

October 7, 2014

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

Dear Parents,

How can it be that it is already October? Time flies when you are having fun around the Creek.

Please mark your calendars for the Swift Creek PTA annual Fun Run on October 15th. The rain date is scheduled for October 16th. Our PTA team has worked hard to get this event planned and the theme this year is "Swift Creek Is Out of this World!" This is the PTA's only fundraiser—and if every child raises just \$40, the PTA will meet their \$20,000 goal. If you are new to the school, the event is a fun, healthy way to raise money for the PTA, and this money in turn goes back to the students at Swift Creek. Students gather pledges for laps run and have a blast with their classmates during their time slot running as many laps as they can. If you are able, please consider helping your child with the pledges and collections. This year, every child who raises at least \$40 will have a chance to enter the drawing for the grand prize! This promises to be another exciting event for our students and community!

In the last newsletter, I wrote about the different formative assessments that help our teachers to make instructional decisions for your children. Formative assessments are but one kind of data that schools use on a regular basis. You may have also seen the recent achievement data that was released by DPI. One type of data from last spring's EOGs includes the proficiency data. Proficiency data is the percent of students who scored proficiently on the tests. These numbers include both the percent of students scoring proficient—3, 4, or 5 and the percent of students scoring proficient and meeting the college and career ready standard— 4 or 5.



Upcoming Events

October 7 – TONIGHT!!!

Read to Achieve Seminar for 3rd grade parents 6:30pm in the Media Center.

October 14

PTA Meeting 6:30pm – Includes an Art Walk from the First Grade Classes

October 15/October 16 (Rain Date)

- Cougar Fun Run
- Turn in Your Sponsor Sheets!

October 17

Early Release – School Out at 1:15

October 22

Deadline for Fun Run donations!

October 27

Deadline for Reflections submissions

October 28

Bullying Prevention Session from 6-7pm – Media Center

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Healthy Lifestyle Tips

The following chart summarizes our proficiency data from the 2013-2014 school year.

	% Proficient	% College Ready
Grade 3 Reading	72%	57%
Grade 3 Math	64%	51%
Grade 4 Reading	74%	61%
Grade 4 Math	70%	62%
Grade 5 Reading	64%	48%
Grade 5 Math	69%	63%
Grade 5 Science	71%	61%
All EOG Tests	69%	57%

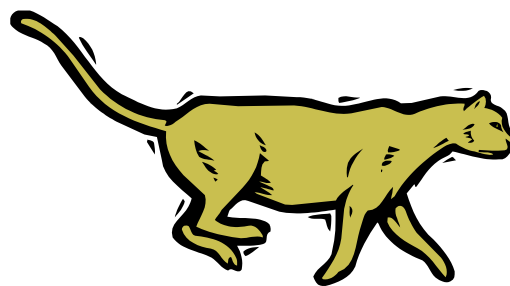
Another type of data that the state compiles is the performance of various subgroups against AMO targets, or Annual Measurable Objectives. The state sets these proficiency targets for our various subgroups each year. We qualified for 35 targets, and we met 32 of those 35 targets or 91.4%. We met all our targets in math (13 of 13) and 11 of 13 in reading. In reading, the Hispanic subgroup and the Economically Disadvantaged subgroup were the two groups who fell below the proficiency targets. With a few of the subgroups, we met the target by only a very small amount called a confidence interval. This tells us that we need to pay special attention to the type of instruction we are providing to those students to help them be more successful.

A final type of data that was released recently is our growth data, measured by EVAAS. This type of data tells us if students make a year's worth of growth from one school year to the next. Our school's designation this year was "Does Not Meet Expected Growth" with an overall composite of -5.49.

Our desire is that every student learns, grows in skills and knowledge, and continues to increase in proficiency. This data indicates that we have work to do by helping our students grow in both reading and math. This year, we are addressing our effectiveness as educators by implementing SIOP (Sheltered Instruction Observation Protocol) to help students build academic language. We are doing more co-teaching with our interventionists and regular education teachers to help students access the Common Core more effectively. We are strengthening our PLTs to focus our attention on data, appropriate instruction, and timely interventions. We created a master schedule to protect instructional time and maintain our commitment to the recommended allotments for each subject area. We have also been fortunate that our teachers have and will receive high quality staff development from our SIOP coach and from the Literacy and Math departments from WCPSS. These efforts are a combined approach to ensure that we are "Setting the Standard of Excellence For All Children." We ask that you continue to partner with us by ensuring that your child does his or her homework and reads nightly. We also hope that you will seek to collaborate with the teacher when you have concerns.

If you have further questions about the data or about how we are providing sound instruction for your child, please let us know.

Sincerely, Kelly Bradshaw



Fun Run Updates

What Should I Wear for the Fun Run?

Come dressed in comfortable clothes to run. The grade parent for your classroom might be contacting you about what T-shirt to wear on the day of the event. If not, here are some suggestions:

- Your Swift Creek Spirit Wear. Go Cougars!
- A class T-shirt, which is typically created by the grade parent for the classroom. However, not all classrooms create a shirt for the Fun Run.
- A shirt that is your class color. Each class is assigned a color. You can find out your color from the grade parent for your classroom or by visiting the Fun Run web page on the PTA website: <http://swiftcreekeswcpssnetptahtml.weebly.com/cougar-fun-run.html>

Schedule for the Fun Run

Here is the schedule for October 15.

- 9:20 – 10:05 3rd grade
- 10:05 – 10:50 4th grade
- 10:50 – 11:35 5th grade
- 11:55 – 12:40 Kindergarten
- 1:10 – 1:55 1st grade
- 1:55 – 2:40 2nd grade

Still Interested in Volunteering?

If you would like to volunteer for the Fun Run and did not sign up already, please contact Elizabeth Angell at emangell@earthlink.net or 919-854-1218.

Wow! We Can't Thank You Enough!!!!

- ❖ Thank you to **Whole Foods** for donating the 540 bananas that will be the snack at the Fun Run this year. Thanks to Lisa Barrangou, the chair of the Healthy Lifestyle Committee, for organizing this and for helping to emphasize to our students the importance of healthy snacks.
- ❖ Also, thank you to **C&C Fountain and Landscaping Art** for building and donating the water mister. We know the kids will LOVE running beneath it after the Fun Run, and at other school events (such as the Spring Fling) as well.

Please Turn in Your Fun Run Donations As Soon As You Can

So far, we have raised only \$1600. You don't have wait until Oct 15th to turn in your donations. If you turn in what you have now, your Fun Run envelope will be returned to you within a couple of days, so you can collect even more. We need your help to reach our \$20,000 goal.

Remember you can also make donations online through the PTA website: <http://swiftcreekeswcpssnetptahtml.weebly.com/cougar-fun-run.html>

Do You Love Taking Pictures? Share Your Pictures of School Events

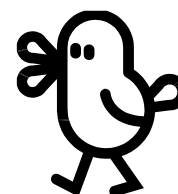
To include pictures of as many students, staff, and faculty in the yearbook, we need your help! Throughout the year, please email pictures of students from school or school-related events to yearbookpics.sce@gmail.com and include the class or grade of the students so that they can be placed in the appropriate section of the yearbook. There are so many great events (such as the approaching Fun Run), and we need your help in sending in pictures, as the yearbook staff cannot attend all of the events. Keep in mind that a variety of pictures - classes, small groups, and individuals - would be best. Your contributions are greatly appreciated - Thank you!

Swift Creek Twitter account has been reactivated. Please follow us @SwiftCreekES for school updates!

School Corner

3rd Grade Parents: Read to Achieve Seminar

Third grade parents are invited to join us for a special informational session on the Read to Achieve legislation on Tuesday, October 7 at 6:30 pm in the media center.



Cafeteria Appreciation Week: October 13-17

Next week is cafeteria appreciation week. Please say a special THANK YOU to our hard working Swift Creek cafeteria staff: Meshell Young, Dixie Pierce, and Betty Brennen

Cultural Arts Program: Writer in Residence for 4th Graders

In October, the fourth grade team will have Michael Beadle as a writer in residence! Mr. Beadle is an award-winning poet, author, historian, and teacher who has had over 15 years experience working in classrooms. His goal is to encourage children to become confident writers. He has written poetry chapbooks and North Carolina history books. He's going to work with our fourth graders with the goals to empower them as writers, foster life-long literacy skills, and promote fun and exciting ways to write!

PTA-sponsored programs are funded by your Fun Run donations!

Volunteers: Re-register by October 31

If you would like to volunteer, please make arrangements to sign up on a school computer to volunteer. *All volunteers*, both former and new, will need to register. Current volunteers will need to re-register by October 31. Volunteers will need to use the school's designated computer to complete and submit their registration on the WCPSS Intranet site. Website registration is not possible for security reasons. Volunteers must undergo a criminal background check before being placed in a school.

