

# ROADRUNNER BEEPS



## MESSAGE FROM THE PRINCIPAL:

We are thrilled that the Extravaganza is back, and we are gearing up for a huge celebration! This is where you come in. We could not do it without our amazing Rock Canyon families. We have a few different ways you can help, so take some time to read through the updates and click on the links for the different signups.

First, remember that we are pre-selling passes now. You can pick those up in person on Thursdays after school from 3:00-4:00pm or you can order them online at <https://rockcanyon.square.site/> or by using the QR code.



If you buy a bundle by May 12 you can save money! Passes are \$10 for a single pass or \$40 for 5 passes. After that you can buy more at the Extravaganza for \$10 a pass. All passes purchased online will be held until the event and you can pick them up at the ticket booth the day of the event. Each pass has 30 punches, which can be used for games, bouncy houses, the dunk tank, a bake sale, a cake walk, and face painting, and food.

For those wondering what they can do for 30 punches, here is list of the activities:

- Carnival Games: 1-2 punches
- Bouncy Houses: 3 punches
- Dunk Tank: 3 punches
- Bake Sale items: 1-3 punches
- Cake Walk: 3 punches
- Face Painting: 3 punches
- Concession Stand (snow cones, cotton candy, popcorn): 3 punches
- Food (hot dogs, nachos, chips, drinks): 12-15 punches

We are excited to announce that we will also have two food trucks joining us as another dinner option. Thanks to Kyler Roney for providing this fun option. We will have Marley's Sliders and Fries as well as a pizza truck. We don't have a way to use the punch passes for the food trucks, but here are the prices so you can plan accordingly:

- Marley's—sliders: \$4; fries: \$3; combo meal (2 sliders and fries): \$10.
- Pizza truck—pizzas: \$7-\$10; soda cans: \$1

Next, we are looking for volunteers to help us run the different booths. If you or your teenager would be willing to take a one-hour shift, please use this link to sign up: <https://www.signupgenius.com/go/10c0f4eaba729a4fcc43-extravaganza> We're looking forward to having our Rock Canyon alumni come back to help run a booth with a friend.

If you're able to donate baked goods to our Bake Sale, please use this link to sign up: <https://www.signupgenius.com/go/10c0f4eaba729a4fcc43-preextravaganza1>

Last, but not least, we need a couple of parents to help with each grade's theme baskets. If that is your cup of tea, use this link to sign up: <https://www.signupgenius.com/go/10c0f4eaba729a4fcc43-preextravaganza>. Parents will be helping with grouping, decorating, and listing items for their grade level's basket.

Here is the list of themes by grade:

- Kindergarten - Day in the Park
- 1st - Arts & Crafts
- 2nd - Backyard Fun
- 3rd - BYU Cougars
- 4th - Fun in the Sun
- 5th - Family Game Night
- 6th - Star Wars Party

<https://rockcanyon.square.site/>

## SCHOOL SPIRIT FRIDAYS

Be sure to wear your Rock Canyon t-shirts (new or old) or school colors (blue, yellow, and white) each Friday throughout the year. The PTA will choose one Friday a month and come to the school to pass out treats to 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 Rock Canyon Roadrunners!

## LIBRARY CORNER

What a great year it has been! I'd like to thank my assistants this year, Miss Guevarra and Mrs. Brown. They are such an important part of our school library.

Some recent highlights:

- We completed our first full year of Battle of the Books!
- We celebrated school libraries last week and played a Kahoot game that Mrs. Brown created called "Do you know your

library?" Here are a few things you might not know about the library:

- We have 7,310 books in our library currently.
- We have checked out 17,792 books as of April 26th.
- We purchased 436 books this year.
- There are currently 102 overdue books.
- There are 30 books that are lost.

On that note...all library books are due the week of May 9th. Overdue notices will be emailed at the end of the month. Please assist your child in locating their books. If books have been lost or damaged, please note the cost for replacement on the overdue notice.

We would like to thank Sheri Duffy and the law firm of Sutterfield, Flickinger and Boulton for providing books for the Reading Roadrunners program. They awarded books to 36 students also donated 20 books to our library. April's book recipients are: Eva Gardner, Audyn Harris, Andrew Johnson, and Caleb Elder.

Sutterfield, Flickinger and Boulton have also donated a mountain bike to be given to one lucky winner who will be announced at an assembly on May 19th.

We are having another assembly on May 6th with the illustrator Molly Idle. The first and second grade classes are preparing for her visit by creating some fun art work. Ms. Idle's visit is part of the Children's Book Festival taking place at the Provo Library on May 7th. Everyone is welcome to attend the Children's Book Festival and can register for free tickets at <https://www.provolibrary.org/event/6425803>. Wishing you all a wonderful summer and lots of time for reading.

Yours in Books,  
—Mrs. Meibos



Rock Canyon Elementary School

# MAY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Kneader's Fundraiser 5:30-8:00	3  Cross Country	4	5  Cross Country	6  Early Out
9	10  Cross Country	11	12  Cross Country	13  Early Out  Extravaganza
16	17  Cross Country	18  6th Grade Band and Orchestra concert	19  Cross Country	20  Early Out
----- Teacher Appreciation Week Dress Up Days -----				
23	24	25	26	27  Last Day of School
30	31			

## Free school meals for all ends on May 27!

This means that next school year, families will be required to pay for school meals unless they qualify for free or reduced meals.

### How do I know if I qualify?

You can find out if you qualify using the eligibility guideline. [https://provo.edu/wp-content/uploads/2022/04/Eligibility-Guidelines\\_Final\\_SF22-23.pdf](https://provo.edu/wp-content/uploads/2022/04/Eligibility-Guidelines_Final_SF22-23.pdf)

### Why is this important now?

Applying for free or reduced meals for the full school year is a TWO step process with TWO separate deadlines. **The first deadline is quickly approaching.**

**Step #1:** Complete a Free or Reduced Meal application BEFORE May 27. This ensures free or reduced meals for qualifying students for the first 30 school days of next school year (2022-23).

**\*\*To avoid ending up with hefty breakfast and lunch charges at the beginning of next year, your student must sign up for the Free/Reduced Meals Program before May 27.\*\***

**Step #2:** Complete your 2nd Free or Reduced Meal Application after July 1. This ensures free or reduced meals for qualifying students for the rest of the next school year (2022-23).

### How do I get an application?



You can get an application from your school or find it online at [www.myschoolapps.com](http://www.myschoolapps.com)

### Cost of school meals next year:

Elementary: breakfast \$1.50 / lunch: \$2.00

Middle & High School: breakfast \$1.50 / Lunch \$2.50

### Questions or need help?

Reach out to your school or call the District meals program at 801-374-4866.

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

\*\*Visit our website at [hopesquad.com](https://hopesquad.com).

**HOPE**  
SQUAD



A Monthly Insight of Practical Tools to Help Your Family

# Wellness Today

For Parents & Families

## Mental Health Month

Did you know that in the United States, 1 in 5 adults experience mental illness? Or that 1 in 6 children (aged 6 to 17 years) experience a mental disorder? Despite the prevalence of mental health illness and disorders, those who struggle with them often feel alone.

Since May is Mental Health Month, here are some ways you can help raise awareness so those who struggle don't feel alone:

- Ask people how they're doing.
- Share your struggle (if applicable) with mental illness.
- Share mental health resources on social media.
- Encourage positive language that doesn't feed into the stigma of mental illness.
- Educate yourself about mental illness.

Additional resources to help you raise awareness:

- The National Alliance on Mental Illness's [mental health infographics and fact sheets](#)
- Mental Health America's [May is Mental Health Month toolkit](#)

## How to Help Your Children Manage End-of-School-Year Stress

As the end of the school year approaches, so does the end-of-school stress. Your children may be stressed about tests or grades, saying goodbye to friends, getting ready for college, and everything in between. Here are some ways that you as a parent can help your children manage that stress.

### Ways to Help Your Children Manage End-of-School-Year Stress

#### • Be their cheerleader.

Support and encourage your children in their schoolwork. Show genuine interest in what they're learning. Provide them with supplies they might need for tests or end-of-the-year projects. Always offer an encouraging word.

• **Create a schedule.** Having a set schedule or routine could take some stress off your children and help them better manage their time. Come up with a schedule together that includes a bal-

ance of study time, downtime (such as participating in activities they enjoy, socializing with friends, etc.), and family time.

» The key here is not to over schedule.

• **Ask questions that align with your family's definition of success.** If you only ask your children what grade they got on a test or in a class, they will believe that grades matter most. If that isn't your family's definition of success, try asking questions such as, "What did you learn today?", "What did you do with your friends?" or "How do you feel about your day? Why?"

• **Show unconditional support and love.** Through your actions and your words, let your children know that they are loved no matter what.

Though stress in school is normal, especially as the school year wraps up, take action if you suspect your children may be overstressed or if their stress is causing depression or other mental health illnesses.

\*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.