SWEETWATER Pelican Press

Sweetwater Elementary, the highest performing elementary school in Port Orange
http://schools.volusia.k12.fl.us/sweetwater/
386-322-6230 school phone #
386-506-0012 school fax #

October 2026 Volume 32, Issue 2

Sweetwater Families,

As we move into October, we have so much to celebrate at Sweetwater Elementary! We will officially wrap up our first nine weeks on October 9. Following our Teacher Duty Day on Monday, October 12, students returned on October 13 to begin the second nine weeks. We are incredibly proud of the learning, growth, and hard work taking place across our campus each day.

October promises to be another exciting month for our Pelicans! Our students will enjoy field trips, engaging learning experiences, fall festivities, and PTA Donation Drive celebration parties. These special opportunities help make Sweetwater a place where students can learn, grow, build relationships, and create lasting memories.

As we continue through the school year, we ask our families to remain focused on three important priorities: attendance, learning, and safety. Being at school all day, every day gives students the greatest opportunity to remain connected to classroom instruction and make continued academic progress. Arriving on time, maintaining consistent attendance, and limiting early checkouts whenever possible all make a difference.

The safety and security of every student, staff member, and visitor also remain at the forefront of everything we do. Thank you to our families for supporting our arrival and dismissal procedures, following campus safety expectations, and partnering with us to maintain a safe, secure, and welcoming learning environment for everyone.

Sweetwater Spirit Store Coming Soon!
We are also excited to announce the launch of our new Sweetwater Spirit Store! Families will soon be able to purchase a variety of Sweetwater-branded items featuring this year's school logo. It is a fun way for students, families, and staff to show their Pelican pride throughout the year! Even better, 15% of all Spirit Store sales will come directly back to Sweetwater Elementary and will be used to support student and staff incentives and recognition. By showing your Sweetwater spirit, you will also be helping us celebrate the dedicated faculty and staff members who make a difference for our students every day. The Spirit Store will be "live" and accept orders from October 1st-October 31st!

Thank you for your continued partnership and support. We are looking forward to a wonderful October filled with learning, celebrations, new experiences, and plenty of Pelican pride!

Alisha K. Zarbo

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."

Pelican Press



The school year is well under way, and we are excited about what's happening in P.E. Even though it is "fall", it is still very hot outside, so keep that in mind on P.E. weeks. Students will be most comfortable in shorts and short-sleeved shirts. If your child wears dresses during P.E. weeks, we suggest that shorts are worn underneath. Please remember, students are expected to wear sneakers to P.E. Boots, sandals, Crocs, etc. are not safe. Thank you for your support with this. :)

Data shows that children who do not learn fundamental gross motor skills such as skipping, throwing, kicking, galloping, etc. by the age of 9, tend to never reach fluency with those skills. Our K-2 physical education program is movement based with a focus on locomotor movement patterns and gross motor skills. Repetition of such movements are embedded into tag games, relays, and a variety of other activities. We also focus on skill based games to learn/practice skills included in our PE standards. (catching, throwing, rolling, striking with implements, chasing & fleeing, etc.) The goal of the program is to not only develop a variety of physical skills, but to also develop an appreciation of physical activity for health, enjoyment, and social interaction. (Including a strong emphasis on sportsmanship!)

Happy Fall! :)

Coach Cooney

Important Dismissal Information

It is preferred that parents come through the car line to pick up their child in the afternoon. When using the black fenced waiting area, please make sure you have your child's car sign. Students will not be dismissed to cars OR individuals who do not present their car sign. **Starting in October, we will be enforcing this policy.** Otherwise, you will be asked to show your ID in the office in order to pickup your child. We do not support parents parking on the street and students walking outside our school fence to be picked up.

Veteran's Day Video

Is there a Veteran in your family?

We would love to include them in the 2026 Veteran's Day Tribute video. **If you submitted a Veteran photo in the past, no need to resubmit.** We will be adding to the existing collection. **Photos must be submitted by 10/31.** Please email them to Ms. Howard at tmhoward@volusia.k12.fl.us, or send in a hard copy and we will scan and return it to you.



