

ROADRUNNER BEEPS



MESSAGE FROM THE PTA

Dear Parents,

We are thrilled to announce our school's main fundraiser, the EXTRAVAGANZA, a crucial event that impacts our cherished traditions, supports our dedicated students, and empowers our hardworking teachers.

As you know, our PTA relies on the generosity and support of our community to provide all our events throughout the year, including teacher luncheons, Red Ribbon Week, family skate nights, Scera movie day, Bike-to-School Week, Rock Canyon's birthday, Spirit Week, the school play, class donations, Teacher Appreciation Week, the Fun Run, the Halloween parade, Marathon-in-a-Month, teacher and student gifts, and so much more!

By participating in our fundraiser, you are investing in the future of our children and success of our school and community. Every contribution, no matter the size, makes a difference. Our goal is to raise \$15,000.

Join us, Friday, May 3rd, 4pm-7pm, at Rock Canyon Elementary. Let's come together to celebrate our school, and ensure that our students and teachers have the tools they need to thrive. Thank you for your continued support and dedication to our school!

— Ashley Gerstner
PTA President

LIBRARY CORNER

We held our third battle round for Battle of the Books!

The champions for third and fourth grade are The Wild Readers (Peyton Cannon, Emily Speirs, Remington Harris, Dorothy Wood, and Madelyn Pyrah).

In second place are the Queen Bees (Anya Reed, AInsley McDonald, Ava Eubanks, and Raelyn Bushell).

The fifth and sixth grade champions are the Reading Roadrunners (Mary Golding, Emma Hartman, Ruby Haddock, Audyn Harris, and Eve Gardener).

In second place are the Blue Jays II (Hazel Davis, Abigail Buchanan, Alyani Medina, Collier Webb, and Indy Mergist).

The Wild Readers and the Reading Roadrunners will compete in the district battle on April 18 at Provo High School.

I want to give a shout out to all the teams that participated this year:

Miss Buxton's class: Books after the Dawn, The Reading King, Razer Readers, and The Black Panthers.

Mrs. Harrington's class: Read Speeders.

Miss Wilkins's class: The Tigers, Leopards, and 5 Pumpkins

Miss Wrigley's class: The Wild Readers, Queen Bees, The Chicken Nuggets, The Buccaneers.

Mrs. Brown's class: Potato, Cat, Dog, Owl, and Squid; CGI Blue Bears; Asteroid; and the Royal Readers.

Miss Mecham's class: Smokin' Hot Cheetos and Ding, Ding Spaghetti.

Miss Cooper's class: The Reading Roadrunners, and the BOBS.

Mrs. Paxman's class: The Order of the Phoenix.

Mrs. Barnum's class: I don't know.

Mrs. Risk's class: The Darkside and the B.O.B.'s.

Mrs. Merritt's class: The Blue Jays.

For the first time we will be having a spectacular Battle of the Books round between the champion teams and the teachers. It will take place April 15-16.

Looking ahead to May — all library books need to be returned by May 9th.

Happy School Library month. Happy Poetry month and Happy Spring!

— Mrs. Meibos

ROCK CANYON CROSS COUNTRY

Rock Canyon Elementary has a cross country program for all students. It began on Tuesday, April 9 and will run until May 19. It's held each Tuesday and Thursday from 3:20 to 4:10. Registration forms are available in the front office. Please send any questions to Janae Baron at hungryrunnergirl@gmail.com.

MESSAGE FROM MS. BISHOP

Tips for anxiety relating to school and testing:

- Take time to connect daily with your student. Ask them about their day! Check in to see how they are feeling! School can be stressful and connection helps reduce anxious or depressive thoughts and feelings.
- 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. Encourage your children to draw or write about the happiest part of their day. 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>

Consejos para la ansiedad ante los exámenes y la escuela:

- Tómese el tiempo para conectarse diariamente con su estudiante. ¡Pregúntales sobre su día! ¡Visítanos para ver cómo se sienten! La escuela puede ser estresante y la conexión ayuda a reducir los pensamientos y sentimientos ansiosos o depresivos.
- 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>.

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.

TIMPVUEW YOUTH FOOTBALL



GRADES 4-9th



REGISTER TODAY!

www.timpviewyouthfootball.org

Rock Canyon Elementary School

APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
----- Spring Break -----				
8	9 Cross Country	10	11 Cross Country	12 Early Out
15	16 Cross Country	17 5th grade Reading Rise test	18 Cross Country After school robotics competition	19 Early Out
22	23 Cross Country	24 PTA Meeting 10:00 am 4th grade ELA and 5th grade writing Rise tests	25 Cross Country	26 Early Out
29	30 Cross Country 3rd grade and 6th grade ELA Rise tests	MAY 1	MAY 2 Cross Country	MAY 3 Early Out Rock Canyon Extravaganza 4:00-7:00 pm

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Pero el ser conscientes no sólo es bueno para los niños. Los estudios han demostrado que las personas que practican el ser conscientes con regularidad experimentan beneficios como menos ansiedad y depresión, presión arterial más baja, mejor sueño e incluso son más capaces de afrontar el dolor. [3]

Los padres y profesores pueden practicar el ser conscientes con sus hijos de forma regular. Podría ser parte de su rutina diaria por la mañana o por la noche y no tiene por qué tomarse mucho tiempo. Si los niños aprenden algunas prácticas sencillas de cómo ser conscientes, podrán utilizarlas en sus vidas cuando se sientan estresados, molestos o ansiosos. Además, utilizar estas técnicas a diario les ayudará cuando lleguen momentos difíciles.



