

# CFCI Community Update

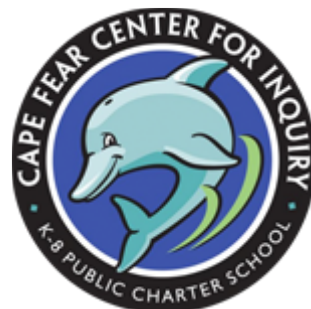
A Message From Our Leadership Team

Week of November 12th

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Dear CFCI Families,

November is a time to be thankful for what we have and to give back to our community. The month of giving celebrates the generosity of our community, as well as, our staff, parents/guardians, volunteers, and our students. Thank you for your support of the many volunteer and giving opportunities that are part of our plan to support our community. We are a better, stronger learning community because we work together.



Please take a look at the opportunities below to support our students and those around us including: the [8th grade sale of Sweatshirts](#) to support their trip to Washington DC and the 5th grade sale of the Attractions Guide and Mobile App. (see QR codes below!)

Help us help others - Turkey Trot - We hope you will join us in this effort by bringing in unopened boxes of cereal to your child's classrooms. Our goal this year is to collect 600 boxes of cereal to benefit Nourish NC. We have currently collected 226 boxes. Our deadline is November 21st - Please help if you can!

A special thank you to lower lot parents for keeping the right lane available for through traffic. You've really paid attention to our request and no one has had any issue getting through! Another thank you to upper lot parents for helping keep the lines running quickly- with your help we've been able to consistently reduce the wait times by several minutes. Together, we are running our arrival and dismissal lines smoothly!

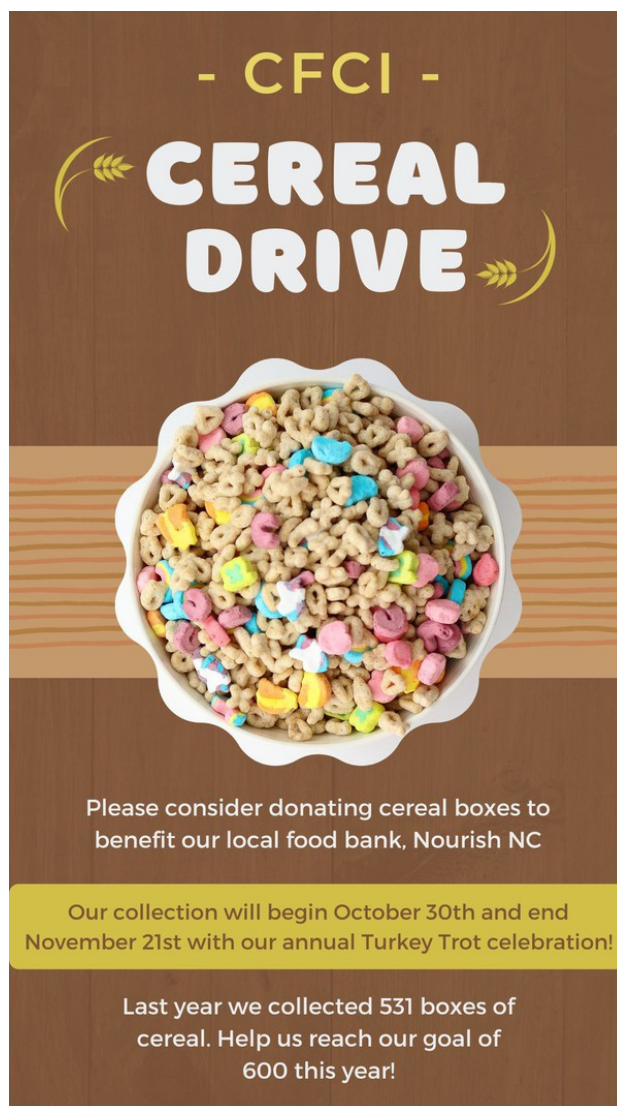
We hope you have a wonderful week!

Kim and Susan, Co-Directors  
Lisa C, Ben P, & Kelly - Coordinators  
Debra & Ben R - Front Office



## Turkey Trot Cereal Drive begins October 30th to Benefit Nourish NC

Please consider donating cereal boxes to benefit our local food bank, Nourish NC. Our collection will begin October 30th and end November 21st with our annual Turkey Trot! Last year we collected 531 boxes of cereal! Help us reach our goal of collecting 600 boxes of cereal this year!



