

ROADRUNNER BEEPS



MESSAGE FROM THE PTA:

Hello all,

We have some fun things coming up in the PTA this month!

On Monday November 7th we will be having a Waffle Love Spirit Night. If you go eat at Waffle Love on State Street in Provo between 5:00 and 10:00 pm, they will donate a portion of the proceeds to our school!.

It is an election year. Please make sure you do your research and get out and vote!

Red Ribbon Week is coming up on November 14 through the 18th. More information will be coming on that.

Our next PTA meeting will be on Wednesday November 16th at 10:00 am. We invite anyone who wants to join us to do so.

We hope everyone has an awesome Thanksgiving!

Thanks,
— Rock Canyon PTA Board



REFLECTIONS 2022

Great work from all who entered Reflections this year!

Award of Excellence

(moving on to Council)

Music — Abigail Hepworth

Film — Emerson Pace

Film — Maja Coleman

Literature — Hinanui Hafoka

Literature — Macie McDonald

Photography — Hinanui Hafoka

Photography — Makamae Munoz

Photography — Simon Everett

3D — Hinanui Hafoka

2D — Bailey Blad

2D — Lauren Ficker

2D — Hinanui Hafoka

2D — Mabel Hydrick

2D — Noah Rasmussen

Award of Merit

2D — Maja Coleman

2D — Felix Warner

2D — Abby Mott

SUPPORT OUR SCHOOL!

You can support Rock Canyon Elementary by going to smile.amazon.com and selecting PTA Utah Congress Rock Canyon Elementary PTA.

You can also set your mobile app to amazonsmile.

BOOK FAIR

The Book Fair will be held next week in the library. We are excited to have the Story Cupboard back! The Story Cupboard Company curates an amazing selection of books, and our school receives 20% of the proceeds for our library. We are hoping to purchase additional comfortable seating for our library from this year's proceeds.

PROVO READS

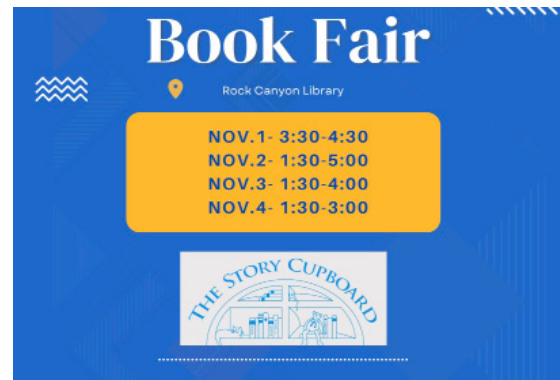
We launched this year's Provo Reads reading incentive, "Reading your passport to Adventure".

The reading adventure for students in grades K-2 is marking off the books they read on a map. They receive prizes for every 5 books that they read.

Students in grades 3-6 earn reading passports after reading three books. Using the reading passports, they are exploring various genres and informational sections of the library. They also receive prizes for every 5 books that they read. So far they are off to a good start!

BATTLE OF THE BOOKS

We have 131 students participating in Battle of the Books this year. Teams are created in each classroom and battles occur during their library specials. Teams of 4-5 participants are responsible for reading 20 books. Battles consist of 20 questions about the books they have read. Questions for the battles come from the American Battle of the Books Organization. We will have a practice battle the first week in December. Students should have read three of their books by now. Books are available in our library, on Libby, and at the Provo City Library.



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!!

KINDNESS CHALLENGE

Starting November 10th, students school-wide can join this month's Kindness Challenge: Look for Acts of Kindness and write down things you are grateful for on a pumpkin-shaped paper. Turn in the Gratitude Pumpkins to the main office and let's see how big our Gratitude Pumpkin Patch will grow!

Our next Kindness Club meetings will be held on Wednesdays November 9th & December 7th from 3:20-4:00pm. During November's Kindness Club, students do GRATITUDE activities. Please don't forget to pick up your students that day by 4:00pm outside of the gym doors (behind the school).

Hope Squad (student leadership) meetings will be held on November 16th & November 30th from 3:20-4:00pm.

ROCK CANYON CARES HOLIDAY ASSISTANCE FUND

Looking to GIVE or RECEIVE help this Holiday Season? Rock Canyon Elementary wants to make sure our families have what they need this year. If so, please fill out the survey for Rock Canyon Cares at <https://forms.gle/SsXUuRbv7n9WQfJw8>

This year, Rock Canyon Elementary will be taking giftcard donations up until Monday December 12th.

