

ROADRUNNER BEEPS



MESSAGE FROM THE PTA:

The PTA is so excited for the upcoming year and we already have some fun things planned. We would love to have you join the PTA and help us make this school year great.

For the month of September we will be doing a Marathon-in-a-Month. We are doing it a little differently this year. This will not be a fundraiser like it has in years past. We just want to encourage each child to get outside and walk or run 26 miles. It will begin on September 5 and will run through September 30. Those who participate will receive a prize at the end of the month. Bike-to-School Week will be September 12-16. More information will be coming soon with details for both Marathon-in-a-Month and Bike-to-School Week. Please know that Bike-to-School Week includes anyone walking, biking, riding a scooter, or anything that is not driving. So if your child really wants to participate in Marathon-in-a-Month, they will not be excluded for Bike-to-School Week.

This year is a school board election year. We encourage you to learn about each of the candidates and to place your vote. There will be a public forum for our district held on October 5, 2022 at 7 pm at Rock Canyon Elementary. The next school board meeting will be held September 13th, 2022 at 5 pm.

Thanks,
— Rock Canyon PTA

REFLECTIONS 2022

Calling all artists!

Due: Friday,
October 7

Theme: "Show
Your Voice"

Each student is invited to enter one entry per category (Dance, Choreography, Film Production, Literature, Music Composition, Photography, 2D Visual Art, 3D Visual Art).

This year, all submissions are online. Log in or create an account at <https://www.utahpta.org/ref> in order to submit your work.

Rules and FAQs can be found at <https://www.utahpta.org/reflections-rules-category-faqs>. Please read the rules thoroughly before submitting your art.

Consent forms: Only one artist can submit a piece. If other recognizable people are in the piece (dancing, photo, etc), you must submit additional consent forms for person. Consent forms can be found at <https://www.utahpta.org/reflections-rules-category-faqs>.

Please contact Michelle Moreland with any questions: michellemoreland@gmail.com or 801-473-8450.

SHOW YOUR VOICE! REFLECTIONS 2022-2023



Help encourage children's creativity and exploration!

Each child can enter as few as 1 or up to 7 categories!

Whether dance, 2D art, 3D art, photography, literature, music composition, or film production.

Every child can show how THEY use their unique voice!

For rules, FAQ, and to submit entries (starting now!),

visit [utahpta.org/ref](https://www.utahpta.org/ref) or scan the QR code above!

Entries are due:



BULLYING PREVENTION

Each student will be learning the “Stop - Walk - Talk” approach to bullying prevention over the first couple of weeks of school. Make sure to ask them what it means and how it works! You can remind your students to be “upstanders for kindness” and help them practice telling other students to “Stop” while holding their hand up for the “Stop” signal when concerning behaviors arise. See [this link](#) for more information about Stop - Walk - Talk.

Students in grades 4, 5, and 6 will also be reminded about the SafeUt App, which they can use to report anonymous tips directly to the principal if they are aware of bullying or other safety concerns at our school. These tips can be sent through the SafeUt App or online at <https://safeut.med.utah.edu/>.

*Para prevenir bullying, por favor de practicar con su estudiante el “parar, caminar, y reportar” o sea “stop walk talk”. Los estudiantes 4to, 5to, 6to van aprender sobre el aplicacion SafeUt (para reportar bullying).

FOOD, CLOTHING, AND RESOURCES

We have lots of resources for parents in need of food, backpacks, clothing, mental health, or coats for their students, including financial assistance. Call 2-1-1, visit <https://211utah.org>, or contact the school for more information.

Please contact Rebecca Bishop, Provo School District social worker, at rebeccab@provo.edu if your student could benefit from a donated weekend bag of food.

*Hay ayuda de recursos, comida, mochilas, ropa, salud mental, y abrigos al llamar el numero 2-1-1 o hablar con Rebecca Bishop en el escuela.

BACK TO SCHOOL TIPS

It is hard for students to focus when they don't get enough sleep. The recommended amount of sleep for children ages 6 to 12 is 8 to 10 hours every night. Make bedtime a priority! This also will help them get to school on time. First school bell is at 8:35 am and school starts at 8:40 am.

*Es importante el nino duerma 8-10 horas para enfocar bien y llegar a tiempo (escuela empieze a las 8:40)

It is hard for students to focus when they do not have breakfast fuel! Make sure your student has breakfast every morning. Families, we are encouraging you to apply for Free and Reduced Lunch as meals are not free unless you've applied at <https://www.myschoolapps.com>.

*Es importante comer el desayuno cada semana para ser listos aprender. Por favor de aplicar para comida gratis al sitio [myschoolapps.com](https://www.myschoolapps.com)

Take time to connect daily with your student — ask them about their day; check in to see how they are feeling. School can be stressful and connection helps reduce anxious or depressive thoughts and feelings. Please contact your student's teacher or the school if you need any support.

*Cada dia habla con su estudiante y ver como se sienten. Hable con la maestra o el escuela si ud necesita apoyo.

KINDNESS CLUB

We have great news! Students in grades 1st-6th are invited to participate in Rock Canyon Elementary's Kindness Club! Kindness Club seeks to promote kindness, friendship, and a positive atmosphere throughout the school. Students who join

will receive a free kindness t-shirt (expected arrival date in October). If you have more than one student, please fill out the parent permission form for each student at <https://forms.gle/xdKtLx7QS1rvzuqv7>

*Por favor de visitar al sitio para mas informacion y para inscribirse su estudiante al club de bondad.

Meetings will be held from 3:20 pm to 4:00 pm in the Rock Canyon Elementary Gym on the following Wednesdays:

- September 28th
- November 9th
- December 7th
- January 4th
- February 8th
- March 1st
- April 12th.

PLEASE NOTE: There is NO meeting in October.

Parents need to pick up their students by 4:00 pm after each club meeting. Students will exit the school using the the gym doors (behind the school) at 4:00 pm.

Parent volunteers are needed as we had 70 students participate in Kindness Club last past school year. Volunteers do not need to do anything other than show up and help run the kindness games and activities provided for them.

Currently, Kindness Club parent volunteers cannot bring younger (i.e. infants/toddlers) or other children who are not enrolled in our school. Please contact Rebecca Bishop, Provo School District social worker, at rebeccab@provo.edu to sign up to be a Parent Volunteer

Kindness Club activities will continue to be posted online at <https://bit.ly/provohope> under the tab "Kindness Club."

FUN RUN

The Fun Run is on October 7! It is 2.06 miles long, and it starts at 9:30 a.m. The PTA will send out a volunteer list soon and would love to see as many faces as possible to cheer the kids on!

LIBRARY CORNER

We are back to checking out books and it has been wonderful seeing familiar and new faces in the library! Please reminder that students' books are checked out for two weeks at a time.

Battle of the Books is coming up. The introduction and formation of teams will be taking place in the library through September.

AUTHOR CON

Join us September 22, 2022 from 5:00 to 8:00 pm for Author Con! Our district is excited to bring a host of local authors into the halls of Provo High to meet with kids from all around the District. There will be food trucks, make-and-take workshops, author workshops and Q&As, author book signings, and photo opps. Feel free to come dressed as your favorite book characters.

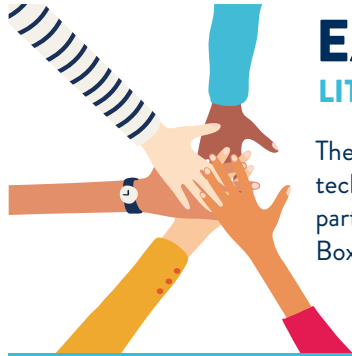
Participating authors are David Rob, Erin Stewart, Celesta Rimington, Bethay Wiggins, Jessica Day George, J. Scott Savage, Sara B. Larson, Emily R. King, Jared Garrett, Dustin Hansen, Wendy Swore, Chad Morris, Shelly Brown, Heather Clark, Spencer Hyde, Staci Olsen, Sabine Brockbank Berlin, Julie Whipple, Amy Beatty, Miranda Renae, Amy Michelle Carpenter, Theresa Pocock, and Natalie Anderson.

All families in Provo are welcome, and there is no entry fee. See you there!

Rock Canyon Elementary School
SEPTEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Early Out
5 Labor Day No School Marathon in α Month begins	6	7	8	9 Early Out
12	13	14	15	16 Early Out
----- Bike-to-School Week -----				
19	20	21	22 Author Con 5:00-8:00 pm (Provo High)	23 Early Out
26	27	28	29	30 Early Out Picture Day Marathon- in-α-Month ends



EARN CASH FOR YOUR SCHOOL

LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:

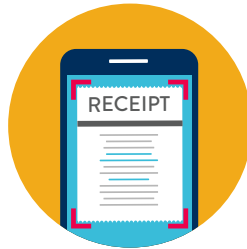


HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!
See how at [BTFE.com/emailgroceryreceipts](https://www.btfec.com/emailgroceryreceipts)



BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. **You can still clip them and send them to school**, as long as each clip has a valid expiration date.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT [BTFE.COM](https://www.btfec.com)

DON'T HAVE THE BOX TOPS APP YET? DOWNLOAD IT NOW:





NATIONAL PTA®
REFLECTIONS®

2022-2023

**CALL FOR
ENTRIES!**

**SHOW YOUR
VOICE!**

SHOW YOUR VOICE!

**Explore the
Arts and Express
Yourself!**

Learn more
and get involved!

PTA.org/Reflections



DANCE
CHOREOGRAPHY



FILM
PRODUCTION



LITERATURE



MUSIC
COMPOSITION



PHOTOGRAPHY



VISUAL ARTS

DEADLINE FOR ENTRIES:

Friday, October 7

FOR DETAILS:

All Submissions: utahpta.org/ref
Questions: michellemoreland@gmail.com or
801-473-8450