1. Davis, D. M., & Hayes, J. A. (2021, Julio/Agosto). ¿Cuáles son los beneficios de ser conscientes? Asociación Americana de Psicología. Consultado el 6 de octubre de 2023., de <https://www.apa.org/monitor/2012/07-08/ce-corner>.
 2. El ser conscientes para niños. (n.d.). Mindful.org. Consultado el 6 de octubre de 2023, de <https://www.mindful.org/mindfulness-for-kids/>.
 3. <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health#:~:text=Studies%20suggest%20that%20focusing%20on,help%20people%20cope%20with%20pain.>

Prácticas simples de cómo ser conscientes

Respire profundamente: respire por la nariz contando hasta 4, sostenga durante 1 segundo y luego exhale por la boca contando hasta 5. Repita con frecuencia.

5 sentidos: Piense en 5 cosas que ve, 4 cosas que escuche, 3 cosas que perciba por medio del olfato, 2 cosas que pueda tocar, y 1 cosa que saboree.

Sé un Árbol: Piense Estoy firmemente plantado. Siento mis pies clavados al suelo. Mi espalda es un tronco fuerte que me ayuda a sentirme estable y fuerte. Mis dedos de los pies están conectados al suelo. Me imagino mis brazos levantándose (o los puede levantar) hacia el cálido sol. Me mantengo alto.

Dibujo consciente: Dibujar es un poderoso ejercicio de cómo ser conscientes. Una idea es encontrar un punto de partida en tu página y alinearlo con un punto de lo que estás observando. Configure un cronómetro durante tres minutos y prepárese para mantener sus ojos enfocados en el sujeto todo el tiempo. Sin mirar el papel, mueva el lápiz a medida que mueva el ojo mientras traza los bordes y las formas que ve. Concéntrese en la conexión entre tu ojo y tu lápiz. Cualquier tipo de dibujo puede ser una poderosa herramienta.

Historias: Cierre los ojos y piense en una historia favorita de un libro o de la vida real. Visualice lo que sucede en la historia como si usted fuera parte de la historia.

Respiración de tipo Globo Aerostático: Siéntese cómodamente e imagine inflando un globo aerostático. Respire profundamente por la nariz y coloque las manos alrededor de la boca. Mientras exhala lentamente, expanda las manos hacia afuera, visualizando el globo aerostático en crecimiento.

But mindfulness is not just good for children. Studies have shown that people who regularly practice mindfulness experience benefits such as less anxiety and depression, lower blood pressure, improved sleep, and they are even better able to cope with pain. [3]

Parents and teachers can practice mindfulness with their children on a regular basis. It could be part of their daily morning or nighttime routine and doesn't have to take a lot of time. If children learn some simple mindfulness practices, they can use these in their lives when they are feeling stressed, upset, or anxious. Also, using them on a daily basis will help them when hard times come along.



1: Davis, D. M., & Hayes, J. A. (2021, July/August). *What are the benefits of mindfulness?* American Psychological Association. Retrieved October 6, 2023, from <https://www.apa.org/monitor/2012/07-08/ce-corner>.

2: *Mindfulness for Kids*. (n.d.). Mindful.org. Retrieved October 6, 2023, from <https://www.mindful.org/mindfulness-for-kids/>.

3: <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health#:~:text=Studies%20suggest%20that%20focusing%20on,help%20people%20cope%20with%20pain>.

Simple Mindfulness Practices

Take some deep breaths: Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.

5 Senses: Think about 5 things you see, 4 things you hear, 3 things you smell, 2 things you can touch, 1 thing you taste.

Be a Tree: Think: I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable and strong. My toes are connected to the ground. I am picturing my arms rising up (or I will raise them up) to the warm sun. I stand tall.

Mindful Drawing: Drawing is a powerful mindfulness exercise. One idea is to find a starting place on your page and line that up with a point on what you are observing. Set a timer for three minutes and prepare to keep your eyes focused on your subject the entire time. Without looking at your paper, move your pencil with your eye as it traces the edges and shapes that you see. Focus on the connection between your eye and your pencil. Any kind of drawing can be a powerful mindfulness tool.

Stories: Close your eyes and think of a favorite story from a book or real-life. Visualize what happens in the story as if you are part of the story.

Hot Air Balloon Breathing: Sit comfortably and imagine inflating a hot air balloon. Take a deep breath in through the nose, cup your hands around your mouth. As you exhale slowly, expand your hands outward, visualizing the growing hot air balloon.