

ROADRUNNER BEEPS



MESSAGE FROM THE PTA

Hello everyone!

Happy Birthday Month to Rock Canyon! To celebrate we will be holding a school spirit week February 6 - 10:

- Monday — mismatched day
- Tuesday — hat day
- Wednesday — crazy hair day
- Thursday — pajama day
- Friday — school spirit day (wear your school shirts and sweatshirts!)

The Golden Apple Award is here again! Please take a moment to nominate a teacher who demonstrates excellence in teaching to receive the PTA Golden Apple Award! Think of ways our wonderful teachers at Rock Canyon have impacted your child's life and made a difference! Nominate your teacher [here](#) or at the link sent out by Principal Hansen. Voting will end Friday, February 10th.

We are starting to get things going for our Extravaganza and are looking for some more people to help in our committees. If you are willing and able to help please reach out to the PTA at rcepta@gmail.com. We really have a lot of fun!

And finally, we want to express our gratitude for all those who helped with the teacher's luncheon.

— Rock Canyon PTA

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!!

LIBRARY CORNER

Beginning January 31, the library will be having a "USED BUT STILL LOVEABLE BOOK SALE." These are books that have been weeded from our library, due to copyright dates, multiple copies, no longer circulating, wear, etc. Hardbound books are \$1 and most paperbacks will be \$.50 cents. This will be held in the library after school on January 31 through February 2, 1:30-3:45 each day. Students may also purchase books during their library time.

On February 7 we will be hosting the Scripps School Spelling Bee. The bee will take place at 9:00 in the gym. The following students will be participating this year — they are the top spellers in their classroom spelling bees held earlier this year:

Megan Nabrotsky
 Kenny Swenson
 Jonah Willis
 Anna Smith
 Merit Maughan

Abigail Mott
Brick Johnson
Adriane Bright
James Wood
Audyn Harri
Asher Carson
Dagny Runia
Bethany Tevik
Liam Scherbel
Nikki Schofield
Bentley Banks
Dorothy Wood
Josefa Canoles
Tek Balci
Sam Williams
Abby Hepworth
Lee Harmon
Indy Merits
Lauren Ficker

Best of luck to all the participants!

The Battles have begun for students participating in the American Battle of the Books. We have 25 teams participating in grades third through sixth grade. Battles are held during their class library special time.

In the battles, students respond as a team to questions about the 20 books each team is required to read. Each team member is responsible for reading four to five of the 20 books. Participating in the battles gives students exposure to various genres, developing teamwork, and having fun along the way to each battle. Our next battles will be held the week of February 13.

Remember that books are checked out to students for two weeks. Overdue notices are emailed to parents at the end of each month.

Wishing you cozy days
of reading!

— Mrs. Meibos

KINDNESS CORNER

The city is holding a kindness week February 13 - 18. The kickoff event will be Monday, February 13 at 7:00 pm at Centennial Middle School. The whole family is invited. There will be Crumbl cookies and a performance by the BYU a capella group Noteworthy! More information is included in the attached flyer.

Kindness club will meet on Wednesday February 8. We will be painting kindness rocks. If anyone at home would like to paint a kindness rock we would love to have you participate. They can be turned into the Main office by Wednesday, February 8th. These completed rocks will be hidden throughout Provo City during Kindness Week.

Please make sure your child is finding or purchasing their own rocks and not using rocks from school grounds.

Your kids can also participate by taking the Kindness Week Challenge (see attachment) and turning it into the main office for a prize or finishing the Kindness Quest! There are many other activities happening in Provo during Kindness Week. Check out the attached flyers for more information and to see how you and your kids can participate.

Rock Canyon Elementary School

FEBRUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SEPs Early Out Book Sale	2 SEPs Early Out Book Sale	3 Early Out
6 Mismatch Day	7 Hat Day Spelling Bee	8 Crazy Hair Day Kindness Club	9 Pajama Day	10 Spirit Day Golden Apple Noms due Early Out
----- Rock Canyon Birthday Week and Spirit Week -----				
13 Beginning of Battle of the Books	14	15	16 RC School Community Council	17 Spirit Day Early Out
----- Kindness Week -----				
20 Presidents' Day No School	21	22 PTA Meeting 10:00 am	23	24 Spirit Day Early Out
27	28			

KINDNESS

Starts here

FEB 13 - 18

KINDNESS WEEK

Kindness Starts Here...

- **Kindness Quest** - complete at least one item in each category and receive a free gift
- **Kindness Stations:** Rec Center, Peaks, 311 Counter, Library, Riverwoods
- **Soles4Souls shoe drive**

Follow along on social media for daily prompts and ideas!

Let's see how much kindness we can spread this week! Throughout the week, track your acts of kindness in the GooseChase app or using #provokindness2023 to be entered to win gift cards to local businesses!

MONDAY
FEB 13 | 7:00PM

Kickoff Event

Centennial Middle School auditorium

The whole family is invited to this free opportunity to kick off Kindness Week! Enjoy a performance by

BYU Noteeworthy! Free Crumbl cookie for all who attend

THURSDAY
FEB 16 | 7:00PM

Community Conversation

Rec Center Multipurpose Room
Receive a free gift for participating! Space is limited.

Reserve your spot:
provokindness.org/kindness-week

SATURDAY
FEB 18 | 10AM-12PM

Kindness Celebration

Rec Center Multipurpose Room
-Activities & booths
-Pick up your Kindness Quest Prize
-Donate gently used shoes to Soles4Souls drive

f @provokindness | provokindness.org

PROVO
kindness

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Kindness Week Challenge

Hurry, you must finish before Kindness Week is over (on February 17th)
Complete all activities and have an adult sign on the X__.

1. Say something nice to 5 people _____

2. Write or color a picture for your teacher / staff _____
3. Get to know someone new _____
4. Play with someone that is lonely at recess _____
5. Play with someone new during recess _____
6. Say thank you to someone you've never said that to before

7. Sit with someone new at lunch _____
8. Give 10 people a high five _____

9. Put a kind note in someone else's cubby _____
10. Say 10 good things about yourself (examples: I am ____, I have ____, I can ____)

11. Find someone who... likes the same sandwich as you _____
12. Find someone who... has the same first letter in your first name _____
13. Find someone who... likes the same favorite vacation _____
14. Find someone who... has the same favorite hairstyle _____
15. Find someone who... has the same number of brothers and sisters as you _____
16. Find someone who... shares the same favorite color as you _____
17. Find someone who... was born in the same month as you _____
18. Find someone who... has the same favorite animal _____

Your Name (student): _____

Your Grade _____ Teacher: _____

Adult (teacher/parent) Signature X _____

When you finish, bring to the main office for a SWEET prize!

KINDNESS WEEK CELEBRATION!

SATURDAY, FEB 18 | 10:00 AM - 12:00 PM
PROVO REC CENTER MULTIPURPOSE ROOM

KINDNESS 
Starts here —

- Activities & booths for the whole family
- Pick up your Kindness Quest Prize
- Donate gently used shoes to Soles4Souls drive

KINDNESS WEEK KICKOFF

MONDAY, FEB 13 | 7:00 PM
CENTENNIAL MIDDLE SCHOOL AUDITORIUM

KINDNESS 
Starts here —

The whole family is invited to this free opportunity to kick off Kindness Week!

- Guests: Mayor Kaufusi & BYU Noteworthy
- Learn more about the Kindness Quest & how to participate throughout the week
- Connect with local organizations doing good in our community
- Donate gently used shoes to the Soles4Souls drive
- Free Crumbl cookie for all who attend

COMMUNITY CONVERSATION

THURSDAY, FEB 16 | 7:00 PM
PROVO REC CENTER MULTIPURPOSE ROOM

KINDNESS 
Starts here —

Come meet your neighbors and get a free gift for participating!

Space is limited,
so please reserve your spot:
provokindness.org/kindness-week

KINDNESS WEEK KICKOFF

MONDAY, FEB 13 | 7:00 PM
CENTENNIAL MIDDLE SCHOOL AUDITORIUM



KINDNESS QUEST

COMPLETE AT LEAST ONE ITEM IN EACH CATEGORY TO RECEIVE A PRIZE.



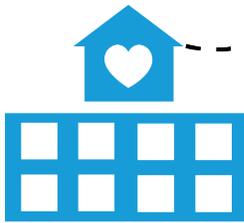
KINDNESS TO MYSELF

1. Read or watch one of the resources listed at provokindness.org/resources.
2. Take the Kindness Pledge at provokindness.org under the Kindness Week tab.
3. Have a "Judgment Free" Day. Assume the best of others and share the positive things you notice with them.
4. Practice self-care by spending at least 20 minutes for yourself. Read a book, get some fresh air, work on a hobby, etc.
5. Go to provokindness.org and read a blog post or watch a Portraits of Provo video. Share what you learned on social media or with a friend/family member.



KINDNESS IN MY HOME

1. Do an act of kindness for someone in your home that will make them happy.
2. Write encouraging notes and leave them around your home.
3. Do a chore for someone else without being asked.
4. Spend one day saying only positive things in your home.
5. Tell someone a favorite memory about them and why it is meaningful.



KINDNESS IN MY WORKPLACE SCHOOL

1. Make a list of 5 things you have in common with someone you disagree with. Think how you can build on your common ground.
2. Play with/ visit with someone that you don't know as well and learn something new about them.
3. Sit with someone new at lunch.
4. Write a note or color a picture for your teacher/ boss.
5. Connect with someone you don't know as well. Ask questions to get to know them better.



KINDNESS IN MY RELATIONSHIPS

1. Give a specific compliment through text or handwritten note.
2. Answer on social media or with a friend/family member: What are the potential benefits you might receive from listening to others with differing beliefs or experiences? What are you willing to do to overcome fears about listening to those with different beliefs or experiences?
3. Write & send a thank you note to someone in your life that helped you through a tough time.
4. Share on social media a kind thing that someone has done for you that impacted you.
5. Connect with someone you have lost touch with; check in to see how they are doing.



KINDNESS IN MY NEIGHBORHOOD

1. Think of someone who needs a lift; heart-attack their house.
2. Grocery shop or run an errand for someone going through a difficult time.
3. Comment on or share a Provo Kindness social media post.
4. Make signs with kindness quotes and display them in your window/yard.
5. Do something for one of your neighbors that you don't know well. Introduce yourself, give them a card with your names and phone numbers, etc.



KINDNESS IN MY COMMUNITY

1. Make Kindness Rocks and leave them in your neighborhood, on a trail, or at one of the city kindness stations for others to find.
2. Praise a local business online: write an official review or share with your social media friends.
3. Do some unplanned spontaneous service: hold the door for people, pick up some trash, put a grocery cart away, etc. (Be on the look-out for ways to serve!)
4. Donate time or resources to support a local community group. (See provokindness.org for ideas.)
5. Write a note/ give a treat to a public service provider: mail carrier, firefighter, police officer, bus driver, delivery person, nurse, teacher, etc.
6. Be kind to your server or cashier: Smile, make eye contact, ask how they're doing.
7. Participate in the Community Conversations event on Thursday night.
8. Discover something new about a different culture. Share one thing on social media that you enjoyed learning.