

ROADRUNNER BEEPS



MESSAGE FROM THE PTA

We have so many fun things coming up at Rock Canyon Elementary!

- Teacher Appreciation Week: Let's show our gratitude to our hardworking educators! We hope our teachers and administrators feel appreciated and valued with some excellent things our PTA has planned for them.
- School Spirit Week: This will be a fun-filled week where students, teachers, and staff come together and celebrate! From themed dress up days (look for a flyer), to another FREE skate night at Classic Skating, and a movie for all our students at the Scera during school!

— Ashley Gerstner, 2023-2024 PTA President

GOLDEN APPLE AWARD WINNER

Our Golden Apple winner for 2024 is Megan Christensen!

Mrs. Christensen is the music teacher at our school; all our students are taught by her. She is also the early morning choir director and directed our first school play at Rock Canyon, "Lion King, Kids!"



We want to share some quote from parents who nominated Mrs. Christensen:

"Her sacrifice in bringing together the Lion King for the sake of students was significant and it meant so very much to the kids and parents involved"

"...But more importantly, she gives many children a chance, not just those with natural talent. She helps develop confidence, character, and talents they did not know were possible."

"The time and energy she puts into these kids is very inspiring. It's people like her that make where we live an exceptional place to be."

"The dedication to her craft and passion for helping students be their best selves is evident and makes her so deserving of this award."

"She is endlessly positive, and in the process of teaching she builds confidence and character in each of her students, allowing them to shine individually and collectively."

There are many more wonderful things parents and staff can say about Mrs. Christensen. We're so grateful for all she does for our school, students, and community. We are the luckiest to have her at Rock Canyon Elementary. We love you, Mrs. Christensen!

— Rock Canyon PTA

DISTRICT EASTER BASKET AUCTION

I want to invite each of you to attend this year's Provo District Easter Basket Auction on March 18th at 6:00pm at the Riverside Country Club. The auction proceeds are how we raise funds for our after-school programs throughout the district, including Rock Canyon's after school chess, ukulele, robotics, coding, and art clubs. Attached is the flyer with more details.

Hope to see you there!

Quería invitar a cada uno de ustedes a asistir a la subasta de la cesta de Pascua del Distrito de Provo de este año el 18 de marzo a las 6:00 pm en el Riverside Country Club. Los ingresos de la subasta son la forma en que recaudamos fondos para nuestros programas extracurriculares en todo el distrito, incluyendo los clubes extracurriculares de ajedrez, ukelele, robótica, codificación y arte de Rock Canyon. Se adjunta el folleto con más detalles.

¡Esperamos verles allí!

— Seth Hansen - Principal

FAMILY STEAM NIGHT

Rock Canyon will be hosting another Family STEAM Night (Science, Technology, Engineering, Art, Math): March 11, 6 to 7:30 PM in the gym. Please come with your families to enjoy coding, science projects, and art creation!

Rock Canyon será el anfitrión de otra Noche Familiar STEAM (Ciencia, Tecnología, Ingeniería, Arte, Matemáticas) el 11 de marzo de 6:00 a 7:30 en el gimnasio de la escuela. Por favor vengan con sus familias para disfrutar de la codificación, proyectos de ciencia y creación de arte.

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 chooses one Friday a month to pass out treats showed school spirit and participate. You never know which Friday it will be!

SUPPORT ROCK CANYON WITH BOXTOPS

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

Spelling Bee

On February 13 we held our Rock Canyon Scripps Spelling Bee. Twenty-four students participated! They were Kenley Balluff, Henry Spence, Calvin Lohner, Penelope Craig, King Escobedo, Ruby Harris, Muriel Smith, Wataru Onda, Kelsey Wanless, Lauren Ficker, Dagny Runia, Olivia Bradford, Cannon Buckner, Savannah Terry, Amelia Law, Alyhani Medina, Madelyn Pyrah, Dot Wood, Matthew Ellsworth, Josefa Canoles, Nikell Lewis, Travis Polito, Eve Gardener, and Macey Cooper.

Kenley Baluff placed third, Amelia Law placed second, and the champion speller was Lauren Ficker! Lauren and Amelia will go onto the regional state spelling bee on March 9th at Wasatch Junior High School. Congratulations to everyone who participated.

Special thanks to our announcer, Mr. Hansen; Mrs. Gardener, our stage assistant; and Mrs. Ludlow for broadcasting.

Battle of the Books

Our second round of battles in Battles of the Book has taken place. The third and final round will be held the week of March 11, which will determine who the school champions will be.

The teams in the 3/4 grade category are the Wild Readers vs the Queen Bees. In the 5/6 grade category the teams battling will be the Order of the Phoenix vs the Blue Jays II for the second place position. The Reading Roadrunners are currently in the lead for first place.

We will also be having a battle between the School Champions vs the teachers!

The Book fair was a huge success. Special thanks to our volunteers for set up and take down, and thanks to everyone who visited the fair.

Reading rocks!
— Mrs. Meibos

KINDNESS CLUB AND HOPE SQUAD

Our next Kindness Club meetings will be on Wednesday, March 6 after school. Our Kindness club will be meeting in the GYM. We only have 2 more club meetings left: March 6 and April 10. Please don't forget to pick up Kindness Club students behind the school outside of the cafeteria/gym doors by 4 pm. We need a couple of parent volunteers to help supervise the Kindness Games (that are already prepared). Please contact Rebecca at rebeccab@provo.edu if you'd like to help.

Hope Squad student leaders will have their next meeting on March 27 after school in the KIVA until 4 pm. We only have 2 Hope Squad meetings left on March 27 and April 17.

Nuestras próximas reuniones del Club de la Bondad serán el miércoles 6 de marzo después de la escuela. Nuestro club de bondad se reunirá en el gimnasio. Solo nos quedan 2 juntas mas el 6 de Marzo y el 10 de Abril. Por favor no se olviden de recoger a los estudiantes del Club de Bondad detrás de la escuela afuera de las puertas de la cafetería/gimnasio a las 4pm. Necesitamos un par de padres voluntarios para ayudar a supervisar los Juegos de Bondad (que ya están preparados). Por favor, póngase en contacto con Rebecca en rebeccab@provo.edu si le gustaría ayudar.

SCHOOL SAFETY

Take time out for an important message from the Jazz. SafeUT provides support when you need it, anytime, anywhere, for any size crisis. Watch the Jazz's message at <https://www.youtube.com/watch?v=Ucl5mwZeDlY&t=59s> It's important that every child feels like they belong and are safe at school. Please contact the school or report anonymous tips directly to the principal if you're 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/>

Tómese el tiempo para un mensaje importante de los Jazz SafeUT proporciona apoyo cuando lo necesite, en cualquier momento, en cualquier lugar, para cualquier tamaño de crisis. Vea el mensaje de los Jazz en <https://www.youtube.com/watch?v=Ucl5mwZeDlY&t=59s> Es importante que todos los niños sientan que pertenecen a la escuela y que están seguros en ella. Póngase en contacto con la escuela o informe directamente al director si tiene conocimiento de casos de acoso u otros problemas de seguridad en nuestra escuela. Estos consejos pueden ser enviados 24-7 a través de la aplicación o en línea <https://safeut.med.utah.edu/>

PARENT RESOURCE

These How-To Guides provide education and action-oriented strategies and tools to start conversations and boost mental wellness in children. Created by behavioral health experts, they make the topic of mental wellness approachable with ways to implement these in your everyday life. Topics include helping children deal with boredom, stress, holidays, social media, etc. Visit www.onoursleeves.org/mental-wellness-tools-guides

Estas guías prácticas ofrecen estrategias y herramientas educativas y orientadas a la acción para iniciar conversaciones e impulsar el bienestar mental de los niños. Creadas por expertos en salud conductual, hacen que el tema del bienestar mental sea abordable con formas de ponerlas en práctica en la vida cotidiana. Los temas incluyen cómo ayudar a los niños a afrontar el aburrimiento, el estrés, las vacaciones, las redes sociales, etc. Visite www.onoursleeves.org/mental-wellness-tools-guides

ROCK CANYON CARES

If anyone needs housing/shelter or is interested in volunteering at our local Warming Centers, see <https://docs.google.com/document/d/1g5GaDvyXqAnvqxof0nWVd2JStz7jqxkctTBFjbjidOs/edit?usp=sharing> Please reach out to Provo's Resource Hotline at #2-1-1 or call our school's Family Advocate, Gaby Durrant, at (385) 309-3839. if your family needs help with community resources such as housing, employment, food, warm winter clothing, etc.

Si alguien necesita vivienda / refugio, o está interesado en ser voluntario en nuestros Centros de Calentamiento locales, vea <https://docs.google.com/document/d/1g5>

[GaDvyXqAnvqxof0nWVd2JStz7jqxkctTBFjbjidOs/edit?usp=sharing](https://docs.google.com/document/d/1g5GaDvyXqAnvqxof0nWVd2JStz7jqxkctTBFjbjidOs/edit?usp=sharing) Por favor, póngase en contacto con la Línea Directa de Recursos de Provo al #2-1-1 o llame a la Defensora de la Familia de nuestra escuela Gaby Durrant al (385) 309-3839 si su familia necesita ayuda con los recursos de la comunidad, tales como vivienda, empleo, alimentos, ropa de invierno, etc.

TAX FILING — FREE ASSISTANCE

The program Volunteer Income Tax Assistance (VITA) has certified volunteers who can help file peoples' taxes for free. To access VITA, they can:

1. Schedule an in-person appointment by calling 211 or visit unitedwayuc.org and under the "Our Programs", click on "Volunteer Income Tax Assistance", and then select "schedule now".
2. Visit myfreetaxes.com to file their taxes on their own online for free.

Questions? Contact the VITA coordinator Jana Walker at janaw@unitedwayuc.org.

Para aplicar en español visita el sitio <https://unitedwayuc.org/es/our-work/everyday-support/vita/>

El programa Volunteer Income Tax Assistance (VITA) tiene voluntarios certificados que pueden ayudar a declarar los impuestos de las personas de forma gratuita.

Para acceder a VITA, pueden

1. Fijar una cita en persona llamando al 211 o fijar una cita al sitio unitedwayuc.org
2. Visitar myfreetaxes.com para presentar sus impuestos por su cuenta en línea de forma gratuita.

¿Tiene preguntas? Póngase en contacto con la coordinadora de VITA, Jana Walker, en janaw@unitedwayuc.org.

Rock Canyon Elementary School

MARCH 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Early Out
4	5	6 Kindness Club	7 District Choir Festival	8 6th Grade Medieval Feast
----- Teacher Appreciation Week -----				
				Early Out
11 Family STEAM Night 6-7:30 PM	12 School Community Council	13	14 End of 3rd Term	15 No School
18 No School Teacher PD Easter Basket Auction 6:00 PM	19	20	21	22 Early Out
25 Classic Skating 4:30-8:30 PM Orem	26 RC Choir Concert 6:30 PM	27 PTA Meeting 10:00 AM	28 Movie at Scera 9:00 AM	29
----- Spirit Week -----				
		Hope Squad		

Unsheltered Warming Centers And Temporary Housing Resources

Warming Center Locations

Genesis Project - 875 S 170 E Provo

Provo Community Church of Christ - 175 N University Ave Provo

7th Day Adventist Community Center - 255 S 700 E Provo

Warming Center Schedule

We will have warming centers open on the following days:

- February 27th 9-8 Genesis Project, Provo
- February 28th 10-8 Provo Community Church
- February 29th 9-8 7th Day Adventist Provo
- March 3rd 9-8 Provo Community Church
- March 4th 9-8 Genesis Project, Provo
- March 5th 9-8 Genesis Project, Provo
- March 6th 10-8 Provo Community Church
- March 7th 9-8 7th Day Adventist Provo

*Warming centers are typically open when the temperatures reach 20 degrees fahrenheit.

Every night, Community Action will shelter in hotels (if room availability) families with minor children, individuals over 65, or highly vulnerable individuals. *During business hours, these can be accessed through Community Action (801) 373-8200. After hours or weekends, these can be accessed through dispatch: 801-852-6210*

Volunteers Needed at the Warming Centers - Sign up at

<https://www.signupgenius.com/go/10C084AABA92FA4FBC43-47701728-brendas>

Questions? Reach out to Heather Hogue - Mountainland Continuum of Care Project Coordinator
heatherh@unitedwayuc.org / 385-312-0830

— 20TH ANNUAL —

EASTER BASKET AUCTION

DON'T MISS OUT! PREVIOUS AUCTION ITEMS INCLUDE:

- Luxury vacation home stays (Maui, Cabo San Lucas, etc.)
- Private guided cruise
- Sporting event tickets and packages (BYU, RSL, Jazz, etc.)
- Sports memorabilia
- Chef dining experience
- Jewelry
- Beautiful local art
- Full set of braces
- Golfing packages
- Fishing trips
- Hunting trips
- Helicopter/plane rides
- and over 80 silent auction items

SEE MORE: www.facebook.com/easterbasketauktion

Monday, March 18, 2024

Riverside Country Club
2701 N. University Ave.
Provo, UT 84604
Best dress/business attire

6:00 p.m. Doors open & hors d'oeuvres
6:30 p.m. Auctions begin
(The evening will include both silent and live auctions)

Your generous auction donations support the extended day programs (before school, after school, summer school) in the Provo City School District.
The mission of the Foundation is to elevate student success by funding educational opportunities for students and their teachers from community donations.

SPONSORED BY



WITH SUPPORT FROM





CÓMO FOMENTAR LA INCLUSIÓN CON LOS NIÑOS

La exclusión social y el rechazo entre jóvenes pueden ser experiencias comunes en la vida de los niños y los adolescentes. La exclusión y el rechazo pueden ocurrir por innumerables razones y, aunque pueden suceder involuntariamente, los resultados son perjudiciales. Algunos incluyen la dificultad académica, disminución del comportamiento prosocial y baja autoestima. [1]

La conexión social es fundamental para el bienestar físico y mental. Los sentimientos de cercanía con los demás aumenta la longevidad y fortalece el sistema inmunológico. [2] Cuando los niños y adolescentes tienen conexiones con otros, se sienten menos solos y tienen personas con quienes hablar cuando están pasando por momentos difíciles.

¿Cómo podemos enseñar a nuestros hijos a incluir a otros a medida que crecen y llegan a ser adultos? Estos son algunos consejos que pueden ayudar:

- **Escuche y empatice.** Cuando nuestros hijos nos cuentan sobre momentos en los que han sido excluidos, es importante escucharlos y sentir empatía. Nuestro primer instinto puede ser el decir: "¡No vuelvas a jugar con ellos!". Pero el decir algo como "Eso suena muy difícil. Estoy seguro que eso te hizo sentir triste", puede ayudarles a aprender a empatizar con los demás.
- **Escuche y empatice.** Cuando nuestros hijos nos cuentan sobre momentos en los que han sido excluidos, es importante escucharlos y sentir empatía. Nuestro primer instinto puede ser el decir: "¡No vuelvas a jugar con ellos!". Pero el decir algo como "Eso suena muy difícil. Estoy seguro que eso te hizo sentir triste", puede ayudarles a aprender a empatizar con los demás.
- **Incluya a otros:** muestre a sus hijos que usted se acerca a los demás. Si estás en el parque con tus hijos, saluda a los demás padres. Si ese amigo o familiar que a veces molesta llama, muéstreles a sus hijos que usted responderá. En situaciones sociales, incluya a aquellos que puedan sentirse solos. Sus hijos verán su buen ejemplo y aprenderán de él.
- **Busque a alguien que necesite un amigo:** enséñeles a sus hijos a buscar en una sala, un patio de juegos o un equipo por aquellos que puedan estar solos o no estén interactuando con los demás. Modele e incluso practique cómo acercarse y saludar a los demás y extender su amistad.
- **Hablemos de exclusión involuntaria:** a menudo, no excluimos a otros intencionalmente. Los niños pueden quedar atrapados en su propio grupo de amigos y es posible que no se den cuenta de que los demás se sienten excluidos. Hable sobre esto con los niños y recuérdelos que siempre traten de pensar en otros a quienes incluir. Además, enséñeles a sus hijos que en ocasiones son excluidos, es muy posible que sea sin querer. [3]
- **Las diferencias son buenas:** en la escuela u otros entornos, los niños suelen ser excluidos por sus diferencias. Tenemos la tendencia a salir con personas similares a nosotros. El enseñar a los niños que está bien ser diferente y que los amigos que son diferentes a nosotros pueden dar sabor a nuestras vidas puede ayudarlos a incluir a los demás.

CÓMO ACERCARSE A LOS DEMÁS

No siempre es fácil acercarse a otras personas que no conocemos muy bien, incluso para los adultos. Para los niños y los adolescentes, esto puede resultar aun más difícil. Puede ser útil practicar en casa con sus hijos para que se sientan más seguros cuando surja una situación. A continuación se ofrecen algunos consejos que podrían facilitar esta práctica.

- En el área de juegos:
 - ¡Hola! ¿Te gusta jugar fútbol?
 - Hola. ¿Cómo te llamas? ¿Quién es tu maestro?
 - Oye, me gusta tu chaqueta.
 - Hola chicos, vamos a pedirle a ese niño nuevo que juegue con nosotros.
- En el comedor:
 - Simplemente ve y siéntate junto a la persona que está sola.
 - ¿Quieres sentarte en esta mesa con nosotros?
 - Eso se ve bien. ¿Qué comes?
 - Oye, vamos a sentarnos con esa persona.
- En el Aula, con los equipos u otras situaciones en grupo:
 - ¿Qué piensas de esa idea?
 - ¿Quieres un turno?
 - Ven y sé parte de nuestro grupo.
 - Esa persona está completamente sola. Vamos a sentarnos con ellos.

Mulvey, K., Boswell, C. & Zheng, J. "Causes and Consequences of Social Exclusion and Peer Rejection Among Children and Adolescents." / Causas y consecuencias de la exclusión social y el rechazo de los pares entre niños y adolescentes. Report on Emotional & Behavioral Disorders in Youth / Informe sobre los trastornos emocionales y del comportamiento en la juventud. Verano del 2017; <https://www.ncsi.nimh.nih.gov/pmc/articles/pmc5056515/>.

2. The Importance of Social Connections in Schools. / La importancia de las conexiones sociales en las escuelas. theeducationhub.org. Enero 2020.

3. Hurley, Katie. "How to Teach Your Child to Be An 'Includer'." / Como enseñarle a su hijo a incluir a otros. pbs.org. Junio 2016.



HOW TO ENCOURAGE INCLUSIVITY WITH KIDS

Social exclusion and peer rejection can be common experiences in children's and adolescents' life experiences. Exclusion and rejection can occur for a myriad of reasons, and although it may be unintentional, the outcomes of being excluded are detrimental. Some of these include academic difficulties, decrease in prosocial behavior, and low self-esteem. [1]

Social connection is critical to physical and mental wellbeing. A feeling of closeness to others increases longevity and strengthens the immune system. [2] When children and adolescents have connections to others, they feel less lonely and have people to talk to when they are going through difficult times.

How can we teach our children to be includers as they grow into adulthood? Here are some tips that can help:

- Listen and empathize. When our children are telling us about times when they have been excluded, it's important to listen and empathize. Our first instinct may be to say, "Don't ever play with them again!" But, saying something such as, "That sounds really hard. I'm sure that made you feel sad," can help them to learn to empathize with others.
- Be an includer: Show your children that you reach out to others. If you're at the park with your children, say hello to the other parents. If that sometimes-annoying friend or family member calls, show your children that you will answer. In social situations, include those who may be feeling alone. Your children will see your good example and learn from it.
- Look for someone who needs a friend: Teach your children to scan a room or playground or team for those who may be alone or not engaging with others. Model and even practice how to approach and greet others and to extend friendship.
- Talk about unintentional exclusion: Often, we don't purposely exclude others. Kids can get caught up with their own friend group and may not realize that others feel excluded. Talk about this with kids and remind them to always try to think of others to include. Also, teach your children that are excluded at times, it may very well be unintentional. [3]
- Differences are okay: At school or other settings, kids are often excluded because they seem different. We tend to hang out with people who are similar to us. Teaching kids that it's okay to be different and that friends who are different from us can add a lot of spice to life can help them to include others.

HOW TO APPROACH OTHERS

Even for adults, it isn't always easy to approach others who we don't know very well. For children and adolescents, this can even be more difficult. It might be helpful to practice at home with your children so that they feel more confident when the situation arises. Here are some tips that might make this practice easier.

- On the playground:
 - Hi! Do you like to play soccer?
 - Hi. What's your name? Who's your teacher?
 - Hey, I like your jacket.
 - Hey guys, let's go ask that new kid to play with us.
- In the lunchroom:
 - Simply go sit by the person who is alone.
 - Do you want to sit at this table with us?
 - That looks good. What's in it?
 - Hey, let's go sit with that person.
- Classroom, teams or other group situations:
 - What do you think of that idea?
 - Do you want a turn?
 - Come and be in our group.
 - That person is all alone. Let's go sit over there.

1. Mulvey, K., Boswell, C., & Zheng, J. "Causes and Consequences of Social Exclusion and Peer Rejection Among Children and Adolescents," Report on Emotional & Behavioral Disorders in Youth, Summer 2017; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6085085/>.
2. "The Importance of Social Connections in Schools," theeducationhub.org, January 2020.
3. Hurley, Katie. "How to Teach Your Child to Be An 'Includer,'" pbs.org, June 2016.

FILE YOUR TAXES FOR FREE

Visit our website to learn more!

uwayuc.org/VITAseason



DECLARE SUS IMPUESTOS GRATIS

Visite nuestra página web para aprender más!
uwayuc.org/VITAsession



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.

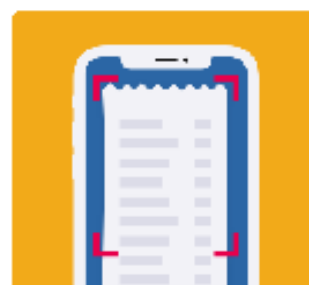


HERE'S HOW IT WORKS:



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:



