

ROADRUNNER BEEPS



MESSAGE FROM THE PTA

Hello everyone!

We wanted to thank all those who helped with our teacher luncheon during SEPs this last month, especially Shanel Tingey for her organization.

We also wanted to give a special thank you to [CardMyYard Provo](#) and McKennah Thomas. They provided a wonderful birthday sign for us in front of the school. If you are looking for birthday signs, anniversary signs, new babies, weddings — any event really — look them up. They were fantastic to work with!



We are still looking for volunteers to help with our Extravaganza. It's such a fun event and we would love to be able to throw a big party, but we need help to do it.

Finally, we're celebrating Teacher Appreciation Week March 6-10! (We've moved up the celebration from May so it doesn't overlap with end-of-year testing.)

We will be celebrating teachers and staff in different ways all week. We are looking for donations for a Cafe Rio-style lunch on Friday, March 10. Please sign up [here](#) to help out.

We also thought it would be fun for the teachers to receive a gift in their mailbox each day of teacher appreciation week. We have about 90 people on faculty and staff. One parent (or a team of 2-3 parents) could bring the gift for each staff member for a day. Use this [Google doc](#) to coordinate who is volunteering and what you will be bringing to avoid overlap.

If you would prefer to donate cash instead of food for the lunch, you can venmo @ McKDrake. Please put "Rock Canyon teacher lunch" in the subject line. All proceeds will go to the school.

Thanks for everyone's help! We sure love our Rock Canyon teachers and staff!

Thanks!
— 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. The PTA will choose one Friday a month 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

Thanks to everyone who attended our "Used But Still Loveable" book sale in early February.

Spelling Bee

Congratulations to Jonah Wills, this year's Spelling Bee Winner!

Lauren Ficker came in second, and Lee Harmon came in third. Jonah and Lauren will go on and compete in the Local Bee on March 11 at Juan Diego High School. We wish them the best of luck!

Battle of the Book news

We completed our second round of battles. The teams going onto the third and final battles in the grade 3-4 category are:

- Team Paradise (Ms. Miller): Cora Weidner, Ruby Leavitt, Savannah T., Josie Thornock, and Savannah M.,
- Team Five Knight (Ms. Wilkins): Josefa Canoles, Dorothy Wood, Rebekah Smith, Madelyn Pyrah, and Agge Schneck.
- Team Book Buddies (Ms. Mecham): Crosby Gourdin, Tyler Smoot, Knox Baron, Grace Nielson, and James Wood
- Team Flaming Firehawks (Ms. Wrigley): Dagny Runia, Oliva Klakring, Eve Gardner, Olivia Bradford, and Emma Hartman.

In teams advancing in the grades 5-6 category are:

- Team 5 Star Readers (Ms. Barnum): Lucy Felt, Lauren Ficker, Madelyn Hamilton, and Kenley Balluff,
- Team Blue Jays (Ms. Barnum): Indy Mergist, Hazel Davis, Alyhani Medina, and Collier Webb.

The final battle will take place the week of March 20th. The first and second place winners with the top scores in each category

will be declared Battle of the Book Champions for Rock Canyon, and the first place teams will represent Rock Canyon at the District Battle on April 19th at Provo High School.

Special Author Assembly

On March 10 Brandon Mull will be at Rock Canyon to share the release of his third book in the *Candy Shop Wars* series, *Carnival Quest*. The assembly will be for third through sixth graders. Provo City Library will also be hosting his book launch on March 10 from 6:30 - 9:00 p.m. For more details go to this link and register for the event: <https://www.provolibrary.org/event/7949671>

For other library news check out our Instagram page at #rcmediacenter

Warmly,
— Mrs. Meibos

KINDNESS CORNER

Tips for Testing/School Anxiety:

Children that thought about the happiest day of their lives right before taking a math test outperformed their peers. Gratitude has been shown to boost physical, psychological and mental health, particularly during challenging times. Share (text, video, artwork, or social media) about someone who's helped your family or is helping to support your community. Younger children could draw or write about the happiest part of their day on a calendar or journal. See additional activities at <https://sites.google.com/provo.edu/hope/kindness-club/hope-happiness>.

It's common for children to think mistakes, failures, or setbacks are not okay. A student's perspective is more predictive of their success than their actual level

of abilities. Listen with your child to the Imagine Neighborhood Podcast “Macho Supreme Has an Accident” or “Macho and the Toucan’t” at <https://www.imagineneighborhood.org/archive>. Free printables, videos, books, and activities are also available at <https://biglifejournal.com/blogs/blog>.

Schoolwide Expectation: Be Kind

Wow! 84 students completed the schoolwide challenge during Kindness Week! They each got a Crumbl cookie, yum!

Students schoolwide have been practicing being upstanders for kindness by using “stop walk talk”. Students will learn how to play “Ro Sham Bo” during Kindness Club as another way to solve conflict with peers. This game — similar to rock paper scissors but using your entire body, not just your hands — is a fun way to end a debate or argument.

We have Kindness Club only two more times this school year! We’ll meet on Wednesday, March 1st and again on Wednesday, April 12th in the gym after school

Empathy and thinking about the perspectives of others helps us stay resilient when we don’t feel our best. Join the Rock Canyon Elementary Kindness Club challenge (held monthly), or play a Kindness activity together as a family using children’s books at <https://education.byu.edu/buildingsocialskills>

Social emotional learning (SEL) changes lives. For years Rock Canyon Elementary has taught students SEL skills to help them succeed at school by learning these important life skills. Studies show that SEL improves well-being and academic outcomes, builds a positive school climate, and provides children with the necessary skills to excel in today’s workforce. Research links evidence-based SEL (such as the Second Step Program) with:

- Academic Achievement — 11% gain in academic achievement
- Positive Behaviors — 9% gain in prosocial behavior; 9% gain in attitudes about self, others, and school
- 9% decrease in problem behaviors
- Student Success — students can self-regulate their emotions and not give up when learning something becomes difficult.

RINCÓN DE BONDAD

Consejos para la ansiedad ante los exámenes y la escuela:

Los niños que pensaron en el día más feliz de su vida justo antes de hacer un examen de matemáticas superaron a sus compañeros. Se ha demostrado que la gratitud mejora la salud física, psicológica y mental, sobre todo en los momentos difíciles. Comparte (texto, vídeo, obras de arte o redes sociales) sobre alguien que haya ayudado a tu familia o esté ayudando a tu comunidad. Los niños más pequeños pueden dibujar o escribir en un calendario o diario lo más feliz de su día. Más actividades en <https://sites.google.com/provo.edu/hope/kindness-club/hope-happiness>

Es habitual que los niños piensen que los errores, los fracasos o los contratiempos no están bien. La perspectiva de un alumno es más predictiva de su éxito que su nivel real de capacidades. Escuche con su hijo el podcast de Imagine Neighborhood “Macho Supremo tiene un accidente” o “Macho y el tucán” en <https://www.imagineneighborhood.org/archive>. También hay imprimibles, vídeos, libros y actividades gratuitas en <https://biglifejournal.com/blogs/blog>.

Expectativa para toda la escuela:

Sé amable ¡Que Padre! 84 estudiantes

Rock Canyon Elementary School

MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Kindness Club PTA Meeting	2	3 Early Out
6	7	8	9	10 Early Out End of Term 3
13 No School	14 No School PD Day for Teachers	15	16 RC School Community Council	17 Early Out
20	21	22	23	24 Early Out
27 PSD Easter Basket Auction	28 Rock Canyon Choir Spring Concert	29	30	31 Early Out



Diversity and Mental Health

Learning about diversity can benefit your children in the following ways:

- Increased empathy
- Increased understanding of people
- More open-mindedness
- Increased feelings of confidence and safety in their own diversity
- More prepared to join the workforce and become a good citizen

Along with these benefits, as your children become aware of and learn about the diversity found in an individual's background, opinions, beliefs, and heritage, they can also learn that an individual's mental health is diverse. Because a goal of diversity is to be aware, to be respectful, and to include others despite differences, the following ideas are ways your children could become more aware and respectful of the diversity of mental health in others.

- End the stigma of mental illness. By becoming educated, using correct terminology (e.g., saying someone has a bipolar disorder instead of saying someone is bipolar), and showing compassion to peers who have a mental illness, your children can become allies in ending the stigma of mental illness.
- Avoid harmful language. Phrases such as "He's such a schizo" are not respectful to someone's diversity of mental health.
- Find common ground. Although your children may not understand their peers' mental illnesses, they can still find something in common. Use the common ground to help give a sense of belonging to those who feel ostracized because of their mental illness.
- Learn something new. By becoming aware of the diversity of mental health, your children can learn from someone else's different experience or perspective of having a mental illness.

How to Support Your Children with Mental Illness

The American Psychological Association estimates that 15 million young people in the United States are diagnosed with a mental health disorder. If your children are included in that statistic, you can support them by:

- Showing unconditional love
- Become educated on the mental illness and any warning signs that accompany it
- Give praise for their good character traits
- Communicate and spend time together
- Build trust and help them feel safe
- Be a good example by modeling positive coping skills and good self-care habits
 - Remember, you need to take care of your needs so that you are able to effectively take care of your children's needs
- Be proactive about turning to professional help, if needed
 - If you don't know whether your children need extra help, watch for [these signs](#) that they may need help.



BIENESTAR HOY



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Diversidad y Salud Mental

Aprender sobre la diversidad puede beneficiar a sus hijos de las siguientes maneras:

- Mayor empatía.
- Mayor comprensión de las personas.
- Mentalidad más abierta.
- Mayores sentimientos de confianza y seguridad en su propia diversidad.
- Mejor preparación para unirse a la fuerza laboral y convertirse en un buen ciudadano.

Junto con estos beneficios, a medida que sus hijos toman conciencia y aprenden sobre la diversidad que se encuentra en los antecedentes, opiniones, creencias y herencia de un individuo, también pueden aprender que la salud mental de un individuo es diversa. Debido a que un objetivo de la diversidad es ser consciente, respetuoso e incluir a otros a pesar de las diferencias, las siguientes ideas son formas en que sus hijos pueden ser más conscientes y respetuosos sobre la diversidad de la salud mental en los demás.

- Terminar con el estigma de la enfermedad mental. Al educarse, utilizando la terminología correcta (por ejemplo, decir que alguien tiene un trastorno bipolar en lugar de decir que alguien es bipolar) y mostrando compasión por sus compañeros que tienen una enfermedad mental, sus hijos pueden convertirse en aliados para terminar con el estigma de la enfermedad mental.
- Evitar el lenguaje dañino. Frases como “Él es tan esquizofrénico” no son respetuosas en cuanto a la diversidad de salud mental de alguien.
- Encontrar un interés común. Aunque es posible que sus hijos no entiendan las enfermedades mentales de sus compañeros, aún pueden encontrar algo en común. Utilice un interés común para ayudar a dar un sentido de pertenencia a aquellos que se sienten excluidos debido a su enfermedad mental.

Cómo Apoyar a sus Hijos con Enfermedades Mentales

La Asociación Estadounidense de Psicología estima que a 15 millones de jóvenes en los Estados Unidos se les diagnostica un trastorno de salud mental. Si sus hijos están incluidos en esa estadística, puede apoyarlos de las siguientes maneras:

- Mostrándoles amor incondicional.
- Informándose sobre la enfermedad mental y cualquier señal de advertencia que la acompañe.
- Felicítandolos por sus buenos rasgos de carácter.
- Comunicándose y pasando tiempo juntos.
- Generando confianza y ayudándolos a sentirse seguros.
- Siendo un buen ejemplo modelando habilidades de afrontamiento positivas y buenos hábitos de cuidado personal.
 - Recuerde atender sus necesidades para poder atender de manera efectiva las necesidades de sus hijos.
- Siendo proactivo con respecto a buscar ayuda profesional, si es necesario.
 - Si no sabe si sus hijos necesitan ayuda adicional, esté atento a estas señales de que pueden necesitar



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