

# ROADRUNNER BEEPS



## MESSAGE FROM THE PRINCIPAL

Rock Canyon Family,

Winter seems to be anxious to join us! It's surprising how quickly the year has gone and the weather has changed. With the cold setting in, please be sure to dress your children for the cold. We try to send them outside in the fresh air for recess as much as possible.

I recently read an article from The Child Mind Institute that I found very helpful. It is about how the pandemic can cause children to struggle with feelings of depression and anxiety, along with some tools to help them through it. The article also addressed us as adults:

"In this stressful time, monitoring your own mental well-being is as important as being alert to your children's needs. With all the competing demands on your time, self-care can seem like a luxury, but it's not....Giving yourself the attention you need...is critical to the resilience you need to get through this crisis."

Read the full article at <https://childmind.org/article/signs-of-depression-during-coronavirus-crisis>

Please know that we are here to help you with caring for your family. We value you as part of the Rock Canyon Family.

Stay Healthy. Stay Safe.

—Seth Hansen, Principal

## MESSAGE FROM THE MAIN OFFICE

Just a reminder for parents; Rock canyon no longer has an absentee line. Parents are encouraged to call the office to excuse their child's absence. 801-374-4935  
Thank you!!

## MESSAGE FROM THE PTA

We've made it through another month of school thanks to our awesome parents, teachers, and staff at Rock Canyon. Give yourself a quick pat on the back and a huge THANK YOU from the PTA. An additional thanks to everyone who participated in Marathon in a month. We made around \$1800 for our PTA and those funds will go right back toward appreciating our teachers and hopefully a few fun activities for the kids (socially distanced style).

As we focus on gratitude during the month of November, I know that I have never been more grateful for school and our children's ability to receive an education. Thanks for being a part of our community and making it a wonderful place for our kids to learn.

We'd love to have you join us as a member of the Rock Canyon PTA. You can find all of the information regarding membership, donations, and our calendar on our website <https://sites.google.com/view/rockcanyon>

—Briahna Bushman, 2020-2021 PTA President

## JOIN THE PTA!!

If you would like to receive email communications from the PTA or would like to help or to have your voice heard, please join the PTA at Rock Canyon. We would love to have any and all parents and teachers join us. Help us make the school year great by becoming a PTA member, donating or both!

Find us online at <https://sites.google.com/view/rockcanyon> or <https://rockcanyon.square.site/>

## AMAZON SMILE

Did you know you can help our school by shopping at Amazon Smile? Just go to [smile.amazon.com](https://smile.amazon.com) and enter PTA Utah Congress Rock Canyon Elementary PTA

## MARATHON IN A MONTH

Thanks to all who participated in our Marathon-in-a-Month! We had 100 kids participate. If you forgot to turn in your form, you can still bring it to the office. Thanks also to all those who raised money for Rock Canyon.

## SCHOOL SOCIAL WORKER'S MESSAGE

Hooray! Students in grades 1 through 6 are invited to join Rock Canyon's Kindness Club! Please apply online at <http://bit.ly/joinkind> or visit the main office for help applying. Kindness Club challenges will be posted online on our Kindness Club website, <https://bit.ly/provohope>. Watch for the first one posted on Friday Nov 8th!

Congrats to all 18 of our new Rock Canyon Elementary student leaders (in 4th, 5th, & 6th grade). We had so many applications from interested students and had a hard time choosing students for the Jr. Hope Squad Program (bullying prevention program). These students will be running the monthly Kindness

Club activities (school-wide challenges for all students to join in spreading kindness)

We have resources for parents in need of financial assistance, food, backpacks, clothing, or coats for their students. Call 211, visit [https://docs.google.com/document/d/1p0Al-aw\\_4dPcxqU9sT15ConRI5dmXbdlimQF77\\_C5c4](https://docs.google.com/document/d/1p0Al-aw_4dPcxqU9sT15ConRI5dmXbdlimQF77_C5c4) or contact the school for more information.

—Rebecca Bishop, school social worker

## LIBRARY CORNER

We have a lot going on in the library! Here is a reminder of three events:

Contribute to our virtual Storybook Pumpkin Patch! Decorate a pumpkin to look like your favorite book character, take a picture, and send it to [LeticiaM@provo.edu](mailto:LeticiaM@provo.edu). Then fill out a form and describe the pumpkin, print it, and have your child turn it in to their teacher. Forms were sent home or can be found on our Library Canvas page. All participants will receive a little prize; this is not a contest. Photos will be posted on our Instagram [@rcmediacenter](https://www.instagram.com/rcmediacenter)

Please remember to have your child submit a entry for every book they read to our Provo Reads program. We are giving books away every two weeks. Students or parents can submit for their child on the library's Canvas page. Look for the Provo Reads Logo. The school with the most participants will receive \$400 to purchase additional books.

Our online book fair starts Oct. 29. Story Cupboard has created the feel of a quality bookstore online. Their staff curates books for all reading and interest levels. The book fair is a fundraiser and allows us to grow our library collection. Read the adjoining letter for more information about the fair.

Stay warm and well and enjoy reading this fall!

—Mrs. Meibos

## ONLINE BOOK FAIR

We are so excited to be having an online book fair fundraiser! Our usual book fair company, The Story Cupboard, has created an online book fair, with the same high quality books and activities we have enjoyed and relied on for many years. There are over 1,800 items, including books, experiments, and activities, to satisfy readers, artists and scientists of all ages.

Kids can make wish lists to share with the adults in their life, or to remember what they would like to get from the library. The Story Cupboard has titles across many genres, popular series, award winners, Beehive Book Award Nominees and Battle Books.

Our book fair dates are indicated below, however, you can begin previewing now. Your order will be available for pick up at the school about 5 days after the book fair ends. If you would like to receive books before our book fair, select a shipping method and they will be delivered to your home.

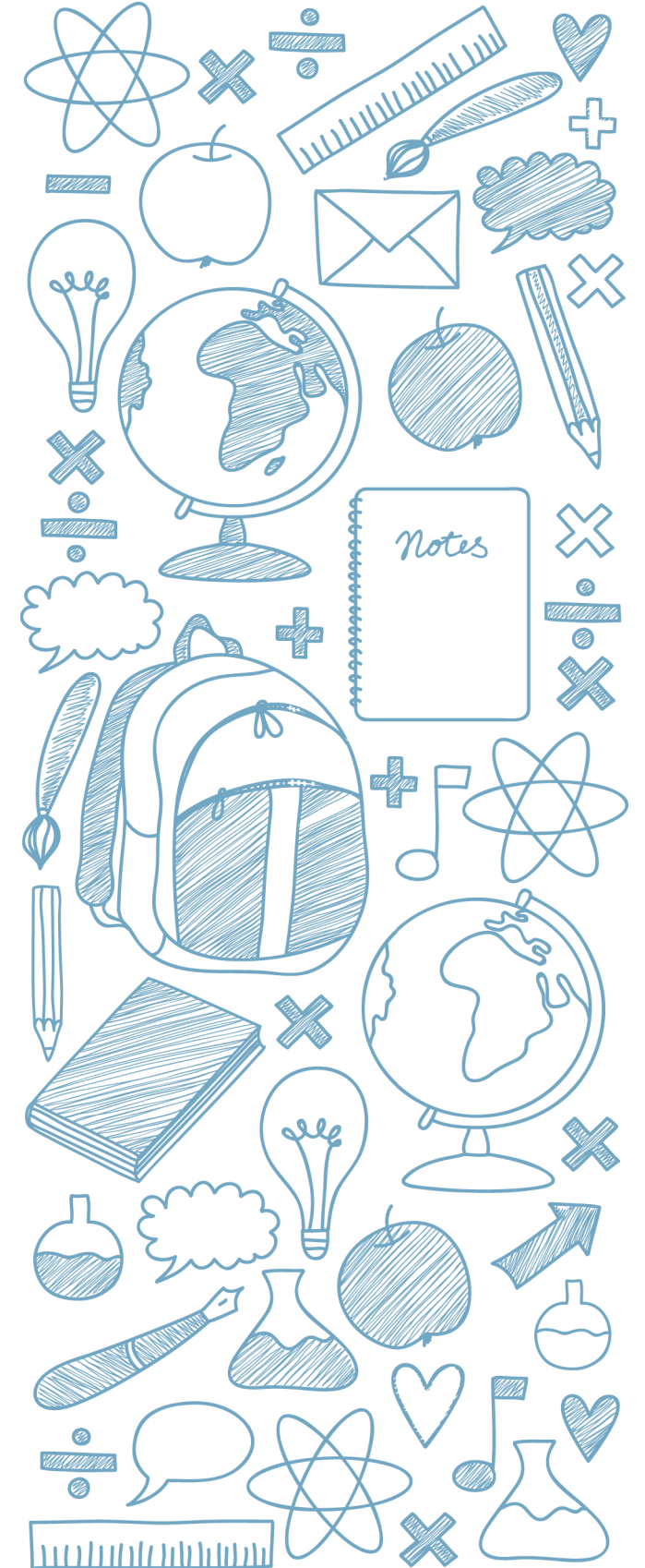
If you are getting books for holiday gifts, please consider purchasing through our book fair, which helps earn new books for our school library and teachers and also supports a great local business.

Here's the information you need to get started:

- Book Fair Dates: Oct 30th—Nov 7th
- Link: <https://www.storycupboard.com>
- Fundraiser code\*: rockcanyon2020fall

\* The Fundraiser Code must go in the "Discount Code" box at checkout for our school to receive credit towards our fundraiser.

Also, at checkout, please put ROCK CANYON in the "Company" field so the purchases can be sorted correctly. Go to <https://www.loom.com/share/f3a13417e3264450a25d4635b784e092> for a video with directions on making sure your purchases are credited to Rock Canyon.



Rock Canyon Elementary School

# NOVEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 SEPs	5 SEPs	6 SEPs Teacher lunches At-home instruction
----- Online Book Fair (Last day is November 7) -----				
9	10	11	12	13 At-home instruction
16	17	18 PTA Meeting	19 Community Council Meeting 2:00	20 At-home instruction
23	24	25 Common Comp Day--No School	26 Thanksgiving Break-- No School	27 Thanksgiving Break-- No School
30				