

ROADRUNNER BEEPS



LIBRARY CORNER

Battle of the Books has begun. We have had over 100 students sign up for Battle of the Books. Teams have been formed and students have begun reading their books.

Reading Roadrunners is also off to a great start. We've had many submissions from students who have been reading four books each month. September's winners were Lauren Ficker, Sam Williams, McCoy Biddulph, and Alma Ikeya. October's recipients are Nicole Scholfield, Mia Thornock, Matthew Reeves, and Nicholas Woodward.

Students are busy reading Graphic Novels for our Provo Reads program. The following students have won a graphic novel: Miguel Rodrigues and Dorothy Wood were September's recipients. October's recipients are Bailey Blad, Angel Romero, Blaine Blythe, and Ada Bushman.

Thanks to everyone who sent in pumpkins for our Story Book Pumpkin Patch. So many adorable pumpkins were created.

Our Story Cupboard Book Fair will be November 2-5. Be sure to check out the flyer for more information.

Check out our Instagram page @ [rcmediacenter](#) for photos of events in the library.

Happy Fall!
—Mrs.Meibos

KINDNESS CLUB

Our first meeting was unexpectedly postponed, but we still will be meeting on November 10th (after-school) so there's time for your student to join our Kindness Club. The current Kindness Challenge is to play with someone you don't usually play with during recess (for a week). Ask them "What is your favorite book?"

Kindness Club meetings will be held on:
November 10th
December 1st
January 5th
February 9th
March 2nd
April 13th

Hope squad students leaders were nominated by their teachers and participated in the field trip to the district's kindness retreat. These students sure are excited to run our school's Kindness Club!

Resources:
If you need Thanksgiving food assistance warm winter clothing and coats for your students or if your family needs holiday assistance, please don't hesitate to reach out to the school. Last year, our school families provided a significant amount of donations that helped Rock Canyon Students and families throughout Provo. In the near future, I will be sending out information about the Rock Canyon Cares Holiday Assistance fund.

RED RIBBON WEEK

November 15-19 is Red Ribbon Week! Here are some of the activities your kids will be participating in as and a list of dress up days:

Daily activities:

- Monday: Students will write their names on ribbons and tie them to the front fence to pledge to be drug free. Students will also get red bands to wear each day and will be given pledge forms to sign and post in the hallway.
- Tuesday: There will be coloring pages, word search, and crossword puzzles for students.
- Wednesday: Students will attend a cyber bullying lesson.
- Thursday: Students will be invited to participate in a photo contest.
- Friday: BYU's Divine Comedy performing group will come and give us an assembly about saying no to drugs.

Dress up days:

- Monday: "Get REDy to say NO to drugs!"—Wear as much as red as you can
- Tuesday: "You are a JEANius to be drug free"—wear jeans
- Wednesday: "Say 'kapow' to drugs and cyber bullying"—look like a superhero
- Thursday: "Your future is bright when you say no to drugs"—wear neon or sunglasses
- Friday: "Rock Canyon students are too smart to start"—wear Rock Canyon shirts, or school colors (blue and yellow/gold)

Prizes:

Each day teachers will give out a red ticket to each child that has dressed up for that day. Students will receive another ticket if they are wearing their red bracelet, and will also receive tickets for participating in activities, like tying their ribbons to the fence. Names will be drawn at the end of each day for prizes.

ROCK CANYON T-SHIRTS

T-shirts are in! Shirts were sent home with the oldest child at the school. If you haven't received yours, please ask your child.

We are excited about our new t-shirts and hope they bring school spirit. We hope everybody wears school colors (blue, white, yellow) or their new t-shirts each Friday. Throughout the year, we will randomly surprise the students and hand out prizes to anyone who is their new t-shirts or school colors. School Spirit Fridays will begin in November, so be sure to wear your t-shirts or school colors. You never know when it will happen!

If you would still like a t-shirt, we have a limited supply for sale. \$8 for youth cotton and \$12 for jersey (youth or adult). Please call Heidi Wilkey (801-471-1879) if you're interested.

REFLECTIONS

Congratulations to the following students for achieving the Award of Excellence and advancing to Council Reflections:

- 2D Art: Ivy Cannon, Mabel Hydrick, Max Openshaw, Madeline Pyrah, Jonah Willis
- 3D Art: Reed Boulton, Clark Boulton, Lia Wilkey, Megan Nabrotzky, Bailey Blad
- Film: Taive Gubler, Maja Coleman
- Dance: Dagny Runia, Patience Twesiimye, Elinor Bevan
- Photography: Alexander Haddock, Matthew Nabrotzky, Eliya Puterbaugh

We would also like to recognize the following students for achieving the Award of Merit: Kelsey Wanlass, Hazel Tayler, Bailey Blad, Mia Thornock, Eva Maffitt, Clarice Howell, Abby Mott, Nathan Walker, Ruby Haddock, Gwen Ringger, Caroline Lindsay, Maja Coleman

Thank you to all who entered this year!

Rock Canyon Elementary School

NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 ----- SEPs: Early Out ----- ----- Book Fair -----	4	5
8	9	10	11	12 Early Out
15	16	17	18	19
----- Red Ribbon Week -----				
	Hearing Screening	PTA Meeting 10:00	School Community Council 3:30	Early Out
22	23	24	25	26
----- Thanksgiving Break: No School -----				
29	30			



Una Visión Mensual de Herramientas Prácticas para Ayudar a su Familia

Bienestar Hoy

Para Padres & Familias

Cómo ayudar a la soledad

Ya sea que esté en cuarentena porque ha estado expuesto al Covid-19, se quede en el interior para evitar enfermarse o no pueda estar con todos sus seres queridos durante las vacaciones, es posible que se sienta solo.

Aquí hay algunos consejos sobre cómo lidiar con la soledad que pueden traer Covid-19 en las vacaciones.

- **Tenga una rutina.** Mantener las cosas tan normales y consistentes como sea posible ayuda a tener una sensación de control.

- **Ejercicio.** Mover su cuerpo mejora su salud mental.

- **Cree significado en su vida.** Haga algo que le haga sentir importante, que le pertenece o que está contribuyendo con algo.

- **Conéctese con otros.** Envíe un mensaje de texto, inicie una videollamada o escriba una carta a familiares y amigos cercanos y lejanos.

- **Encuentre consuelo y distracciones saludables.** Un masaje de pies, un baño, ciertos alimentos, una mascota, una película, un libro, etc. pueden ayudar a evitar los sentimientos de soledad.

Cómo manejar el estrés de las fiestas

Aunque las vacaciones están destinadas a ser una época alegre del año, también pueden estar llenas de estrés, especialmente este año cuando Covid-19 aún persiste. Pero hay algunos pasos que puede tomar para controlar o limitar la cantidad de estrés esta temporada.

- **Haga una pequeña lista de prioridades.** Está bien no hacer todo este año (o cualquier año). ¿Cuáles son las tradiciones más importantes para su familia que se pueden hacer de manera segura este año? Al limitar la cantidad de actividades, se evita el estrés de planificar y realizar todas.

- **Escriba un horario.** Una vez que haya elegido algunas cosas que le gustaría hacer para las vacaciones, prográmelas. Asegúrese de que aún sea realista. Planificar con anticipación también ayuda a aliviar el estrés.

- **Simplifique lo más posible.** Elimine el trabajo innecesario que le genera estrés. Por ejemplo, compre un pastel en lugar de pasar toda la mañana horneando y preocupándose de que salga perfecto. Simplificar es mejor;

le da menos estrés y más tiempo para disfrutar realmente de las pocas actividades que realiza.

- **Reconozca sus sentimientos.** Si no puede estar con la familia este año o se cancelaron los planes, permítase sentirse triste. No tiene que estar alegre durante todas las vacaciones. Hable con sus hijos sobre cómo se pueden sentir en esta temporada de fiestas y déjelos estar tristes si es necesario.

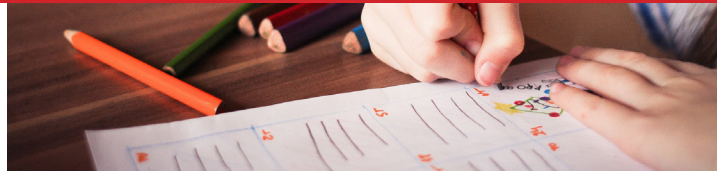
- **Mantenga hábitos saludables.** Comer en exceso o beber en exceso trae su propio tipo de estrés, así que recuerde que la moderación es la clave.

- **Mantenga su presupuesto habitual de vacaciones.** Este año puede parecer diferente, pero no gaste mucho dinero para intentar compensarlo. Gastar de más trae mucho estrés.

- **Tómese un tiempo para relajarse y respirar.** En lugar de llenar cada minuto del día con algún tipo de actividad, asegúrese de tener tiempo para sentarse, dar un paseo, meditar, ver una película, etc.

*Free COVID-19 resources for Students, Parents, and Teachers.

**Visit our website at hopesquad.com



A Monthly Insight of Practical Tools to Help Your Family

Wellness Today

For Parents & Families

How to Help Loneliness

Whether you are quarantined because you've been exposed to Covid-19, you're staying indoors to avoid getting sick, or you can't be with all your loved ones for the holidays, you may be feeling lonely.

Here are a few tips on how to cope with the loneliness that Covid-19 and the holidays can bring.

- **Have a routine.** Keeping things as normal and consistent as you possibly can helps give you a sense of control.
- **Exercise.** Moving your body improves your mental health.
- **Create meaning in your life.** Do something that makes you feel important, like you belong or like you're contributing something.
- **Connect with others.** Send a text, start a video call, or write a letter to family members and friends near and far.
- **Find healthy comfort and distraction.** A foot massage, bath, certain food, pet, movie, book, etc. can help ward off feelings of loneliness.

How to Manage Holiday Stress

Though holidays are meant to be a jolly time of year, they can also be full of stress, especially this year when Covid-19 still lingers. But there are some steps you can take to manage or limit the amount of stress this season.

- **Make a small list of priorities.** It's okay not to do *everything* this year (or any year). What are the most important traditions to your family that can be done safely this year? By limiting the amount of activities, you are saving yourself from the stress of planning and doing them all.
- **Write a schedule.** Once you have chosen a few things you'd like to do for the holidays, schedule them. Make sure it's still realistic. Planning ahead also helps ease stress.
- **Simplify as much as possible.** Eliminate unnecessary work that brings you stress. For example, buy a pie instead of spending all morning baking and worrying if it'll turn out perfectly. Cutting corners is okay; it gives you less stress and more time to really enjoy the few activities you do.
- **Acknowledge your feelings.** If you can't be with family this year or plans were canceled, let yourself feel sad. You don't have to be jolly all through the holidays. Talk with your children about how they may be feeling this holiday season and let them be sad if they need to be.
- **Keep healthy habits.** Overeating or overdrinking bring their own kind of stress, so remember that moderation is key.
- **Keep to your usual holiday budget.** This year may look different, but don't spend lots of money to try and make up for it. Overspending brings lots of stress.
- **Make time to relax and breathe.** Instead of filling in every minute of the day with some sort of activity, make sure you have time to just sit, take a leisurely walk, meditate, watch a movie, etc.

*Note - The information in this newsletter is a starting place and might not be effective for every child or every situation. Individual counseling can be helpful in adapting strategies to meet individual needs. This newsletter is produced by Hope Squad, a school-based peer support team that partners with local mental health agencies. Squad members are trained to watch for at-risk students, provide friendship, identify suicide warning signs, and seek help from adults.

Story Cupboard Book Fair



November 2nd-5th
Rock Canyon Media Center

Shopping Hours

November 2nd:

8:00 – 4:00

November 3rd:

8:00-1:00 *Gift Shopping

1:30-4:30

November 4th:

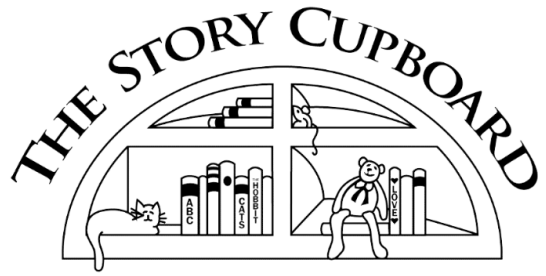
8:00-5:30

November 5th:

8:00-2:00

There will be a huge selection of books
starting from \$5! No small items for sale,
just great, quality books!

*Get an early start to your holiday shopping
on **November 3rd** buy your gifts from our
book fair! There will be book giveaway and
free gift wrapping from **8:00 to 1:00**.



Teacher Wish Lists

Have your child give a book to a
teacher and help build classroom
libraries! *Find the teacher wishlists
at the book fair.*

Student Wish Lists

Your child will visit the book fair
with their class and create a
wishlist. Look for this wishlist
coming home and use it when you
shop the book fair.

VOLUNTEERS ARE ALWAYS NEEDED

Book fair is an easy, fun volunteer opportunity. Help us
set up, help students fill out wishlists, assist students
with book selection, and pack up. Plus, meet other
parents and shop while volunteering! Volunteering
slots run from October 29th-November 5th.

<https://www.signupgenius.com/go/10c0f48a5ac22a7f5c25-volunteer>

Questions? Contact Letty Meibos
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