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## 8th Grade Washington DC Trip SWEATSHIRT SALE!

### CFCI Sweatshirt Sale!

This year we are excited to offer Hoodie Sweatshirts, Crew Neck Sweatshirts and Full Zip Sweatshirts. All sales benefit the 8th grade Washington DC Trip!



Please use the form attached: [HERE](#).

All questions and concern should be directed to Cathi Mintz at [cmintz@cfc.net](mailto:cmintz@cfc.net)

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## Washington DC Trip Links for 8th Grade Families and Supporters

Links for 8th Grade Families for Washington DC Trip:

- [Washington DC Interest Form](#) - Please fill out this form with as much information as possible. Every student needs to complete this form.
- [Online Payment Link](#) - Use this link to make an online payment for the trip deposit. You will need to pay separately for chaperone and student. If you decide to send in a check, that works too. Ask your student to bring the check to Mrs. Mintz.
- [Donation Link](#) - Use this link if you would like to make a donation toward the trip. This is NOT required, but several parents have asked about making donations in order to defray the cost for students. Please give as you see fit.

Deposits for Washington DC are due by **December 1st**. Be sure to reach out to Mrs. Mintz with any questions or concerns.

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## The CFCI Angel Tree

CFCI's Angel Tree giving program will begin after Thanksgiving break. This year we will be collecting gift cards. The Angel Tree will be on display at Winterfest and the ornaments will feature special requests for stores, restaurants, entertainment venues, and websites where students like to shop/visit. Otherwise, the tree will be in the front office. Gift cards will be accepted until December 13 and we thank our generous community in advance!



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## CFCI Girl Scout Troop

CFCI Girl Scout Troop 1060 will meet at 3:45 on Tuesday, November 14th. They are scheduled to meet on the 2nd and 4th Tuesday of the month.

A parent co-leader is still needed! Please contact Debbie Todd [dtodd@nccoastalpines.org](mailto:dtodd@nccoastalpines.org) or

910-231-0750 if interested.

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## Fundraising for the 5th Grade Williamsburg Field Trip





## CFCI 5th Grade Williamsburg Trip



We are fundraising with the Attractions Dining Guide & Mobile App for our Williamsburg field trip. Our goal is for each student to sell at least 5 books.

Books have over **\$7,780 in LOCAL savings** and families save over \$370 a year!

Your fundraiser packet includes a coupon book to show, sell, or buy!

### PLEASE HELP US WITH OUR FUNDRAISER

- Show the money-saving coupon book to family and friends. Ask them to help support our fundraiser!
- **COST OF BOOKS: \$30** (Myrtle Beach books are also available for \$25)
- **PAYMENTS ACCEPTED:** Cash or Credit Cards via EZPay  
Online Order link: [www.attractionsbook.com/pay](http://www.attractionsbook.com/pay) Use EZPay Code: **CFCITrip**
- **LAST DAY OF FUNDRAISER:** Monday November 20th
- **QUESTIONS?** Contact Keri Wray at [cfc5th@gmail.com](mailto:cfc5th@gmail.com) or 910-233-8916

### INCENTIVES

- Top seller will win a **\$50 CASH PRIZE!** (minimum 10 books sold to qualify)
- Sell 5 books **ONLINE**, get 1 **FREE!** No limits, Sell 10 get 2 **FREE!** (EZPay orders only)

### USE THESE TOOLS TO MAKE SHARING AND SELLING EASY!



SCAN TO PREVIEW!



SCAN TO ACTIVATE YOUR  
FUNDRAISER SELLER PAGE  
TO START SELLING NOW!



SCAN TO  
ORDER NOW!

CFCI PRESENTS

# A 6TH GRADE MUSICAL REVIEW

November 15th, 2023

5:00PM

Featuring scenes & music from...

Newsies

Rent

Into the Woods

The Music Man

Dear Evan Hansen

ALL ARE WELCOME TO ATTEND!

