

ROADRUNNER BEEPS



MESSAGE FROM THE PTA

We have some fun events coming up in November for Red Ribbon Week!

Red Ribbon Dress Up Days (Nov. 13-17):

- Monday, November 13th: "We are **REaDy** to be drug free!" — Wear **red**! A small gift will be given to every student from the PTA. Students can wear this gift daily all week long for a chance to win prizes.
- Tuesday, November 14th: "Be brave and active!" — Wear activewear or team jerseys. The BYU dunk team will be coming for an assembly, and that night you can join us for Family Skate night at Classic Skating
- Wednesday, November 15th: "Wake up drug free!" — Pajama day
- Thursday, November 16th: "Sock it to drugs!" — Crazy sock day
- Friday, November 17th: "Life is sweeter without drugs" — School spirit day. Wear your school shirts or hoodies or wear blue and gold. Enjoy a treat in class provided by the PTA

Family Skate Night is **Tuesday, November 14 at Classic Skating** in Orem, 250 South State Street. Celebrate Red Ribbon Week with the PTA and other Rock Canyon families and enjoy skating at Classic for **free**! **We'll be skating from 4:30-8:30 pm**, and families can come and go.

Having a sense of belonging can help our students build self esteem and resilience,

making them less likely to turn to drugs as a coping mechanism. Let's glide across the rink, create memories, and have some fun as a school, community, and family. Bring your own skates or scooters or rent some for a small fee.

— Ashley Gerstner
2023-2024 PTA President

SKI SCHOOL

Ski School is starting soon! If you are interested in ski school, please email Fergi Johnson at fergi.johnson@gmail.com.

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!! If you'd like a shirt or hoodie, the PTA is selling them at the school during SEPs.

MESSAGE FROM MR. HANSEN

Dear Rock Canyon Families,

I wanted to reach out with a friendly reminder that when you are visiting the

school to drop off or pick up a student, or to volunteer in a class, we need to authorize all visitors in the building. We take student safety very seriously. Please check in the main office prior to visiting other parts of the building, even if only for a brief period of time. This helps us to know who is in the school so we can continue to maintain a safe, secure environment for all students. Thank you so much for helping in this matter.

— Mr. Hansen, Principal

Familias de Rock Canyon,

Sólo quería llegar con un recordatorio amistoso sobre el protocolo cuando usted está visitando la escuela (para dejar o recoger a un estudiante, o para ser voluntario en una clase). Nos tomamos muy en serio la seguridad de los alumnos. Por eso necesitamos autorizar a todos los visitantes en el edificio. Por favor, compruebe en la oficina principal antes de visitar otras partes del edificio, aunque sólo sea por un breve período de tiempo. Esto nos ayuda a saber quién está en la escuela para que podamos seguir manteniendo un ambiente seguro para todos los estudiantes.

Muchas gracias por su ayuda en este asunto.

— Sr. Hansen, Principal

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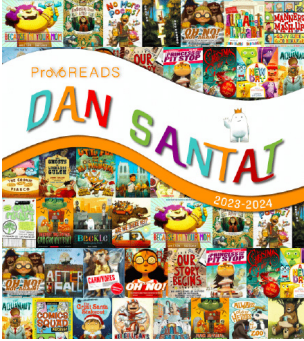
Remember to scan your receipts each week in the Box Tops App to support Rock Canyon! Download the app to make it a snap to help support our school!



LIBRARY CORNER

We had a terrific book fair! Whew, it was fun. Thanks to Story Cupboard for providing so many amazing titles; our volunteers for helping at the fair and with the set up and take down; and of course, a huge thanks to my assistant, Mrs. Gardner.

Provo Reads is off to a great start. Students are reading various genres and Dan Santat books.



Battle of the Books teams are also off and running. They're preparing for their first practice battle, which is scheduled for the first week of December.

I hope these cool days provide lots of reading time for you and yours,

— Mrs. Meibos

KINDNESS CHALLENGE

All students school-wide can join our school's Pumpkin Kindness Challenge for the month of November! Please encourage your students to keep an eye out for other students doing random acts of kindness at school. The challenge is to:

- Look for Acts of Kindness (at school)
- Write down a kind act you witnessed on a pumpkin-shaped paper
- Turn in the Kindness Pumpkins to the main office

Let's see how big our Kindness Pumpkin Patch will grow!

