

# ROADRUNNER BEEPS



## MESSAGE FROM THE PTA

Hello everyone!

We hope you had a wonderful holiday break and are getting back into the swing of things. We want to invite anyone that would like to join us at our next PTA meeting on Wednesday, January 25, at 10:00 am. We have a lot of fun things in the works and could use help. We look forward to seeing you.

— Mikayla Johnsen  
2022-2023 PTA President

## 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!!

## SUPPORT OUR SCHOOL!

You can support Rock Canyon Elementary by going to [smile.amazon.com](https://smile.amazon.com) and selecting PTA Utah Congress Rock Canyon Elementary PTA.

You can also set your mobile app to amazonsmile.

## LIBRARY CORNER

The first Battle of the Books will be held the week of January 23, and February battles will take place the week of February 13.

Each Battle of the Books participant is responsible for reading four to five books for their team. In the battles, teams will respond to questions about the books they've read. Each question is worth seven points: five points for the title of the book and two points for the author's first and last name.

Good luck teams!

On January 31 through February 2 we will be having a Used But Still Loveable book sale in the library from 1:30- 3:45. Book prices will range from \$0.50 to \$1.00. Come stock up on some great titles!

Provo Reads is winding up this month. Students may turn in their reading maps and reading passports all month to redeem their prizes.

Happy New Year!  
— Mrs. Meibos

## KINDNESS CORNER

### KINDNESS CHALLENGE

Did you know that Provo City will be celebrating Kindness Week soon? Keep an eye out for city-wide and school-wide

activities that will be held in February. Students school-wide can join this month's Kindness Challenge: to include others during recess by playing with three different friends.

## KINDNESS CLUB AND HOPE SQUAD

Our next Kindness Club meetings will be held on Wednesday, February 8 and Wednesday, March 1 from 3:20-4:00 pm. Please don't forget to pick up your students by 4:00 pm outside of the gym doors (behind the school). Hope Squad (student leadership) has their next leadership meeting on January 11 from 3:20-4:00 pm. They will also have an upcoming field trip (during school) on Friday, February 3 to attend the Jr. Hope Squad Conference.

¿Sabías que la ciudad de Provo celebrará pronto la Semana de la Bondad? Esté atento a las actividades que se llevarán a cabo en febrero en toda la ciudad y en toda la escuela. Los estudiantes de toda la escuela pueden unirse al Reto de Bondad de este mes, para incluir a otros durante el recreo jugando con 3 amigos diferentes. Nuestras próximas reuniones del Kindness Club se llevarán a cabo los miércoles 8 de febrero y 1 de marzo de 3:20-4:00pm. Por favor no se olvide de recoger a sus estudiantes ese día a las 4:00pm afuera de las puertas del gimnasio (detrás de la escuela). Hope Squad (liderazgo estudiantil) tiene su próxima reunión de liderazgo el 11 de enero de 3:20-4:00pm. Ellos también tendrán una próxima excursión el viernes 3 de febrero para ir a la Conferencia Jr. Hope Squad.

## HOPE RESOURCES

The [Live On Utah campaign](#) is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.

You have the power to save a life. If you think someone might be considering suicide, ask them! **Asking does not make them more likely to attempt suicide and may actually save their life.** Firearms are the leading method of suicide in our area, responsible for half — or more — of suicides. You can help prevent firearm-related suicide and accidental injury by keeping guns locked up (see attached handout below).

Also, if you'd like a "Happier January", download the [free calendar](#) for easy daily actions to help you start the year happier.

La [campana Live On Utah](#) es un esfuerzo estatal para prevenir el suicidio mediante la promoción de la educación, la provisión de recursos, y el cambio de nuestra cultura en torno al suicidio y la salud mental. Juntos podemos salir adelante, tender la mano, levantar la cabeza, mirar hacia adelante y Live On.

Usted tiene el poder de salvar una vida. Si crees que alguien está pensando en suicidarse, ¡pregúntale! **Preguntar no hace que sea más probable que intente suicidarse y, de hecho, puede salvarle la vida.** Las armas de fuego son el principal método de suicidio en nuestra zona, responsables de la mitad, o más, de los suicidios. Usted puede ayudar a prevenir los suicidios y las lesiones accidentales relacionados con las armas de fuego guardándolas bajo llave (véase el folleto adjunto). Además, si quieres un "Enero más feliz", descárgate [el calendario gratuito](#) para llevar a cabo sencillas acciones diarias que te ayuden a empezar el año más feliz.

## HELPFUL RESOURCES/RECURSOS

- [Live On Utah campaign](#)
- [Virtual Hope Box](#) for times of need
- [SafeUT 24/7 chat app](#)
- Complete an [anonymous self-assessment](#) if you are concerned about yourself or someone you love

Rock Canyon Elementary School

# JANUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Winter Break No School	3	4  Kindness Club	5	6  Spirit Day  Early Out
9	10	11  Hope Squad leadership meeting 3:20 pm	12	13  Spirit Day  Early Out
16  Martin Luther King, Jr. Day No School	17  Professional Development No School	18	19  RC School Community Council	20  Spirit Day  Early Out
23  Beginning of Battle of the Books	24	25  PTA Meeting 10:00 am	26	27  Spirit Day  Early Out
30	31  Used book sale begins			

## RULES TO FOLLOW

### IF YOU HAVE FIREARMS IN YOUR HOME

- Store guns safely and securely when not in use.
- As appropriate for your situation, store ammunition in a separate securely locked container.
- Keep the keys where children and others cannot find them.

The storage method chosen must provide an adequate level of protection to prevent unauthorized persons from accessing the firearms. Different types of locking mechanisms offer varying degrees of security and accessibility. Some storage methods include keyed locks, combination locks, lock boxes, firearm safes, etc.

You should consider securing your firearms, even if you don't have children, due to the possibility of theft. Firearms are a favorite target of burglars, and professional thieves know all the hiding places that you may think of.

#### Basic Firearm Safety Rules

1. Treat all firearms as if they are loaded.
2. Always keep your finger off the trigger until your sights are on target and you have made the decision to fire.
3. Never point a firearm at anything you are not willing to shoot/destroy.
4. Know your target, your target's environment, and any other safety hazard before you fire.

#### Other Safety Rules / Range Safety Rules

- Know how to use the firearm safely.
- Ensure the firearm is safe to operate.
- Use the correct ammunition for your firearm.
- Wear eye and ear protection appropriately.
- Never use alcohol or drugs before or while shooting. Alcohol and any other controlled substances will impair normal mental or physical bodily functions.
- Never handle a firearm in an emotional state such as anger or depression.



Call for help if you or someone you know has thought about or expressed suicidal thoughts.  
HELP is available 24 hours a day 7 days a week.

If you live in Utah, call the Statewide Crisis Line at (801) 587-3000 or at 1-800-273-TALK (8255).

In case of emergency call 911 or visit your local emergency room.



utah department  
of human  
services



publicsafety.utah.gov  
www.utahsuicideprevention.org  
www.health.utah.gov/vtpp  
www.suicidepreventionlifeline.org  
www.utahshootingandsports.council.org

This brochure is not intended to be a complete course on firearm safety/ suicide prevention and is not a substitute for formal, qualified instruction in the handling, using or storing of firearms. Rather this brochure is a resource to promote firearm safety and to minimize the chance of an accident occurring, along with providing information on suicide prevention.



# WHAT WE ALL NEED TO KNOW

## **The Definition of Firearm Safety**

A collection of rules and recommendations that can be applied when possessing, storing, or handling firearms. The purpose of firearm safety is to eliminate or minimize the risk of unintentional death, injury, or damage caused by improper possession, storage, or handling of firearms.



# 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/amailegroceryreceipts](https://www.btfec.com/amailegroceryreceipts)



## 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:

