

ROADRUNNER BEEPS



MESSAGE FROM THE PTA

We are so excited for this year at Rock Canyon Elementary. Rock Canyon is an exceptional school because of our teachers, staff, students, and parents. Our PTA is dedicated to creating a supportive and engaged educational community. Just this week the PTA was able to make a significant cash donation to each classroom at Rock Canyon. That is possible because of your generosity as parents! We know these donations to classrooms yield invaluable benefits for our children's education.

Please consider joining our PTA at Rock Canyon Elementary. You can join at rockcanyonelementary.memberhub.com

Events at Rock Canyon this year include Bike to School Week, Marathon in a Month, the Fun Run, Reflections, the Halloween Parade, Red Ribbon Week, a School Play, Dance Festival, Teacher Appreciation Week, School Spirit Week, a movie at the Scera, Teachers Luncheons, the Extravaganza, and so much more!

We are able to do all these fun events because of our main fundraiser, the Extravaganza, held in May. In addition, we will have some fundraising nights at local restaurants. These restaurants give us a generous percentage of sales our assigned night. Our first fundraising night is at Kneaders at Riverwoods, **Monday, September 25th from 5:00-7:00 pm**. We hope to have a successful night. Please come!

Thank you for all your support already this year! It's an honor to serve as PTA President with such an incredible group of parents by my side. Thank you for your continued trust and collaboration; together, we are shaping a brighter future for our students.

— Ashley Gerstner
2023-2024 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. 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!!

REFLECTIONS 2023

Calling All Artists!

Due: **Friday, October 13**
Theme: "I Am Hopeful Because..."

Each student is invited to enter one entry per category (Dance Choreography, Film Production, Literature, Music Composition, Photography, 2D Visual Art and 3D Visual Art).



REFLECTIONS, CONTINUED

To submit entries:



1. Go to www.utahpta.org/ref
2. Click on the blue "Submit Reflections Entries" buttons
3. Enter your username and password
 - If you don't have an account on utahpta.org, click on the "Register" tab and enter your information
 - You will receive an email with a link to create a password.
 - Click on the link in the email and follow the directions.
 - If at any time you forget your password, you can reset it by clicking on the "Reset Password" tab.
4. Click the "Sign In" tab
5. Click on the green "Add Entry" button
6. Enter the requested information and click "submit" at the bottom of the form
 - You do not need a separate account for multiple students

Rules and FAQs are at <https://www.utahpta.org/reflections-rules-category-faqs>

Please read the rules thoroughly before submitting art!

You can watch an introductory video at: <https://www.youtube.com/watch?app=desktop&v=MuoV5TyfBI&fbclid=IwAR3r9nyDikrPiiML-RX59BP9XSBRaf8dAbRAUWCHwN1J1j58NOWLcAnPBLE>

Only one artist can submit a piece. Please encourage friends to create/submit their own.

Please contact Michelle Moreland with any questions: michellemoreland@gmail.com or 801-473-8450

MARATHON-IN-A-MONTH

The PTA invites all Rock Canyon Elementary School students, along with their families, to participate in the Marathon-in-a-Month! Each participating student will have 30 days to complete 26.2 miles, starting Monday August 21st and ending Thursday, September 21st. Run, jog or walk anywhere you can do so safely and with parents permission. Including before and after school, or during recess time.

An important goal of Marathon-in-a-Month is to promote exercise, good health, and time together for our students and families. This is a great opportunity for our students to get outdoors, have fun, and strengthen themselves.

Turn in your Marathon-in-a-Month paper to the front office or your teacher by **Friday, September 22nd**. If you need a new paper they are in the office.

Our Fun Run this year is September 29th! We hope by participating in Marathon-in-a-Month it will help you train for the Fun Run.

Each student who participates in Marathon-in-a-Month will receive a prize for participating. We hope all of our students join in this fun experience!

FUN RUN

We cannot wait for the Fun Run this year! It will be held on **September 29th at 9:30 am**. Come cheer on our amazing students or join in on the run with your child. Make sure your students come in some comfortable clothes and shoes for a 2-mile run/walk. Seeing these kids do hard things is so inspiring!

We need parent help to make the Fun Run a success. [Please sign up](#) to lend a hand!

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 flyer for details.