If you'd like ideas of fun activities to do with your child, visit <https://www.randomactsofkindness.org/>

KINDNESS CLUB AND HOPE SQUAD

Our next Kindness Club meetings will be on Wednesday November 1 and Wednesday December 6 after school.

IMPORTANT: There is a change of location because the school musical practices are held in the gym, so we will be meeting next door in the CAFETERIA room instead!

Please don't forget to pick up Kindness Club students outside of the cafeteria/gym doors by 4:00 pm.

Hope Squad student leaders will have their next meeting on November 29 after school in the kiva until 4:00 pm.

SCHOOL SAFETY

Captain Compassion, the webcomic hero, returns with their sidekick, Kid Kinder, to empower children to recognize, report, and refuse bullying in all its forms. You can read the webcomics with your child to help them discover and use their upstander power at <https://www.cfchildren.org/resources/bullying-prevention-information/>.

It's important that every child feels like they belong and are safe at school. Please don't hesitate to reach out to the school or your student's teacher if you have any concerns we can help you with.

Have you downloaded the SafeUT app yet? Our community has this awesome resource where any student or parent 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 at <https://safeut.med.utah.edu/>. SafeUT also has counselors available to help students. You can also text or call the phone number 9-8-8 to speak with a crisis counselor.

Our community has another awesome resource called SAFE-FAM to help families struggling with any crisis. You can call 9-8-8 or 1-833-SAFE FAM for help. The Safe Fam program is designed to help families in a variety of circumstances, anything from a toddler having a two-hour tantrum to a teen who wrote a suicidal note. When someone reaches out, a trained professional will answer the call, help the family with de-escalation, and offer services that best fit the family's needs (including home visits, coaching, therapy, skill-building, and connecting to other resources when appropriate).

ROCK CANYON CARES HOLIDAY ASSISTANCE FUND

Looking to GIVE or RECEIVE help this holiday season? If so, please fill out the survey for Rock Canyon Cares at <https://forms.gle/SsXUuRbv7n9WQfJw8>. Rock Canyon Elementary wants to make sure all of our families have what they need this year.

¿Quiere dar o recibir ayuda en estas fiestas? Rock Canyon Elementary quiere asegurarse de que nuestras familias tengan lo que necesitan este año. Porfavor de llenar la encuesta: <https://forms.gle/SsXUuRbv7n9WQfJw8>



Rock Canyon Elementary School

NOVEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Early Out
6 Rock Canyon Family STEAM Night 6:00-7:30	7	8	9	10 Early Out
13	14 School Comm. Council	15	16	17 Early Out
----- Red Ribbon Week -----				
	Family Skate Nite at Classic Fun Ctr			
20	21	22	23	24
----- No School -----				
27	28	29	30	Early Out

WELLNESS TODAY

for parents and families



HOPE
SQUAD



SERVICE: HELPING YOU HELPS ME

Teaching your children to do service not only helps others but also has benefits for your children. Service can:

- Build self-esteem. As your children help others, they see how their actions can improve the lives of others. This perspective can give them the confidence to solve problems in their own life. Your children can also increase their self-worth through doing service, as service can give them a sense of purpose.
- Introduce new friends. Through service, your children can meet people from many different backgrounds. This helps develop new social skills and valuable relationships. Your children can learn how to interact with, relate to, and value people who are different than them.
- Provide work experience. As your children do service, they acquire experience that can be put on a resume for jobs or college applications. In addition, depending on the type of service they do, your children could hone skills to be used in a future job.
- Reveal passions and interests. Doing service can be an effective way for your children to use what interests them to help others or to discover new passions.
- Grow empathy. Helping others can give your children a chance to practice empathy and grow their ability to understand others and their struggles.
- Improve mental health. Serving others can give your children a chance to focus on others for a time. This shift of focus can help reduce stress and anxiety and result in more happiness for your children.

SERVICE IDEAS AND STRATEGIES

Sometimes, finding the perfect service opportunity that your kids are excited about can be tricky. Below are a few ideas to make that process a little easier.

- Visit elderly neighbors or go to a nearby nursing home.
- Call family members near or far who may be feeling lonely.
- Tutor classmates or younger students or siblings.
- Offer free childcare to families you know.
- Donate old clothes and toys.
- See what service projects local churches, schools, or businesses have.

Whatever service you end up choosing, it can be helpful to (1) center the service around your kids' interests and existing skills, (2) schedule service that caters to your kids schedules, and (3) look for service that helps your kids reach their goals.



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