

September 3, 2019

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

Hello Swift Creek families! We are so happy that school is back in session. Our first week has been a great success! Looking to the week ahead, we already have two events in which you can be involved.

First, we have a Family Academy next Thursday night at 6 pm. The session is designed to help parents with reading strategies to use at home. The presentation will be in English and Spanish. We already have well over 50 families signed up to attend.

Also, on Friday, we are encouraging grandparents to come have lunch with their students. We want all the elders in our students lives to know that we appreciate their contribution to our success. There's no need to register ahead of time, just come during your students lunch time.

Be sure to check out our social media accounts. Follow us on Twitter and Instagram at the handle @SCESRoars.

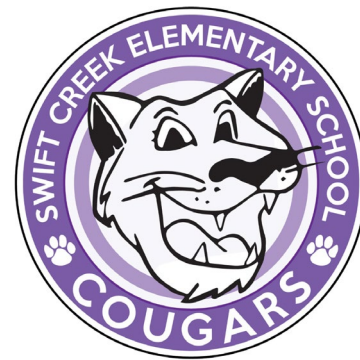
As always, thank you for entrusting us with your most valuable resource – the wonderful boys and girls who come to Swift Creek to learn every day. We look forward to partnering with you this school year. Truly, we are #BrighterTogether.

Darrell Propst, Swift Creek Elementary School Principal

Post from the PTA President:

Welcome back Swift Creek Families!

I hope everyone had a great summer and is ready for the school year. We are fortunate to have amazing parents, teachers, staff and administration that are dedicated to the education and care of our children. The PTA board has been working on some great events and activities and can't wait to share them with you. Be sure



Welcome Back Edition!

Welcome to the 2019-20 school year! We hope everyone is excited to shine #BrighterTogether this year.

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to attend our first PTA meeting on Tuesday, September 10th at 6:30pm.

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

Family Academy Night: Reading is Fundamental Thursday, Sept 5

Reading is fundamental to function today and in developing a good self-image. One of the most effective approaches to help their child develop literacy skills is having a home environment that encourages reading in daily life. The parents will learn how to support the development of their child's literacy at home. If you have questions, contact Carey Burkhalter at cburkhalter@wcpss.net.

P2 Corner:

Other People Matter Mindset Sept 9-13



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 16-20



What Does Curiosity Mean?

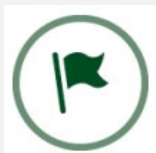
You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.

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 23-27

What Does Teamwork Mean?



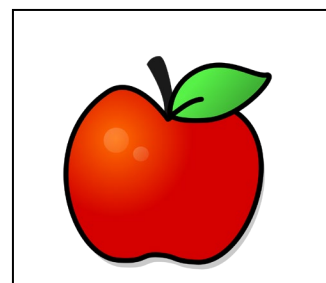
You work well as a member of a group or team. You are loyal and sacrifice your individual desires for the greater good.

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.

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.



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.

Stay in the Loop!

There are a variety of ways that you can stay informed about what is happening at Swift Creek:

- School Website: <https://www.wcpss.net/swiftcreekes>
- School Twitter and Instagram @SCESROARS
- PTA Website: <http://swiftcreekeswcpssnetptahtml.weebly.com/>
- PTA Facebook: <https://www.facebook.com/swiftcreekespta>
- PTA Twitter: @SCES_NC_PTA

MEET YOUR SCHOOL COUNSELOR!

Swift Creek Elementary School

September 2019

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 11th 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 Zones of Regulation, & 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

*"Students do not
care how much
you know until
they know how
much you care."*

-Theodore Roosevelt



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 supporters has made a difference in our students' lives!

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

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.**

Let's Make Music!!!

Hello SCES Families,

My name is Ms. Sutton. I teach music at SCES. This will be my fourth year at Swift Creek.

The goal of our music class is to learn about the world through singing, moving, listening, playing, creating and evaluating music to become lifelong musicians. In order to achieve this lifelong goal, we all are active participants in the music learning environment.

To learn more about what is happening in music, visit the SCES Music Website or follow us on Twitter @SwiftCreekMusic.

For 3rd-5th grade parents, chorus will be starting in mid-September. Be on the lookout for Chorus Contracts around that time.

On Friday, I met with 4th-5th grade boys that were interested in singing for the All Raleigh, All Boy Choral Festival. If your 4th-5th grade boy came home with an interest form, please return the form as soon as possible, as it is a first come first serve response.

I'm looking forward to all the wonderful music making and learning that is in store for this year.

Ms. Sutton, Music Educator

Add Us to Your Google Calendar!

Did you know that the PTA has a Google calendar that lists all school and PTA 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://swiftcreekeswcpsnetptahtml.weebly.com/calendar.html>.

Reflections: Look Within

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.



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 Sarah Wohldmann at yearbookpics.sce@gmail.com.



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

Sailing to Success –

2019 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 4th**

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

Fun Run Packets went home with students in their Tuesday folders on September 3rd. 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.

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

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

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. Link from the Lowe's Foods website.



Your September Calendar

- **Sept 3:** Kickoff for the Fun Run! You should receive your Fun Run packet in this week's Tuesday folder.
- **Sept 5 6:00-7:30pm:** Reading is Fundamental presented by Family Academy. This workshop will be presented in English and Spanish.
- **Sept 6 Lunchtime:** Grubs with Grands. We appreciate all that our elderly family members do for our students. Bring your lunch and eat with your favorite Swifty Cougar!
- **Sept 9-13:** The Positivity Project (P2) kickoff: The Other People Matter Mindset
- **Sept 10 6:30pm:** PTA meeting and Math Curriculum Night
- **Sept 16-20:** P2: Curiosity
- **Sept 23-27:**
 - P2: Teamwork
 - Bring Your Parent to PE Week! Parents are welcome to join their children during their PE class this week!
- **Sept 24 6:30pm:** Kickoff meeting for Watch DOGS. Dads, this is a GREAT way to get involved at the Creek. RSVP to Sam Allen at sfallenprc@gmail.com.
- **Sept 27:** Monthly Deadline for Box Tops and Coke bottle tops! The class with the most points is named our Super Snippers for the month!
- **Sept 30:** Teacher Work Day. No School!

Cougar Counter Open Wednesday Mornings Starting Sept 11

Did you know Swift Creek has a school store? Every Wednesday, 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.

If you have any questions, please email Helen Bass at helenbass@gmail.com.



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 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 21-25:** P2 Perspective
- **Oct 22 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 & Nov 1:** Teacher Work Day