

December 13, 2016

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Coming Up

Wed, Dec 14	Staff Cookie Exchange
Thu, Dec 15	Metro School Lunch
Mon, Dec 19	Spirit Night at Chick-fil-A (Arboretum)
Dec 22-Jan 3	Winter Break - No School
Wed, Jan 11	PTA Meeting, 9:30 AM Everyone welcome!
Tue, Jan 17	Rocket Raffle Kickoff
Thu, Jan 19	Social Media Awareness and Cyber Bullying Program, 6:30-8:00 PM PSE Media Center

Next Rocket Review on Tue, Jan 10

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The Raffle is Coming!

Get excited!! The best fundraiser of the year is coming – The Annual PSE Rocket Raffle

What is the Rocket Raffle? This fundraiser is overwhelmingly the favorite for students and staff alike. Each and every raffle item has been donated by one or more of our wonderful teachers, staff or administration. In January, the list of raffle prizes will be sent home. The children, with the help of their parents, can choose which raffle prize(s) to buy tickets for. The tickets are 6 for \$5, 12 tickets for \$10 and 25 tickets for \$20. The directions on how to purchase your tickets and designate which prize(s) you would like the tickets to go towards will be included in the packet.

There are over 100 events being offered that over 700 students can win a spot to participate in. The kids love being able to spend bonus time in small groups with their teachers and other staff members doing fun, non-classroom activities. There are also entries for adults, like parking spaces for graduation and

Celebration of Nations. We have a lot of NEW items in the raffle this year, so please take some time to go through the listings to see what offerings are available.

Rocket Raffle Kickoff is January 17th.

There will be a two week window during which you can purchase your tickets. The winners of each raffle prize will be chosen at random and students will be notified during the first part of February.

This is one of our biggest fundraisers of the year with all of the money raised going directly back to the school. In past years, we have raised in excess of \$10,000 from the Rocket Raffle alone, which enables the school to continue to offer the best educational experiences possible for our children. Please help support our school while providing great experiences for yourselves and your children.



The PSE School Store is open Monday, Wednesday & Friday from 7:30-7:55.

Come check out our new PSE pens, bracelets and headbands! Perfect for teacher gifts! We also have holiday selections!

For volunteer opportunities contact Maggie at mwjamison@gmail.com.

A Message from Our Principal

As we get ready to celebrate our long winter's vacation with family and friends and the beginning of the New Year which closely follows with its obligatory making (and sometimes breaking) resolutions, here are two topics that I have been reading and thinking about which may be of interest to you.

First, the winter break is right upon us and how many times have we heard ... or said ourselves, "It seems like just yesterday we were buying school supplies and here it is with the year almost half over." Time flies... no one disagrees with that statement but "the older you get, the faster time flies" is another universal truth that many of us are beginning to note all too well. Why is this true? Why does time fly by faster and faster as we age?

There are two theories about time whizzing by that I have read and thought about. One is that the speed of one's perception of time is explained through mathematics. Briefly, a year is a long time for an 8 year old to wait for the winter holidays because a year is $1/8$ of the child's life span. The year seems to go by much quicker for the 50 year old because this unit of time is only $1/50$ of the adult's total experience. This theory may be partially true but it assumes that our brains are like computers with every experience holding the same value.

Psychologist Ronald Riggio in *Psychology Today* argues that a different dynamic is occurring as time is perceived as flying by at different rates of speed. He writes that memories are not a literal record of events but can be a social reconstruction of activities which are so special that they stand out as markers that help us live in the moment. Another way of explaining this second theory is that routine actions and events make time go faster, particularly with age, while unique and special activities slow time down. So if you want time to last longer, and events to be more memorable, change your routine. Create unique experiences (particularly at this holiday time) which will help you savor the moment and afterward, mark the event as one that stands out rather than just another pleasant, but routine and unremarkable time off of work or out of school.

