

# ROADRUNNER BEEPS



## MESSAGE FROM THE PTA

Hello Parents,

We are in the final push to the finish line of this school year. I truly cannot believe how quickly this year has flown by! We want to thank everyone who has put forth their time and efforts to help our PTA. We as a board have felt very supported and we appreciate that so much.

We want to welcome your new PTA board; President Ashley Gerstner, Secretary Mckenzie Drake, Treasurer Rachel North. We are still in need of a president elect. If you would like to get involved in an amazing organization, please consider volunteering.

With that being said, we aren't done quite yet. It's EXTRAVAGANZA time! Please mark your calendar for our end of year carnival on Friday May 12th from 4-7 pm.

We will have bounce houses, pony rides, train rides, face painting, balloon artists, concessions, food trucks and more.

[Buy your tickets here!](#)

We are still in need of lots of volunteers. Please look at the [sign up](#) and help where you can. You can also sign up for the bake sale [here](#). We look forward to seeing you all there!

Thank you for everything!  
— Rock Canyon PTA Board

JOIN US FOR AN EVENING OF  
**FUN and TRADITION**

≈ THE ≈  
**ROCK CANYON  
EXTRAVAGANZA**

🎪 ONE DAY ONLY! FRIDAY, 🎪  
**MAY 12, 4-7 PM**

**WE NEED YOU  
TO VOLUNTEER!**  
**HELP MAKE THE  
EXTRAVAGANZA  
A HUGE SUCCESS!**

## 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

We had a wonderful time celebrating Poetry Day, Earth Day, and School Library Week. For School Library Week, we shared fun statistics each day, like which class has checked out the most books this year. The answer: Mrs. Brown's class with 1,275 books!

We will be closing the library the last week of school, so please be sure to help your child return their library books by then. All books are due back the week of May 8.

We'll be sending home a list of the Battle of the Books for next year. We hope to add a battle with teachers next year!

For all things library, be sure to check out our instagram account @rcmediacenter.

Wishing you all a wonderful summer with plenty of relaxing reading time.

— Mrs. Meibos

## KINDNESS CORNER

Provo City School District's second annual "Night for All Families" is coming up! Please save the date in your calendar: May 6, 5pm-7pm. All families of students, parents/guardians, faculty, and staff are invited and everyone can bring guests. Please see the attached file for more details.

## SUMMER MEAL PROGRAM

The Provo City School District provides FREE breakfast and lunch for all children during the summer. Meals are available Monday through Thursday, with the exception of three holidays, at parks throughout the city from June 5 to July 20.

Please see the attached flier for dates, location, and a menu.

You can also call 801-374-4866 for more information.

## REFLECTIONS 2023-2024

Reflections is coming in the fall, but you can start anytime. Find more information at [utahpta.org/ref](https://utahpta.org/ref) or email [michellemoreland@gmail.com](mailto:michellemoreland@gmail.com).



## SUPPORT ROCK CANYON WITH BOXTOPS

Please consider getting the [Box Tops app](#) and scanning as you shop. It only takes seconds and can help our school a lot.


Please see the attached file for more details.



HOSTED BY: LGBTQ+ ADVOCACY COMMITTEE



# A NIGHT FOR ALL FAMILIES!



FREE FOOD!  
GAMES! KARAOKE!  
FACE PAINTING!  
CRAFTS!  
CHALK THE BLOCK!  
FUN FOR ALL AGES!

CELEBRATING DIVERSITY AND INCLUSION

GRANDVIEW LEARNING CENTER  
1591 JORDAN AVE, PROVO  
SATURDAY, MAY 6, 2023, 5-7PM





# *Summer Sun Food and Fun*

## Provo City School District Summer Food Program

For questions call 801-374-4866

### SUMMER SITES

FRANKLIN ELEM., 350 S. 600 W.  
PROVO PEAKS ELEM., 665 E. CENTER  
PROVOST ELEM., 629 S. 1000 E.  
SPRING CREEK ELEM., 1740 S. NEVADA AVE.  
SUNSET VIEW ELEM., 525 S. 1600 W.  
TIMPANOGOS ELEM., 449 N. 500 W.  
INDEPENDENCE HIGH, 636 N. INDEPENDENCE WAY  
PROVO HIGH, 1199 LAKESHORE DR.

