

ROADRUNNER BEEPS



LIBRARY CORNER

Our Story Cupboard book fair was a huge success. We earned over \$1,000 dollars and added 63 new titles from book fair profit. Thank you for supporting our library fundraiser, and many thanks to the volunteers and the PTA.

Our November Reading Roadrunner winners are:
Henry Spence, Henry Maselli, Talitha West and Payton Cannon. These students will choose a book of their choice. Thanks to Flickinger, Sutterfield, & Boulton.

Our Provo Reads winners are Christopher Blythe and Ariadne Bright. They will receive a graphic novel.

The Scripps Spelling Bee is coming up. Students have received a study list for their classroom Spelling Bee. Two qualifying students from each class (third through sixth) will participate in the school bee on January 24.

The 24 qualifying students will receive additional words to study for the school bee.

Battle of the Books

Students hopefully have read three books in preparation for our January battles.

Have a wonderful holiday with lots of time for reading!

—Mrs.Meibos

LITERACY WEEK

Mark your calendars! Literacy week is coming up January 18-21. We want to celebrate the books you love!

All students are invited to bring in a drawing, any size, depicting their favorite book. Be creative! Art can be submitted to the main office during the week before Literacy week (Jan. 10-14). The art will be displayed during Literacy week in the hallway by the gym. Each student who participates will receive a small prize, and 10 grand prize winners will be chosen throughout the week.

Thursday, January 20th is the big day! Come to school dressed up as a favorite book character or author. There will be prizes for all who dress up. Just come to the main office to show us your outfit and get your prize.

On Thursday evening, students and families are invited to our open house event featuring storytellers from the Provo Library. They will be performing a 30-minute show at 6:00, 6:30 and 7:00 p.m. We will also have backdrops from scenes from some of our favorite books for you to take some fun photos with! And you can come admire the amazing artwork on display by our students.

We hope you will join us!

Contact McKenzie Drake (McKenzieDrake@gmail.com) with any questions or if you'd like to volunteer to create a photo backdrop.

SCHOOL SPIRIT FRIDAYS

Be sure to wear your Rock Canyon t-shirts (new or old) or school colors (blue, yellow, and white) each Friday. One Friday each month, the PTA will pass out treats after school for those who showed school spirit and participated. You never know which Friday it will be, so it's best to wear it every Friday. Go Roadrunners!

KINDNESS CLUB

Please check out the monthly kindness club challenge at <https://bitly.com/provohope> (under the Kindness club tab).

We had so much fun at our first Kindness Club last month! We've had about 70 students who have joined. They created Kindness Posters which are hanging by the lunchroom. Our next Kindness Club meetings will be Wednesday, December 1st and January 5th after school.

All Kindness Club students should have received their club shirts. Please remind them to wear their shirt this Wednesday, December 1. Your student(s) will meet in the Rock Canyon Elementary Gym after school from 3:20pm to 4:00pm.

Parents, because we have about 70 students in the club, I really need your help:

- Children will exit the school from the gym/cafeteria doors (behind the school)
- Parents cannot walk through the school to pick up their child but can meet them behind the school (outside)
- Pickup your child at 4 p.m.

Because we don't want students wandering the halls, we're not allowing students to walk through the school. Instead, we will have them exit through the gym doors behind the school. They can go to the front of the school or parents can meet them in the back of the school by the basketball hoops.

RC CARES HOLIDAY ASSISTANCE

Are you looking to GIVE or RECEIVE help this Holiday Season? Rock Canyon Elementary wants to make sure our families have what they need this year.

Quiere dar o recibir ayuda en estas fiestas? Rock Canyon Elementary quiere asegurarse de que nuestras familias tengan lo que necesitan este año.

If so, please fill out the survey for Rock Canyon Cares at <https://forms.gle/42vQjDtYsGJ7DsGo9>

If your family needs holiday assistance or warm winter clothing/coats for your students, please do not hesitate to reach out to the school.

This December, we will be taking donations (gift cards or quarters), and doing a food drive that lasts until December 15th. Last year, our school families provided a significant amount of donations that helped families throughout Provo in addition to Rock Canyon students. I was so appreciative of the generosity from our school community.

REFLECTIONS

Congratulations to the following students for receiving awards at the Council Level! Award of Excellence recipients will now advance to Region.

Award of Excellence
Taive Gubler in Film
Dagny Runia in Dance

Award of Merit
Lia Wilkey in 3D Art

Honorable Mention
Max Openshaw in 2D Art
Jonah Willis in 2D Art

Rock Canyon Elementary School

DECEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Kindness Club	2	3 Early Out
6	7	8	9 Rock Canyon Choir Concert	10 Early Out
13	14	15	16 Christmas Concert Community Council	17 Early Out
20	21	22	23	24
----- Winter Break—No School -----				
27	28	29	30	31
----- Winter Break—No School -----				

PRACTICAL RESOURCES TO HELP YOUR FAMILY

WELLNESS TODAY



TIPS FOR AVOIDING HARMFUL OUTLETS FOR STRESS

What do you do when you're stressed? There are healthy outlets (such as exercising), which give you resources to deal with stress. There are also harmful outlets (such as drinking alcohol), which try to remove or mask feelings of stress. Since avoiding stress altogether is unlikely, here are some tips for avoiding harmful outlets for stress.

- **Keep a journal** about your stress outlets. Do you notice any outlets that could be replaced with healthier outlets?
- **Make a stress outlet plan.** Decide what you will do when you're feeling stressed. Write out your plan, including as many details as you can.
- **Learn how to better manage your stress.** The better you are able to manage your stress, the less likely you are to turn to and rely on harmful outlets for help in difficult times.

Avoiding Burnout as a Parent of a Child with Mental Illness

Being a parent is hard work, especially for parents of children with mental illness. If you are one of those parents, it may be difficult to avoid experiencing parent burnout: feeling so tired and overwhelmed that you feel like you can't give any more.

However, with some work, you can avoid burnout by taking care of yourself, building your own support network, and understanding those who help your children.

There are many other ways to love and show love to your children with mental illness that can help you avoid parent burnout.

Tips for Avoiding Parent Burnout

- **Make a list of your children's strengths** and share it with family, friends, and especially your children. The list can serve as a reminder of how amazing and valuable your children are.
- **Reminisce fun memories with your children.** Tell funny family stories, watch family home movies, or look at family pictures. This can help your whole family feel more connected and happier.
- **Keep a daily journal** and write what you're grateful for about your children or about one positive thing that happened that day with your children. This can help you keep a positive perspective even on difficult days.
- **Show your love and support through appropriate touch.** Giving them hugs, touching their shoulders when you talk with them or giving them a quick back scratch can help your children feel accepted and loved.
- **Show little acts of kindness.** For example, surprise your children with their favorite treat, ask if you can do whatever their favorite activity is with them, or smile when they walk into the room.

**Information in this article came from <https://childmind.org/article/preventing-parent-burnout/>.*



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*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.



CONSEJOS PARA EVITAR SALIDAS DAÑINAS PARA EL ESTRÉS

¿Qué hacer cuando se está estresado? Hay salidas saludables (como hacer ejercicio), que le brindan recursos para lidiar con el estrés. También existen salidas dañinas (como beber alcohol), que intentan eliminar o enmascarar los sentimientos de estrés.

Dado que es poco probable evitar el estrés por completo, aquí hay algunos consejos para evitar las salidas dañinas para el estrés.

- **Lleve un diario sobre sus salidas de estrés.** ¿Observe salidas que podrían ser reemplazadas por otras salidas más saludables?
- **Haga un plan para aliviar el estrés.** Decida que hará cuando se sienta estresado. Escriba su plan, incluyendo todos los detalles que pueda.
- **Aprenda a manejar mejor su estrés.** Cuanto mejor pueda manejar su estrés, menos probabilidades tendrá de recurrir y depender de medios dañinos para obtener ayuda en tiempos difíciles.

Evitar el Agotamiento como Padre de un Hijo con una Enfermedad Mental

Ser padre es un trabajo duro, especialmente para los padres de hijos con enfermedades mentales. Si usted es uno de esos padres, puede ser difícil evitar experimentar el agotamiento como padre: sentirse tan cansado y abrumado que siente que no puede dar más.

Sin embargo, si lo trabaja, puede evitar el agotamiento si se cuida, construya su propia red de apoyo y comprenda a los que ayudan a sus hijos.

Existen muchas otras formas de amar y mostrar amor a sus hijos con enfermedades mentales que pueden ayudarlo a evitar el agotamiento como padre.

Consejos para Evitar el Agotamiento como Padre

- **Haga una lista de las fortalezas de sus hijos** y compártala con familiares, amigos y especialmente con sus hijos. La lista puede servir como recordatorio de lo maravillosos y valiosos que son sus hijos.
- **Recuerde historias viejas con sus hijos.** Cuento historias familiares divertidas, vea películas en casa en familia o vea fotografías familiares. Esto puede ayudar a que toda su familia se sienta más conectada y feliz.
- **Lleve un diario** y escriba de lo que está agradecido sobre sus hijos o sobre algo positivo que sucedió ese día con sus hijos. Esto puede ayudarlo a mantener una perspectiva positiva incluso en días difíciles.
- **Muestre su amor y apoyo a través del contacto apropiado.** Darles abrazos, tocar sus hombros cuando habla con ellos o rascarles la espalda rápidamente puede ayudar a que sus hijos se sientan aceptados y queridos.
- **Muestre pequeños actos de bondad.** Por ejemplo, sorprenda a sus hijos con su golosina favorita, pregúnteles si puede hacer con ellos su actividad favorita o sonría cuando entren a la habitación.

*La información de este artículo la puede encontrar en <https://childmind.org/article/preventing-parent-burnout/>.



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* Nota: La información de este boletín es un punto de partida y es posible que no sea eficaz para todos los niños o todas las situaciones. El asesoramiento individual puede ser útil para adaptar las estrategias y satisfacer las necesidades individuales. Este boletín es producido por Hope Squad, un equipo de apoyo de compañeros basado en la escuela que se asocia con agencias locales de salud mental. Los miembros del escuadrón están capacitados para vigilar a los estudiantes en riesgo, brindar amistad, identificar señales de advertencia de suicidio y buscar ayuda de los adultos.



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Días Festivos



Make sure your tree has plenty of water by checking it regularly so it doesn't dry out.

Es la temporada navideña nuevamente, una época en la que disfrutamos de comidas festivas con familiares y amigos, decoramos nuestros pasillos con decoraciones naviderias y escuchamos gritos de alegría cuando nuestros niños abren sus regalos envueltos en brillantes colores. Para ayudar a que sus hijos se diviertan y se mantengan seguros durante estos días festivos, aquí hay algunos consejos para recordar.

Hechos concretos sobre la seguridad durante las fiestas

En 2020, más de 3270 niños menores de 19 años fueron atendidos en salas de emergencia por lesiones causadas por decoraciones navideñas no eléctricas, como adornos rotos.

En 2020, aproximadamente 192,000 niños más fueron tratados en una sala de emergencias por una lesión relacionada con un juguete.

Ese mismo año, se estima que 136,314 niños menores de 19 años resultaron heridos debido a un incendio o quemadura.

Los mejores consejos sobre seguridad en las fiestas

1. Asegúrese de que su árbol tenga mucha agua revisándolo con regularidad. Los árboles naturales se ven hermosos y llenan la casa de olor de pino maravilloso, pero si no se riegan con regularidad, las agujas pueden secarse y representar un riesgo potencial de incendio.
2. Mantenga las velas encendidas para las fiestas al menos a 30 centímetros de cualquier cosa que pueda arder y no olvide apagarlas cuando salga de la habitación o antes de irse a dormir.
3. Tenga en cuenta la edad de su hijo al comprar un juguete o un juego en esta temporada navideña. Vale la pena leer las instrucciones durante un segundo para asegurarse de que el regalo sea el correcto.
4. Preste especial atención a las piezas pequeñas, incluidas las pilas de botón que pueden estar incluidas en los juguetes electrónicos. Estos tipos de juegos son excelentes para los niños mayores, pero pueden representar un peligro potencial para los hermanos más pequeños y curiosos.
5. Para evitar las quemaduras causadas por la comida caliente de las festividades o los derrames de líquidos, simplemente use el quemador trasero de la estufa y aleje las agarraderas de las ollas del borde.
6. Mueva los adornos que se puedan romper o que tengan ganchos de metal hacia la parte superior del árbol. Eso deja espacio en la parte inferior para los que son más seguros para los niños pequeños.



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HOLIDAYS



Make sure your tree has plenty of water by checking it regularly so it doesn't dry out.

It's the holiday season again, a time when we enjoy festive meals with family and friends, deck our halls with colorful decorations and listen to squeals of delight as our children open their brightly-wrapped presents. To help ensure your kids have fun and stay safe this holiday, here are a few tips to remember.

Hard Facts about Holiday Safety

In 2020, 3,270 plus children 19 and under were seen in emergency rooms for injuries caused by nonelectric holiday decorations, like broken ornaments.

In 2020, an estimated 192,000 plus children were treated in an emergency room for a toy-related injury. That same year, an estimated 136,314 children ages 19 and under were injured due to a fire or burn.

Top Tips about Holiday Safety

1. Make sure your tree has plenty of water by checking it regularly. Natural trees look beautiful and smell great, but if they're not watered regularly, needles can dry out and pose a potential fire hazard.
2. Keep lit holiday candles at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep.
3. Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions to make sure the gift is just right.
4. Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.
5. Prevent burns from hot holiday food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.
6. Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young kids.