The **second** bit of research relates to the American practice of setting New Year's resolutions. How many times have we listed and talked about "good changes to make" on January 1st only to forego the whole idea the second week of the month? Some research indicates that

only 8% of the resolutions made at the beginning of the year are kept. What happens to our resolve and is there a better way to embrace change in our daily lives?



The Greek philosopher, Aristotle, noted years ago that "we are what we repeatedly do" and concluded his thoughts with "Excellence... is not an act but a habit." Modern day behaviorists agree and explain that early attention to actions that are quite easy to adopt, create automaticity and thus the desired habit is formed. Let's look at an example given by Steven Guise who has written about how establishing mini-habits can change one's life. People, this author warns, defeat themselves before they begin a journey of change by setting the bar too high. Habits are best established in small, even tiny, steps that aren't obstacles to the psyche even when you're tired or busy. An example... instead of stating, "I will exercise 30 minutes a day" how about "I will do one pushup per day." One pushup can easily become two pushups or five but one is doable. As Guise says, "If your new habit requires less willpower than you can muster, you will succeed."

Perhaps these two simple musings have a place in your thoughts this holiday season. Without our children coming home for the first time ever, this holiday will be a different one at our house but with a vastly different routine. I hope we'll create some special memories helping others and finding ourselves living in a different moment. And though my physical fitness goals are often watered down by January's end, I can do one pushup and for that matter, I can drink one glass of water each day.

So from all of us, to all of you... a most memorable holiday with those whom you love and a successful start to any changes you may want to make in 2017.

We would be remiss if we did not conclude with our collective thanks for trusting us with helping to educate your most prized treasures. In addition, we want to also underscore our great appreciation for your continued support of our school, our programs, and our mission to help all our Rockets become the best that they can be. We could not do what we do without you. You are the energy that fuels this magical place of teaching and learning.

-Diane Adams

Ann Clark, A Charlottean of the Year

Our Superintendent, Ann Clark, is named one of 8 people who changed our city in 2016.

Charlotte Magazine, an insert to the Sunday *Charlotte Observer*, has named our own Ann Clark as one of eight special leaders who has had a positive and substantial impact on our city this past year. Teachers and Principals in CMS will tell you that it is an honor well deserved. Her leadership is an inspiration to all of us.

[Read the entire article](#) about this special woman – a leader who will be sorely missed.

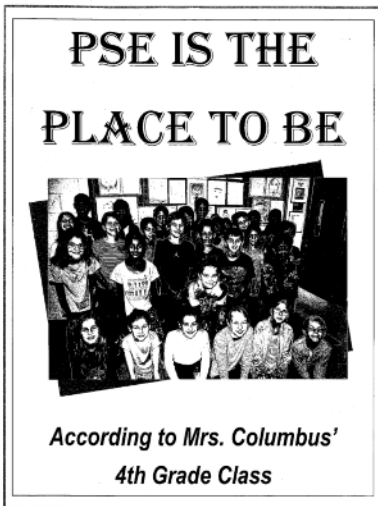
-Diane Adams

PSE Visitors Notebook

The photo here is page 1 of a wonderful project created by the boys and girls in Mrs. Columbus' 4th grade classroom designed to address a long-term school need. Let me explain... our school hosts many, many visitors

who want to know what makes our school "special."

Our staff can certainly help them with information. Our parents do a great job with giving tours but we found that our guests weren't able to hear from our students themselves (students are busy in their own classes, you see).



So, the wonderful writers in this fourth grade class, put their "pens to the paper" so to speak and published a collection of "most important things to know about Providence Spring Elementary." This bound guide to a student's view of favorites can be found on the coffee table in the visitors seating area of the front office.

Thanks, Mrs. Columbus and PSE student authors, for creating and publishing a guide long overdue. (And, your writing is nothing short of amazing.)

