

SWEETWATER

Pelican Press

December 2022

Sweetwater Elementary, the highest performing school in Volusia County

<http://schools.volusia.k12.fl.us/sweetwater/>

386-322-6230 school phone #

386-506-0012 school fax #

Volume 29, Issue 5

Dear Parents,

As we approach the holiday season, the faculty and staff of Sweetwater Elementary send you our warmest wishes for a meaningful and enjoyable holiday season. We want you to know how much we appreciate your support as we work together for your children, our students. Thank you!

Happy Holidays,

Tamara Hopkins
Principal

**TOGETHER
WE ARE
STRONGER**



Sweetwater Mission

Statement

We, the caring community of learners at Sweetwater Elementary, strive toward a lifetime of achieving our "personal best", guided by a positive attitude in a nurturing environment.

Volusia County Schools Mission Statement

"Through the individual commitment of all, our students will graduate with the knowledge, skills, and values necessary to be successful contributors to our democratic society."



Mark Your Calendars!

- ❖ **School office closed** from December 17 - January 1.
- ❖ **January 2**—Teacher Duty Day
- ❖ **School resumes on January 3!**
*Remember, the first bell rings at 7:40 and the tardy bell rings at 7:50. They must be in their classroom before then.

Yearbooks

Yearbooks are available to purchase online at www.buytheyearbook.com until April 30th, 2023. Recognition ads for fifth graders are available on the same website.

Attention Parents of Fifth Graders: The deadline for ads is February 14, 2023. Don't wait too long and miss these deadlines! Buy yours today!

Thank you, Pelican Families!

Our Book Fair was the most successful one yet! Boy, can these Pelicans shop! I cannot thank our many, many parent volunteers enough for setting up, helping as cashiers, shoppers and everything else in between! We could not have done this without you!

We look forward to purchasing the top selling books and putting them here in our library! The Book Fair will be back in April!

Happy Reading!

Ms. Gruenewald, Mrs. O, Elfis and Buddy

Literacy Week is coming at the end of January! We will have our week filled with excitement – Here is a hint for one of our dress up days- Pelicans Read like Rockstars!



LOST AND FOUND

Lost and Found items will be on a table in front of the MPR/Cafeteria **December 12-16**. All items not claimed will be donated to charity.

HAPPY HOLIDAYS Counselor Corner

News from Ms. Howard & Mrs. Elliott



Give
KINDNESS
this
holiday
season...

It's one
size fits
all!



Members of the Kindness Club visited each classroom to talk about a new project we are doing. Each classroom is looking for acts of kindness to nominate and record on a paper chain link. Classes will create their own chains throughout the year. In May, all of our classes will link together to create a Sweetwater Chain of Kindness. We hope to be able to circle the whole campus with our kind acts.



We have several families that were displaced from the hurricane and a few others that have asked for assistance due to other financial hardships... This year, we are hoping to put together a GIFT CARD ANGEL TREE.

Here is what that would look like:

Anyone interested can donate a gift card to either Walmart or Target.

Any amount would be amazing: \$5, \$10... It may not seem like a lot by itself, but if we work together, collectively, we can make a big difference!

Gift cards will help these families replace and rebuild, purchase "Christmas" for the kids, or even get food or other necessities.

The donated gift cards will be evenly distributed among the families that have shared a need.

If your family would like to participate, gift cards can be sent to school in an envelope labeled Sweetwater Guidance Dept.

(Deadline 12/13)



Extra down time over winter break?

Did you know that students can visit the **Counselor Corner** canvas page from their home device?

We hope you will take a minute to explore this page with your child. Click on the *Relaxation Room* or *Virtual Library* for tons of interactive fun.

The Counselor Corner is in VPortal under the Canvas tab.

To reach the guidance office, please call 386-322-6230 extension 33497 or email tmhoward@volusia.k12.fl.us or smelliot@volusia.k12.fl.us.

WELLNESS IS A WAY OF LIFE!™

PLAY HARDER

If possible, give kids gifts that encourage them to get sweaty and out of breath! A football, tennis racket,

Frisbee, Surfboard, .
horseshoe set, ball
rebounder, baseball
and glove – anything
that requires
movement and
exercise! Video
games that
include
vigorous
physical
activity are
good, too, but
don't neglect
the good, old-
fashioned
outdoor stuff!



LIVE HEALTHIER

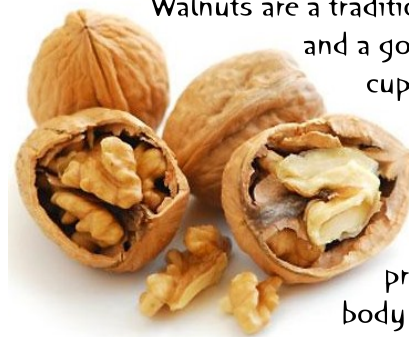


Eating is a big part of holiday get-togethers, so savor that good food! Sure, try not to overdo it, and get a little exercise if you can, but cherish your precious time with family and friends!

EAT BETTER

Try lots of different fruits, veggies, nuts, and whole grains for a healthy diet. You're bound to find a few you really like!

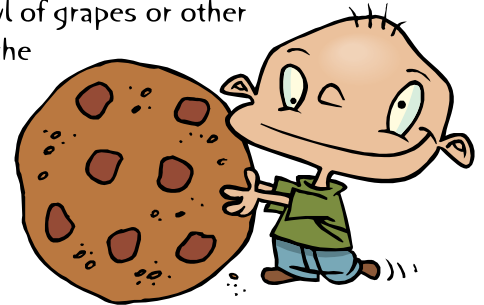
WALNUTS



Walnuts are a traditional holiday snack – and a good choice, too. Just $\frac{1}{4}$ cup of these crunchy nuts provides nearly a day's worth of omega-3 essential fatty acids, a special type of protective fat that the body can't make on its own.

LEARN EASIER

Resist the urge to let kids munch on a lot of holiday sweets while doing homework! The best snack for studying is a bowl of grapes or other fresh fruit. Save the cookies or other treats for after dinner, when they will be part of a complete, healthy meal.



We wish everyone a wonderful holiday season with your families and look forward to seeing you next year!

Coach Cooney, Coach Meadows, and Coach K:)



From the PTA President

Time to cheer, the holidays are here!

This month is our Santa's Secret Shop holiday event December 5th-9th. Information will go home this week with an attached envelope to send in money (cash or check only) and shopping list. Items will be sent home as soon as our elves wrap them. If you would like to volunteer to be an elf, please sign up through the link on the PTA Facebook page or in the front office.

Thanks to all that participated in the spirit night at Chick-Fil-A. Our December spirit night will be Ritter's on December 21st from 3-7pm. Hope to see you all there for a sweet treat.

After the new year, be on the lookout for information for the 5K Color Run. It's a fun family event for all to join.

Don't forget to join our PTA by paying your \$8 yearly dues if you haven't already done so. You can purchase your PTA memberships, Spirit Shirts and Kona Ice bands at Sweetwater.Memberhub.store.

Happy Holidays!

Lauren Peacock
PTA President



Kona Ice Sales:

Thursdays (you can now pre-order bands!)

Spirit Night:

Ritter's from 3-7 on December 21st

Santa's Secret Shop:

December 5-9

*Volunteers needed!



December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Spirit Day	3
4	5	6 SAC Meeting, 2:45pm	7 FFEA 2:30-3:20pm	8 No KONA Ice	9 Spirit Day 5th Grade MOAS Field Trip	10
				Santa Secret Shop		
11	12 Kindergarten Pioneer Settlement Field Trip 5th Grade Science Night, 6:00-7:00pm	13	14	15	16 Spirit Day	17
18	19 Winter Holiday Begins	20	21 Spirit Night @ Ritter's Ice Cream 3:00-7:00pm	22	23	24
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
25	26	27	28	29	30	31
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Teacher Duty Day/ Student Holiday NO SCHOOL	3 Classes Resume	4	5	6 Spirit Day	7
8	9	10	11 Early Release, 1:30pm	12	13 Spirit Day	14
15	16 Martin Luther King's Birthday Holiday NO SCHOOL	17	18 Early Release, 1:30pm	19	20 Spirit Day	21
22	23	24	25 Early Release, 1:30pm	26	27 Spirit Day	28 5K Color Run 8:30-10:30am
29	30 4th Grade St. Augustine Field Trip	31				



Breakfast K-5 December 2022

*Menus are subject to change

Breakfast Prices:
Students: Complimentary
Adults and visiting children: \$2.00
Prepay at MySchoolBucks.com

This institution is an equal opportunity provider.

			Thursday 1 Waffles w/Bacon POP-TART FR STRWBRY WHL GR 1CT 120/cs FRUIT MIX IN PEAR JUICE BOWL Juice, Orange 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Friday 2 French Toast Sticks YOGURT STW/BAN NON FAT 48/4oz/cs Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered
Monday 5 Belgian Waffles POP-TART FR STRWBRY WHL GR 1CT 120/cs Peach Cup 72/4.5oz/cs Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Tuesday 6 Ham and Cheese Croissant YOGURT STW/BAN NON FAT 48/4oz/cs Diced Pears Juice, Orange 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Wednesday 7 Chicken Griddle POP-TART FR STRWBRY WHL GR 1CT 120/cs Pineapple Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Thursday 8 Sausage Biscuit YOGURT STW/BAN NON FAT 48/4oz/cs FRUIT MIX IN PEAR JUICE BOWL Juice, Orange 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Friday 9 French Toast Sticks POP-TART FR STRWBRY WHL GR 1CT 120/cs Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered
Monday 12 Bacon Egg & Cheese Biscuit YOGURT STW/BAN NON FAT 48/4oz/cs Peach Cup 72/4.5oz/cs Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Tuesday 13 Chicken Croissant POP-TART FR STRWBRY WHL GR 1CT 120/cs Applesauce, Cinnamon Cups Juice, Orange 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Wednesday 14 Pancake Sausage Wrap YOGURT STW/BAN NON FAT 48/4oz/cs ORANGE MANDARIN SECT JUICE CUP 36/4oz/cs Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Thursday 15 Cafe Griddle POP-TART FR STRWBRY WHL GR 1CT 120/cs Peach Cup 72/4.5oz/cs Juice, Orange 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered	Friday 16 French Toast Sticks POP-TART FR STRWBRY WHL GR 1CT 120/cs Juice, Apple 96/4oz/cs Choice of Fresh Fruit CEREAL COCOA PUFFS CEREAL CHEERIO CEREAL GOLDEN GRAHAM BWLPK 96/cs CEREAL CHEERIO HNYNUT GLTN FR 96/cs CEREAL CINNAMON TST CRUN BWLPK 96/cs Toast, Cinnamon Toast, Buttered



