



# Salem Salamander News

Newsletter of the Salem Elementary School PTA

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Savon Willard, Principal  
Denise Kiser, PTA President

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## From our Principal:

That time of year

This is the time of year we need to focus on school attendance and student health. The flu season is upon us. It is important to prevent the flu so that teachers and students are in class on a daily basis ready to learn. The North Carolina Department of Public Instruction and the North Carolina Department of Health and Human Services have asked principals to remind teachers and parents about the three key steps to remember to help prevent the flu:

- Remind children to wash their hands with soap and water frequently to reduce the risk of infections.
- Remind children to cover their noses and mouths with disposable tissues when coughing or sneezing. They should then throw the used tissue in the trash and wash their hands with soap and water.
- Parents of sick children should keep their children home whenever they are running a fever.

Whenever your child is out of school, you will still receive an automated call from Wake County Public Schools. Even when you call the school to let us know that your child will be absent, you will still receive a call. This is a double check for parents and a reminder to send in a note upon the student's return to school. Without the note from you, the absence is considered unexcused.

Please make sure your home and work phone numbers are correct in the school office. This is the time of year that we are often finding changed numbers, disconnected phones, and new numbers. Make sure you keep the teacher informed of any changes so we can contact you in an emergency or if your child is sick. I wish you a happy and **healthy** New Year!

### PARENT INFORMATION SESSION ON YEAR-ROUND SCHOOL

Please note: A repeat of the Year-Round Parent Information session will be held on **January 16 at 9:30 a.m.** in the **Media Center**.



## President's Notes

Welcome Back! I hope everyone has a great holiday break. As we approach the end of our second quarter and the halfway mark for the school year, we look forward to our upcoming PTA events.

The 2006-2007 Math-a-Thon is underway and all packets and sponsor sheets are in the process of being returned. It looks like we had tremendous participation in this event! We look forward to seeing all students who participated in the Math-a-Thon at our awards ceremony on Thursday, January 18, 2007 at 6:30pm. Please remember that ALL students who participate in the Math-a-Thon, regardless of sponsorship, will be recognized that evening. A big thank you goes to Anna Johnson for chairing this event!

Don't forget about this year's yearbook! We are putting the finishing touches on the yearbook before it goes to print. Please remember to watch your Friday Folders for ordering information as pre-orders will be the only way to purchase a yearbook.

Thank you to all who purchased a pizza or two from That Pizza Thing, our December Spirit Night. I know my pizza was great and I hope you all enjoyed that quick and easy dinner. Our next Spirit Night is Tuesday, January 23 at Carrabas at Beaver Creek Commons. A big thank you goes to Karyn Knoke for her hard work and dedication to finding the best places to go and taking care of all the details for Spirit Nights.

We also look forward to many other events, including more Spirit Nights, Will Power collection, Spring Harvest for the Ronald McDonald House and the Western Wake Crisis Ministries Office, and another great staff talent show. Please look for more information in your Friday Folders for how you can help with these great opportunities.

The Spring Fundraiser will be The Amazing Race, Salamander Style. This event will be held on Friday, May 18, 2007. It will be an evening filled with games, food, prizes, information on many countries, and more. We are looking forward to this fun and informational event!

Finally, it is difficult to believe but this is the time of the year when we need to start thinking about next school year's PTA Board. There will be more information to come regarding the Nominations Committee. Please consider serving on our Board as an officer or committee chairperson. You may contact me, Denise Kiser, if you have any questions as you are considering a Board position.

As always, I thank all of you for your dedication, hard work, and continued support that you provide to our PTA and Salem Elementary Staff. I look forward to an exciting and productive 2007!

Denise Kiser, PTA President

**Rising 6<sup>th</sup> Grade Information Night**  
**Salem Middle School**  
**January 23<sup>rd</sup> at 7 PM**

**Parents will have an opportunity to learn more about the year round schedule at Salem Middle**

## School Improvement Plan

Salem Elementary's School Improvement Plan (SIP) is a living document that the entire staff has planned and continues to monitor every six months. Everyone on our staff, including teachers, teacher assistants, office personnel and custodial staff is on a sub committee of the SIP. Our School Improvement Core Team also includes several parent representatives. This Plan is a manageable, data-driven plan of action that details what we, as a school, want to accomplish over a three-year period.

There are six main goals. Three of which are academic goals (Reading, Writing and Math), Healthy School and Safe Child, Volunteers and a System wide goal. Within these six goals Salem has examined character development and safe schools plan, areas to improve students' health, strategies on how to involve various stakeholders within the community, and best practices for students and teachers. Teachers and staff are continually updating these goals and action steps. All school based decisions are driven by this Plan. Staff development is a priority to provide the best for the education of our students. For example, all certified teachers were given the opportunity to attend an Empowering Writers workshop earlier this school year. The School Improvement Team will continue to focus on opportunities for best practices.



### **Salem students chosen by their classmates who demonstrate COURAGE:**

**Kindergarten:** Justin DeNardo, Josue Vazquez Vega, Andy Bounds, Eva Pecora, Vivien Vossen, Emil Moshinski

**First Grade:** Kiersten Haverlock, Nahomi Benitez, William Byrd, Peter Koo, Alyssa Meola, Morgan Johnson, Anastasia Torres, Hank Hershberger

**Second Grade:** Brandon Lafforthun, Liam Donovan, Hamsa Raman, Gabrielle Isaacs, Yasmin Bernal, Will Hager

**Third Grade:** Adam Kharas, Sean Li, Madison Marrott, Miguel Dizon, Kristen Maselli, Erik Salgado

**Fourth Grade:** Daniel Nugent, Kevin Meyer, Mason Chartier, Emily Borts, Madison McCulloch

**Fifth Grade:** Catherine Shaw, Kelsey Mason, Kaitlyn Sullivan, Liam Byrne, Michael Guemple



## **CHARACTER CORNER:**

Welcome to a new year. The Character Trait selected to focus on in **January** is **Self Discipline**. With a new year symbolic of fresh starts so many of us feel that our quota of self-discipline could use a boost. The definition of **Self Discipline** that is adopted by the Wake County Public School System includes: "Demonstrating hard work and commitment to purpose; regulating yourself for improvement and restraining from inappropriate behaviors".

### **ACTIVITIES TO DO TOGETHER TO TEACH SELF-DISCIPLINE:**

Experts agree that it is important to speak with your children to set acceptable limits and goals. The age of the child and their capabilities: (intellectual, physical, and emotional) sets how much self-discipline is a realistic goal. Self-discipline requires an understanding of oneself and an awareness of the ways in which one can cope with difficulties, frustrations, and disappointments. In "Building Moral Intelligence",

Dr.Michele Borba gives parents the five strategies for anger management:

1. Model coolness when facing problems.
2. Develop a feeling vocabulary chart and keep adding emotion words to the list whenever new ones come up in those great "teachable moments" that come up.
3. Identify anger-warning signs so they can learn to regulate their own behavior and calm themselves down.
4. Use self-talk to stay in control with affirmations - simple, positive messages to themselves in stressful situations.
5. Proper breathing technique is one of the most effective ways to stay in control.

## **Quotes of the Month:**

"It is not enough to have great qualities; we should also have the management of them." - La Rochefoucauld

"It is your temper, you keep it"

"People who fly into a rage always make a bad landing."  
- Will Rogers

### **The Mischievous Dog**

A Dog used to run up quietly to the heels of everyone he met, and to bite them without notice. His master suspended a bell about his neck so that the Dog might give notice of his presence wherever he went. Thinking it a mark of distinction, the Dog grew proud of his bell and went tinkling it all over the marketplace. One day an old hound said to him: Why do you make such an exhibition of yourself? That bell that you carry is not, believe me, any order of merit, but on the contrary a mark of disgrace, a public notice to all men to avoid you as an ill mannered dog."

Notoriety is often mistaken for fame.





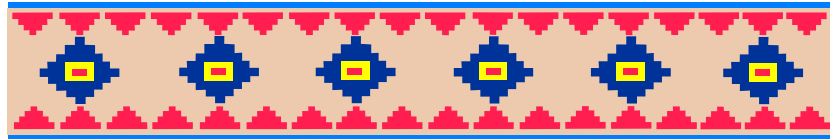
## Literacy News

By Laurie Ann Harvey & Stacy Bigham

We hope everyone had an enjoyable winter break. It's hard to believe that we are almost half way through the school year! We would like to include some suggestions to help your child with reading and writing:

- Have your child read every night. Rereading familiar books is a good way to improve fluency.
- Discuss the book with your child before, during, and after reading.
- Some strategies to help your child with reading include: Determining important ideas, Making connections, and Setting a purpose for reading.
- Have a variety of materials available for writing such as pens, paper, journals, etc.
- Encourage your child to write about different topics and for different purposes (story, list, journal).

Our next parent workshop is on February 1<sup>st</sup> from 9:30-10:30 in Mrs. Bigham's trailer. The topic is Helping Your Child Become An Independent Writer. We hope to see you there.



## Cultural Arts News

### Important Dates

January 8<sup>th</sup>  
January 11<sup>th</sup> & 12<sup>th</sup>  
February 26<sup>th</sup>

Kimberly Johnson 1st grade writing workshops  
Curious Creatures with the Kindergarten  
Origami with Glen Mcnitt for the 2nd grade

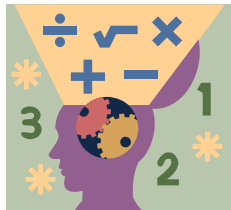


## Salem Science Fair



It's not too late to participate! The Salem Science Fair is coming the week of February 13, but there is still time to do a project. How much time does it take to do a project? Ideally you will work on a project over several weeks, but it is possible to do a good project in only four days. Day 1 – Pick a topic, plan out your project and collect supplies. Day 2 – Run the experiment. Remember to take lots of pictures and document everything in a notebook. Day 3 – Compile your notes, complete the analysis of your results and write an overview of your project. A trip to the library would also be a good idea. Day 4 – Design your display, post your results, summary and pictures on your display, finalize your project overview (report) and get ready for the fair. While this is a very compressed time frame, it does show that everyone still has time to get a project completed.

We have some very fun and exciting things planned for the fair, so don't miss out. Information will continue to be posted on the Science Fair Page on the Salem Website, so keep checking back. We look forward to seeing you in February. Questions or concerns, please contact Caroline Rockafellow as [salemscience@mindspring.com](mailto:salemscience@mindspring.com).



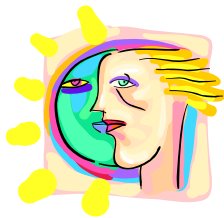
## Math-a-thon is Coming to an End

Congratulations to each and every student who embarked on this year's mathematical journey and participated in the Math-a-thon. You all did a great job! We are very proud of our Salem Elementary budding mathematicians!

If your child is planning to participate, please make sure the Math-a-thon packet and any sponsor information are completed and returned to your student's teacher **by Monday January 8<sup>th</sup>, 2007**. This will ensure that all participating students are given credit at the PTA Award Ceremony on **Thursday, January 18<sup>th</sup> at 6:30 pm**.

Please make plans to attend the Award Ceremony with your students!

PTA volunteers will be marking each student's packet and will return it, along with instructions on how to return all money if you have sponsors. All sponsor money is due by January 27<sup>th</sup>.



## Reflections Program

"My favorite place..."

We would like to thank and congratulate all the students who participated in this year's Reflections program. You all did a wonderful job! The participants will be announced in February's newsletter. Please feel free to contact us with any questions.

*Heather Battaglino (363-8949, [benny1068@earthlink.net](mailto:benny1068@earthlink.net)) and Kelly Cox Jones (363-4525, [bogey1@nc.rr.com](mailto:bogey1@nc.rr.com)) Reflections Program Co-Chairpersons*

## THANK YOU!!!!

We would like to extend our heart felt thank you to all of the families who donated items for the annual Toy Drive as well as the amazing good will shown to our very own Salem families in need. Through your generosity, we were able to provide Christmas gifts to 34 families and over 100 kids! In addition we delivered toys to The Ronald McDonald House

of Durham and stuffed animals to the Apex Fire Department. A special thank you also goes to Target and Sally Foster for their most generous donations and help! Our Salem Salamander pride continues to shine through our dedication and commitment to serving our school and the community. Thank you Salamanders! You are amazing!

Lisa Sanchez and Heidi Van Brocklin

### COOL WEATHER HAS ARRIVED.

### DON'T FORGET TO ORDER YOUR SALEM SPIRIT WEAR!



Submit the completed order form with payment (checks should be made to Salem Elementary PTA). Please let us know if you do not want items to be sent home with your child. We will call you for pickup.

Twilight T's \$14.00 (youth)    Grey Sweatshirts \$12.00 (youth)    Grey Zip Sweatshirts \$16.00 (youth)

Car Magnets \$5.00

Scrunches \$4.00

**BACKPACK ALERT**  
Please send home with students.

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# Good Kids, Bad Choices

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Part of the Emmy® award-winning *Connect with Kids* series

A community-based partnership sponsored in your area by your local schools, ABC 11 and Connect with Kids/CWK Network.

