



SPCAS NEWS

December 2018/January 2019

Sunset Park Center for Accelerated Studies

1036 Ogden Road
Rock Hill, SC 29730
803-981-1260
Fax: 803-981-1269

Principal

Dr. Tammy White

Assist. Principal

Keri Beth Brown

Mission

We will create a child-centered learning environment where ALL children will learn at high levels.

Vision

At SPCAS the faculty and staff will...

- Purposefully collaborate.
- Empower students to discover, develop, and accelerate academically, creatively, and socially.
- Use practices that are research based and responsive to the needs of our students.
- Collaborate and communicate with all stakeholders to ensure student success.

Upcoming Events

December

- 1st- Reindeer Romp (GOTR)
- 3rd- Challenger start date
- 6th- District School of Choice Fair
- 6th – Adventure Air PTO Spirit Night
- 12th- Papa John's PTO Spirit Night
- 13th- PTO Meeting & Chorus Performance 6pm
- 18th- PBIS November/December Celebration
- 19th- Terrific Kid Program 9am
- 20th- YC Pop Up Library
- 21st- Half day for students (11:00am dismissal)
- 21st- End of 2nd nine weeks
- 24th-31st- Winter Break

January

- 1st-3rd- Winter Break
- 4th- Teacher Workday
- 7th- Students return from winter break
- 12th- District School of Choice Fair
- 15th- Quarter 2 report cards go home
- 16th- Terrific Kid Program
- 17th- YC Pop Up Library
- 18th- Enrichment Clusters begin
- 21st- No School (MLK Day)
- 24th- Quarter 2 Academic Recognition Ceremony
- 25th- Enrichment Clusters
- 28th-31st- 4th Grade Swimming



MESSAGE FROM OUR LEADER: DR. WHITE

Can you believe that the holidays are here? It is a time for explaining to children that the true gift of the holiday season is giving and caring for others. I am so thankful for each and every child, family member, and staff member that I have the pleasure of working with here at Sunset Park! Thank you for all of the many gifts and talents that you bring to our school each day!

Our teachers are working hard to prepare our children for the academic challenges in our school. We count on you as parents to support and encourage the children to strive for academic success and good character. Thank you for supporting us as we work with your precious little ones!

Keep in mind that being in school every day means that your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours whenever possible. If they ask to stay home "just because," remind them of what they'll miss, such as their reading group or art class. Take a moment to explain that they can be absent only if they are sick or if there is a family emergency.

I genuinely hope that you take time to enjoy the holiday season with your family. Sometimes it can be a very exciting, but hectic, time of year. We need to remember to slow down and relax.

As always, please feel free to call if you have any questions or concerns. We can be reached at 981-1260.

Here is one of my favorite quotes to think about during this busy time:

"May you have the gladness of the holiday season which is hope; The spirit of the holiday season which is peace; The heart of the holiday season which is love."

~Ada V. Hendricks

Happy Holidays to all!
Tammy T. White, Ph.D.
Principal

MESSAGE FROM OUR ASSISTANT PRINCIPAL: MRS. BROWN



PBIS: Conflict Resolution:

Based on our school discipline data, conflict resolution skills are an identified area of need at Sunset Park. Not surprising, with so many different people and so many different opinions and ideas, disagreements (or conflicts) often happen here at school. When they do, it's important for students to know how to resolve the problems appropriately and move on. It is essential school staff and families work together to help students develop healthy ways to resolve conflict. The links and conversation starters below support our Sunset Park PBIS initiative and assist families to teach positive ways to resolve the conflicts which arise at school and home.

Articles for Kids: Talking About Your Feelings

KidsHealth.org/en/kids/talk-feelings.html

Getting Along With Teachers

KidsHealth.org/en/kids/getting-along-teachers.html

Saying You're Sorry

KidsHealth.org/en/kids/sorry.html

Dealing With Anger

KidsHealth.org/en/kids/anger.html

Train Your Temper

KidsHealth.org/en/kids/temper.html

How to Be a Good Sport

KidsHealth.org/en/kids/good-sport.html

Conversation starters:

- Describe a disagreement, argument or fight you've had with someone. How did that conflict end? How did the problem make you feel, from beginning to end?
- Conflicts like arguments can make you angry and frustrated, but conflicts aren't always such bad things. Let's talk about ways having disagreements and arguments can be helpful sometimes.
- Why is it best for people to be able to talk and listen to each other? Why is it important to talk and not keep your feelings inside to yourself?

Physical Education News: Ms. Bundy

Ready, Set, Go! Sunset Park is partnering with Atrium Healthcare to participate in the *Healthy Together* program aimed at providing information promoting healthy behaviors for all students and families.

Healthy Together encourages kids and families to join the 5-2-1-0 League by following the 5-2-1-0 behaviors.