Cape Fear Center for Inquiry Presents

## A WINTER *Wonderland*

1-3 Grade Piano Recital

Camille Hartley  
Performing Arts Teacher

December 6th, 2023

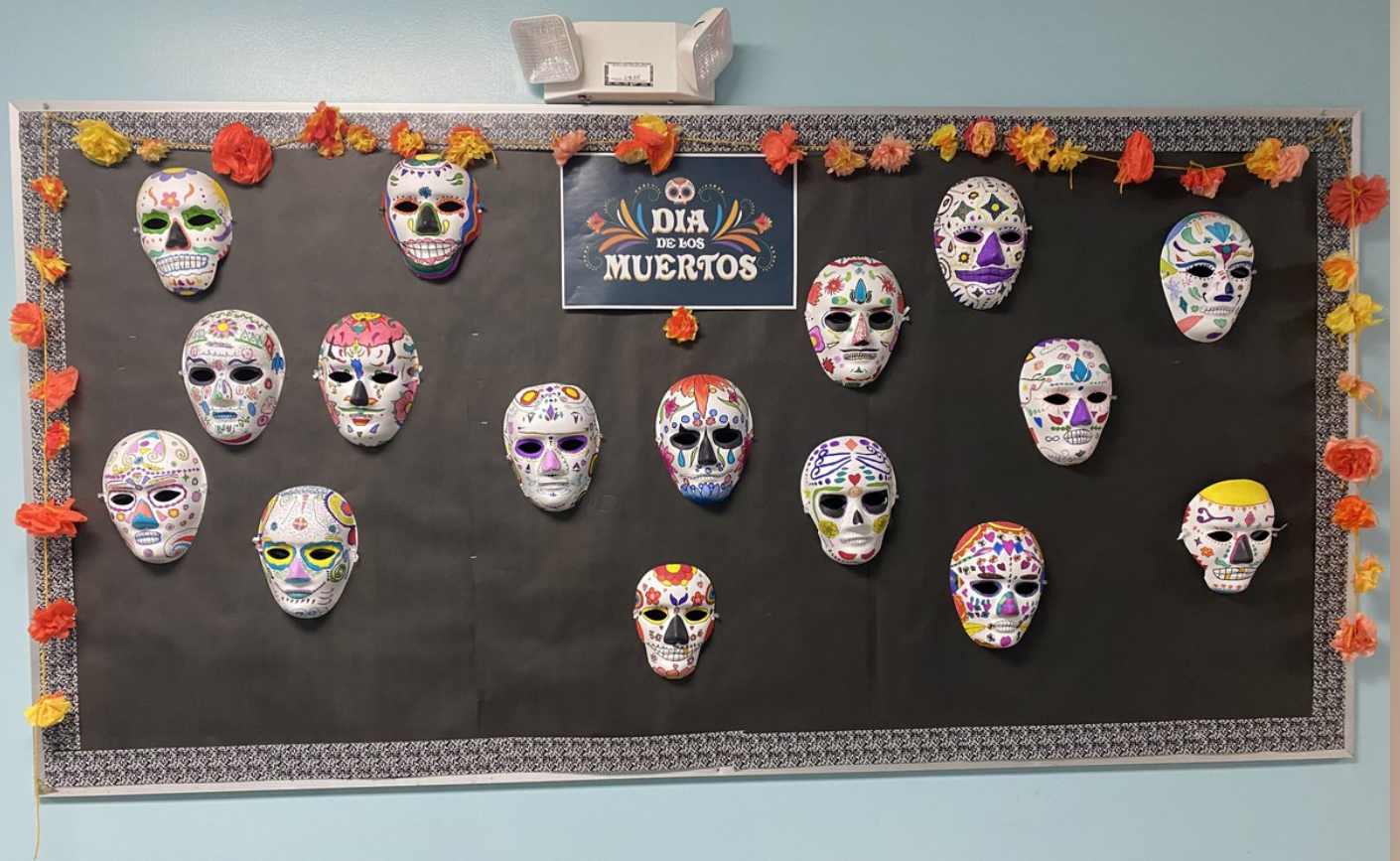




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7/8 Grade - Dia de Los Muertos in Art





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Ms. Shannon's & Mrs. Brinkley's Classes Take a Sensory Sature Walk  
at Halyburton





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2nd Grade Made "Tye-Dye" Webs Using a Marker Transfer Process.





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\*\*\*\*Please make a note now: Friday, December 15th is a half day of school.\*\*\*\*

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The 2nd Grade Had a Blast on National STEM Day Using Their Imaginations & Boxes!







## Bridge Forward – A New Special for Our 6th Grade Thanks to Mr. Babineau!

The transition from 5th grade to middle school may be the most substantial change in a student's educational journey. While it is a time of exciting possibility, middle school also comes with a many new responsibilities and expectations that incoming students need to be prepared for if they are to find success. *The Bridge Forward* is the road map to successfully preparing students with the skills they require to transition into and out of middle school. Thank you to Mr. B for organizing and implementing a wonderful new special for our CECI 6th graders! More recently Mr. B held a career day where





several parents and community members came in to the school to talk to students about their jobs and possible careers in the students future!

Special thanks to:

Katherine DeForest

Melissa King

Sabrina Thomson

Nick Hudson

Christyanna Durand

Anne McCombie

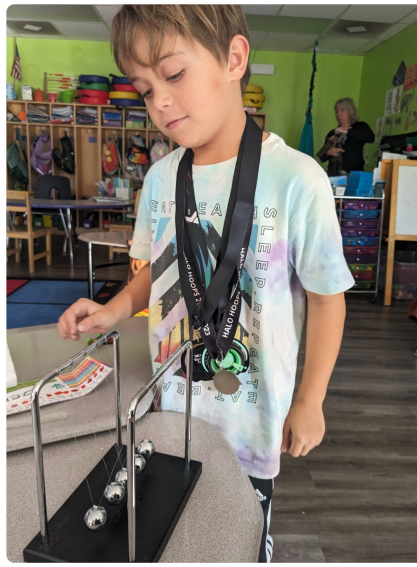
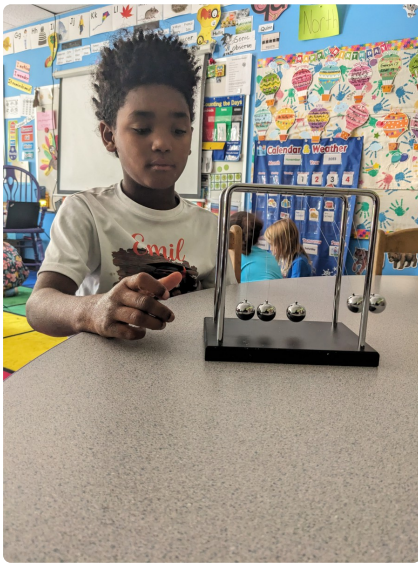


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## 1st Graders Explore Laws of Motion & Patterns Using a Replica of Newton's Cradle







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## Newton's Laws of Motion - First Grade Field Trip to Scooters.











## Digital Survey for Families

Each year, we are asked to gather data related to the technology access of our families. We are asking all families to click on the link below to access and complete the survey no later than November 15, 2023. We appreciate your assistance as we continue to evaluate and improve technology access across our school community.

## Roger, the Guinea Pig Loves to Learn!



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## Art Room Requests - Can You Help?

Ms. Michelle, CFCI's amazing art teacher, could use your help. Please and Thank You! If you could send in the following:

- Full size scissors
- Newspaper

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## Burning Questions...What Are You Curious About?



Have you got a question about CFCI? We want to try and answer it for you or find someone who can! Email [kmccormick@cfc.net](mailto:kmccormick@cfc.net) if you are curious and would like to know more about CFCI!

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## Weekly Wellness with Nurse Jenn & Mrs. Horne