**A Television Presentation: Sunday, December 31 @ 1:00 p.m.  
on ABC 11 (WTVD-TV)**

(Date/time subject to change. Please check local listings and visit [www.connectwithkids.com/wtvd](http://www.connectwithkids.com/wtvd) and click on "TV Programs" for future televised specials.)

According to the most recent survey from the Centers for Disease Control and Prevention, 43% of US teens admitted to drinking alcohol in the past month; 20% used marijuana, and 10% said they had driven a car after drinking. According to the CDC, almost half of all high school students (47%) have had sex, and 37% of those did not use a condom. The number one killer of teenagers is automobile accidents. Many teenagers don't think about the consequences. Why do some teens take dangerous risks, while others do not? Is there something parents can do to minimize the risks of adolescence? *Good Kids, Bad Choices* explores these issues and offers advice from experts for parents and teens. These true stories are profiled in the special:

- 16-year-old **Markita** is pregnant after having unprotected sex. Her mother knew she was sexually active, but Markita was already pregnant before her appointment for birth control.
- **Sarah**, 18, contracted herpes during oral sex, her first sexual encounter. She says kids explore sex because "it feels good." Sarah says she regrets her decision.
- **Braden**, 18, began experimenting with drugs at age 14. He progressed to cocaine and meth in high school. He says he started using drugs to "fit in."
- 17-year-old **Wes** was a passenger, unbelted, in a car that crashed, killing two of his friends. Wes says he regrets not telling his friends that no one was capable of driving that night after drinking.
- **Ashley**, 19, smoked pot, drank, got into her jeep with a friend, lost control and crashed. Ashley broke her neck and is now a quadriplegic. She and her mother explore why she descended into the risky environment of drugs and alcohol, after being a "perfect student." Ashley's mother regrets not noticing the signs and intervening before the accident happened that changed their lives.

*Connect with Kids* programs feature real kids, true stories, experts and educators ... a way to help parents and kids start a conversation about the tough topics kids face every day.

## USE THIS FLYER TO:

- Tell parents about the upcoming television special
- Ask parents and students to watch together
- Reprint in school newsletters, send via email or post on school Web sites
- Coordinate the TV program with classroom topics and lessons

For more information, or to purchase a copy of the show, visit [www.connectwithkids.com](http://www.connectwithkids.com), or call 1-888-598-KIDS (5437). Or email us at [sales@cwknetwork.com](mailto:sales@cwknetwork.com).

**CWKNetwork**  
Connect with kids.



Connect with Kids

**Connects 11**  
with **KIDS** abc

## Dates to Remember

Wednesday, January 3 <sup>rd</sup>	Office	Final Reflections Entry Pickup
Thursday, January 4 <sup>th</sup>	6:30 PM	PTA Board Meeting
Friday, January 5 <sup>th</sup>		Math-A-Thon Packet and Sponsor Sheet Due
Monday, January 15 <sup>th</sup>		No School – MLK Day
Thursday, January 18 <sup>th</sup>	6:30 PM	General PTA Meeting, Math-A-Thon Recognition
Friday, January 19 <sup>th</sup>		Quarter Ends
Monday, January 22 <sup>nd</sup>		No School - Teacher Workday
Tuesday, January 23 <sup>rd</sup>		Spirit Night at Carrabas
Thursday, February 1 <sup>st</sup>	6:30 PM	PTA Board Meeting
Friday, February 12 <sup>th</sup>		Spring Pictures
Tuesday, February 16 <sup>th</sup>	1:00 PM	Early Release
Friday, February 19 <sup>th</sup>		No School – Teacher Workday



Here's something for everyone who's a teacher or who has a favorite teacher. Stone's is very excited to be a part of RBC Centura's Tribute to Teachers program. Twenty-five teachers will be awarded \$500 cash prizes, and one teacher will win a \$2,000 Stone's shopping spree. And, every teacher nominated gets a special goodie that we can't mention here but that we're sure will be very appreciated. You can nominate your favorite teacher by visiting any RBC Centura branch, by going to the RBC Centura web site, by coming into our store where (where we have a computer set up that you can use for your nomination) or by going to our home page and then clicking on the cute little pencil-shaped icon in the lower right. This is a fantastic program and we strongly encourage everyone to participate.

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