

October 1, 2019

Swift Creek Current

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

<http://swiftcreek.wcpss.net>

919-233-4320



Post from the PTA President:

I hope everyone is enjoying the school year and seeing your student learn and grow.

One of the ways parents volunteer in the PTA is by being a grade parent. Did you know, we have 20 classes and 32 grade parents? That is great! They provide support for the teachers with in-class needs and facilitate communication between other parents and the teacher to help grow a cohesive classroom community. Just another way PTA serves Swift Creek!

Be sure to attend our next PTA meeting on Tuesday, October 8th at 6:00pm.

Please feel free to contact me at tmbatemon@yahoo.com with any questions and suggestions. Your input and involvement are always welcome!

Warmly,
Tara M. Batemon
Swift Creek ES PTA President

We need YOU this week!

- **Volunteer to help with Picture Day** at <https://tinyurl.com/scesFallPics>
- **Volunteer to help with the Fun Run** <https://tinyurl.com/scesSail>
- **Donate cuties, a healthy snack, for the Fun Run** <https://tinyurl.com/scesCuties19>

This Week:

- Wednesday 8:30am – Walk to School. Meet at the Food Lion Parking lot
- Thursday – Picture Day
- Friday – Fun Run. See the last page for the day's schedule!

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The Positivity Project (P2) Corner:

Sept 29-Oct 5
Open-Mindedness



What Does Open-Mindedness Mean?

You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.

Why It Matters?

Individuals with the character strength of open-mindedness are more likely to make accurate decisions – and decisions that they won't regret. This is because they think through all sides of a problem and actively fight "myside bias." On a group level, open-mindedness is crucial in counteracting groupthink.

Oct 6-12
Being Present and Giving Others My Attention



Oct 13-19
Integrity



Oct 20-26
Perspective



This element of the Other People Matter Mindset (OPM2) means that when I'm with other people, I'm present and give them my full attention.

A deliberate focus on being present is so important today due to the increasing number of distractions vying for our time and attention.

What Does Integrity Mean?

You are honest and speak the truth. You present yourself genuinely and sincerely.

Why Does It Matter?

On a group level, integrity is a cornerstone of high-functioning and sustainable teams, organizations, and societies. If you're constantly wondering about your coworkers' intentions, you will have a hard time working with them. This is why we look for politicians and leaders with integrity. We need to believe that they'll keep their word – or at the very least, readily admit it when they must break a promise. If they don't, trust and performance fail.

What Does Perspective Mean?

You appreciate when people see things in different ways. You have the ability to understand the world from multiple points of view.

Why Does It Matter?

Perspective helps an individual make sense of the world. It provides clarity on what matters and what does not. On a group level, perspective helps couples, teams, communities, and societies act wisely and correctly. Individuals with the strength of perspective help their group get through difficult or uncertain circumstances because they're poised and can identify opportunities for success.

Oct 27-Nov 2 Creativity



What Does Creativity Mean?

You come up with new and original ways to think about and do things. Positive psychology breaks creativity into two components: First, he/she must produce original ideas or behaviors. Second, the original idea or behavior must make a positive contribution to that person's life or the lives of others.

Why Does It Matter?

On a group level, creativity is vital. It helps us solve seemingly impossible problems, create something we never knew we wanted, or simply see the world in a new way. Technological examples include the printing press, refrigeration, electricity, automobiles and the internet.

Nov 3-9 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.

Goal: Healthy Snacks This School Year!

Let's kick start healthy snacks and beverages throughout the school year! Substitute one processed snack for whole foods such as sliced fruits and veggies. Make it fun by adding yogurt dip, hummus or ranch dip for the veggies. In the upcoming weeks, let's be creative with new snacks like dried apricots and just generally snacks with less sugar or artificial ingredients.



For more information about our Healthy Living programs, contact [Maggie Howard](#). For more information about advocacy, contact [Lisa Kropliak](#).

Music Minute:

We will be celebrating **Kids Music Day** (Friday, Oct. 4) all week this week. Follow us on Twitter @SwiftCreekMusic to see what's happening in the music room. Use the #scmusic to show us the music that you are doing at home! Also check out the monthly photo album to see photos from September on our SCES music website.

CHORUS IS COMING SOON!!!! Back by popular demand Chorus will begin Oct. 9th at 8:45am in the music room. I'm looking forward to working with the talented hard working singers at Swift Creek. Parents of **3rd-5th graders** be on the lookout for the chorus permission slips coming home this week with your student.

Lastly HUGE SHOUT OUT to the 8 boys that will be performing in the **All Raleigh, All Boy, All Choral Festival** on October 18th at 3:00pm. Their performance will be at the Stewart Theater on the campus of NC State. If you are interested in hearing this amazing concert, please contact me at jsutton3@wcpss.net.

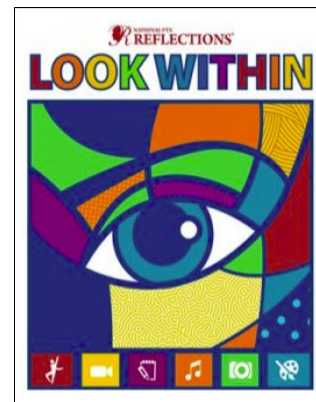


AIG Nomination Window is Open

4th and 5th grade parents: If you wish to nominate your child for AIG testing during the first semester, you must send a letter (paper or email) to Mrs. Krutsch (skrutsch@wcpss.net) by October 4, 2019. The second semester deadline is January 24, 2020.

Reflections: Look Within

Calling All Students! As you know, this year's Reflection's theme is "Look Within." Choose one of the following areas of the arts to express your unique take on this wonderful theme: visual arts, music, dance, choreography, and/or photography. Information about the submission process



will in Tuesday folders on October 1st. If you have any questions, or wish to help with this amazing program, please contact Carrie Fernandez. cfernandez@wcpss.net

Cultural Arts News!

Michael Beadle will be coming to Swift Creek on October 10, 11, 14, 15, and 16 as our writer-in-residence for fourth grade! We are so excited to have him back! He is a wonderful poet and accomplished author who will be working with the fourth graders on poetry through his Rhymes and Rhythms workshops!



Cultural Arts events occur all year long! Here is a preview:

- Wednesday, November 6- Didgeridoo Down Under performance for all grades (K-2 at 1:20; Grades 3-5 at 2:30)
- Monday, February 10- Number Drummer performance for all grades (K-2 at 1:20; Grades 3-5 at 2:30)
- Thursday, February 27- Billy Jonas workshop for second grade making instruments using recycling

These cultural arts events are provided by your Swift Creek PTA and are 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.

Buy Your State Fair Tickets Online and Earn Money for Swift Creek

Is your family planning to go to the State Fair this year? Did you know if you buy your tickets online that \$1 will go to Swift Creek.

See <https://tinyurl.com/2019FairTix> for more information. Our school code is 568.

Join the PTA!

Parent support is the backbone for student success. Show your support for our school and teaching staff by joining the Swift Creek PTA today! Membership is \$8 per person. Joining does not obligate you to attend any PTA meetings, but it does help us with our various programs, such as the Science Fair, providing staff assistance, Reflections, and school clubs (like Drama Club and Cougar Chorus).

Simply complete the membership form at <https://tinyurl.com/scesMember1920> and send the form along with \$8 to the school today!

For more information, contact our Membership Chair, Ashley Camerino, at ashleycamerino@gmail.com.

**To volunteer with the PTA,
complete this interest form:
<https://tinyurl.com/scesPTA1920>
or contact Delores Ragsdale,
Volunteer Coordinator, at
dmragsdale@yahoo.com.**

Zones of Regulation

Have your kids come home talking about what zone they are in?

Last year, 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

Help with STEM Night

STEM Night is coming up (Nov 14) and we need your help to make it a success! We have so many new experiments for students to try this year!

If you are interested and able, please help us by contributing some supplies for some fun activities. **You can find our wish list here: <https://tinyurl.com/scesSTEM19>**

You can mail the items to the school (Swift Creek Elementary, 5601 Tryon Road, Raleigh, NC 27606). Or have your child bring the items to school and we will put them in a bin in the front office.

We also need volunteers for the evening. We need at least one adult in each classroom (2 for the slime room) and we welcome middle schoolers and high schoolers who are looking for volunteer hours.

**To volunteer, sign up
at <https://tinyurl.com/scesSTEMVol19>**

Please let me know if you have any questions and thank-you for help make STEM Night a success!

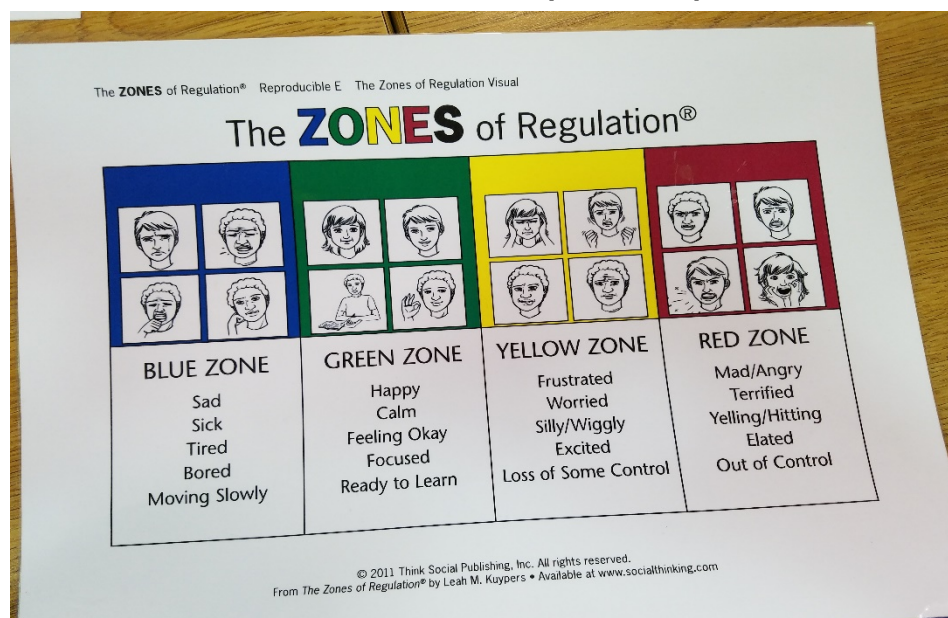
Ashley Elliott - digsgeology@gmail.com



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, worried, anxious, surprised)
- **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.

Advocacy: Do You Know About the Types of Wake County Public School Board Meetings?

The school board establishes a schedule for its meetings each year. There are different kinds:

- Full board meetings are held at least once a month in the Board Room at the WCPSS Central Services building, Crossroads I, 5625 Dillard Dr., Cary. Citizens are invited to sign up to speak during the public comment portion of the meeting.
- Work sessions are typically held in the Board Conference Room at Crossroads I. These are less formal opportunities for the school board to discuss issues, receive reports, and provide guidance to the superintendent and staff.
- Committee meetings, whether standing or ad hoc, are established and scheduled by the chair in consultation with the board to focus on specific issues or school system functions such as finance or facilities.
- Board Advisory Council (BAC) meetings are made up of citizen members, school administrators and other staff to provide feedback and consultation to each board member by district. These are open to everyone.

You can see a schedule of upcoming board meetings on the WCPSS online calendar <https://www.wcpss.net/Page/3729#calendar7447/20190923/month>

Do you have advocacy questions? Please contact Lisa Kropliak.

Your October Calendar

- **Oct 1-5:** P2 Open-Mindedness
- **Oct 4:**
 - Fun Run!
 - 4th and 5th graders: Deadline to nominate your child for AIG testing during the first semester, you must send a letter (paper or email) to Mrs. Krutsch (skrutsch@wcpss.net)
- **Oct 7-11:** P2: Being Present and Giving Others My Attention
- **Oct 7:** World Bully Prevention Day. Wear blue!
- **Oct 8:** Rain date for Fun Run. PTA Meeting and ELA Curriculum Night.
- **Oct 9:** Teacher Work Day. No school!
- **Oct 11:** Deadline for Fun Run Donations.
- **Oct 14-18:** P2 Integrity
- **Oct 15:** Spirit Wear orders are due
- **Oct 21-25:** P2 Perspective
- **Oct 22:**
 - Mix It UP Day!
 - **5-9pm:** Swift Creek Spirit Night at Ruckus Pizza (Tryon Road location)
- **Oct 28-Nov 1:** P2 Creativity
- **Oct 30:** Monthly Deadline for Box Tops and Coke Bottle Tops.
- **Oct 31:** Regular School Day to make up for Hurricane Dorian

Your November Calendar

- **Nov 1:** Teacher Work Day
- **Nov 4-8:** P2 Bravery
- **Nov 11:** Veteran's Day! No school.
- **Nov 11-15:** Fall Book Fair
- **Nov 14:** Family Night at the Book Fair and STEM Night
- **Nov 28 – 29:** Thanksgiving Holiday

October is Anti-Bullying Month!

Student Support Services have several activities planned for this month. More information will be coming home soon.

- October 7th - World Bully Prevention Day, WEAR BLUE!
- October 22 - Mix It UP day!

Watch DOGS News

Thank you so much for the AMAZING turnout at the Watch DOGS kickoff party! We had nearly sixty people to enjoy pizza and a lot of fun in the library (sorry Mrs. Wils). Over two-dozen dads, uncles, grandfathers, and other male role models completed the Wake County Volunteer form before the evening was over! However, we still need more support!

If you would like the opportunity to make a lasting memory with your child and a positive impact on the Swift Creek community please follow the link below (or e-mail me directly) and pick a day that fits your schedule. I realize an entire day sounds like a large commitment but it moves quickly and the impact you make is invaluable.

<https://tinyurl.com/scesDOGS1920>

Sam Allen
sfallenprc@gmail.com
sfallen@ncsu.edu



Dads of Great Students

Sailing to Success – 2019 Swift Creek Elementary School Fun Run

The Fun Run is off to a sailing success! So far, we've raised a little more than \$7000.

Date: **Friday, October 4th**

Schoolwide Goal: **\$18,000**

Additional information can be found on the PTA website or Facebook page. Any questions? Please check the SCES website at swiftcreekes.wcps.net click on Parents>PTA or send an email to funrun.swiftcreek@gmail.com.

2019 Fun Run Schedule						
Friday, Oct 4th						
{Rain date: Tues, Oct 8th}						
		Red	Orange	Blue	Green	Yellow
9:30- 10:15	5th	Coles	---	Boyd	---	---
10:15 - 11:00	4th	Beauchamp	D'Amelio	Fallon	---	---
11:00 - 11:45	3rd	Perry	Kuhn	Smith	Michaud	---
11:45 - 12:30	BREAK					
12:30 - 1:15	1st	Cillian	Phillips	Pearson	Kress	---
1:15 - 2:00	2nd	Miller	----	McKeon	Sedaghat	---
2:00 - 2:45	K	Black {King}	Lipe	Zardas	Hanna	Heber