
September 5, 2017

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

Coming soon . . .

Built for a BRIGHT Future!

Celebrate 85 Years of Swift Creek

Saturday, October 7 from 11-3pm on the field behind the school

Admission to the event is free (although you'll want to bring some cash for the yummy food trucks!)

We'll also have:

- Crafts
- Face painting
- Concerts
- Games

You won't want to miss it!

In This Issue

September and October Calendars

P2 Corner: What Is the Positivity Project?

We will be officially rolling out The Positivity Project to students the week of September 10. Throughout this year, we will be learning about 24 different character strengths and how everyone has these strengths. During the week, students learn about the strength and put it into practice. On Friday, students celebrate each other's successes!

To help parents follow along, each newsletter will provide the schedule of weekly character strengths. Reinforcing this information at home is a great way to help your child succeed at school. Plus, this is something that you can do together!

September 10-16 Learning the Other People Matter Mindset

September 17-23



Curiosity

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

September 24-30



Open-Mindedness

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

October 1-7



Perseverance

You complete what you start despite obstacles. You never give up.

919-233-4320 ext. 20890
cchadwick@wcpss.net

MEET YOUR SCHOOL COUNSELOR!

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 a mini goldendoodle, Bailey.

After teaching for 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 9th year as a school counselor in Wake County and I am thrilled to work at Swift Creek Elementary School!

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
- Connect families with community resources & agencies
- Swift Creek Service Club
- Attendance initiatives
- Middle school transition & registration

No significant
learning can
occur without a
significant
relationship.

--- James Corner



**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 the means to get them. If you would like to be on an e-mail list to help when needs arise, please email me at cchadwick@wcpss.net and give me your name, email address, and phone number.

Thank you in advance for your willingness to help!

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.

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

School Supply Donations

We would like to thank the following people and organizations for their generous donations of school supplies and backpacks to help all of our students get a great start to the school year!

- Macedonia United Methodist Church
- Macedonia Baptist Church, Women's Ministry
- Bob Umstead with Bridge the Gap
- Tiffany Whittington with Go2Art
- Amber Richon with Richon Insurance Agency
- Interventional Pain Center, Cary
- Yashua Barber & Style Shop



Backpack Buddies Program

Did you know our school participates in the Backpack Buddies Program, supported by the Inter-Faith Food Shuttle & Macedonia United Methodist Church?

This year, we are thrilled to be able to provide 20 students with a bag of weekend food and a daily school snack for the entire school year.

We currently have 12 of our 20 slots filled and we are looking to fill the other 8 slots. If your family is currently in need of this support, please contact our school counselor, Tina Chadwick, as soon as possible. Weekend food distribution will start on Friday, 8th. You can e-mail cchadwick@wcpss.net or call 919-233-4320 extension 20890. Thank you!



Art Room News!

Hello Swifties! Looking forward to another year of art making and learning in the Swift Creek Art Room!

Our art room is a choice-based, TAB art room. TAB stands for Teaching for **Artistic Behavior**. There is a lot of research that supports the benefits that students receive through participation in art education. A huge part of those benefits come from the habits and practices that authentic art-making requires.

In our TAB art room your children will be required to make choices, experiment with materials, persevere in the face of challenges, problem solve, think critically, and express themselves. The

students will engage in art centers where they can explore a variety of media, and learn through mistakes, successes, peer coaching and my own facilitation. The product of their learning at the end of each art special will not always be a finished, tangible work of art (that will happen too, of course) but other products of a TAB art education are:

- A Growth Mindset
- Increased creativity and critical thinking skills
- Understanding of art processes through both successes and failures
- A growing sense of accomplishment and self-worth
- A growing sense of responsibility for one's own learning and outcomes
- Ability to communicate and share ideas with others in a kind and knowledgeable way

These products are ones that will benefit students in the art room and beyond. I look forward to exploring art materials and the art world with all of my Swifties this year! To learn more about TAB style learning check out teachingforartisticbehavior.org.

LET'S MOVE

We have many exciting activities and challenges this year in physical education healthful living! Student focus will be learning four components of wellness: health-related fitness, movement concepts, motor skill development, and personal/social responsibility. Students will be working individually, in pairs, small groups, and competing in team games! My goal is for students to enjoy and find movement activities that they can do the rest of their lives! Heart health and nutrition will also be a vital component of healthful living! FIT activities to look forward to: Fun Run, International Walk to School Day (October 4), Jump Rope for Heart (February), Field Day, and many more!

Last year, our school received the Advocates for Health in Action Brains and Bodies Award and The Alliance for a Healthier Generation Healthy Schools Bronze Award! We will continue to stay active at school, home and in our community and make healthy food choices to advocate and develop habits for daily movement and healthy activities that lead to a LIFETIME of HEALTHY CHOICES!