### DATES

**MONDAY - THURSDAY ONLY**

JUNE 5TH - JULY 20TH

INDEPENDENCE HIGH JUNE 5TH - JULY 27TH

**NO MEALS**

JUNE 19, JULY 3, & JULY 4

### TIME

BREAKFAST: 8:00AM TO 9:00AM

LUNCH: 11:30AM TO 12:30PM

**FREE**

**Free Breakfast and Lunch for children 18 and younger**



# *Comidas Durante la Época de Verano*

Programa de Alimentacio de Verano del Distrito Escolar de la Ciudad de Provo

Si tiene preguntas llame al 801-374-4866

### ESCUELAS DISPONIBLES

FRANKLIN ELEM., 350 S. 600 W.  
PROVO PEAKS ELEM., 665 E. CENTER  
PROVOST ELEM., 629 S. 1000 E.  
SPRING CREEK ELEM., 1740 S. NEVADA AVE.  
SUNSET VIEW ELEM., 525 S. 1600 W.  
TIMPANOGOS ELEM., 449 N. 500 W.  
INDEPENDENCE HIGH, 636 N. INDEPENDENCE WAY  
PROVO HIGH, 1199 LAKESHORE DR.

### FECHAS

**SOLO DE LUNES A JUEVES**

5 DE JUNIO - 20 DE JULIO

INDEPENDENCE HIGH 5 DE JUNIO - 27 DE JULIO

**LAS COCINAS CERRARÁN**

EL 19 JUNIO, EL 3 DE JULIO, EL 4 DE JULIO Y EL 24 DE JULIO

### HORARIO

DESAYUNO: 8:00 AM A 9:00 AM

ALMUERZO 11:30 AM A 12:30 AM

**GRATIS**

**El desayuno y almuerzo son gratis para los niños menores de 18 años**

This institution is an equal opportunity provider. Esta institución provee oportunidades equitativas



# JUNE 2023



## SUMMER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*Did you know?*

June used to be the 4th month of the year. Before Julius Caesar came to power, the calendar year only had 10 months.

**SUMMER MEALS BEGIN ON JUNE 5<sup>th</sup>**  
**COME JOIN US!!!**

Dutch Waffle

**PIZZA SLICE**

OR MUFFIN MEAL  
Yogurt, Fruit Options,  
Veggie Options, & Milk

French Toast Sticks

**MINI CORNDOGS**

OR MUFFIN MEAL  
Pudding, Fruit  
Options, Veggie  
Options, & Milk

**OBSERVANCE**

**OF JUNETEENTH**

**NO MEALS**

Dutch Waffle

**PIZZA SLICE**

OR MUFFIN MEAL  
Yogurt, Fruit Options,  
Veggie Options, & Milk

Breakfast Bowl

**PULLED PORK**

**SANDWICH** OR  
COLD SANDWICH  
Baked Beans, Fruit  
Options, Veggie  
Options, & Milk

Breakfast Sandwich

**BEEF TACOS**

OR COLD SANDWICH  
Spanish Rice, Fruit  
Options, Veggie  
Options, & Milk

Pancakes

**QUESADILLA**

OR MUFFIN MEAL  
Refried Beans, Slushie,  
Fruit Options, Veggie  
Options, & Milk

Breakfast Bowl

**PULLED PORK**

**SANDWICH** OR  
COLD SANDWICH  
Baked Beans, Fruit  
Options, Veggie  
Options, & Milk

Yogurt Parfait

**CHICKEN NUGGETS**

OR MUFFIN MEAL  
Breadstick, Fruit  
Options, Veggie  
Options, & Milk

Waffles

**CHICKEN POTATO**

**BOWL** OR  
MUFFIN MEAL  
Breadstick, Fruit  
Options, Veggie  
Options, & Milk

Eggs & Sausage

**MAC & CHEESE**

OR MUFFIN MEAL  
Steamed Broccoli,  
Fruit Options, Veggie  
Options, & Milk

Yogurt Parfait

**CHICKEN NUGGETS**

OR MUFFIN MEAL  
Breadstick, Fruit  
Options, Veggie  
Options, & Milk

Ham & Cheese Sandwich

**HOT DOG**

OR COLD SANDWICH  
Chips, Watermelon  
Pizza, Fruit Options,  
Veggie Options, & Milk

Pancake on a Stick

**CHEESEBURGER**

OR COLD SANDWICH  
Fries, Fruit Kabobs,  
Veggie Options, & Milk

Breakfast Pizza

**SPICY CHICKEN**

**SANDWICH** OR  
COLD SANDWICH  
Chips, Watermelon  
Wedge, Veggie  
Options, & Milk

Ham & Cheese Sandwich

**HOT DOG**

OR COLD SANDWICH  
Chips, Watermelon  
Pizza, Fruit Options,  
Veggie Options, & Milk

**NO MEALS**

**ON FRIDAYS**

**NO MEALS**

**ON FRIDAYS**

**NO MEALS**

**ON FRIDAYS**

**NO MEALS**

**ON FRIDAYS**

Provo City School District is proud to offer **FREE BREAKFAST** and **LUNCH** to all **CHILDREN** 18 years of age and younger at the following locations this summer:

**FRANKLIN Elementary**  
**PROVO PEAKS Elementary**  
**PROVOST Elementary**  
**SPRING CREEK Elementary**  
**SUNSET VIEW Elementary**  
**TIMPANOGOS Elementary**  
**INDEPENDENCE High School**  
**PROVO High School**

Each child is eligible for a **FREE BREAKFAST** and a **FREE LUNCH DAILY** Monday through Thursday from June 5<sup>th</sup> through July 20<sup>th</sup>. All children in the community are welcome to attend. See district website for meal service schedules and additional information.

[www.provo.edu](http://www.provo.edu)

PROVO CITY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER.

# JULY 2023



## SUMMER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**OBSERVANCE OF INDEPENDENCE DAY**  
**NO MEALS**

Pancakes

**QUESADILLA**

OR MUFFIN MEAL  
Refried Beans, Slushie,  
Fruit Options, Veggie  
Options, & Milk

Dutch Waffle

**PIZZA SLICE**

OR MUFFIN MEAL  
Yogurt, Fruit Options,  
Veggie Options, & Milk

Eggs & Sausage

**ORANGE CHICKEN**

**& RICE** OR  
COLD SANDWICH  
Fruit Options, Veggie  
Options, & Milk

Breakfast Bowl

**PULLED PORK**

**SANDWICH** OR  
COLD SANDWICH  
Baked Beans, Fruit  
Options, Veggie  
Options, & Milk

French Toast Sticks

**MAC & CHEESE**

OR MUFFIN MEAL  
Steamed Broccoli,  
Fruit Options, Veggie  
Options, & Milk

Yogurt Parfait

**CHICKEN NUGGETS**

OR MUFFIN MEAL  
Breadstick, Fruit  
Options, Veggie  
Options, & Milk

Pancake on a Stick

**CHEESEBURGER**

OR COLD SANDWICH  
Fries, Fruit Kabobs,  
Veggie Options, & Milk

Ham & Cheese Sandwich

**HOT DOG**

OR COLD SANDWICH  
Chips, Watermelon  
Pizza, Fruit Options,  
Veggie Options, & Milk

**NO MEALS**

**ON FRIDAYS**

**NO MEALS**

**ON FRIDAYS**

**NO MEALS**

**ON FRIDAYS**

**MEALS END AFTER JULY 20<sup>th</sup>. Be safe and enjoy the rest of your summer!**

*Did you know?*

July has some pretty delicious month-long observances, too! In the US, at least there are three, in particular, that stand out – It's National Watermelon Month, National Hot Dog Month, and National Ice Cream Month. Yum!

During LUNCH, students must choose at least 3 of the following 5 components: Low-fat milk, whole grains, fruits, vegetables, and protein-rich foods. When selecting ingredients and creating recipes for our program we look for foods that are lean, low-fat, low-sodium, low-sugar, and whole grain rich.

Students are able to choose whichever healthy foods they like best but all students must take a half cup of fruit or vegetable with every meal.

Free meals are for children 18 years of age or younger **ONLY** and **must be consumed on site**. Adults may purchase a breakfast for \$2.00 or a lunch for \$4.00.

PROVO CITY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER.

# EARN CASH FOR SCHOOLS WITH BOX TOPS

TOGETHER, WE CAN MAKE A BIG DIFFERENCE

For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find thousands of participating products throughout the store — and all you need is the Box Tops app.

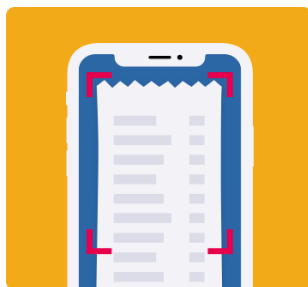


## HERE'S HOW IT WORKS:



### BUY BOX TOPS PRODUCTS

Earn for schools with the brands you love.



### SCAN YOUR RECEIPT

Use the Box Tops app to submit your receipt within 14 days of purchase.



### EARN CASH FOR SCHOOLS

Box Tops products are identified and earnings are credited online.



### ONLINE SHOPPERS CAN EARN WITH BOX TOPS, TOO!

Whether you order groceries for delivery or pickup, shop through your store's app, or request an email receipt at checkout, you can earn for your school no matter where you shop.

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

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



# Rock Canyon Elementary School

# MAY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5 Early Out
8	9	10	11	12 Early Out
----- All library books due this week-----				Extravaganza!
15	16	17 Rock Canyon Band and Orchestra Concert	18 RC School Community Council	19 Early Out
22	23	24	25	26 Last Day of School
29 Summer Vacation	30 Summer Vacation	31 Summer Vacation		