



Cougar Tales

FALL FESTIVAL IS COMING!



Our Fall Festival will be held this year on October 29th from 5:30 - 7:00PM. Please join us for games, face painting, prizes, a silent auction, raffles, dinner and much more.

The PTO appreciates the support that you give to our festival through your donations of 2 liter drinks, bags of candy, cookies for the cookie walk, prizes and themed basket items. Please remember, No Costumes. More information on page 5. We hope that you all come out and enjoy an evening of good family fun on the 29th. See you then!

No Smoking/Tobacco



Please remember that District Three has a "No Smoking or Tobacco" policy on all school

properties. This does include inside your car on school grounds.

PARKING

Please do not leave your vehicle along the curb for any reason. All vehicles must be in a parking space.



Report Card Conferences

Believe it or not, it is almost the end of the first nine weeks of school and that means that conferences are just around the corner.

We will hold parent/teacher conferences on October 22 from 2:30 until 6:00 PM. Your child's teacher will be contacting you soon to schedule your meeting. Meeting with your child's teacher is one of the most important things that you can do as a parent to ensure your child's educational success.



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REMINDERS

- Fall Picture Make-up Day on October 3rd
- Please call the school at 279-6300 if your child is out for any reason.

Doughnuts for Dear Moms: A BIG SUCCESS



We were thrilled to see all of the moms who came out to enjoy a doughnut, juice and some extra "special" time with their children. We hope that we have as many dads join us for Doughnuts for Dads in April.

Terrific Kids for September

Rachel Difort

Peighton Brown

Sadie Abernathy

Evelyn Alto-Corneliz

Kynlee Fortner

Andrew Vang

MJ Haney

Carson Taylor

Driystan Dover

Olivia Rhodes

Eli Jollie

Genesis Leiva

Teegan Love

Alexandria Cothran

Edwin Cruz Lopez

Aidan Ratkowski

Aubrey Cowart

Bentley Bryant

Vanessa Green

Madison Watson

Addison Gallman

Carrie Wampler

Amber Sullivan



Healthy Snacking Tips



1. Start with snacks from the food groups. American kids don't typically get enough of low-fat dairy, vegetables, fruit and whole grains, so start with these!
2. Think of snacks as mini meals and combine two or more food groups for a healthy snack.
3. Choose snacks with protein to help them feel full longer. Add foods rich in carbohydrates like fruits, grains or vegetables for energy.

Welcome to CES!

We are thrilled to have Dana Horne as our Administrative Assistant at CES. Mrs. Horne is married and has two Labrador Retrievers. She has been in education 33 years in many different roles such as teaching music and drama, working with Middle School teachers and students as an instructional technology specialist, District Fine Arts Coordinator and Administrative Assistant at Middle School of Pacolet and now at Cowpens Elementary. Dana has taught in Union, Cherokee and Spartanburg County Schools but counts her 20 years in District 3 as the most rewarding.



News From Mrs. Justus



Wednesday, October 2nd is Walk at School Day. We will be walking around the school track at approximately 7:10 AM. Afterwards, we will enjoy a healthy snack and students will return to class invigorated and ready to learn. I encourage you to come and enjoy the walk with your child.

Notes From Nurse Davis

Here's how to scrub those germs away. Teach this to your kids — or better yet, wash your hands together often so they learn how important this good habit is:

- **Wet your hands** with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
- **Use soap** and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do.
- Make sure you **get in between your fingers**, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
- **Rinse and dry** well with a clean towel.

SCH  L
NURSE



It's Time For A Brain Boost!

For a student to succeed, we know that proper rest, a distraction-free study area, and good nutrition are paramount. But one simple fact is often overlooked: Drinking water can make a big difference in helping students stay focused, creative, and energized. Yes, it's that simple.



Studies show that brain function can be improved by 14% with proper hydration. The brain depends on suitable hydration to function properly. Just like a car, when we're running low on fluids, things don't work so well. When the body goes for a long period of time without drinking water, brain cells lose efficiency and we have trouble staying focused and completing tasks.

You are encouraged to send your child to school daily with a bottle of water to help keep the brain hydrated. Only water is allowed in the classroom.