¿Quiere dar o recibir ayuda en estas fiestas? Rock Canyon Elementary quiere asegurarse de que nuestras familias tengan lo que necesitan este año. Porfavor de llenar la encuesta: <https://forms.gle/SsXUuRbv7n9WQfJw8>

Este diciembre, la escuela de Rock Canyon recibirá donaciones de dinero o comida hasta el 12 de diciembre.

PARENT NIGHT — BODY SAFETY (SEXUAL ABUSE PREVENTION)

The sexual abuse prevention presentation by Family Haven was held on October 26th. If you were unable to attend, please see the attached handouts for important information to be aware of and watch your email for the recording of the presentation.

If you'd like additional help talking about sensitive topics with your children, check out Parent Guidance, which is a FREE resource where parents can anonymously submit questions and receive a written response or a video response by a therapist.

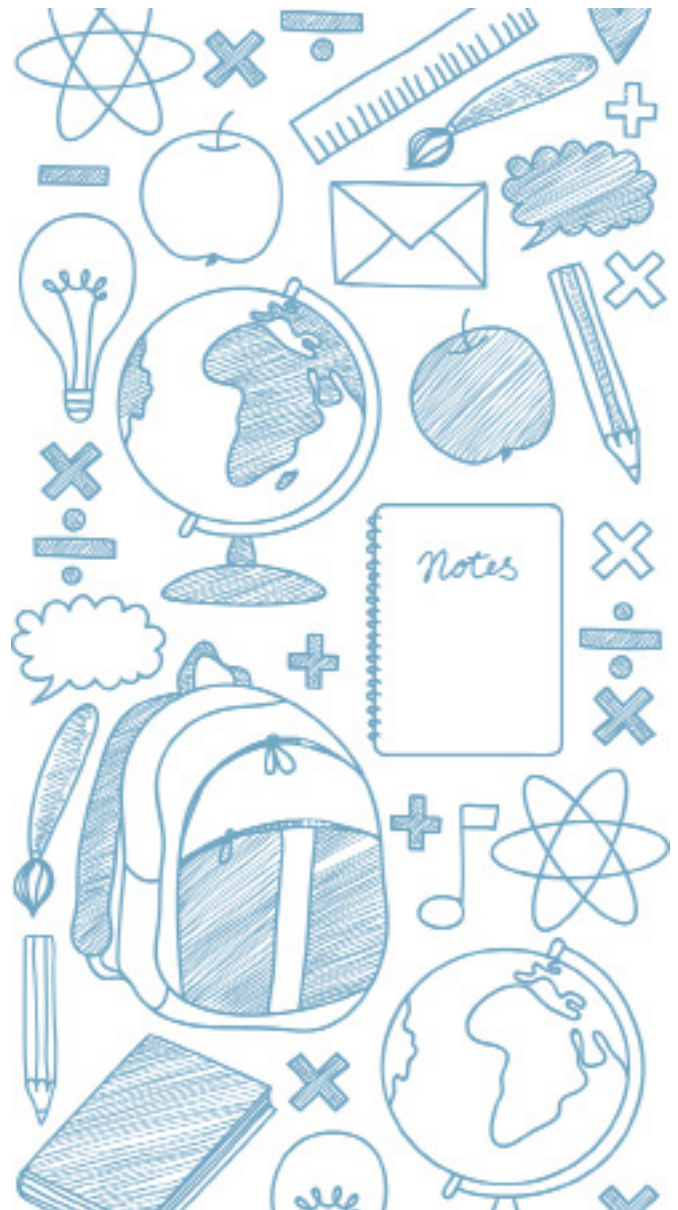
See <https://parentguidance.org/>

NEED A KIDS' BIKE?

The Provo Bicycle Collective has a giveaway meant for families who are not able to buy a bike for their children. Provo Bicycle Collective will randomly select recipients based on availability of bikes.

To request a bike, please fill out the Google Form linked [here](#).

Haga clic [aquí](#) para ver este formulario en español y pedir una bicicleta gratis



Rock Canyon Elementary School

NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Waffle Love Spirit Night 5:00-10:00 pm	2 Book Fair Early Out SEP Conferences	3 Book Fair Early Out SEP Conferences	4 Picture Retakes Book Fair Early Out SEP Conferences
7	8	9 Kindness Club	10	11 Early Out
14	15	16	17	18
----- Red Ribbon Week -----				
		PTA Meeting 10:00 am	Community Council	Red Ribbon Week Assembly Early Out
21	22	23 Thanksgiving Break — No School	24 Thanksgiving Break — No School	25 Thanksgiving Break — No School
28	29	30		



**What is the Utah Valley Home Builders Association
SubContractors For Santa program?**

SubContractors for Santa is an annual event that enhances the safety, ability, and comfort of families throughout Utah County. Members of the UVHBA assist in providing the basic comforts of home to needy families through this program.

The following questions will be used in determining an applicant's eligibility. If the following questions are answered with a "YES", they may be eligible for help in our program:

- Will the proposed project add safety and comfort, not just value to the home?
Safety and Comfort are priority.
- Does the family/individual have a significant financial need?
- Does the family/individual have a minor repair that needs to be done: plumbing, electrical, window repair, etc.?
- Can the project be completed in one day (4-6 hours)?
- Can the project be safely completed in winter weather?
- Does the family/individual own their home?
- Does the family/individual live in Utah County?
- Is the family/individual willing to sign a liability and warranty waiver provided by the UVHBA?

Applications are due to the UVHBA office by November 11, 2022.

Application qualification status will be determined by November 30, 2022.

Projects for approved applicants will be proposed to be completed by Friday, December 16, 2022.



UTAH VALLEY HOME BUILDERS ASSOCIATION
707 E Mill Rd Ste 201 Vineyard, UT 84059
801-225-8893
events@uvhba.com

ESTRATEGIAS DE PREVENCIÓN

- Participe en las actividades de su hijo
- Conozca a los otros adultos con los que habla su hijo (entrenadores, líderes, cuidadores)
- Ayude a su hijo a identificar otros adultos de confianza si alguna vez necesita hablar con alguien
- Hablar sobre medios y tecnología (lo que es bueno/malo en programas o juegos)
- Infórmese sobre los programas de su escuela y refuerce las prácticas en casa
- Estar disponible
- Pase tiempo con su hijo
- Enfatique que pueden hablar con usted
- Hacer tiempo si tienen preguntas/inquietudes
- Establecer límites



HABLE CON SUS HIJOS

- Tenga una comunicación abierta sobre el respeto a su cuerpo
- Conviértalo en una conversación regular, no en un tema "tabú"
- Tenga una "zona de seguridad" en su casa, donde los niños sepan que es seguro hablar sobre preguntas o inquietudes
- No avergüence a los niños por tener preguntas sobre la sexualidad

OTROS RECURSOS

- educatempowerkids.org (Resources)
- nsopw.gov (Education & Prevention)
- cfchildren.org/families
- onewithcourageutah.org
- psychologytoday.com (*How and When to Talk to Your Child about Sexual Abuse*, references books & videos)
- stopitnow.org (Help & Resources, Online Help Center, Children's Behaviors)

PREVENTION STRATEGIES

- Be engaged in your child's activities
- Know the other adults that your child talks to (coaches, leaders, caregivers)
- Help your child identify other trusted adults in their life if they ever need to talk to someone
- Talk about media and technology (what is good/bad in shows or games)
- Educate yourself on your school's programs and reinforce practices at home
- Be available
 - Spend time with your child
 - Emphasize that they can talk to you
 - Make time if they have questions/concerns
- Set boundaries



TALKING TO KIDS

- Have open communication about respecting your body
- Make it a regular conversation, not a "taboo" topic
- Have a "safety zone" in your house, where kids know it is safe to talk about questions or concerns
- Do not shame kids for having questions about sexuality

OTHER RESOURCES

- educatempowerkids.org (Resources)
- nsopw.gov (Education & Prevention)
- cfchildren.org/families
- onewithcourageutah.org
- psychologytoday.com (*How and When to Talk to Your Child about Sexual Abuse*, references books & videos)
- stopitnow.org (Help & Resources, Online Help Center, Children's Behaviors)

**TALKING OPENLY AND DIRECTLY ABOUT SEXUALITY TEACHES CHILDREN
THAT IT IS OKAY TO TALK TO YOU WHEN THEY HAVE QUESTIONS**



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:

