



Cowpens Elementary



# Cougar Tales

Volume VIII, Issue VI

January 2012

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## LET IT SNOW

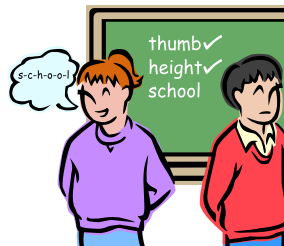


*In the event of inclement weather, please remember to watch News Channel 7 for any delays or closings. You will also receive an AlertNow recorded message from the district office.*

*If a delay is issued, do not drop your child off at school early. For example: Since we normally open doors at 7:00 am, a 2 hour delay means that the doors will not open until 9:00 am.*

## SPELLING BEE WINNERS

Our annual 5th Grade Spelling Bee was held on January 24, 2012. We had a total of 15 students who competed and they all did an excellent job. Congratulations to our winners. Eason Atkins was our First Place winner and Tara Pucetas was our Second Place winner. These two spelled for 3 hours! We wish Eason all the best when he competes in the Regional Spelling Bee on Saturday, March 3rd.



## 5TH GRADE FUNDRAISER

### After School Pick-Up

Whenever you pick up a student from any after school program or event, you must have their car number. If you do not have the car number, you will be asked to come inside to the office with your picture ID. Thank you for understanding that your child's safety is our first concern.



Beginning February 6, our 5th grade students will be selling World's Finest Chocolate Easter Bunnies and boxes of Chocolate candies for \$6.00 each. One half of everything a child sells will go directly to pay for his or her field trip to Charleston, SC. Orders will arrive on March 15, just in time for Easter.



- Family at School Night, 2/7
- Spring Group Pictures, 2/24



Remember to order your Relay for Life Valentine Gram by February 9th. The cost is \$5.00 and they will be delivered on Tuesday, February 14th.



## A NOTE FROM OUR SCHOOL COUNSELOR

What to do if your child is being bullied:

*First, focus on your child. Be supportive and gather information about the bullying.*

- Never tell your child to ignore the bullying. What the child may “hear” is that you are going to ignore it. If the child were able to simply ignore it, he or she likely would not have told you about it. Often, trying to ignore bullying allows it to become more serious.
- Don’t blame the child who is being bullied. Don’t assume that your child did something to provoke the bullying. Don’t say, “What did you do to aggravate the other child?”
- Listen carefully to what your child tells you about the bullying. Ask him or her to describe who was involved and how and where each bullying episode happened.
- Learn as much as you can about the bullying tactics used, and when and where the bullying happened. Can your child name other children or adults who may have witnessed the bullying?
- Empathize with your child. Tell him/her that bullying is wrong, not their fault, and that you are glad he or she had the courage to tell you about it. Ask your child what he or she thinks can be done to help. Assure him or her that you will think about what needs to be done and you will let him or her know what you are going to do. If you disagree with how your child handled the bullying situation, don’t criticize him or her.
- Do not encourage physical retaliation (“Just hit them back”) as a solution. Hitting another student is not likely to end the problem, and it could get your child suspended or expelled or escalate the situation.
- Check your emotions. A parent’s protective instincts stir strong emotions. Although it is difficult, a parent is wise to step back and consider the next steps carefully.

*Contact your child’s teacher or principal.*

- Parents are often reluctant to report bullying to school officials, but bullying may not stop without the help of adults.
- Keep your emotions in check. Give factual information about your child’s experience of being bullied including who, what, when, where, and how.
- Emphasize that you want to work with staff at school to find a solution to stop the bullying, for the sake of your child as well as other students.
- Do not contact the parents of the student(s) who bullied your child. This usually is a parent’s first response, but sometimes it makes matters worse. School officials should contact the parents of the child or children who did the bullying.
- Expect the bullying to stop. Talk regularly with your child and with school staff to see whether the bullying has stopped. If the bullying persists, contact school authorities again.

*Help your child become more resilient to bullying.*

- Help to develop talents or positive attributes of your child. Suggest and facilitate music, athletics and art activities. Doing so may help your child be more confident among his or her peers.
- Encourage your child to make contact with friendly students in his or her class. Your child’s teacher may be able to suggest students with whom your child can make friends, spend time, or collaborate on work.
- Help your child meet new friends outside of the school environment. A new environment can provide a “fresh start” for a child who has been bullied repeatedly.
- Teach your child safety strategies. Teach him or her how to seek help from an adult when feeling threatened by a bully. Talk about whom he or she should go to for help and role-play what he or she should say. Assure your child that reporting bullying is not the same as tattling.
- Ask yourself if your child is being bullied because of a learning difficulty or a lack of social skills. If your child is hyperactive, impulsive, or overly talkative, the child who bullies may be reacting out of annoyance. This doesn’t make the bullying right, but it may help to explain why your child is being bullied. If your child easily irritates people, seek help from a counselor so that your child can better learn the informal social rules of his or her peer group.
- Home is where the heart is. Make sure your child has a safe and loving home environment where he or she can take shelter, physically and emotionally. Always maintain open lines of communication with your child.

# TERRIFIC KIDS FOR JANUARY

David Inman  
Billy Ray Worley  
Janeca Cerda  
Cameron Moton  
John Michael Frady  
Owen Wooten

Lily Mabry  
Herman Jacobs  
Kansas Ledford  
Ashton Price  
Paris Ferguson  
Alexus Gorrell

Faith Cartee  
Jenna Steffee  
Jordan Cudd  
Damien Morales  
Lydia Wright  
Evie Cutting

Kyleigh Moore



## Be Heart Smart

Like any other muscle in the body, the heart requires preventive care if it is to continue to operate at top form. Most people who are affected with heart disease can point to the way they live as a contributor to their problems. Fortunately, with lifestyle changes, many of these contributing factors can be lessened or eliminated entirely.

**Smoking:** The risk of heart disease for smokers is more than twice that of nonsmokers. Smokers who quit now will greatly reduce their risk of heart disease and heart attack.

**High Fat/High Cholesterol Diet:** Limit your saturated fat, trans fat and cholesterol by eating a healthier diet by including more vegetables, fruits, whole-grain/high-fiber foods, fat-free and low-fat dairy products, lean meats, poultry and fish (at least twice a week).

**Lack of exercise:** Thirty to sixty minutes of moderate intensity physical activity 3-5 days a week will help improve one's health. Take your Valentine for a long walk; you'll be doing both of you good.

**Obesity:** Weight control can be accomplished by various methods including changing your diet to include more "heart healthy" ingredients like those made without saturated fat and cholesterol.

**Stress:** Exercise is a wonderful stress reliever, but other ways include keeping a journal, meditating, reading novels that "take you away" or spending time with friends and family.



### Character Word For January

Our character word for January is Self-Control – choosing to do what you should do, not what you want to do. Self-control is a difficult virtue and takes a lot of practice for children. Talk to your child about the differences between what we want to do and what we know we should do. For example, they might want to play their videogames after school but they know they should do their homework. Talk to your children about how you practice self-control and why it is important. Together you could choose something that your family can use to practice self-control. One idea is to keep a jar of your family's favorite candy out in plain sight with a sign that says Self-Control. See if you can go a few days with no one touching the candy! Talk to you children about how difficult it is to resist but how good it feels to have self-control. Celebrate your self-control by sharing that candy and discussing other ways your family uses self-control.

### Statement of Non-Discrimination

Spartanburg School District Three does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Director of Personnel and Pupil Services 3535 Clifton Glendale Road Glendale, SC 29346 (864)279-6000



**ARE YOU READY TO GO BACK TO SCHOOL?**

**PLEASE JOIN US FOR OUR SECOND ANNUAL  
"FAMILY AT SCHOOL" NIGHT**

**Who:** Parents and Students in 4K through 5<sup>th</sup> Grade

**When:** Tuesday, February 7, 2012

From 6:00-7:30 PM

Session I: 6:05-6:35

Session II: 6:45-7:15

**What:** A wonderful way for you to enjoy an evening with your child or children learning and actively participating in the classroom and getting a taste of what your child does every day. Teachers at all grade levels will have a variety of hands-on activities in math, science and writing for you to participate in with your child. In addition, we will host sessions on how to create a healthy snack, Sign Language and learning in the LEAP Lab.

**Where:** Cowpens Elementary School Classrooms

- A free book for every child who attends with a parent
- Wal-Mart gift card drawings at 7:15 pm for parents

# PRINCIPAL'S HONOR ROLL AND HONOR ROLL AND FOR SECOND NINE WEEKS

## Principal's Honor Roll

Aleisha McClain  
Alexus Gorrell  
Annabelle Saar  
Ansley Frady  
Ashton Price  
Austin Melton-Howell  
Banks Atkins  
Blaise Cooke  
Bryson Carroll  
Carmen Dotson  
Caroline Jolly  
Carson Sparks  
Cassie Corrales  
Clayton Case  
Connor Bridges  
Delaney Staton  
Eason Atkins  
Emily Owen  
Esmeralda Saldana  
Hunter Ledford  
Jacob McKinnish  
Jake Lipscomb  
Jamie Mejia  
Jennifer Lopez  
Jody Towe  
Jose Villanueva  
Kailyn West  
Karsyn Sprouse  
Kelly Price  
Kylie Owens  
Lilyann Kanipe  
Logan Price  
Mabree Andrus  
Madison Holloman  
Nevaeh Gorrell  
Noah Lee  
Noah Martin  
Peyton Bolton  
Peyton Sparks  
Sara Duggins

## Principal's Honor Roll

Sarahy Garcia-Nava  
Summer Baxter  
Tara Pucetas  
Tori Lipscomb  
Tyquez Buckson  
Zachary Mitchell

## Honor Roll

Angel Kotewa Locke  
Angelica Ramirez  
Anna Coggins  
Anthony Gentry  
Ashton Threatt  
Austin Smalley  
Avery Lane  
Benji Petty  
Bethany Jolley  
Beverly Kidwell  
Brayden Vassy  
Brianna Vazquez  
Caleb Baxter  
Carolina Aguilar-Castillo  
Casey Quinn  
Chad Mitchell  
Chelsea Cash  
Cheyenne Turner  
Christian Lee  
Colby Thomason  
Devlin Johnson  
Elijah Reeder  
Emily Bishop  
Erica Brigman  
Ethan Kidwell  
Evie Cutting  
Faith Cartee  
Fernando Villanueva

## Honor Roll

Gracie Mintz  
Grayson Jolly  
Haley Climer  
Haley Pruitt  
Hannah Arrowood  
Jenna Steffee  
Jeremy Staton  
John Quinn  
Johnathan Kelley  
Jordan Cudd  
Jordan Davis  
Joselin Martinez  
Josh Inman  
Karim Haridy-Hassan  
Kayleena Beason  
KC Petty  
Kosta Hade  
Kyleigh Moore  
Lucas Riddle  
Lydia Wooten  
Lydia Wright  
Mackenzie Martin  
Mary Carson Dowis  
Matthew Turner  
Melissa Moss  
Mikayla McKain  
Nasir Thomas  
Rachel Cutting  
Randi Schultz  
Sarah Woodfin  
Sydney Cannon  
Taylor Parrish  
Tommy Rosborough  
Tyler Smith  
Will Petree



# Early Childhood Developmental Checklist

The following are recommended milestones for pre-school children :

## 1 - 4 Months

- Makes eye contact with adult
- Raises head and chest when lying on stomach
- Supports upper body with arms while lying on stomach
- Opens and shuts hands
- Brings hands to mouth
- Reaches for toy
- Grasps and shakes hand toys
- Smiles at sound of familiar adult voice
- Begins to babble
- Watches faces intently
- Follows moving objects
- Turns head towards direction of sound



## 5 - 7 Months

- "Bounces" when held in standing position
- Rolls over both ways (front to back; back to front)
- Sits with support of own hands
- Sits without support of own hands
- Reaches with one hand
- Transfers object from hand to hand
- Responds to name
- Responds to sound by making sound
- Finds partially hidden objects
- Struggles to get objects that are out of reach
- Interested in mirror images
- Plays peek-a-boo



Next month's newsletter will contain the checklists for 8– 12 months, 12-24 months and 2 years of age.