

September 11, 2018

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

So many great things are already happening at Swift Creek! I want to personally invite you to two very special Tuesdays this month.

On September 18, we will be spotlighting our Language Arts curriculum at the PTA meeting. We will have breakout sessions for your child's grade level, with plenty of ideas for you to partner with us in learning at home.

Then, on September 25, the WatchDOGS program will be kicking off a great second year. Dads, granddads, uncles, and others - bring your child that night to learn more and to sign up to be a "Hero of the Hallways."

Since food is provided at both events, please be sure to RSVP. By the way, we aren't leaving out Math. October 9 will be the Math spotlight night.

Keys to Kindergarten

Kindergarten Parents:

If you were not able to attend the Keys to Kindergarten presentation on September 4th, you can view the presentation on our school website! Go to www.wcpss.net/swiftcreekes, click on the "Parents" tab and then click on "Keys to Kindergarten."

We Need YOU!

Are you interested in getting involved? There are so many areas in which we need help.

Tell us your interests at <https://tinyurl.com/scesVolunteer>



Next Tuesday Night!

Sept 18, 2018

PTA Meeting and ELA Curriculum Night

- 6:00 – 6:30pm Food in the cafeteria
- 6:30pm – PTA meeting in the gym
- 6:50pm – Grade Level Presentations

We encourage all parents and guardians to attend!

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P2 Corner:

Other People Matter Mindset Sept 10-14



The Positivity Project kicks off with a discussion of why other people matter. American society has overemphasized individual self-esteem to the point that narcissism is up 30% since the early 1980s. Narcissism, a fragile and defensive variety of self-esteem, is correlated with feelings of entitlement and a belief that all one's failures are a result of external factors. This increased focus on self and decreased focus on others is harmful to group cohesion and success.

The Positivity Project teaches students 24 character strengths, and while everyone has these strengths, some people might be stronger in one area than another. The P2 movement teaches kids how to recognize these strengths in themselves and others.

For more information, see the website for the Positivity Project at posproject.org. #OtherPeopleMatter

Curiosity Sept 17-21



What Does Curiosity Mean?

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.

Why It Matters?

Individuals with the character strength of curiosity are more likely to ask questions and try new things. Curiosity then is a form of courage. On a group level, curiosity is crucial in making discoveries that bring important benefits.

Teamwork/Citizenship Sept 24-28



What Does Teamwork Mean?

You work well as a member of a group or team. You are loyal and sacrifice your individual desires for the greater good.

Why It Matters?

For individuals, teamwork often means deferring or delaying individual accomplishments in order to ensure that the group maintains a high level of success. Their commitment to the larger group effort makes them both good teammates and citizens. The positive feelings associated with being part of a larger whole can be highly beneficial and combat selfishness and egotism.

**Oct 1-5
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 8-12
Identifying and Appreciating
the Good in Others**



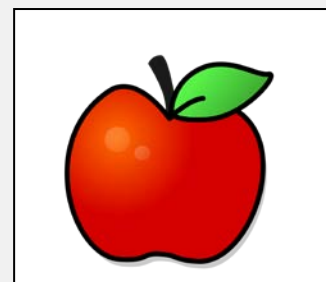
This week, our Swifties continue studying the Other People Matter mindset. They will discuss identifying and appreciating the good in others.

AIG Nomination Window is Open

Nominations for the Academically or Intellectually Gifted (AIG) program are always welcome. To be considered for testing during the first semester, Mrs. Krutsch must have the nomination by October 1, 2018. For second semester testing, she must receive nominations by January 21, 2019. An email to skrutsch@wcpss.net nominating your child is sufficient.

Eating Healthy Matters Too!

Incorporating healthy snacks into your day is a great way to stay energized and focused. When preparing a healthy snack, it is important to include at least two food groups. Fruits and vegetables are delicious and easy options when choosing healthy snacks. Limit highly processed snacks, which are high in sugar, salt, and fat, and provide little lasting energy. Preparing your own snacks with fresh and healthy foods is a great way to snack smart! Please check out the PTA website under healthy lifestyles for information regarding ordering smart snacks as well as access to a smart snack calculator.



Wake County's Family Academy

Students achieve more when family is involved in education. Did you know what Wake County schools offer FREE workshops for families discussing issues such as learning the "new" math, encouraging writing at home, reducing stress, and transitioning to middle school? For more information, see <https://www.wcpss.net/family-academy>.

MEET YOUR SCHOOL COUNSELOR!

Swift Creek Elementary School

September 2018

All About Mrs. Chadwick

I was born and raised in upstate NY and moved to North Carolina in 2002 to begin my career as an elementary school teacher in Wake County. My husband is also an educator in Wake County and we have 4 children; Alexis, Evan, Paxton and Sullivan. We also have 2 Goldendoodles, Jenny & Bailey.

After teaching for six several years, I went back to school and received my Masters of Education in School Counseling from UNC Chapel Hill in 2009. This starts my 10th year as a school counselor in Wake County and I am thrilled to work at Swift Creek Elementary School! I am a strong student advocate and my top 3 character strengths are: 1.) Honesty 2.) Spirituality 3.) Gratitude

The Counseling Program

My mission is to increase student achievement, through a comprehensive school counseling program, with a strong emphasis on academic, personal/social and career development.

I will work with students, parents, teachers, staff members, administrators and community members to create a comprehensive program which serves our school community in many ways.

Some elements of the counseling program include, but are not limited to:

- Classroom guidance, once a month, for all grade levels
- Small group & short term individual counseling
- Academic & behavioral support and interventions
- Crisis intervention
- PBIS initiatives & The Positivity Project
- Anti-bullying initiatives
- Collaboration with teachers, parents & administrators
- Facilitation of Service Projects
- Middle school transition & registration

How and why do I contact Mrs. Chadwick?

Please call, e-mail, or stop by my office if your child needs support at school. I work with parents, students and staff on a daily basis to help mitigate barriers to learning. If your child is experiencing stress or having negative emotions that are impacting him/her at school, I am here to help! My goal is to have healthy, happy students, that can come to school, ready to learn, in order to reach their full potential!

Phone: 919.233.4320 ext. 20890

E-mail: cchadwick@wcpss.net

"No significant learning can occur without a significant relationship."

-James Comer



Do you want to help when students are in need???

From time to time, we have students who need items such as sneakers, clothes, socks, etc... and do not have to means to get them. If you would like to be on an e-mail list to help when needs arise, please e-mail me at cchadwick@wcpss.net and give me your name & your child(ren's) name(s). Thank you in advance for your willingness to help! Every year, this group of parents and grandparents has made a difference in our students' lives!

If you have any questions about the counseling program, please contact me!

Cougar Counter Is Now Open!

Did you know Swift Creek has a school store? Every Thursday, the Cougar Counter is open from 8:45 - 9:10 for students to purchase school supplies like pencils, erasers, rulers, etc. Most items cost \$0.25 or \$0.50 and the students really enjoy stopping by. It's so much fun to see how excited the students are when they stop by our table.

We are looking for volunteers to help with the Cougar Counter this year. If you have some free time on Thursday mornings, please sign up at <https://tinyurl.com/scesStore>. The time commitment is 8:30 - 9:30. You will need to be a registered volunteer. If you have any questions, please email me at suefountain12@gmail.com.

Reflections: Heroes Among Us

The theme for this year's Reflections program is "Heroes Among Us". At Swift Creek, this program is open to 3rd, 4th, and 5th graders. You can submit works of art in these categories:

- Visual Art
- Literature
- Photography
- Music Composition
- Filmmaking
- Dance

Information packets will be sent home soon. For more information, contact our Reflections chair, Carrie Fernandez at cfernandez@wcpss.net.



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 \$6 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 <http://tinyurl.com/scesPTA1718> and send the form along with \$6 to the school today!

For more information, contact our Membership Chair, Melinda Gelsinger, at gelsingers@bellsouth.net.



Good News Club

Meets after school every Thursday that we have school. Ends at 5:15. Snack included for free. Sponsored by Mrs. Fallon, kfallon@wcpss.net

Cultural Arts at Swift Creek!

We have 2 exciting performances planned for this year at Swift Creek!

Transit Vocal Band will come on Friday, November 16 to perform for grades K-2 at 1:20 and grades 3-5 at 2:30. This group performs a cappella music from various genres and will teach how our voices can make these sounds so that we can become part of the show!

Silver Trout Arts will come on Tuesday, March 26, 2019 to perform for grades K-2 at 1:20 and grades 3-5 at 2:30. This performance will include music, puppetry, and storytelling that will draw students in and allow them to participate in the show!

Michael Beadle will be back as our writer-in-residence working with the fourth grade classes throughout the week of October 8-12!

Billy Jonas will also be back as our artist-in-residence for the day on Monday, February 11, 2019. He will be working with second grade classes to build musical instruments out of recycling!

These program 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.



Stringing Our Steps Together – 2018 Swift Creek Elementary School Fun Run

The Fun Run is Swift Creek PTA's annual fundraiser. Students raise money by collecting donations and all money raised goes directly to the school. On the day of the Fun Run, students run as many laps as they can in the time allotted. Parents are welcome to come cheer them on as they run!

Date: **Friday, October 12th**

Schoolwide Goal: **\$17,000**

Fun Run Packets went home with students in their Tuesday folders on September 4th. Packets included donation folders, donation lists for in the folders, directions on how to set up an online donation page, information on how the money is used and a list of all the exciting incentives offered this year!

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

Love Taking Photos? Have a Flair for Visual Design? 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.

Easy Ways to Help the Creek!

ITEMS THAT YOU COLLECT

Turn these items into your child's teacher. Collections are done at the end of every month. The class with the most Box Tops and Coke Bottle Tops are given the "Super Snippers!" award. This class earns a small prize and the winning teacher receives some needed school supplies!

BOX TOPS

Box Tops are available on a variety of items, such as General Mills cereals, Hefty products, and Ziploc products. For a complete list of participating brands, see Box Tops for Education. Each Box Top is worth 10 cents to Swift Creek!



COKE GIVES

Do you drink Coke products, such as Coke, Sprite, or Minute Maid? Collect the bottle cap from your beverage to add 5 cents to our Painless Fundraising funds!



PLACES TO SHOP

When you register with these businesses, a portion of your sales goes back to the Creek!

AMAZON SMILE

Are you an Amazon shopper? Did you know that a portion of your purchase could go to Swift Creek when you shop? Simply use this link: smile.amazon.com/ch/57-0788188



HARRIS TEETER

When you buy Harris Teeter brand products, a portion of those sales can go to Swift Creek. Simply link your VIC card to our school. You can do it through the Harris Teeter website or at the customer service desk. Our school code is 2126.



Or you can send your VIC number along with the name associated with the card to mariecdexter@gmail.com.

PUBLIX

LOWES FOOD

Are you a regular Publix shopper? Then you can help the Creek when you shop. We are a member of the Publix Partners



program. When you create a Publix account, you can associate Swift Creek Elementary with your phone number. Then give your phone number at check out and Swift Creek reaps the benefits!

Lowes Food has several programs to benefit schools, such as Swift Creek. With the Cart to Class program, all you



need to do is link your Lowes Food card to Swift Creek and when you buy Lowes Food brand products, part of your purchase goes to the Creek. You can link your card from the Lowes Food website or by contacting Customer Service.

STEM Challenge with Lego Materials

Fridays, Sept 21 – Oct 19 3:45pm-5:15pm

Open to Girls and Boys in Grades 2nd – 5th

\$87/child for 5 sessions

Sign up at: play-well-registration.com/course/71756

Are You Interested in Starting a Girl Scout Troop?

The Girls Scouts of Southern North Carolina were at our Meet the Teacher event on Aug 21. They gave me information about how to start a Girl Scout troop. They even have mentors who can help you!

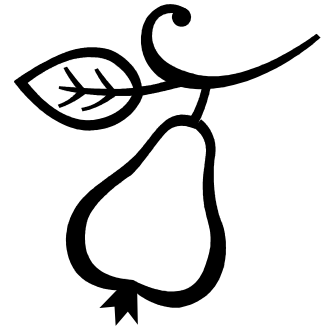
All you need is 2 girls to form a troop. If you are interested in learning more, contact Marie Dexter at mariecddexter@gmail.com.



Mystery Words

#1 Spell a 5-letter word using the clues below.

1	2	3	4	5



1. The last letter of the mystery word is the same letter that comes at the end of each day of the week.
 2. The second letter of the mystery word is the second vowel in a word that sounds like *pear*.
 3. The third letter of the mystery word is the silent letter in a four-letter word that means *to chat or speak*.
 4. The first letter of the mystery word is the first letter in both words that sound like *cent*.
 5. The fourth letter of the mystery word matches the third letter.
-

#2 Spell a 6-letter word using the clues below.

1	2	3	4	5	6



1. The fourth letter in the mystery word is the first letter in the fourth month of the year.
2. The last letter is the second vowel in the alphabet.
3. The third letter of the mystery word is the first letter in a three-letter color word and a popular flower spelled with four letters.
4. The second letter in the mystery word is the middle letter of a word that means the opposite of *lose*.
5. The fifth letter of the mystery word is a letter that sounds like a hot beverage.
6. The first letter of the mystery word sounds like the name of a small round, green vegetable.

Your September Calendar

- ❑ **Sept 10-14:** The Positivity Project (P2) kickoff: The Other People Matter Mindset
- ❑ **Sept 17-21:** P2: Curiosity
- ❑ **Sept 18 6:00pm:** September Newsletter sent home. PTA Meeting and ELA curriculum night
- ❑ **Sept 19:** Holiday. No school.
- ❑ **Sept 20 5-8pm:** Swift Creek Night at BJ Brewhouse and Restaurant. Show your flyer so Swift Creek can receive 20% of your sale. Check your child's Tuesday folder for your yellow flyer.
- ❑ **Sept 24-28:** P2: Teamwork; Take Your Parent to PE Week
- ❑ **Sept 25 6:30pm:** Kickoff meeting for Watch DOGS. Dads, this is a great way to get involved at the Creek. RSVP to David Outlaw at drdavidoutlaw@gmail.com.
- ❑ **Sept 28:**
 - Monthly Deadline for Box Tops and Coke bottle tops! Turn them in today!
 - Early Release. School dismisses at 1:15pm

Add Us to Your Google Calendar!

Did you know that the PTA has a Google calendar that lists all these events? To add the PTA calendar to your Google calendar, search for "Swift Creek Elementary PTA"! Now you'll always be in the loop.

You can also view and add the calendar from

<http://swiftcreekeswcpssnetptahtml.weebly.com/calendar.html>.

Your October Calendar

- ❑ **Oct 1-5:** P2 Open-Mindedness
- ❑ **Oct 8 -12:** P2: Identifying and appreciating the good in others
- ❑ **Oct 9 6:30pm:** October newsletter sent home; PTA Meeting and Math Curriculum night
- ❑ **Oct 10:** Bike or Walk to School Day! More details coming soon!
- ❑ **Oct 12:** Fun Run!
- ❑ **Oct 15-19:** P2 Integrity
- ❑ **Oct 16:** Fun Run – Rain Date
- ❑ **Oct 19:**
 - Deadline for Fun Run donations
 - Early Release. School dismisses at 1:15.
- ❑ **Oct 26:** Monthly Deadline for Box Tops and Coke bottle tops! Turn in all those Box Tops today! The number of Box Tops that we collect though October determines the size of our Fall check, so let's make it a BIG one!
- ❑ **Oct 29:** P2: Creativity
- ❑ **Oct 31:** Teacher Work Day!

Your November Calendar

- ❑ **Nov 5-9:** P2 Bravery
- ❑ **Nov 12:** No school in observance of Veteran's Day
- ❑ **Nov 12-20:** P2 Gratitude
- ❑ **Nov 13-16:** 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!