



CFCI Community Update 10/14/22

Message from Co-Directors, Kim McCormick & Susan Graziano

Dear CFCI Families,

Hello Families,

The first week back from our Fall Break and we are refreshed and ready to go! We hope you had a wonderful break and are ready for the cooler weather.

Please make a note of the following:

1. Photo Makeups
2. The Middle Grades Retreat
3. 7th Grade Time Capsule and Community
4. Partnership Book Fair and Family Night!
5. Weekly Wellness
6. CFCI Board Meeting - Tuesday, October 18th at 6pm
7. Family Fun Night - Partnership - Thursday, October 20th at 5:30pm

Have a great weekend!

Kim & Susan - Co-Directors

Lisa, Ben P, & Kelly - Coordinators

Debra & Ben R - Front Office

Photo Makeups

CLASS & STUDENT PHOTOS On Tuesday, October 18 th a make-up session will take place for the following classes: □ Ms. Shanks □ Ms. Kachadurian □ Ms. Stimson □ Mr. Donley Students who missed the earlier sessions, may have their individual photos taken too. Photos will be available online for purchase by October 26.

The Middle Grades Retreat is Back!

Middle Grades Retreat at the Betsy Jeff Penn 4-H Center is back! The students in grades 6-8 enjoyed their time away and will have lots of great stories to tell over the next few weeks.

Our 6-8 students experienced the incredible Soaring Thru Spaces Program at the Betsy-Jeff Penn 4-H Center for three amazing days!

Thank you so much to our inspiring teachers who worked so hard to bring this opportunity back to our traditions and field experiences at CFCI. Mrs. McCorcle, Mrs. Mintz, Mrs. Baldwin, Mrs. Bromstead, Mrs. Horne, Ms. R, and Mr. Frank all led this intrepid group up to Reidsville along with a host of brave and positive parent/guardian chaperones - We appreciate you all and simply could not have done this without you.

In addition, we want to thank everyone at the school, who was involved in helping to make this happen: Nurse Jenn, Ben Rose, Debra Korb, Susan, Amina, Joanne, Camille, Amanda, Jenn A, and everyone who helped all the Middle Grades students who stayed behind and did some great team building on campus. We just can not express how important everyone is to making this go off smoothly and with relative ease.

This program is specially designed to help middle grades experience and develop life skills. *Communication, teamwork, cooperation, problem-solving, goal setting, and leadership are not always easily taught in the classroom. The Soaring Thru Spaces Program utilizes ground initiatives, communication exercises, trust-building activities, team challenge course elements (low ropes), and depending on the group the high ropes course to accomplish these learning goals. The High Ropes Course allows students to set goals, push beyond their comfort zone, bask in the support of teammates, and realize their own abilities. The BJP belief is that individuals are often more capable mentally, physically, and emotionally than they actually perceive themselves to be. If given the opportunity to try new challenges in a supportive atmosphere, they will be able to discover the excellence within themselves.*

We feel so fortunate to have been able to give our students this incredible opportunity.

Thanks again everyone. More to come next week!!!



Tree Tops Challenge

Your crew is given 11 sticks (as currency). There are 3 eight foot boards you can purchase



Walking Ski Challenge

How can the crew stand on two boards and move forward



Row, Row, Row Your Boat Challenge

This challenge tested our ability to think outside the box

to build bridges on top of each cement "tree top". You must pay a stick every time you lay a board. You must get every team member across safely using 11 moves. Is it possible

as a coordinated team? Think it's easy? What would you do?

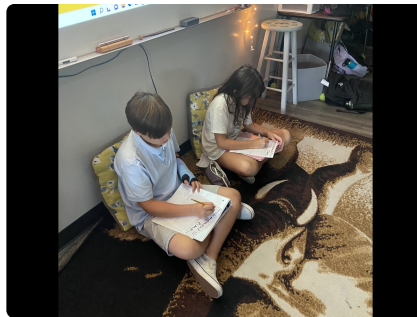
and push our standard "norms" to the limit? The goal? Sing Row, Row, Row Your Boat without your feet touching the ground. Solutions? Stand on a box, Jump in the air while singing each word of the verse...What ideas do you have?