Lunch K-5

December 2022

*Menus are subject to change

Lunch Prices:
 Students: \$2.00 Reduced: \$0.40
 Adults and visiting children: \$3.50
 Prepay at MySchoolBucks.com

This institution is an equal opportunity provider.

			Thursday 1 Meat & Queso Nacho Tortilla, Round Chips 80/2oz/Cs Cobb Salad Pillsbury Frozen Dough Biscuit Cheesy Refried Beans Cucumbers Diced Pears Choice of Fresh Fruit	Friday 2 Hot Dog, Steamed Popcorn Chicken & Cheese Salad Pillsbury Frozen Dough Biscuit Crinkle Cut Fries Tomatoes, Fresh Cherry Slushie, Welch's Concord Slushie, Welch's White Grape Peach Slushie, Welch's Hula Cooler 60/4oz/Cs FRUIT MIX IN PEAR JUICE BOWL Choice of Fresh Fruit
Monday 5 Cheese Pizza Pepperoni Pizza SANDWICH PEANUT BTR&GRAPE WHET 72/cs CHEESE STRING MOZZ 168/1oz/cs Corn Cucumbers Slushie, Welch's White Grape Peach Slushie, Welch's Hula Cooler 60/4oz/Cs Slushie, Welch's Concord PEAR DICED CH EXTRA LS Choice of Fresh Fruit	Tuesday 6 Cheeseburger SANDWICH PEANUT BTR&GRAPE WHET 72/cs CHEESE STRING MOZZ 168/1oz/cs Southern Baked Beans Tomatoes Assorted Juice Choice of Fresh Fruit	Wednesday 7 Corn dog, Chicken SANDWICH PEANUT BTR&GRAPE WHET 72/cs CHEESE STRING MOZZ 168/1oz/cs Steamed Broccoli Carrots Baby 100/2oz/Cs Peach Cup 72/4.5oz/cs Choice of Fresh Fruit	Thursday 8 Chicken Sandwich Cobb Salad Pillsbury Frozen Dough Biscuit Crinkle Cut Fries Tomatoes Applesauce, Strawberry Cups Choice of Fresh Fruit	Friday 9 Lasagna Roll Pillsbury Frozen Dough Biscuit Popcorn Chicken & Cheese Salad Green Bean w/Bacon Celery Diced Pears Choice of Fresh Fruit
Monday 12 Cheese Pizza Pepperoni Pizza SANDWICH PEANUT BTR&GRAPE WHET 72/cs CHEESE STRING MOZZ 168/1oz/cs Steamed Broccoli Cucumbers Assorted Juice Pineapple Choice of Fresh Fruit	Tuesday 13 Tangerine Chicken Fried Rice SANDWICH PEANUT BTR&GRAPE WHET 72/cs CHEESE STRING MOZZ 168/1oz/cs Corn Celery ORANGE MANDARIN SECT JUICE CUP 36/4oz/cs Choice of Fresh Fruit	Wednesday 14 Pepperoni Cheese Bread SANDWICH PEANUT BTR&GRAPE WHET 72/cs CHEESE STRING MOZZ 168/1oz/cs Green Bean w/Bacon Tomatoes FRUIT MIX IN PEAR JUICE BOWL Choice of Fresh Fruit	Thursday 15 Mac & Cheese Pillsbury Frozen Dough Biscuit Popcorn Chicken & Cheese Salad Steamed Broccoli Cucumbers Slushie, Welch's White Grape Peach Slushie, Welch's Hula Cooler 60/4oz/Cs Slushie, Welch's Concord Choice of Fresh Fruit	Friday 16 Lasagna Roll Pillsbury Frozen Dough Biscuit Popcorn Chicken & Cheese Salad Green Bean w/Bacon Celery Diced Pears Choice of Fresh Fruit

Please Support Our Business Partners!

**EXECUTIVE
AUTO
CONNECT, LLC**



YOUR CONNECTION FOR ALL CARS AND TRUCKS



A&R Roofing of Florida, LLC.
License #: CCC1331027

Pelican Pride



POLITIS & MATOVINA

767-0911
TheJusticeAttorneys.com



AIR CONDITIONING & HEATING