Now Accepting Nominations for Spartanburg School District 3 ATLAS Academic Gifted Programs

Nominations are now being accepted for the Spartanburg School District 3 ATLAS Academic Gifted and Talented Programs for 2019-2020. Students may be nominated by parents, teachers, school staff members, or self-nominated. Art and Music nominations will be held in the spring.

Academic Gifted Nomination Forms are available in the main office of elementary schools.
Nomination forms must be returned by October 15, 2019.

How are open nominations publicized?

Elementary parents are notified through newsletter announcements and brochures sent home with students in grades 3-5.

What services are provided?

Academically gifted students are those who are identified in grades 3-12 as demonstrating high performance ability or potential in academics and therefore require an educational program beyond that normally provided by the general school program in order to achieve their potential. (State Regulation 43-220).

Spartanburg School District 3 provides the following models:

Academic Gifted Program --

Grades 3-5 A pull-out class of two to three hours weekly.

Grades 6-8 Accelerated classes in language arts, math, science and social studies.

Grades 9-10 Accelerated Honors English class.

Grades 11-12 Advanced Placement Courses (any student capable of advanced work may elect to take these classes. Students need not be nominated.)

How do students qualify?

The qualification process is based on state procedures and criteria. For the academic program, students qualify by meeting specific criteria in two of three areas:

- Aptitude scores on reasoning tests
- Achievement scores on nationally normed reading comprehension and mathematics concepts/problem solving tests and/or state achievement tests
- Performance scores on the state STAR test for elementary students, and final grade averages for middle and high school students

Do I need to nominate second graders?

All second graders are routinely screened for third grade placement. Second graders need not be nominated.

What happens after students are nominated?

Previous scores are reviewed. Some students met eligibility criteria for August 2018 placement without further assessment; others, whose screening suggests that they are potential qualifiers, will take additional testing between November and March. Parents of students who are nominated will receive notification of the schedule and results of the testing procedures.

For further information, contact your school guidance counselor or the Spartanburg School District Three Administrative Office (Phone 279-6000) -Dr. Susan Little, Assistant Superintendent of Curriculum and Instruction.



Join us on Oct. 29th for our Fall Festival 5:30-7:00 PM

We will have games galore in the gym, a cookie walk, a glow room, face-painting, yummy food, a huge silent auction and more!

The PTO will be using bracelets for this year's Fall Festival. The bracelet gives your child unlimited access to all games and activities. The bracelet **may not** be used for food purchases or prize tickets. Prize tickets and food may be purchased separately the night of the event.

If purchased early, you will save money and time!! Bracelets are being sold for \$10.00. This price will be good until Monday, October 28th at 2:30 PM. If you purchase early, you will be able to arrive at 5:15 to get your bracelet. That way you are not in line when the event begins. (Any bracelet purchased after that time will be \$12.00.)

Silent Auction Baskets: Bidding ends in the lobby at 6:45 PM sharp!

Prize Tickets for \$1

Please complete this form and send to school along with the money in a sealed envelope with your child's name and teacher. Checks should be made payable to CES PTO. **Bracelets purchased early will be given outside on the evening of the festival beginning at 5:15 PM. Bracelets are not used for food or prize tickets.**

Child's Name _____

Teacher _____

Number of Bracelets Purchased (\$10.00 each) _____



Applications for Christmas Assistance

Families with students in Spartanburg School District Three who would like to request assistance with Christmas must come in and complete an application. Applications will be taken on a first come basis. You must sign in and be present when called to complete application.

Applications will be taken on the following dates at CES:

Tuesday, October 15 from 1 to 4:00 pm
Cowpens Elementary

Tuesday, October 22 from 1:30 to 6:00 pm
Cowpens Elementary

**Parent must meet with teacher for October 2019 report card conference to be considered.

Each applicant must have:

- Verification of Household Income
- Receipts for Monthly Bills
- Name/Address of Employer
- Name/Contact Number of Caseworker (if applicable)
- Free/Reduced Lunch Eligibility Required (if an application is not on file, one must be completed before approval for assistance)

Middle and High school students must complete an application at an elementary school.