- 5- Eat at least five servings of fruits and veggies every day
- 2- Limit recreational screen time to fewer than two hours a day
- 1- Be physically active for at least one hour per day
- 0- Avoid sugary drinks, and instead aim for water or low-fat milk

Students and teachers will learn more about the program and be invited to join the 5-2-1-0 League during an assembly program in December.

Mark your calendar:

4th Grade Swimming Lessons: January 28, 29, 30, 31
2019 Field Day: May 24, 2019

ATTENTION:

We have several jackets, hoodies and hats that are being found around our building. Please put your child's name in these items so we can get them back to the correct owner. If your child is missing an item, please have them check the lost and found located in the cafeteria.

Counselor's Tidbits: Ms. Woods

Parents/ Guardians:

I cannot believe that it is almost Christmas! It seems like the first semester has just flown by! First, I want to take the time to thank you for all for your efforts in supporting your students throughout the first half of the school year! Parents, if you signed your child up for our "Operation Angel Tree" this year please note, I will reach out to every family individually in hopes of ensuring that all gifts has been distributed before the close of business on Thursday, December 20, 2018.

Also, I am extremely happy to announce that SPCAS will be having our annual Career Day on Thursday, March 28, 2019. We are inviting parents, community members, and professionals from various fields to volunteer their time to speak with students about their career choices. If you are interested in participating in this event, please contact me to express your interest and learn more about our upcoming event.

Additionally we have several jackets, coats, gloves and hats available just in time for the cold weather. If your child could benefit from our coat drive, please contact me on my office phone at (803) 981- 1272 for further assistance.

Lastly, in light of the holidays, I just want to say how thankful I am for each and every one of your children. They truly remind me daily of why I absolutely love my role as a school counselor. As always, please know that I am available should you wish to speak with me regarding your child's needs at Sunset Park. Happy Holidays!

Meisha Woods, B.A., M.A.
Sunset Park Center for Accelerated Studies
Professional School Counselor



Attendance News from Mrs. Dieguez:

Attendance MATTERS! Students miss valuable class time in the morning when they do not arrive on time. Every minute counts! They do not have those extra minutes prior to class to store their bookbags and lunches and prepare for the day. Did you know we talk about the number of tardies we have daily? The number is announced each afternoon during our end of day announcements and the number is posted on the sign which can be seen when you pick up in car line. Our goal is ZERO daily and we have achieved this once this year! When we have ZERO tardies all students receive a reward. The reward for ZERO tardies on November 14th was Ice Cream for all students on Friday, November 16th. Let's see if we can do this again.

Please remember to send in excuses if your child is absent. Five parent notes can be accepted each year for absences that do not require a trip to the doctor and all medical notes are accepted. If your child has 3 consecutive unexcused absences or 5 unexcused absences, we are required to have you come in and conference with administration and an Attendance Intervention Plan is written.

Remember attendance prizes are weekly and students who have not been tardy are eligible to win a prize. One prize for grades K-2 and one prize for grades 3-5.

Can we Achieve ZERO Tardies again? And let's go for ZERO Absences!



COACHES' CORNER: MRS. NIVENS & MRS. BLACKWELL

Literacy:

We are proud to announce that we had 182 students participate in the "Read Your Way to the Big Game" reading competition. These students enjoyed a tailgate lunch on Friday, November 9!

Many families will be travelling over the holidays. This is the perfect chance to incorporate some new books into your child's collection! Make reading a part of your family's tradition this holiday season!

GT/Math:

Parents and teachers of gifted children often express frustration with the impossible expectations that their children hold for themselves.

Perfectionism affects many populations, but poses special concerns for gifted students. Many gifted children face unchallenging schoolwork and can achieve at perfect (or near-perfect) scores with relatively little effort. Their achievement expectations often become reinforced by teachers, parents, and even peer groups—and puts them at particular risk for perfectionistic behaviors. Perfectionism manifests in children in several ways, and there are strategies for adults to help their children.

Although children's perfectionistic behaviors can be a frustrating and overwhelming experience for parents and teachers, it's important to understand that they can have positive benefits for students. Perfectionism, as a set of behaviors, can be classified as healthy and unhealthy. Unhealthy perfectionism can be associated with stress, unyielding expectations, risk avoidance, and procrastination, which can ultimately lead to depression and anxiety disorders, greater levels of violence and substance abuse, as well as eating disorders. When serious concerns about a child's mental health arise, it's imperative to seek help from a mental health professional. Healthy perfectionism is associated with achievement and dedication to academic performance. Students who exhibit healthy perfectionism have high expectations for their work, motivation to complete tasks, and self-confidence in their abilities to reach goals. Therefore, interventions aim to help children transition from unhealthy to healthy behavior.

Excerpt from "Perfectionism" http://www.nagc.org/sites/default/files/Publication%20PHP/NAGC-TIP%20Sheet-Perfectionism-FINAL_0.pdf