7th Grade Time Capsules & Community

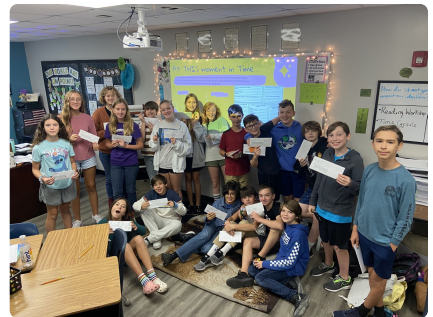
How do historians analyze time capsules? What do time capsules say about communities?



7th grade engaged in an integrated unit on Time Capsules and Community.



They learned about time capsules in history, analyzed a mock time capsule and built their own!



They chose one item to put in the capsule, along with a letter to their future selves.



In the letter, they described their goals for the future and some advice they want to remember.

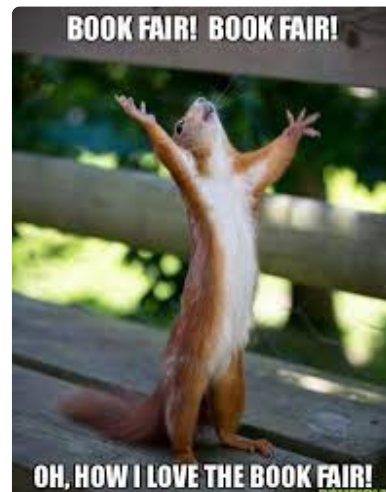


They also filled out a worksheet with all of their favorite things to give their future selves a snapshot into this moment in time.



The capsule was buried and will be uncovered before their 8th grade graduation.

Please take a moment to sign up for the Partnership Book Fair from Monday, October 17th-Friday, October 21st. At CFCI we believe that we all play a part in increasing literacy in our community. The school and the Partnership work together to enhance the overall reading skills of our children generating a lifelong love of books through an appreciation of reading, writing, and authors. Please consider signing up to help at the fair and by purchasing books for your children, your child's teacher, or another student in need. Thank you!



Book Fair volunteer sign up

We are so excited you are joining us to volunteer for the fall 2022 book fair at CFCI. Slots are only an hour each so feel free to grab more than one if you can. Thank you!

🔗 signupgenius.com

Join us on Thursday, October 20th at 5:30pm for Fall Festival at CFCI.

If you have any questions or ideas, please reach out at partnership@cfc.net.



Weekly Wellness with Nurse Jenn and Mrs. Horne

Cooler temps, pumpkin flavored everything, leaves changing colors... Fall has arrived! It also means that flu season is approaching. Although Influenza viruses (flu) are detected year round in the United States, October typically marks an increase in flu activity and lasts through the winter months, slowing down by February (in typical years.)

Getting a yearly flu shot is a great way to help protect yourself. Doctors recommend getting your flu shot by the end of October to best protect yourself before the flu spreads through your community. A common misconception about the flu shot is that you can get sick from receiving it. The vaccine is made with an inactivated (killed) virus and is not infectious. However, the flu shot



can produce some mild symptoms that may be mistaken for influenza. These include soreness, redness, and/or swelling at the injection site, headache, fever, nausea and muscle aches.

The flu virus is spread by droplets. This means when you talk, cough or sneeze, you can spread the virus to others. This is why it is important to cough and sneeze into your elbow and wash your hands often to prevent the spread.

Common symptoms of the flu include fever, body or muscle aches, headache, sore throat, fatigue and vomiting/diarrhea which is more common in children than in adults.

Remember, please keep your student home if they have a fever. They can return to school when they have been fever free for 24 hours without the use of fever-reducing medications. If your student has diarrhea or vomiting, please keep your students home. They can return to school when it has been 24 hours since their last episode of diarrhea or vomit.



October is Dyslexia Awareness Month

[Curious to know what it's like to have Dyslexia? Click here to experience A Day in the Life of a Child with Dyslexia.](#)



DYSLEXIA ISN'T A DISORDER, IT'S ESSENTIAL TO HOW OUR SPECIES ADAPTS, SAY RESEARCHERS. Dyslexia can make reading and writing difficult, but is also associated with skills such as creative thinking and problem solving. People with dyslexia have brains that are geared towards exploring the unknown, a trait that's been crucial to the survival and success of humans. Read more about the research in an article from BBC Science Focus [HERE](#).

[October 15: Day of Dyslexia Event with Hill School of Wilmington](#) (Open to the Public with Registration)

Our Constitutional Convention - Date TBD

We will be rescheduling our Constitutional Convention in the next couple of weeks - stay tuned for the update!

Over the past six weeks of school, our teachers have been working in our classrooms to develop rules and expectations that help our students learn and live together. This week, we will finalize our schoolwide rules that have been developed by representatives from each of the classes. After sharing their classroom rules last week, students worked together to decide the schoolwide rules that would best align with their classroom rules and give all students a sense of belonging.

We look forward to creating visible artwork that represents our rules to hang in the hallway of our school. The rules will be presented to the entire school at the end of the week.

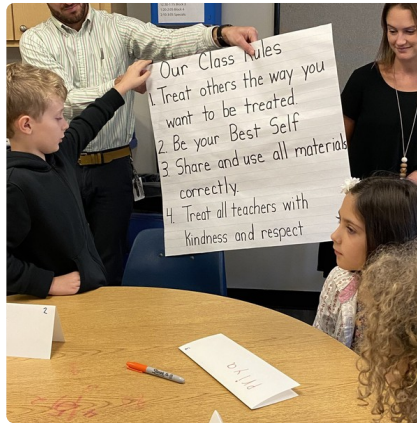
Everyone will sign the rules as a way of committing to the schoolwide rules that have been created. Engaging all of students in the rule-setting process helps them take ownership of the rules. Engaging all of the adults emphasizes for the children the significance of their work.

Together, we are creating a calmer, happier place for learning.



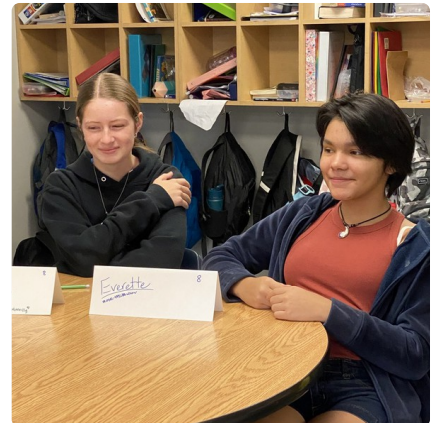
Articulating hopes and dreams

The teacher helps students set goals for the year, often beginning by sharing her/his own goals.