BACK TO SCHOOL TIPS:

Focus on helping your student get enough sleep every night. The recommended amount of sleep for children ages 6-12 is 8-10 hours every night. Make bedtime a priority! This also will help them get to school on time. First school bell is at 8:35am. School starts at 8:40am.

Make sure your student has breakfast every morning. We are encouraging Rock Canyon families to apply for Free and Reduced Lunch to support our school fundings and many other benefits. It is hard for students to focus when they do not have breakfast fuel!

Take time to connect daily with your student. Ask them about their day and check in to see how they are feeling. School can be stressful, and connection helps reduce anxious or depressive thoughts and feelings. Please contact your student's teacher, the administration, or the school social worker if you need any support.

KINDNESS CLUB:

Students in grades 1 through 6 are invited to join Rock Canyon's Kindness Club! Meetings are held after school on Wednesdays one time a month. NOTE: Transportation home will not be provided and students will need to be picked up by 4:00pm. Students who join will get their FREE Kindness Club t-shirt as soon as they arrive (last year it took a couple months but we ordered them in June so they should arrive soon).

Adult volunteers are needed to help run the monthly kindness activities after-school. We had about 100 students join the kindness club last year and can't wait to see our students in person!

Parents, please sign the permission form at <https://forms.gle/cVKiepFlvQbUHWvy5>. If you are unsure if your parent permission form was successfully signed, please check your email for a confirmation (submitted applications automatically send a confirmation email). If you did not get an email, it's possible you accidentally clicked "Clear Form" instead of "Submit".

BULLYING PREVENTION:

Each student is learning "stop walk talk" at school. Please remind your students to be "upstanders for kindness" and help them practice telling other students to "stop" when concerns arise and to "talk" to an adult if they need help. Students are holding their hand up for the "stop" signal. See this link for more information about Stop Walk Talk.

Students in grades 4th, 5th, & 6th will also be reminded about the SafeUt app where they can report anonymous tips directly to the principal if they are aware of bullying or other safety concerns at our school. These tips can be sent 24-7 through the app or online <https://safeut.med.utah.edu/>

\$1000 SCHOLARSHIP

Students can make a bookmark design for the "Make Your Mark Scholarship," a \$1000 scholarship opportunity for elementary students.

Send your student's bookmark image to the my529 website by **October 1** to participate in the scholarship application. For more info, visit <https://my529.org/make-your-mark-contest/>

FOOD, CLOTHING & RESOURCES: We have lots of resources for parents in need of food, backpacks, clothing, mental health, or coats for their students / financial assistance. Call 2-1-1, visit this link, or contact the school for more information. Please contact the school if your student could benefit from a donated weekend bag of food.



Help Starts Here: Call 2-1-1 for Provo's community resources & information.
Se habla español. Llama al número 2-1-1 para ayuda de recursos y más información.

CALL DOWNLOAD APP TEXT CHAT EMAIL

	Primary Resource <i>Primera Opción</i>	Call 2-1-1 for Community Resources <i>Llama #2-1-1 para Recursos De Comunidad</i>
 Housing + Utilities <i>Alojamiento y Utilidades</i>	Community Action 815 S Freedom Blvd Provo 801-373-8200	<ul style="list-style-type: none"> • Community Action - Free food, & rent assistance • Domestic Violence Shelter - Emergency housing • Provo Housing Authority - Subsidized rent • Utah County Housing Authority - Subsidized rent • Mountainland HEAT - For electricity/gas shutoff • Victim Crime Reparation - Relocation assistance • Homeless resources through Provo School District
 Employment <i>Empleo</i>	Department of Workforce Services 1550 N 200 W Provo 866-435-7414	<ul style="list-style-type: none"> • People Helping People- For single parent • Vocational Rehabilitation - Disability to qualify • Centro Hispano - Job application help for Spanish • Job Coaching - Through Deseret Industries • Find a Better Job - Class / manual free to public • Career Center or Women's Success Center - UVU • Respite Childcare - If necessary for job interview • Department of Workforce Services - Childcare \$ • Care About Childcare - Help finding childcare
 Food <i>Comida</i>	Food & Care Coalition 299 E 900 S Provo 801-373-1825 Free Meals daily! <i>*Comida Gratis Cada Dia</i>	<ul style="list-style-type: none"> • Free / Reduced Lunch - Provo School District • Food & Care Coalition - Free meals @299 E 900S • Community Action - Food pantry / free groceries • Food Not Bombs- Fridges with food in Provo • Tabitha's Way- Food & clothing (Spanish Fork) • Department of Workforce Services- Food Stamps • Free "Food Box" Delivery: Call 801-598-3993 • Bishop's Storehouse Food - Call 801-785-0995 • Provo School District Pantry / Weekend Food Bags