Students K-5 will run laps daily at recess as an extension of physical education to keep our bodies moving and help improve students' cardiovascular endurance! Please wear your SNEAKERS EVERYDAY!

Find us on Twitter @fitforlifescs. Looking forward to a great year with our swifties!!! Let's work hard, encourage others, never give up, sweat, and have fun! Keep Moving, Ms. Graves :)

To stay up-to-date on happenings in my art room follow me on social media:

- Friend me on Facebook: Schwartz Room
- Twitter: Mrs. Schwartz @schwARTzROOM
- Instagram: theschwARTzROOM



AHA Brains and Bodies Award

healthy students grow here

2017 BRONZE WINNER

www.advocatesforhealthinaction.org

ALLIANCE FOR A HEALTHIER GENERATION

NATIONAL HEALTHY SCHOOLS BRONZE AWARDEE

School Years: 2016-2017 | 2017-2018

#HealthiestSchools

Music News

Welcome back!!! It's going to be an exciting year for Swift Creek. For those new to Swift Creek, my name is Ms. Sutton. I am the music teacher at Swift Creek. The music classroom is a place to learn and explore what it means to be "musical." Our mission in music is to learn about the world through singing, playing, listening, creating, all types of music while striving to become lifelong participants of music. Throughout the year, students will receive standards based instruction that opens their minds to what they have to offer the world.

For those students wishing to dive further into their musical development in graders 3rd-5th, chorus will begin **Wednesday, September 6th**. If your student wishes to be in chorus, please see the contract that your student is responsible for bringing home, getting signed and returned to Ms. Sutton for more information.

Mark your calendars for **October 7th** for the Swift Creek 85th Anniversary Celebration: Built for a Bright Future. We will be celebrating the rich history of Swift Creek and its bright future. Our chorus is scheduled to perform at this event. We are all looking forward to seeing our students shine.

Happy Music Making!!!! Ms. Sutton

Throughout the year, I will be sharing ways for students to continue their musical growth outside of school with community events and ensembles. Please be on the lookout for these opportunities on the SC Music website and this newsletter.

If you have any questions, please feel free to contact me at jsutton3@wcpss.net.



Spirit Days!

This year we are going to not only celebrate our school spirit but we are also going to help celebrate and hopefully spark interests in different colleges by hosting college spirit days!

School Spirit Dates

Sept. 8th
Oct. 6th
Nov. 3rd
Dec. 1st
Jan. 5th
Feb. 2nd
March 2nd
April 13th
May 4th
June 1st

College Spirit Dates

Sept. 22
Oct. 20th
Nov. 17th
Dec. 15th
Jan. 19th
Feb. 16th
March 16th
April 27th
May 18th
June 8th



Reflections: Within Reach

The theme for this year's Reflections program is "Within Reach". 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. The deadline for submissions is Friday, October 27. For more information, contact our Reflections chair, Julie Nolan, at jmpnolan@gmail.com.



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 and send the form along with \$6 to the school today!

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



Fun Run: Running Through the Decades!

The theme for this year's Fun Run is Running Through the Decades. This year's goal is \$17,000. The official packets won't come home until Sept 12 but you can get started today by creating an online fundraising page for your child.

1. Go to www.thegetmovincrew.com.
2. In the red box in the bottom right of the page click on the gold star.
3. Follow directions to register.
4. Once you've registered, you go to the same gold star to log in.
5. Share your student's page with friends and family by email, Facebook, Twitter, or many other social media sites.



Note: This page is secure. It can be accessed only by people who have the link.

It's a fact that online fundraising pages could help us raise 3x more! Register today!

Your September Calendar

- ☐ **Sept 7 8:45-9:15:** Cougar Counter opens
- ☐ **Sept 8:** Spirit Day! Show your school spirit by wearing your Swifty colors!
- ☐ **Sept 12 6:30pm:** PTA Meeting and Welcome to School Year by Mr. Propst
- ☐ **Sept 14 5-8pm:** McTeacher's Night
- ☐ **Sept 21:** Teacher Work Day

Your October Calendar

- ☐ **Oct 3:** Picture Day!
- ☐ **Oct 7 11-3:** Swift Creek's 85th Anniversary Celebration
- ☐ **Oct 19:** Fun Run!

Cougar Counter Opens on Thursday, September 7th!

Our school store opens on Thursday, September 7th from 8:45 to 9:15. Items at the counter include pens, pencils, mechanical pencils, erasers, rulers, highlighters and more! Most items are \$0.50 or \$0.25. We also have spirit ware items like short sleeve T-shirts for \$5, water bottles for \$3 and magnets for \$5.

If you are interested in helping with the school store, and you are a registered volunteer, please contact Sue Fountain at suefountain12@gmail.com.