-Diane Adams

New Staff Introduction

Beth Ebert, Fourth Grade



Hello PSE! My name is Beth Ebert. I am so blessed to be back with the Providence Spring family! Woohoo! I have been given the awesome opportunity of teaching part time, with my mornings split between fourth grade math and creating curriculum for the outdoor classroom. I am a graduate of UNC-Chapel Hill with a bachelor's degree

in Early Childhood Education. Throughout my educational experience I have taught kindergarten through fourth grade; worked with TD students K-5; been a preschool director; substituted for grades 6-12; and taught ninth grade history. Working with children has been a passion of mine (as you can tell!). I love fostering a classroom environment that embraces hands-on learning, critical thinking and problem solving skills while also creating meaningful memories sprinkled with fun!

When not in the classroom I love spending time with my family and our two West Highland Terriers. I am a diehard Tar Heel, and I love going to football, basketball and baseball games in Chapel Hill. In fact, I absolutely love watching almost all sports year round – college and pro! Some of my other hobbies include exercising, listening to music, spending time with family and friends, and traveling.

I look forward to working alongside such an amazing faculty, as well as with a tremendously supportive school family! I am very thankful to be here!

Box Tops for Education



Clip those Box Tops found on General Mills products! We receive **10¢** for each Box Top we submit. Send in Box Tops with your child and they can place them in the Box Tops mailbox by the front office.

For a complete list of products that carry the Box Tops symbol, visit www.boxtops4education.com.

PSE PTA Profit & Loss for November

Beginning Balance 11/1/16	111,804.24
Ordinary Income/Expense	
Income	
Book Fair	9,109.21
Capital Donations	1,022.22
Family Night Dinner	2,374.00
Field Day	36.00
Food Fundraisers	186.60
Interest Income	4.50
Memberships	21.00
Publications	26.00
School Store	299.00
School Supplies	81.50
Spirit wear	2,362.00
Sponsorships	750.00
Yearbook	120.00
Total Income	16,392.03
Expense	
Beautification	200.77
Book Fair	3,882.11
Character Ed	97.15
Classroom Grants	1,614.23
Directory	1,563.52
Family Night Dinner	1,903.04
Hospitality	162.79
Membership	76.00
Publications	3,328.34
Total Educational Expense	12,827.95
PTA Operational Expenses	
Bank Fees	213.38
Insurance	590.00
Total PTA Operational Expenses	803.38
Total Expense	13,631.33
Net Ordinary Income	2,760.70
Other Income/Expense	
School Store	224.98
Spirit wear	57.90
Technology Reserve	6,746.04
Technology Wish List	856.12
PY Technology & Education Fund	2,646.30
Total Other Expense	10,531.34
Net Income	(7,770.64)
Ending Balance 11/30/16	104,033.60

Your Rocket Dollars at Work!

Thanks to your generosity, we are pleased to report that your Rocket Dollars provided these items in November:



\$200 grants for each teacher



Publications for grades 2 to 5



SMART Boards for new cottage classrooms



Charging cart for laptops

Printer ink

Teacher Paideia training

Classroom literacy materials

*Many thanks to all the PSE Rockets and their families for the many donations of coats, scarves, mittens and hats. We brought **over 200 items** to Crisis Assistance Ministry and they were overjoyed.*

Happy Holidays to each of you and Thank You for making Providence Spring THE place to be to help others

in our community!



Reflections Contest Winners

Thank you to all the students who participated in the PTA Reflections contest this year. PSE had almost 100 entries.

Congratulations to Mrs. Bernier-Lucien's class. They will be receiving a popsicle party for having the most participants.

The theme for this year's contest was "**What is your story?**" Students were asked to think about the theme and then create an entry in one of the six available arts categories.

Judging was done "blindly" based on the following criteria:

Interpretation of the theme (20 points)

Creativity (10 points)

Technique/Skill (10 points)

Congratulations to the following students who were chosen as winners. In addition to winning \$10 gift cards, their entries will now advance to the county level of the competition.