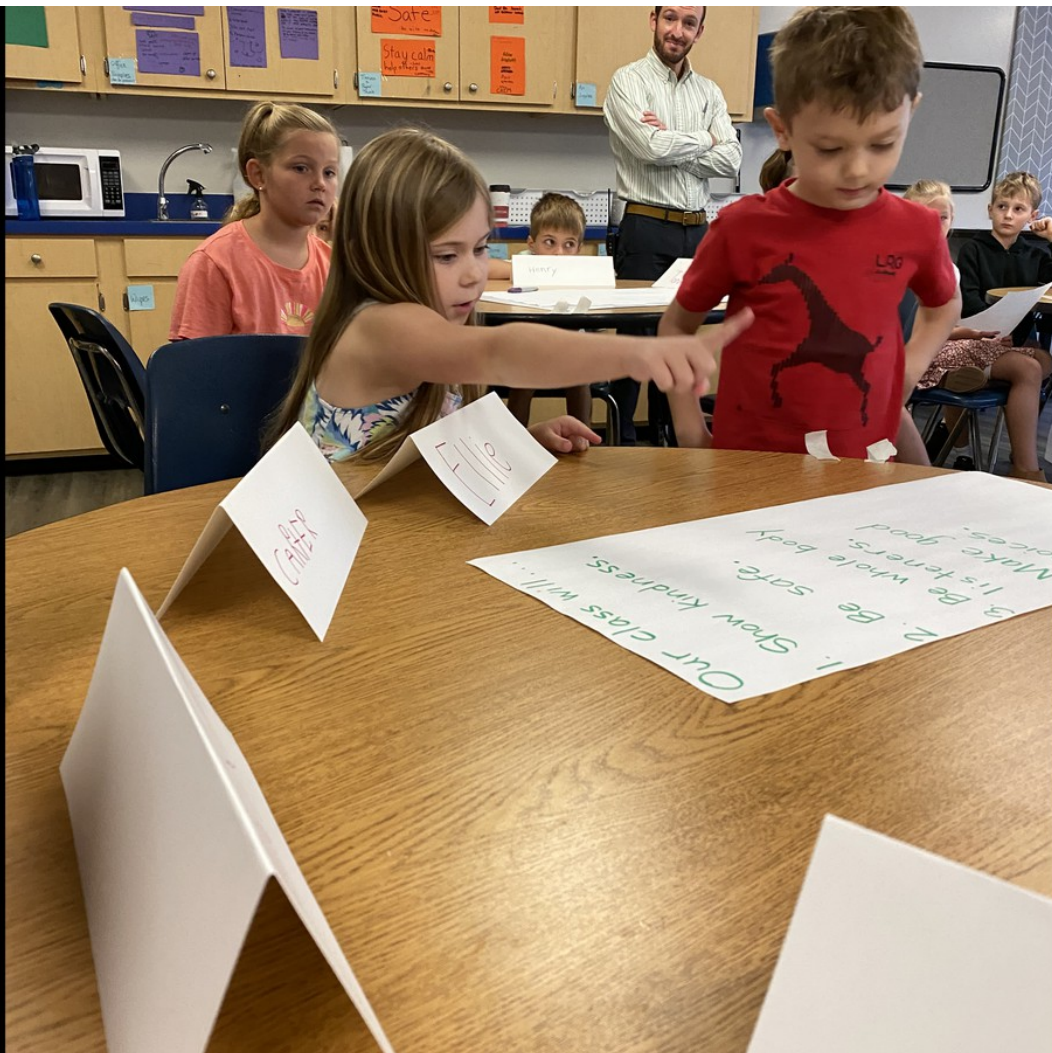
Generating rules

Teacher and students collaborate to generate rules that allow all class members to achieve their hopes and dreams.



Framing the rules in the positive

The teacher works with students to turn rules about what not to do into ones about what to do; for example, "Don't run" might become "Move safely."



Condensing the list

The teacher helps students consolidate their long list of specific rules into three to five broad classroom rules. Students make a poster of the rules and display it prominently in the room.

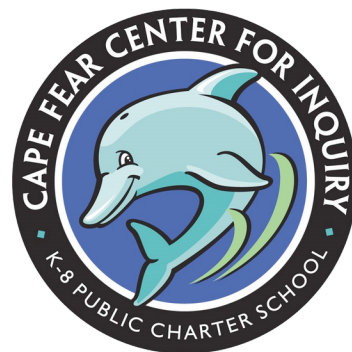
Teachers find over and over that this investment of time and effort is well worth the payoff of calm, productive, and joyful classrooms.

What a Great Beginning to Cape Fear Center for Inquiry Vision 2026 - Mark Your Calendar 10/26 at 5:30 PM!

Thank you to all of the community members who joined us in September to begin the process of planning for our vision of what CFCI could look like in the next 3 years. So many great ideas were generated and we look forward to our next steps on Wednesday, October 26th. Please plan on attending if at all possible!

As a reminder:

To kick off our strategic planning for school years 2023-2026, we will be hosting three community sessions. These sessions are open to the public! We would love any available student, parent, community member, and staff member to attend and provide input on their hopes and wishes for the future of CFCI. Your ideas will help us craft our CFCI Vision 2026 Strategic Plan



You may attend any or all of the sessions that you are able to attend. The dates are as follows:
Wednesday, October 26, 2022 - 5:30 p.m. - 7:00 p.m.
Thursday, December 1, 2022 - 5:30 p.m. - 7:00 p.m.
All meetings will be held in in-person at CFCI.

Please contact [Susan Graziano](#) or [Kim McCormick](#) with questions or ideas. Thank you!

We Need You!! Fill Out This Form if You Plan To Attend the 10/26 Session

CFCI Events Calendar

Follow the link and bookmark it so that you can keep up-to-date on events happening at CFCI. We We will add new events as they come up - we hope you like this additional feature to our website. Please direct questions/feedback to dkorb@cfc.net.

Student & Family Handbook

The Student and Family Handbook communicates the expectations, policies, procedures, and practices for our students and families. Please read with your student.

Chromebook Agreement

The Chromebook Agreement communicates the expectations and use of chromebooks for students and families. Pleaes read carefully.

Volunteer Interest Form

CFCI Organizational Chart 2022-23

Organizational Chart 22-23.pdf

Please click to download the organizational chart for the school.

[Download](#)

120.2 KB

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Cape Fear Center for Inquiry

Cultivating Curiosity since 2000....