Counselor Corner

OCTOBER News from Ms. Howard

BOOK CLUB

Did you know that you can sign up to join a Counselor Book Club? Students in 3rd, 4th, and 5th grades can sign up to participate by stopping by the guidance office. Book clubs are open to the first 10 students who sign up and take place once a week during lunch. It's a great time to connect, listen to a good book and discuss the important life lessons. Each book club runs about 6-8 weeks.

Look for sign-up information outside the guidance room (6-1).



What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Red Ribbon Week

October 26 – October 30, 2026

During Red Ribbon Week, Sweetwater Elementary School will be celebrating living a healthy lifestyle, making positive choices, and treating others with kindness and compassion.

Monday, 10/26— Team up Against Drugs & Bullying
Wear your favorite team jersey, college or sports team colors.

Tuesday, 10/27—Our Future is bright!
Wear bright and neon colors!

Wednesday, 10/28—**POSITIVI-TEE Day**
Wear a shirt that spreads a positive message.

Thursday, 10/29—Dare to Dream
Wear your favorite Disney themed t-shirt

Friday, 10/30— Say "BOO" to Drugs and Bullying!
Wear orange and black or a school appropriate Halloween T-shirt. (No Costumes)



HOLIDAY ASSISTANCE

The holidays are a time for joy and cheer. If you find that your family could use some assistance with food, clothing, or holiday gifts for your children, please contact the Guidance Office at 386-322-6230 ext. 33497. When leaving a message, please provide your child's name and teacher. The deadline to request assistance is **November 6, 2025**.

October is BULLY PREVENTION MONTH!

Please continue to speak to your child about ways to deal with conflicts and how to avoid bullies. Role playing what they could say in different situations is a great way to practice. **Talk about being an UPSTANDER**: An upstander is someone who sees bullying happening and does something to help.

Websites to visit for more information or to explore with your child:
www.thenedshow.com or www.stopbullying.gov

Social Emotional Learning Classroom Visits for October:

Florida Statutes section 1003.42(2)(n) requires public school districts to provide comprehensive age-appropriate and developmentally appropriate K-12 health education that addresses mental and emotional health and substance abuse prevention. This 40-minute lesson will be covered with each class during one of their special area classes in October/ November. If you have any questions or concerns, please reach out to Ms. Howard, in the guidance office.

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

October PTA News

Fall Fun is coming our way!



Trunk or Treat

Join us at our 3rd Annual Trunk or Treat and get ready for a spooky good time!
Friday, October 16th 6:00-7:30pm (in the Parent Lot)
Trunks still wanted! Trunks will be setting up at 5pm. If you are interested in hosting a trunk, please email sweetwaterelementarypta@gmail.com.

Reflections

The National PTA Reflections Art Contest deadline is coming up! The theme this year is "What My Culture Means to Me" Information was sent out via Parent Square and is also available on the PTA Facebook page. Projects are due by October 19th. Entries are accepted in various categories, including visual arts, literature, dance choreography, music composition, photography and film production. Let your creativity shine!





⭐SAVE THE DATE ⭐

Our Annual 5K Turkey Trot Color Run will be Saturday morning, November 14th! More information coming soon!

Donation Drive

Thank you to everyone who participated in this year's Donation Drive and made it a success! We are so excited to be able to fund mini-grants for our teachers that will provide all kinds of valuable resources for their classrooms. Donation Drive parties for participants will occur the week of October 26th.

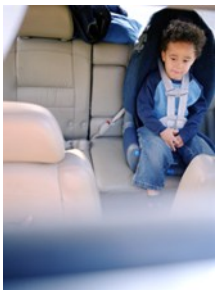
thank you

For all Sweetwater gear, Kona Bands, PTA membership and more, visit:
http://sweetwater.givebacks.com/store

Pelican Press

Safety and Security for Walkers, Bus Riders, Bike Riders and Parent Pick Up Students






For Parents

- If you drive your children to school, drop them off and pick them up in the designated drop-off/pick-up area in front of the school.

