravery Mean?

You act with mental, moral, or physical strength even when you know things are difficult or scary.

Why Does It Matter?

Overcoming fears is critically important in individual development, as it allows the person to do more and become more. A person can be brave every single day. On a group level, bravery is inspiring and contagious. Witnessing an individual's brave act – whether a soldier in battle or standing up for a bullied student – is a form of leadership and often encourages others to take action.

Nov 12-20
Gratitude



What Does Gratitude Mean?

You are aware of and thankful for good things that happen.

Why Does It Matter?

Out of all 24 character strengths, gratitude is the single best predictor of individual well-being. It is correlated with increased energy, empathy, happiness and optimism. And, the great thing about gratitude is that it can be intentionally cultivated. Numerous studies have concluded that gratitude is like a muscle. The more you practice it, the stronger it gets – and the more you're able to reap its benefits.

Nov 26-30
Knowing My Words and Actions
Affect Others



Dec 3-7
Kindness



What Does Kindness Mean?

You are generous to others and you are never too busy to help out. You enjoy doing good deeds for other people.

Why Does It Matter?

For individuals, kindness is correlated with desirable developmental outcomes. It is related to other-oriented emotions, like empathy (the ability to experience the emotional state of another person) and sympathy (the tender emotion of concern for another's difficulty). On a group level, kindness is very important. In addition to empathy and sympathy, the character strength of kindness is indicative of an individual's moral reasoning capacity and level of social responsibility. That means people who develop kindness possess a strong personal ethical responsibility to care for other people.

Empower students to gain a love and understanding of reading using the HELPS fluency intervention!

Helps Education Fund seeks volunteers for our MOVES program. These positions will be trained to provide the HELPS literacy intervention to elementary school students in Raleigh, NC. Elementary school students who receive HELPS are struggling with reading. HELPS is provided one-on-one (volunteer-student).

Volunteers are asked to commit 2-6 hours a week, 1-3 days at the school or after-school site. The program is provided Monday to Friday between 8am - 6pm. Must pass Wake County Public School system background check. Training will be held at Swift Creek ES on Friday, November 9th at 1:00 pm.

Interested individuals should email moves@helpseducationfund.org

About Helps Education Fund

HEF was founded in 2011 to address challenges with educational equity as it relates to education and opportunity and research to practice. We do this by providing free or very low-cost research supported materials, trainings, and services to schools, educators, and parents.

Cultural Arts News!

Transit Vocal Band will be coming to Swift Creek Elementary on Friday, November 16! All students will enjoy this performance as they hear and learn about a cappella music and experience making this kind of music! Transit Vocal Band has performed at venues across the United States and has award-winning albums! We are excited for this performance!



The fourth grade is excited to have our resident writer, Michael Beadle, back at Swift Creek for two more days, November 7 and 8 to make up for two days lost due to Hurricane Michael.

This program is funded by the PTA (using your Fun Run donations!) and supported, in part, by a grant from the 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.

Remember to Log Your Child's ReadVolution Hours: Deadline is Nov 16

Swift Creek broke the 1000 book barrier! But we have a long way to go if we want to reach the 2020 goal and be entered in the drawing to visit a Carolina Hurricane's practice. Help us get there by logging your child's hours today!

<http://swiftcreekeswcpsnetptahtml.weebly.com/readvolution.html>

Thank You for your Florence Donations

Thank you to EVERYONE who donated items to help with Florence relief in Pender County. That area is still struggling to recover and they are so grateful to be receiving all your donations.

Our Swift Creek Community knows that #OtherPeopleMatter!

We Need Volunteers for Book Fair Week and STEM Night on Thursday, Nov 15

We still need lots of volunteers to help during Book Fair. Each class will have a preview day and a shopping day and we could use YOU to help with both. Sign up today at <https://tinyurl.com/scesNovBooks>

This year's Swift Creek STEM Night will be held on Thursday, November 15th in conjunction with the Book Fair. Students can engage in fun activities related to Science, Technology, Engineering, and Math. There will be a variety of activities for all grade levels.

All the activities are hands-on and most even let you take the supplies home! They will be exploring the chemistry of slime, the physics of sound, the magic of mathematics, plus lots of other fun activities.

All students who return a completed STEM Night passport will earn an award and be entered a drawing to win a STEM-themed prize!

This event needs a lot of people to help create all the fun. The volunteer slots are only 1 hour long and this year we've included slots for teenage volunteers. This is a great opportunity for older siblings to be involved. Sign up at <http://tinyurl.com/ybazl3vt>

We NEED You to Make it Happen!

Book Fair sign up

<https://tinyurl.com/scesNovBooks>



Help with STEM Night

<http://tinyurl.com/ybazl3vt>

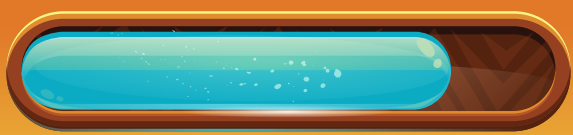


November 12-16 is School Psychology Awareness Week! The theme this year is "Unlocking Potential. Finding Your Password."

As Swift Creek's new school psychologist, I (Mrs. Heather Hill hhill@wcpss.net) want to help teachers and parents find solutions and keys to help unlock the potential for all students at SCES!

From team membership on the PBIS (Positive Behavior Intervention Support) committee and the MTSS (Multi-Tier System of Support) team to working individually with students, it is rewarding work to see a student truly blossom when they are encouraged, connected, and inspired by the influential people in their lives.

I've had fun working with several classes during art to identify people who have helped our Swifties unlock their potential by encouragement, inspiration, and connection. Check out these "gratitude keys" by the cafeteria during School Psychology Awareness Week!



LEVEL 2



UNLOCK POTENTIAL

FIND YOUR PASSWORD



Collect keys to unlock each password. Use passwords to level up your potential.



PE Updates from Ms. Graves

"What makes us move is what also makes us think."

When you're stressed or sedentary for 20 minutes, get up and move a little! This is for all ages and lifestyles! With the cold weather approaching, we tend to not want to be outside as much and start eating "hearty" meals! Keep your body moving and eat your veggies first! Vegetables have amazing nutrients to fuel our bodies and filling up on those will keep you from overeating other not so nutrient rich foods. Also, make sure you are drinking WATER! Cold weather is an easy way to become dehydrated!

Fun Run Update: WOW! We raised \$20,200!

What an amazing fundraising drive we've had!

So many people to thank for this incredible achievement:

- Thank you to all the families who donated money and their time to making the Fun Run a success!
- Thank you to our patient staff as we worked out the Fun Run schedule, for handing out flyers every week, and for your constant support.
- And THANK YOU, THANK YOU, THANK YOU to Annie Pilz and Kim Sheppard, the chairs of the Fun Run. We couldn't have done it without you.

We'd also like to thank our Gold, Silver, and Bronze Sponsors.

Swift Creek in the Guinness Book of World Records????

On Thursday, Nov 8th, several Physical Education classes (Perry, D'Amelio, Zardas, Krauter, Phillips) will be participating in the WUSSA Speed Stack Guinness Book of World Record for the most locations stacking cups on the same day!



Gold (\$200+)

Sarah Dusel
Phil N Great HVAC
Galloway Family
Outlaw Family
Dexter Family
TerraTech Engineers, Inc
The Ford Family
The Pilz Family
The Douglas Family
+10 Anonymous Donors

Silver (\$150)

Lamm family
Aneda and Reggie Jackson
Dana Ramsey
+5 Anonymous Donors

Bronze (\$100)

Beth Englert – Better Homes and
Gardens Go Realty
Carolina Cabinet Specialists
Danielle and Scott Davis
The Miller Family
The VandenHeuvel Family
The Deaton Family
+5 Anonymous Donors

These classrooms met their fundraising goal and earned a popsicle party:

Classroom	Grade	Goal (\$)	Total Raised (\$)
Team Miller	Grade 2	950	1887.5
Team Lipe	K	1150	2200
Team Bumgarner	K	1100	1905
Team Cillian	Grade 1	800	1334
Team Phillips	Grade 1	800	1215

These classrooms per grade had the highest average laps per student and earned extra recess:

Classroom	Grade	Laps/Student
Team Bumgarner	K	8.05
Team Phillips	1	8.27
Team Miller	2	8.56
Team Delgado	3	8.94
Team Beauchamp	4	8.76
Team D'Amelio	5	9.38

These classrooms per grade raised the most per student and earned a pizza party:

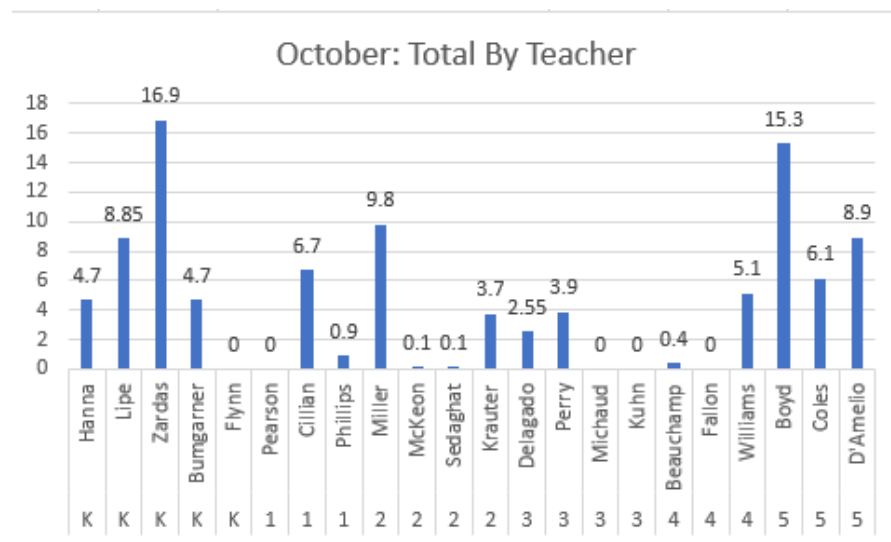
Classroom	Grade	Donations/Student (\$)
Team Lipe	K	96
Team Cillian	1	83
Team Miller	2	99
Team Michaud	3	32
Team Fallon	4	39
Team D'Amelio	5	48

Have any questions? Please email us at funrun.swiftcreek@gmail.com!

October Super Snippers Are Mrs. Zardas' Kindergarten Class!

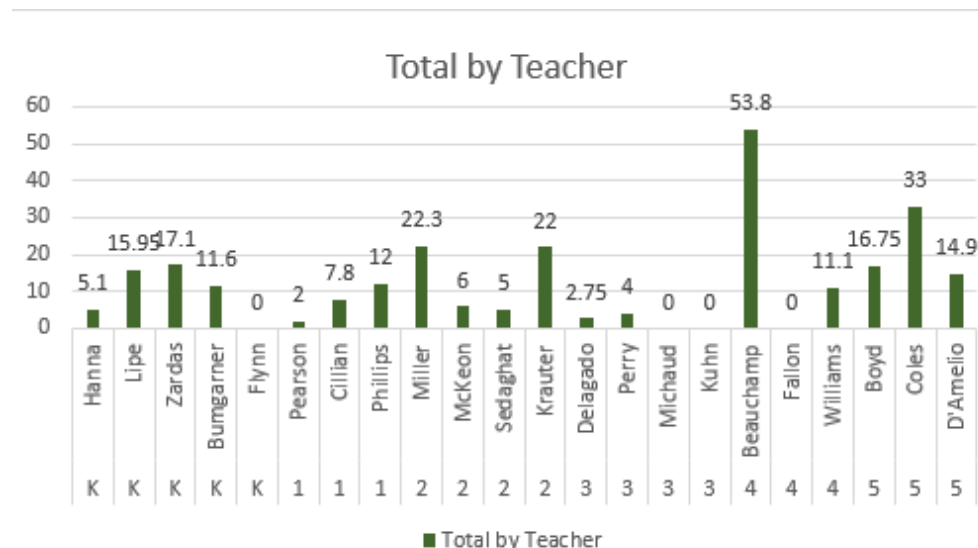
Congratulations to Mrs. Zardas' class for raising \$16.70 in Box Tops and Coke Bottle Tops in October! It was a close contest this month with Mrs. Boyd's class raising \$15.30.

Here is how much each classroom raised in October.



So far this year, we have raised \$432.00 in Box Tops and Coke Bottle tops. We have a long way to go to reach our \$1250 goal for the year. You can help. Collect Box Tops and Coke bottle tops at home and ask your friends and neighbors to help! It is all free money for our school.

And here are the year-to-date totals:



Thanks to Everyone Who Attended McTeacher's Night

We raised an incredible \$700 for the Creek! It was a very fun night. The McDonalds coordinator had even invited the Cary police department, who came with K9 unit.

Our next event is at City Barbeque in Cary (on Kildaire Farm Road) in January!

We Need Volunteers to Join the Yearbook Committee!

We need parent volunteers to...

- Take photos of school activities and events
- Design and layout the pages of the yearbook (very similar to using Shutterfly)
- Help sell ad space and the yearbook itself

This is your chance to help shape the memories your children will have for years to come! For more information or to join the committee, please send an e-mail to Kristy Pickurel at yearbookpics.sce@gmail.com.

Share Your Photos from the Fun Run!

There are two ways to submit photos to the yearbook - please use the option that works best for you.

1. E-mail your photos (or a link to them) to yearbookpics.sce@gmail.com
2. Follow the instructions below to upload your photos to the yearbook website:

To upload photos – Parents:

1. Go to <https://www.treering.com/validate?PassCode=1015281241841003>.
2. Enter in the necessary information to create an account. If you've already ordered a yearbook you may have already created an account, so click on "Log In."
3. Click on "Add Student" and enter in the necessary information.
4. After you've confirmed your student's information, click on "Shared Photos" in the left hand navigation bar.
5. Click the green "Add photos" button.
6. You can upload photos from your computer, or you can link to your Facebook, Flickr, Instagram, Google Drive or Dropbox accounts to upload photos directly from those.
7. Once you've chosen your photo you can select to leave it in the default "All School Feed" folder, or you can choose another folder to place it in (folders include grade levels, events, etc.).
8. You can elect to add a caption to the photo and/or tag your student in the photo, but this is not necessary.
9. Click the green "Minimize" button.

Our Spirit Winner for November is Mrs. Sedaghat's Second Grade Class!

They had 72% participation in school spirit day on Nov 2! They really showed their school pride. Our next spirit day is Friday, Dec 7.

Cougar Book Club

Do you have a 3rd, 4th, or 5th grader who loves to read? The next meeting of the Cougar Book Club is on Dec 10. We will be discussing "Running Out of Time" by Margaret Haddix. For more information, contact Marie Dexter at mariecddexter@gmail.com.

Three Little Pigs Hidden Objects

Can you find the 15 hidden items?



Your November Calendar

- ☐ **Nov 5-9:** P2 Bravery
- ☐ **Nov 12:** No school in observance of Veteran's Day
- ☐ **Nov 12-20:** P2 Gratitude
- ☐ **Nov 13-17:** Book Fair! Family Night on Nov 15.
- ☐ **Nov 15:** Family Night at the Book Fair / STEM Night
- ☐ **Nov 20 1:15pm:** Early Release
- ☐ **Nov 21-23:** Thanksgiving Holiday
- ☐ **Nov 26-30:** P2: Knowing my words and actions affect others
- ☐ **Nov 30:** Monthly Deadline for Box Tops and Coke bottle tops!

AIG Nomination Window

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

Your December Calendar

- ☐ **Dec 3-7:** P2 Kindness
- ☐ **Dec 7:** School Spirit Day! Wear your school colors!
- ☐ **Dec 10-14:** P2 Humility
- ☐ **Dec 11 6:30pm:** PTA meeting
- ☐ **Dec 17-21:** P2 Self-Control
- ☐ **Dec 21:**
 - o Monthly Deadline for Box Tops and Coke bottle tops!
 - o Early Release. School dismisses at 1:15pm
- ☐ **Dec 24 – Jan 2:** Winter Break

It's a Win – Win!

There are easy ways for you to order healthy snacks for classroom celebrations! You can order healthy snacks (for celebrations such as birthdays) through the cafeteria! And yes, they have cookies and cupcakes on the list!

For more information and form to complete, see

<http://swiftcreekswcpssnetptahtml.weebly.com/healthy-lifestyles.html>

Amazon has also created **The Healthier Generation Store with Amazon Business**. (Short URL: <http://tinyurl.com/scesHealthyFood>) Make sure to use your Swift Creek Amazon smile account. Then you are keeping our kids healthy while supporting our school as well!

