

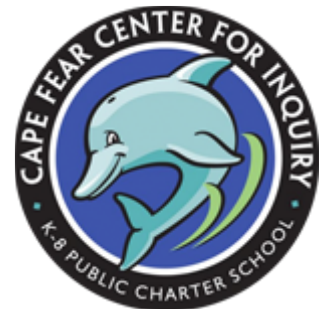
CFCI Community Update

A Message From Our Leadership Team

Week of November 6th-10th

Dear CFCI Families,

As a reminder, Friday, November 10th is Veteran's Day, a holiday to thank and remember all of our Veteran's who have served our country so proudly. No School.



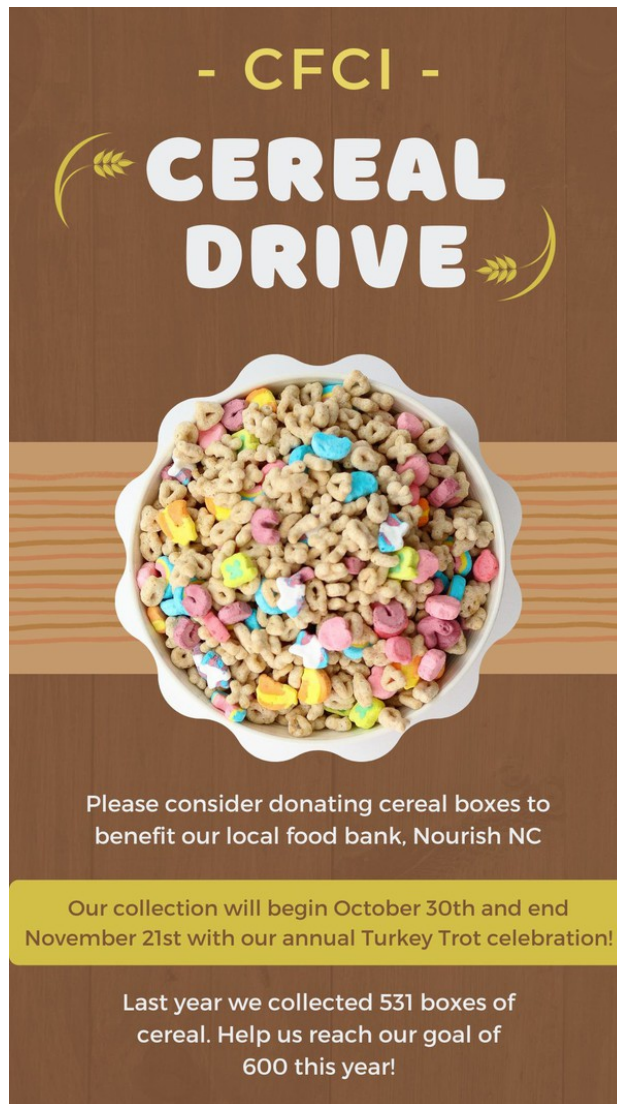
Help us help others - Turkey Trot - We hope you will join us in this effort by bringing in unopened boxes of cereal to your child's classrooms. Our goal is to bring in 600 boxes of cereal to benefit Nourish NC. There are donation boxes set up outside each classroom and we will be keeping the count to let you know how far we are from our goal!

A quick reminder to families who utilize the lower parking lot (Wonder Way) for ARRIVAL - Please keep the right lane **OPEN until 7:30 am** to allow through traffic including staff and emergency vehicles the ability to move freely to the front of the building. Also, please have your students unload as soon as you are able to park next to the sidewalk. Stopping twice to get closer to the entrance delays a smooth arrival by delaying time in the line. Thank you!!!

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!

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 Use EZPay Code: **CFCITrip**
- **LAST DAY OF FUNDRAISER:** Monday November 20th
- **QUESTIONS?** Contact Keri Wray at 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





Ms. K's 5th Grade Tests Forces & Motion Principles with Pumpkins!

Have you ever wondered just how many rubber bands it would take to make a pumpkin EXPLODE? No??? Ohhh well, the students in Ms. K's class did & they found out it took exactly 209 and a lot of patience to cut this pumpkin in half with force!





5th Grade Explores Spooky Human Bodies at CFCI's Changemaker Memorial Hospital!!

**SCRUB IN. PUT ON YOUR GEAR. GET READY FOR
SURGERY.**





First Grader Learning About Bats at Halyburton State Park!



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

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.

Digital Survey for Families - Click Here - Due November 15th

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

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@cfci.net if you are curious and would like to know more about CFCI!

Weekly Wellness with Nurse Jenn & Mrs. Horne

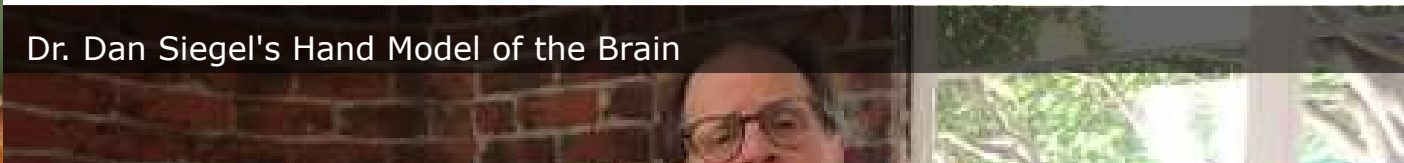
Teach your kids about their brain!

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





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

My Hot Lunchbox Parent/Guardian Registration

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

Educational Opportunity Form for Students 2023-24

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

[Download](#)

158.8 KB

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Cape Fear Center for Inquiry

Cultivating curiosity for over 23 years!