*****For pickup, you must present your car rider sign (even if you park!)**

- Be especially alert for student drivers.
- When turning at an intersection, be sure to yield to pedestrians and cyclists.
- If your child is walking to school or a bus stop, plan a safe route and make sure your child knows the route and can navigate it safely. Choose the most direct route with the fewest street crossings. If a school crossing guard is available, be sure that your child crosses at that location. If your child is young or is walking to a new school, walk the route with them before hand and continue to walk with them for the first week until they're comfortable with the route.

For Students Who Ride the Bus

- Stay out of the street while waiting for the bus.
- Wait for the bus to come to a complete stop and the doors open before approaching the bus from the curb.
- Make sure you remain in clear view of the bus driver.
- Look both ways before crossing the street to get on the bus.
- After getting off the bus, look both ways and then move immediately onto the sidewalk and out of traffic.

For Walkers/Bike Riders

- For bike riders, wear a helmet at all times. Research shows that this simple act can reduce the risk of head injury by up to 85 percent.
- Bike riders should ride on the right, in the same direction as traffic, and use appropriate hand signals. Bicyclists also should respect traffic lights and stop signs.
- Walk or bike with a friend. It's safer that way.
- Walk on sidewalks where available.
- Always cross at intersections.

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Lion King Musical Shirt Day PTA - Kona Ice 3rd-5th - VBA1 Math Test 2nd - STEM Bus Good News Club 2:35pm	2 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm PTA - Donation Drive Ends	3
4	5 World Teacher's Day	6 3rd-5th - VBA1 ELA Test PTA Board Meeting 9:00am	7 NOT AN EARLY RELEASE DAY Positivi-Tee Shirt Day	8 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm	9 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm 1st 9-weeks Ends	10
11	12 NO SCHOOL Teacher Duty Day	13 2nd 9-weeks Begins	14 Early Release 1:30 pm Positivi-Tee Shirt Day KG - Science Day 9-10am	15 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm Musical Parent Mtg 6:30pm	16 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm Pizza w/ the Principal 12pm PTA - Trunk or Treat Event 6:00-7:30 pm	17
18	19	20 5th - Field Trip to Peabody	21 Early Release 1:30 pm Positivi-Tee Shirt Day 2nd - Spooky Story Night 6pm	22 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm	23 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm KG - Fire Truck Visit 8:30am	24
25 PTA - Donation Drive Parties this week	26	27	28 Early Release 1:30 pm Positivi-Tee Shirt Day Fall Picture Retakes	29 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm FFEA - Boo Pops Sales	30 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm KG - Fall Rotations 9-10am	31 Happy Halloween!!!

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 PTA - Board Meeting 9:00am	4 Early Release @ 1:30 Positivi-Tee Shirt Day	5 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm	6 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm	7
8	9 PTA - Pumpkin Patch (K/1/2)	10 PTA - Pumpkin Patch (3/4/5) SAC Meeting 2:45pm	11 No School - Veteran's Day	12 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm	13 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm	14 PTA - Turkey Trot 5K
15	16 1st Grade Field Trip - Cracker Creek (Kaney, Craun, Megge, Dodig)	17 Great American Teach In 1st Grade Field Trip - Cracker Creek (Coggin, Harris, Conard)	18 Early Release @ 1:30 Positivi-Tee Shirt Day 5th Grade Field Trip - SCHS 9:30am KG - Thanksgiving Performance 8:30am	19 Lion King Musical Shirt Day PTA - Kona Ice Good News Club 2:35pm	20 Sweetwater Spirit Shirt Day Baton/Dance 2:30pm	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30 PTA - Santa Secret Shop All Week					

Elementary Breakfast

October 2026

*Menus are subject to change

Breakfast Prices:
Students: Complimentary
Adults and visiting children: $4.00
Prepay at MySchoolBucks.com

This institution is an equal opportunity provider.

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
			Egg & Cheese on a Sweet Bun Cinnamon Muffin Square Cocoa Bar Bundle Tater Tots Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	French Toast Sticks Pop Tart Bundle Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit
Monday 5	**Tuesday 6**	**Wednesday 7**	**Thursday 8**	**Friday 9**
Chicken and Waffle Sticks Cinnamon Crumble Mocha Crumble Strawberry Pop Tart Cinnamon Pop Tart Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	Sausage Biscuit Blueberry Donut Holes Powdered Donut Holes Cocoa Cherry Bar Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit	Pancake Bites Strawberry Yogurt Parfait Granola Cinnamon RS Chocolate Chip Muffin Apple Cinnamon Muffin Pear Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	Bacon Egg & Cheese on a Sweet Bun Cinnamon Crumble Mocha Crumble Banana Bread Tater Tots Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	French Toast Sticks Cinnamon Pop Tart Strawberry Pop Tart Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit
Monday 12	**Tuesday 13**	**Wednesday 14**	**Thursday 15**	**Friday 16**
	Chicken Biscuit Cinnamon Crumble Mocha Crumble Cocoa Cherry Bar Peach Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit	Sausage Griddle Strawberry Yogurt Parfait Granola Cinnamon RS Glazed Dunkin Stick Mandarin Oranges Apple Juice Cinnamon Toast Choice of Fresh Fruit	Bacon Egg & Cheese on a Sweet Bun Banana Bread Cinnamon Pop Tart Strawberry Pop Tart Tater Tots Mixed Fruit Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	French Toast Sticks Chocolate Chip Muffin Apple Cinnamon Muffin Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit
Monday 19	**Tuesday 20**	**Wednesday 21**	**Thursday 22**	**Friday 23**
Pancake Sausage Sandwich Blueberry Donut Holes Powdered Donut Holes Cinnamon Pop Tart Strawberry Pop Tart Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	Chicken Griddle Banana Bread Glazed Dunkin Stick Pear Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit	Sausage Biscuit Peach Yogurt Parfait Granola Cinnamon RS Chocolate Chip Muffin Apple Cinnamon Muffin Mixed Fruit Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	Egg & Cheese on a Sweet Bun Cinnamon Muffin Square Cocoa Cherry Bar Tater Tots Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	French Toast Sticks Cinnamon Pop Tart Strawberry Pop Tart Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit

This institution is an equal opportunity provider.

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Chicken and Waffle Sticks Cinnamon Crumble Mocha Crumble Strawberry Pop Tart Cinnamon Pop Tart Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	Sausage Biscuit Blueberry Donut Holes Powdered Donut Holes Cocoa Cherry Bar Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit	Pancake Bites Strawberry Yogurt Parfait Granola Cinnamon RS Chocolate Chip Muffin Apple Cinnamon Muffin Pear Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	Bacon Egg & Cheese on a Sweet Bun Cinnamon Crumble Mocha Crumble Banana Bread Tater Tots Peach Cup Apple Juice Cinnamon Toast Choice of Fresh Fruit	French Toast Sticks Cinnamon Pop Tart Strawberry Pop Tart Strawberry Applesauce Cup Cinnamon Applesauce Cup Orange Citrus Juice Cinnamon Toast Choice of Fresh Fruit

Elementary Lunch

October 2026

*Menus are subject to change

Lunch Prices:
Students: Complimentary
Adults and visiting children: $5.00
Prepay at MySchoolBucks.com

This institution is an equal opportunity provider.

Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday	2
						Beef Nachos Tortilla Chips Cheese Sauce Ham & Cheese Salad Elementary Rolls Cheesey Refried Beans Carrots Strawberry-Kiwi Slushie Mixed Fruit Cup Choice of Fresh Fruit		Chicken Alfredo Texas Toast Taco Salad Steamed Broccoli Celery Sticks Cinnamon Applesauce Cup Strawberry Applesauce Cup Choice of Fresh Fruit
Monday	**5**	**Tuesday**	**6**	**Wednesday**	**7**	**Thursday**	**8**	**Friday**	**9**
Macaroni & Cheese Texas Toast Grape PBJ Uncrustable Green Beans W/Bacon Carrots Strawberry-Kiwi Slushie Pear Cup Choice of Fresh Fruit		Cheese Pizza Pepperoni Pizza Turkey & Cheese on a bun Steamed Broccoli Grape Tomatoes Frozen Pineapple Wedges Choice of Fresh Fruit		Chicken Wings Chicken Wings w/ Teriyaki Sauce Biscuit PB & Crackers Baked Beans Cucumber & Tomato Dippers Strawberry and Cream Sidekick Mixed Fruit Cup Choice of Fresh Fruit		Hot Dog Boneless Chicken Salad Elementary Rolls Potato Smiles Carrots Strawberry Applesauce Cup Cinnamon Applesauce Cup Choice of Fresh Fruit		Chicken Sandwich Spicy Chicken Sandwich Cobb Salad Elementary Rolls Side Salad Corn Celery Sticks Peach Cup Choice of Fresh Fruit	
Monday	**12**	**Tuesday**	**13**	**Wednesday**	**14**	**Thursday**	**15**	**Friday**	**16**
		Cheese Pizza Pepperoni Pizza Turkey & Cheese Croissant Side Salad Sweet Potato Crinkle Fries Grape Tomatoes Pear Cup Strawberry and Cream Sidekick Choice of Fresh Fruit		Cheeseburger PB & Crackers Side Salad Baked Beans Grape Tomatoes Frozen Pineapple Wedges Choice of Fresh Fruit		Stuffed Cheese Sticks Cobb Salad Elementary Rolls Steamed Broccoli Cucumber & Tomato Dippers Strawberry-Kiwi Slushie Strawberry Applesauce Cup Cinnamon Applesauce Cup Choice of Fresh Fruit		Spaghetti with Meat Sauce Texas Toast Boneless Chicken Salad Elementary Rolls Green Beans W/Bacon Celery Sticks Peach Cup Choice of Fresh Fruit	
Monday	**19**	**Tuesday**	**20**	**Wednesday**	**21**	**Thursday**	**22**	**Friday**	**23**

This institution is an equal opportunity provider.

Chicken & Waffles Grape PBJ Uncrustable Mashed Potatoes Carrots Pear Cup Choice of Fresh Fruit		Mozzarella Bites Turkey & Cheese on a bun Green Beans W/Bacon Grape Tomatoes Strawberry and Cream Sidekick Peach Cup Choice of Fresh Fruit		Cheese Bread Pepperoni Cheese Bread PB & Crackers Corn Cucumber & Tomato Dippers Mandarin Oranges Choice of Fresh Fruit		Beef Nachos Tortilla Chips Cheese Sauce Ham & Cheese Salad Elementary Rolls Cheesey Refried Beans Carrots Strawberry-Kiwi Slushie Strawberry Applesauce Cup Cinnamon Applesauce Cup Choice of Fresh Fruit		Chicken Alfredo Texas Toast Taco Salad Tortilla Chips Steamed Broccoli Celery Sticks Mixed Fruit Cup Choice of Fresh Fruit	
Monday	**26**	**Tuesday**	**27**	**Wednesday**	**28**	**Thursday**	**29**	**Friday**	**30**
Macaroni & Cheese Texas Toast Grape PBJ Uncrustable Green Beans W/Bacon Carrots Strawberry-Kiwi Slushie Pear Cup Choice of Fresh Fruit		Cheese Pizza Pepperoni Pizza Turkey & Cheese on a bun Steamed Broccoli Grape Tomatoes Frozen Pineapple Wedges Choice of Fresh Fruit		Chicken Wings Chicken Wings w/ Teriyaki Sauce Biscuit PB & Crackers Baked Beans Cucumber & Tomato Dippers Strawberry and Cream Sidekick Mixed Fruit Cup Choice of Fresh Fruit		Hot Dog Boneless Chicken Salad Elementary Rolls Potato Smiles Carrots Strawberry Applesauce Cup Cinnamon Applesauce Cup Choice of Fresh Fruit		Chicken Sandwich Spicy Chicken Sandwich Cobb Salad Elementary Rolls Side Salad Corn Celery Sticks Peach Cup Choice of Fresh Fruit	

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