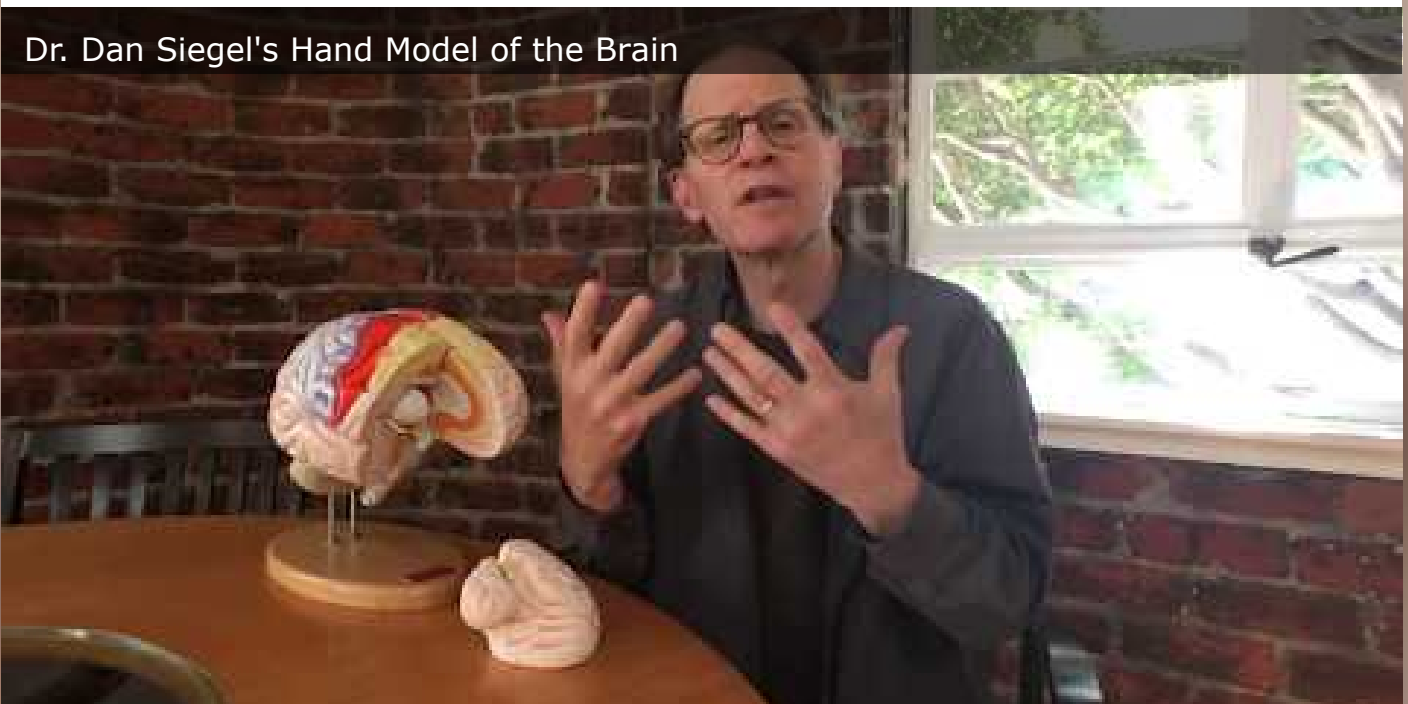
Teach your kids about their brain!

Teaching your child about how their brain works is key in helping them understand dysregulation and behavior. Here are three things you should teach them about the brain:

- Thinking brain: The prefrontal cortex is in control. This helps us reason, plan, and solve problems. It helps us to think before we act.
- Emotional brain: The amygdala determines if there is a threat, and it activates our “flight, fight, freeze” response. But sometimes the amygdala overreacts, causing anxiety, escalated behavior, or dysregulation.
- Memory brain: The hippocampus helps us remember things, saves memories, and helps us make decisions on what to do next due to past experiences.

Practice calming strategies to help your child regulate their emotions and calm their brain. [Dr. Dan Siegal](#) has great resources on the “hand brain model”.

### Dr. Dan Siegel's Hand Model of the Brain



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## Social Emotional Learning at CFCI

For the next month or so, our learning community is diving into learning about Self-Management

- **Self-Management** is the tool we use to set and achieve personal and educational goals.

**After completing these lessons, students should be able to:**

- Describe and celebrate something they have accomplished



- Distinguish between long-term and short-term goals
- Describe why learning is important in achieving personal goals
- Evaluate the action steps taken to accomplish a goal
- Identify resources that help them achieve their goals, i.e., home, school, and community support

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## **My Hot Lunchbox Parent/Guardian Registration**

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## **Superlative Club - Before and After School On-Site Care - Register Here**

## **Educational Opportunity Form for Students 2023-24**

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### **Vision 2026\_ Cape Fear Center for Inquiry Strategic Plan.pdf**

[Download](#)

158.8 KB

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**2525 Wonder Way, Wilmington, NC 28401**

**Telephone: 910-362-0000**



**Cape Fear Center for Inquiry**

Cultivating curiosity for over 23 years!