Primary (K-2nd Grade)

Literature

Mukesh Ramanathan (Edwards)
Rylee Anderson (Trevisan)

Music

Otto Restelli (Aquilone)
Rylee Anderson (Trevisan)

Photography

Madilyn Bizon (Chapman)
Leah Hunt (Lynch)
Jillian Strain (McMurray)
Jackson Davis (Noye)

Visual Art

Odette Vega (Chapman)
Lucy Sleime (DeJuneas)
Nadia E. Susanto (DeJuneas)
Elaina Shi (McMurray)
Reeve Carroll (Rice)
Carter Alexander (Trevisan)
Tejal Hinge (Trevisan)

Intermediate (3rd-5th Grade)

Dance

Olivia Vega (Grabon)
Isha Sharma (Langeland)

Literature

Alyssa Barnash (B-L)
Amelie Shepherd (Horgan)
Emmaline Shepherd (Surratt)

Music

Anish Vedantham (McCrocklin)
Eve Jenkins (Pistorio)

Photography

Caroline Norton (B-L)
Alan Shao (B-L)
Megan O'Donnell (Langeland)

Visual Art

Oliver Ford (Adamson)
Zane Short (Brown)
Prachetas N. Yeri (Columbus)
Margot Pegram (Grabon)
Ellie Siegel (Vick)

PTA Announcement

On December 7, 2016, the PTA Board elected Rosemary Rutledge as Treasurer (replacing Lori Goodrich) and Shirin Vandekar as Vice President of Finance (replacing Rosemary Rutledge). A big, big THANK YOU to Lori for all she has done this year, and to Rosemary and Shirin for stepping into their new roles!

-Lisa O'Donnell, Secretary, & Julie Cho, President

School Nurse's Corner - Lice Info



We had an outbreak of lice in November in several grade levels. The school sends home a letter when there is one case of lice in your child's classroom. In order to control the infestation of lice, please help our PSE community by your good citizenship and check your child's hair for lice when the letter comes home. **Also, please report all cases of lice to the school during the school year, as this is our school policy.** If lice is reported in your child's classroom, please put all long hair up in a ponytail or braid or bun.

Quick Facts about Lice

- It takes 7-10 days for the nits/eggs to hatch
- It takes 7-10 days for the nymph/baby lice to become an adult
- Adult female lice can lay about 5-6 eggs/nits every day
- Nits/eggs are glued to the hair shaft within 1-2 inches from the scalp
- They do not spread diseases
- They are the size of a sesame seed full grown
- Can only survive 1-2 days away from the scalp
- Can hold their breath for up to 8 hours
- Do not jump or fly
- Can move quickly on dry hair, so they are difficult to see
- Color can vary from whitish-gray to brown
- Lice bites can make the scalp itchy (but not always)

The *Journal of Medical Entomology* in March 2014, stated that, the chemical pyrethrins or permethrin-based products used in **over-the-counter treatments like RID and Nix were 99.6% ineffective** when researched in 2009. Be patient and diligent when treating the live lice and combing the nits/eggs. The process will take a week to two weeks or, sometimes, longer. You may contact me at school during normal school hours with questions.

-Janine Toth, RN

Bissell Chooses PSE!

Since 2013, Bissell has chosen a nonprofit organization to support in appreciation of its tenant community instead of a traditional holiday gift. This year, Bissell has chosen Providence Spring Elementary, along with six other 28277-based elementary schools to receive funding for books to support the North Star Reading Partners Initiative. "We are delighted to contribute to CMS in honor of our tenants and customers in Ballantyne Corporate Park this holiday season," said Mr. Bissell during the CMS check presentation at the Audubon Amphitheater. Both Mr. and Mrs. Bissell are former educators and believe in investing in today's youth as a way to "build a stronger future for our community."

Annika Cho and Megan O'Donnell, two third grade students, represented Providence Spring during the CMS check presentation and were included in the photo taken to commemorate the generous gift.

Additional coverage of the event was included in the winter issue of *Ballantyne Magazine*.



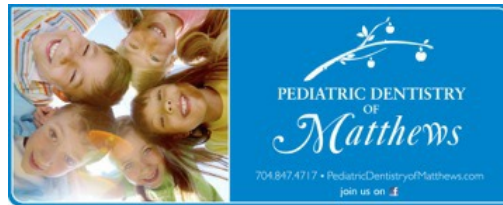
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