



# SPCAS NEWS

March 2019

## Sunset Park Center for Accelerated Studies

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### 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

- 1<sup>st</sup>- Enrichment Clusters
- 4<sup>th</sup>- Next Challenger start date
- 5<sup>th</sup>- Seussical Performance
- 7<sup>th</sup>- February PBIS incentive
- 8<sup>th</sup>- Enrichment Clusters
- 14<sup>th</sup> – YC Pop-Up Library
- 15<sup>th</sup>- End of 3<sup>rd</sup> nine weeks
- 15<sup>th</sup>- Enrichment Clusters
- 17<sup>th</sup>- St. Patrick's Day
- 18<sup>th</sup>- Teacher Workday
- 18<sup>th</sup>- Challenger Applications due for April 1<sup>st</sup> start date
- 20<sup>th</sup>- Terrific Kid Program 9am
- 21<sup>st</sup>- 5<sup>th</sup> grade to Nascar Hall of Fame
- 22<sup>nd</sup>- Enrichment Cluster Celebration
- 25<sup>th</sup>- Mrs. Cooper and Mrs. Hinson's class to River Park
- 26<sup>th</sup>- Ms. Ehrhardt and Ms. Werts' class to River Park
- 26<sup>th</sup>- 1<sup>st</sup> and 4<sup>th</sup> grade to Saluda Trail
- 26<sup>th</sup>- Q3 Report Cards go home
- 28<sup>th</sup>- Career Fair



Save the Date for FIELD DAY 2019

FRIDAY, MAY 24<sup>TH</sup>

VOLUNTEER INFORMATION FORTHCOMING

## MESSAGE FROM OUR LEADER: DR. WHITE

Greetings! Can you believe this wonderful weather that we have been enjoying! I can only imagine what the weeks ahead have in store for us! I hope that you and your children have been able to get outside and be active.

When you think of parent involvement, do you picture parents volunteering in classrooms? That is one way to help, but research shows that supporting your child's education at home is even more important. Here are some conversation starters that will help you stay involved.

**"Let's see what you brought home today."**---Look at completed work to find out what your child is learning and how well he's doing. You could comment on his math work or science project. Also, be sure to respond to notes from his teacher and check his Thursday folder each week.

**"Show me what you have for homework."**---It's your child's job to do his homework, but you play an important role, too. Make sure he knows what he's supposed to do by having him explain the assignments to you. After he finishes his homework, check over the work to see that it is complete.

**"Describe a book that you enjoyed today."**---This gives you an idea of what your child prefers to read. Then, build a daily reading habit by asking what he'd like to read tonight. Encourage his reading and listening skills by reading aloud to him and letting him read to you.

**"Tell me what you learned that you would like to know more about."**---Use his interests as jumping-off points for activities to share. If he likes math, you might search for shapes together. If he's fascinated by how animals adapt to winter, take him to the library to research the subject or to the zoo to see live animals.

Please feel free to reach out to me if you have any questions about this information. I can be reached at 803-981-1260 or [TWhite@rmail.org](mailto:TWhite@rmail.org)



## MESSAGE FROM OUR ASSISTANT PRINCIPAL: MRS. BROWN

Children today face many emotional and mental health concerns. Often, parents/guardians struggle to know how to positively impact a child's emotional health. Below are practical steps to foster mental health in children.

### How to Nurture a Child's Mental Health:

1. Actively listen before offering advice
2. Be patient
3. Share your feelings and validate theirs
4. Tell the truth
5. Model healthy behaviors
6. Be consistent and follow through with what you promise
7. Believe them and in them
8. Practice relaxation exercises together
9. Hug them
10. Recognize their positive choices
11. Set and respect boundaries
12. Surround them with healthy adults
13. Model forgiveness
14. Respond calmly when their emotions are elevated
15. Be present

### GT/Math/PBIS:

Think about things your child really enjoys and finds rewarding or motivating. What are a few of your child's favorite activities?

- Keep in mind your child's strengths and interests. Set aside time to spend with your child when they are engaged in activities that matter to them.
  - Establish clear expectations at home. Keep your "house rules" similar to school expectations. The key is to be fair and age appropriate when you reinforce the expectations.
  - Create routines for your family. Organize the day so your child knows what is happening.
  - Anticipate challenges and plan accordingly. Preventing challenging behavior is easier than addressing it in the moment. Know what things or times of day trigger your child to engage in challenging behavior. Choose activities where your child will experience success.
  - Try to be consistent and know how you are going to react. Say what you mean and mean what you say. Model the behavior you want your child to learn.
  - Communicate clearly what behavior you want your child to demonstrate. Phrase directions in the positive, telling your child what you want them to do, not what you don't want them to.
  - Talk about feelings and use visuals to help your child understand. Tell them you understand how they feel.
  - Look behind the behavior and see what your child may be trying to tell you. Try to remember that however a child is behaving, the child is doing the best he or she can at that moment in time.
  - Use positive reinforcement often. Genuine, specific praise has a powerful effect on your children's behavior. This includes their efforts to work hard at following your directions and any small steps in the right direction.
- (<http://blogs.egusd.net/pbis/familycommunity-engagement/involvement-at-school/>)



Dear Parents:

At Rock Hill Schools the safety of our students is our number one concern. This letter is to inform you of a disturbing social media challenge called the "Momo Challenge" that is accessible on Facebook and WhatsApp (a free messaging app). The challenge first surfaced in 2018 but has recently been gaining more attention. The "Momo Challenge" targets children and young adults and is characterized by a statue of a distorted woman's face with bulging eyes and scary features. Children are given a series of dangerous, potentially violent and even suicidal acts to perform and asked to provide photos as proof of the tasks in order to meet the "Momo". If the acts are not performed the child receives threatening messages. The "Momo Challenge" character is also appearing randomly on YouTube Kids in certain videos. Please carefully monitor your children's use of the internet and social media and remind them never to accept any invitations from unknown numbers and not to click on unknown links. The school district safety office has been made aware of this challenge circulating via social media. If you have questions or concerns, please do not hesitate to contact the district office. You can learn more about the "Momo Challenge" by visiting the link below. Please be warned that some of the images and stories may be disturbing:

<https://www.snopes.com/news/2019/02/26/momo-challenge-suicide-game/>

Thank you for helping keep our children safe!



### Message from Mrs. Gifford- ART:

Mrs. Gifford would like to announce that 6 students have been chosen to represent Sunset Park at the District Wide Teacher's Choice Art Show.

The show is at the Center for the Arts downtown. The Show will run from **February 15-March 15**. The student artists' reception will be on **Thursday, March 7**.

The students selected are Jonathan Curenton, Luke Bovey, Sophia Gonzalez, Chloe McClure, Kerrington Ratliff, and Aniyah Bryson. Congratulations to these fine artists.

### Message from Mrs. Dieguez:

Just a few reminders... The door in the car loop locks at 7:45am. If your child is tardy, please do not drop them in the car loop. You will need to come in and sign them in so we know they have arrived safely. Please make every effort to have your child to school on time. Drop off begins at 7:00am., the first bell rings at 7:40am, and the tardy bell rings at 7:45am. If your child is absent please remember to send an excuse regarding the absence. You may send 5 parent notes during the school year if your child does not go to the doctor for the illness. In the afternoon, if you do not have a car tag, please come directly to the office to have one made for you.



Be In SCHOOL  
Be On TIME

### News from Ms. Bundy...PE

Fourth graders completed their water safety program at the Rock Hill Aquatic Center during the week of January 28-31. Students were pre-tested to determine their current skill level and placed in small groups to improve each individual's skill level for the first three days of their lessons. On day four, students focused on water safety skills, learning to securely wear a lifejacket, and kayaking enabling students to establish a baseline for taking advantage of water activities that one may participate in in York County.

### Congratulations to our February "Respect" Students

#### Mrs. Nivens- Literacy/Yearbook:

Don't forget - yearbooks are on sale now. You may order two ways. Order forms were sent home but more are available if you have misplaced yours. You may pay by cash or check with this method. Be sure to include the child's name as well as the teacher when you order this way. You may also order online at [www.Ybpay.lifetouch.com](http://www.Ybpay.lifetouch.com). Our ID code is 5972119. Deadline is March 8, 2019.



Carter Fields  
Jayden Pickett  
McKenzie Hiller  
Christian Hall  
Amiya Davis  
Gabe Seabold  
Jaden Thrower  
Ivy Patrick  
Semaj Johnson  
Maddox Wright  
Mae Carpenter  
Calah White  
Ava Dellinger  
John Hedrick  
Tamara Rockholt

Joydin Brooks  
Hope Gaston  
Kellen Hauger  
Darnasia Davis  
Bryston Martin  
Alyssa Slaughter  
Gavin Fields  
Kherrington McCrorey  
Jonah Kennon  
Jai'Tarius Burris  
Ty Hinton  
Cameron Sims  
Glen Lea  
Lauren Currenton

Angela Barrales  
Nevaeh McCoy  
Kayleb De-Paz Barrera  
NaBrayah Thomas  
Aubrey Johnson  
Jahana Morgan  
Wesley Blackmon  
Kelis McGee  
Jaden Dixon  
Eimmie Britto  
Caroline Watts  
Cameron Harmon  
Emily Mann  
Ethan Johnson