If you have any questions, please contact your school and ask for your School Social Worker.
**Si Ud. tiene alguna pregunta, por favor comuníquese con su escuela y pregunte por su trabajador social.*




	Primary Resource <i>Primera Opción</i>	Call 2-1-1 for Community Resources <i>Llama al 2-1-1 para Recursos De Comunidad</i>
 Clothing / Ropa	Contact student's school for clothing assistance <i>*Contacte al escuela para ayuda de ropa</i>	<ul style="list-style-type: none"> • Gifts of the Heart - Thrift Clothing (request here) • Deseret Industries - Thrift store Tue-Sat 10am-5pm • Tabitha's Way - Clothing & food (Spanish Fork) • Provo School District Clothing Pantry & Kids Cause
 Transportation <i>Transportación</i>	1-800-RIDE-UTA 801-743-3882	<ul style="list-style-type: none"> • Utah Valley Express Bus - Free from Provo to Orem • Community Action - Bus tokens for job interview • Vocational Rehabilitation - Disability to qualify • Wasatch Mental Health - Rides to medical appointments from your Case Manager at WMH • Provo School District Homeless Resources
 Medical, Dental, Vision <i>Medico/Dental/Vision</i>	Mountainlands Health 590 S. State St. Provo 801-429-2000 <i>*Se habla español</i>	<ul style="list-style-type: none"> • Volunteer Care Clinic - Free basic medical checks • Mountainlands Health Center - Medical / dental • Dept. of Workforce Services- Medicaid insurance • Dixon Medical Center- Medical / immunizations • UVU Hygiene Clinic- \$15-25 basic dental • Provo School District Kids Cause - Medical / Vision
 Mental Health <i>Salud Mental</i>	Free Emotional Health Relief Hotline Open Daily 10am-10pm 833-442-2211 <i>*Ayuda emocional gratis</i>	<ul style="list-style-type: none"> • BYU Comprehensive Clinic - \$15 virtual counseling • Wasatch Behavioral Health - Medicaid / uninsured • Mountainlands Health Center- For uninsured • Family Support Treatment Center - For uninsured • Virtual Divorce Education Class - for children • Hope4Utah- Family mental health resources • Provo School District Counselors & Social Workers
 Internet / Móvil	Contact student's school for technology support / student chromebook <i>*Contacte al escuela para ayuda de computadora</i> Many cell phone providers waive late fees / won't terminate service if unable to pay <i>*Servicios de móvil gratis</i>	<ul style="list-style-type: none"> • SafeLink - Free cell phone • Google Fiber - Free internet • Xfinity Wifi- Free internet hotspots • Comcast - Free internet 60 days then \$10 / month • Provo City Library - Borrow computer / tech help • Upstart - Borrow computer for preschooler program • Provo School District - Student chromebooks

If you have any questions, please contact your school and ask for your School Social Worker.
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Rock Canyon Elementary School SEPTEMBER 2023



	Primary Resource <i>Primera Opción</i>	Call 2-1-1 for Community Resources <i>Llama al 2-1-1 para Recursos De Comunidad</i>
 CORONAVIRUS <i>*Se habla español</i>	COVID-19 Testing 844-442-5224 Utah COVID-19 Info 1-800-456-7707 Call #877-424-4640 for ride to covid testing <i>*Translation provided & languages online here</i>	<ul style="list-style-type: none"> • COVID-19 Testing - Call 844-442-5224 for testing • Utah COVID-19 Info - Call 800-456-7707 for info • Healthy Together Utah App - Updated info • Reopening Schools Safely - by State Health Dept • Free "Food Box" Delivery: Call 801-598-3993 • Community Action Rent, Food, Utilities Assistance • Centro Hispano Covid Relief Fund - Apply for \$ • Free Emotional Health Relief - Call 833-442-2211 • Utah Strong Recovery Project- Counseling support • Utah COVID-19 School Manual - Spanish here • Provo School District COVID-19 Procedures
 Domestic Violence + Abuse Feel Unsafe? <i>Si haya un crisis</i>	Call 9-1-1 if emergency or crime is in progress <i>*Llama al numero 9-1-1, si haya una emergencia</i>	<ul style="list-style-type: none"> • Safe UT Tips - Anonymously report to school admin • SafeUT - App to text / Chat online with crisis worker • Suicide Prevention Hotline - Call 800-273-8255 • Crisis Text Line - Text "start" to 741741 • Report Abuse / Neglect - Call 855-323-3237 • Domestic Violence Shelter - Call 801-377-5500 • Crisis Nursery - Call 801-229-1181 • Free Emotional Health Relief - Call 833-442-2211 • Hope Squad student leaders & Kindness Club
 Other Needs <i>Otros recursos que mi familia necesita</i>	Call 2-1-1 for help <i>*Se habla español, llama al numero 2-1-1</i>	<ul style="list-style-type: none"> • United Way- Call 2-1-1 for all community resources • Provo School District Equity & Diversity Resources <ul style="list-style-type: none"> ○ Parent Advisory Committees: <ul style="list-style-type: none"> ■ Native American ■ Pacific Islander ■ Latino ■ Asian ■ Parents of Black Children ■ LGBTQ+ • Provo School District Parent Academy • If you have any questions, please contact your school and ask for your School Social Worker. <p><i>*Si Ud. tiene alguna pregunta, por favor comuníquese con su escuela y pregunte por su trabajador social.</i></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Early Out
4 Labor Day No School	5	6	7 Vision Screening	8 Early Out
11	12 Community Council, 3:30	13	14	15 Early Out
----- Bike to School Week: Daily Prizes and Raffles! -----				
18	19	20	21 School Pictures	22 Marathon in a Month Due Early Out
25 Kneaders at Riverwoods Fundraiser Night 5:00-7:00 pm	26	27 PTA Meeting 10:00 am	28	29 Fun Run 9:00 am Early Out



Una Visión Mensual de Herramientas Prácticas para Ayudar a su Familia

Bienestar Hoy

Para Padres & Familias

Recursos para Ayuda Adicional

El kit de herramientas para el regreso a la escuela de Mental Health America (MHA) proporciona recursos, información y herramientas gratuitas.

La herramienta de prueba de detección de ansiedad MHA puede ayudar a determinar si su hijo tiene ansiedad.

La Alianza Nacional sobre Enfermedades Mentales (NAMI) ofrece información sobre afecciones de salud mental y grupos de apoyo para las familias.

Línea Nacional de Prevención del Suicidio (inglés y español) 24/7, apoyo gratuito y confidencial para personas en que están en peligro. 1-800-273-8255

Línea para Crisis a través de Mensajes de Texto es un servicio gratuito de mensajes de texto confidenciales las 24 horas del día, los 7 días de la semana para personas en crisis. Envíe HOME al 7417414



Nuevo Año Escolar, Nuevas Emociones Ayudar a los Niños a Vencer la Ansiedad

Un nuevo año escolar puede traer muchas emociones, incluida la ansiedad. La ansiedad es un sentimiento común de nerviosismo o preocupación. Cuando esos sentimientos impiden que sus hijos se diviertan o realicen actividades normales, es posible que necesiten ayuda para reducir su ansiedad.

Como Ayudar

- **Respire.** Practique la respiración tranquila al respirar lento y profundamente.
- **Desafíe los pensamientos negativos o irracionales haciendo** que sus hijos se hagan preguntas como “¿Qué evidencia hay que haga que este pensamiento sea verdadero o no?” O “Si sucedió, ¿qué podría hacer para enfrentarlo?”
- **Planee.** Ayude a sus hijos a priorizar y dividir las tareas en pasos más pequeños y factibles.
- **Conserve la calma.** Muestre un comportamiento seguro y tranquilo para sus hijos.
- **Establezca una rutina en el hogar.** Programe tiempo para tarea, diversión, comidas y una rutina para acostarse.

- **Apoye un estilo de vida saludable.** Proporcione comidas saludables y tiempo para la actividad física. Haga cumplir los toques de queda apropiados para acostarse.
- **Identifique los pensamientos y nombre las emociones.** Describa a sus hijos lo que observa y pregunte de manera aclaratoria si eso es lo que está ocurriendo. Pregunte si, en lugar de decir qué, lo que sus hijos sienten los ayuda a desarrollar una mayor capacidad para nombrar y dominar sus emociones. Por ejemplo, “Te veo fruncir el ceño y no hablar mucho. ¿Te sientes triste?”
- **Comuníquese.** Reserve tiempo para hablar uno a uno con sus hijos. Conéctese emocionalmente escuchando y haciendo contacto visual. Valide las preocupaciones y evite dar sermones.
- **Consiga ayuda.** Hable con los maestros sobre cualquier inquietud que tenga sobre sus hijos. Si le preocupa que sus hijos tengan un trastorno de ansiedad, hable con un consejero, médico, terapeuta u otro experto en salud mental.

*Nota: La información en este boletín es un punto de partida y podría no ser efectiva para cada niño o cada situación. El asesoramiento individual puede ser útil para adaptar estrategias para satisfacer las necesidades individuales. Este boletín es producido por Hope Squad, un equipo de apoyo proporcionado por compañeros de la escuela que se asocia con agencias locales de salud mental. Los miembros del escuadrón están capacitados para vigilar a los estudiantes en riesgo, brindar amistad, identificar señales de advertencia de suicidio y buscar ayuda de los adultos



A Monthly Insight of Practical Tools to Help Your Family

Wellness Today

For Parents & Families

Resources for Additional Help

Mental Health America (MHA) Back-to-School Toolkit provides free resources, information, and tools.

MHA Anxiety Test Screening Tool can help determine if your child has anxiety.

National Alliance on Mental Illness (NAMI) offers information regarding mental health conditions and support groups for families.

National Suicide Prevention Lifeline (English and Spanish) 24/7, free and confidential support for people in distress. 1-800-273-8255

Crisis Text Line is the free, 24/7, confidential text message service for people in crisis. Text HOME to 7417414

New School Year, New Emotions Helping Kids Conquer Anxiety

A new school year can bring many emotions, including anxiety. Anxiety is a common feeling of nervousness or worry. When those feelings stop your children from having fun or doing normal activities, they may need help reducing their anxiety.

How to Help

- **Breathe.** Practice calming breathing together by taking slow, deep breaths.
- **Challenge negative or irrational thoughts** by having your children ask themselves questions such as “What evidence is there that makes this thought true or not true?” or “If it did happen, what could I do to cope?”
- **Plan.** Help your children prioritize and break down tasks into smaller, doable steps.
- **Be calm.** Model confident and calm behavior for your children.
- **Establish an at-home routine.** Schedule time for

homework, fun, meals, and a bedtime routine.

- **Support a healthy lifestyle.** Provide healthy meals and time for physical activity. Maintain an appropriate curfew so your children get enough sleep.
- **Identify thoughts and name emotions.** Describe to your children what you observe and ask in a clarifying manner if that is what is occurring. Asking if, rather than telling what, your children are feeling helps them develop greater ability to name and tame their emotions. For example, “I see you frowning and not talking much. Are you feeling sad?”
- **Communicate.** Set aside time to talk one-on-one with your children. Connect emotionally by listening and giving eye contact. Validate concerns and avoid lecturing.
- **Get help.** Talk to teachers about any concerns you have about your children. If you are concerned your children have an anxiety disorder, talk with a counselor, doctor, therapist, or other mental health expert.

*Note - The information in this newsletter is a starting place and might not be effective for every child or every situation. Individual counseling can be helpful in adapting strategies to meet individual needs. This newsletter is produced by Hope Squad, a school-based peer support team that partners with local mental health agencies. Squad members are trained to watch for at-risk students, provide friendship, identify suicide warning signs, and seek help from adults.

Semana de andar en bicicleta, caminar y rodar a la escuela



Bike, Walk, Roll to school week



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.

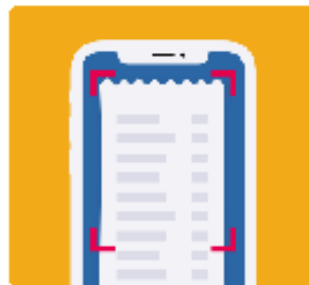


HERE'S HOW IT WORKS:



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 [BTFEC.COM](https://www.btfec.com)

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