October is National Bully Prevention Month

During the month of October, WCPSS and Swift Creek will participate in Bully Prevention activities. All 1st-5th grade classes will discuss types of bullies, ways to help victims of bullying, and the important role of the bystander in a bullying situation.

We will also celebrate the month with different themes.

- ❖ Monday, October 6 is World Day of Bullying Prevention. We will wear blue to celebrate that day.
- ❖ Wednesday, Oct. 22 is Unity Day for Bully Prevention when we will wear orange to show unity to help stop bullying in schools.

On Tuesday, October 28, Mrs. Rhodes and Dr. Lewis will present a parent information session on Bullying Prevention in the Media Center from 6:00-7:00. All parents are invited to attend. Additionally, Mrs. Rhodes has a variety of kid-friendly books that address the role of victims, bullies, and by-standers. If you would like to check out any of the parent resources, please call to set up an appointment at (919)233-4325 or email her at srhodes@wcpss.net.

For additional information, see <http://www.wcpss.net/parents/bullying.html>

Red Ribbon Week: October 27-31

During Red Ribbon Week, we pledge to stay "Drug Free". We will celebrate this during the week of October 27-31.

- Monday- Wear Red to show that you pledge to stay drug free.
- Tuesday- Wear your shades because you have a BRIGHT future if you say no to drugs and alcohol.
- Wednesday- teacher workday (no school for students)
- Thursday- Wear your favorite team's shirt or hat because we are "teaming up against drugs!"
- Friday- Jeans day. You are a "jeanius" if you keep your mind and body drug free!

Reminders!

Deadline for Reflections Program: October 27

The theme for the 2014-2015 program is "The world would be a better place if...". Student submissions are due October 27. For more information, contact Ann-Margaret Alexander at amalexander@alexanderdoylelaw.com.

Going to the NC State Fair? Help Raise Money for the Creek

Buy your NC State Fair tickets using the link on the school's website. As a result of your online purchase, the school receives \$2 for every adult ticket and \$1 for every child ticket! All you have to do is enter **our school code (568)** at the time of purchase.

Way To Go!!!

Update on McTeacher's Night

The turnout for the McTeacher's Night on September 30 was incredible! McDonald's was of course impressed with our fabulous teachers and how many volunteered to help. Thanks to all of you for coming and for getting the word out to your friends and family. We raised \$600 that night! We hope everyone had a fun evening.

Congratulations to Ms. Pearman's Class

Ms. Pearman's class turned in the most Box Tops (548) and Labels for Education (499) for the month of September. Great job!

In total, the school collected \$514.00 of Box Tops! Thanks to everyone and keep clipping!



Heathy Lifestyle Tips: Watching Your Calorie Count

Did you know that **3,500 calories is equal to 1 pound of body weight**? Our bodies need calories from food to function, but eating more calories than we burn results in increased body weight.

To manage your calorie balance, do the following:

1. Control the amount of food calories you put into your body
2. Control the amount of calories your body burns through movement and exercise

Here is an example.

To lose 1 pound of body weight in 1 week, you would need to decrease your calorie balance by 500 calories per day. Either eat 500 calories less, or exercise to burn 500 calories more (500 calories/day x 7 days = 3500 calories).

Sugary beverages, including soda and sweet tea, are non-nutritive, and one of the easiest items to cut out of the diet to decrease calorie consumption. The average soda contains 140 calories per 12 oz serving. Simply removing 1 serving of soda per day can result in a loss of 15 lbs in 1 year!

$140 \text{ calories/day} \times 365 \text{ days} = 51,100 \text{ calories} \div 3,500 \text{ calories/pound} = 15 \text{ pounds}$

And don't think diet soda is any better than regular soda. It may not come with the calories, but the artificial sweeteners really wreak havoc on your metabolism, hindering efforts at weight loss along with a host of other problems.

Remember: small changes can add up to HUGE results! Happy, healthy living everyone!

Mark Your Calendars for these Family Events!

Fall is a busy time at Swift Creek. Here are some of the exciting events that are coming up.

Fall Festival -- Nov. 6 from 6-8pm

Come join us for games, food, and music. And of course, see all the class entries in the Parade of Pumpkins contest. The event is free to attend. (The only cost is for food.) You're guaranteed to have fun!

Family Night at the Book Fair – Nov 18 6-8pm

The school book fair will held November 17-21. Bring the family out for a night of fun at Family Night on November 18.