

R.O.A.R Report

Visit us at: <http://rimrock.mesa.k12.co.us/>
Old editions will be archived on our website.



Mission Statement: *Is to be a school community where all learners (students, staff and parents) are valued and continuously strive to achieve our personal best.* **Si usted necesita una traducción en español favor de llamar al 254-5339. Estamos para servirles.**

On-Line Family Handbook - <http://www.rimrockfamilyhandbook.com/>

January 18, 2017

Upcoming Dates

March of the Penguins – January 27th

PTO Meeting - February 2 – 4:00 PM

2nd Grad Music Program – February 7

(Helms/McCurry), 8 (Myers/Steele) – 6:00 PM

Conferences – February 9 (4:00 – 8:00), 13 (4:00 – 8:00), 15 (4:00 – 8:00)

No School – February 16 (Plan Day) 17 (Comp. Day for Conferences)

Focus on Learning:

Outstanding Educator Award



We are excited to announce our very own Mrs. Jensen will be honored at the White Iced event held by our D51

Foundation on February 4 as one of 14 Outstanding Educators in D51!!!! Her

award is based on her performance in Growth and Achievement, Contribution to Community, School Leadership and Growth Mindset. Please join us in congratulating her on this prestigious award!! Tickets for the event can be purchased at: <http://d51foundation.org/>

Conferences

We will be hosting conferences from 4:00 – 8:00 pm three evenings in February (9th, 13th, 15th). Our staff determined that our “winter” conferences impacted student learning more than our “spring” conferences and thus decided to move up four hours from our “spring” allotment so we can meet with almost all of our families at this crucial time of the year. Please watch your child’s backpack for information and scheduling.



Focus on Our Community:

Girls on the Run



Girls on The Run - Is So Much Fun! I am trying to build up my volunteer coaching staff, and am looking for Volunteer Coaches, and Running

Buddies. GOTR is a great program that invites girls 3rd-5th grade to participate in fun, healthy activities that booster self-esteem and confidence, and fitness. Our GOTR season begins in February, and runs through the first weekend of May. We typically practice on Tuesday and Thursday afternoons. The number of slots I can offer depends on the number of coaches I have signed-up. If this sounds like the “Just the Right” Volunteering opportunity for you... please contact Patrice Clark to learn more!

March of the Penguins



Join us on Friday, January 27th for our first walk/wheel to school day for 2017. We will be having a “March of the Penguins” before school to increase our heart rates and improve our academic performances. Depending on the weather, students can choose to walk or ride their bikes/scooters to school and can earn a penguin charm. Maps along with times will posted near the office as well as on our school homepage so you can plan ahead as to where you and your child can walk/ride safely. We encourage as many families as possible to participate in this fun, active to start to our day.

The Counselor’s Corner – Kristen Walke

January’s character word is **self-control**. Self-control is showing power or control over one’s own actions, words, and feelings. In this month’s lessons, we will focus on how to prevent blurting and techniques to handle our anger. These lessons goes along with managing impulsivity which is one of the Habits of Mind. Fifth grade students are continuing to learn

strategies for dealing with stress and strong emotions in the “Riding the Waves” lessons. Some of the techniques that we have covered are: affirmations, journaling, meditative drawing, positive self-talk, laughter, belly breathing, and guided imagery.

The following are a few ways to teach self-control at home. These ideas are written by Gwen Dewar, Ph. D. and are taken word for word from <http://www.parentingscience.com/teaching-self-control.html>.

- **Play games that help kids practice self-control.**

Any time we ask kids to play by the rules, we’re encouraging them to develop self-control. But some games are more challenging than others. For instance, take the traditional game, “Red light, Green light.” When a child hears the words “Green light!” he’s supposed to move forward. When he hears “Red light!” he must freeze. In this classic form, the game is about following directions. But with a twist, it gets trickier: *After the kids have adjusted to the rules, reverse them. Make “Red light!” the cue to go and “Green light!” the cue to stop.* Now the game tests a child’s ability to go against habit. He must inhibit his impulses, practicing what psychologists call “self-regulation.”

- **Be an “emotion coach.”**

Adults react in different ways to a child’s negative emotions. Some are dismissive (“That’s no reason to be sad.”). Others are disapproving (“Stop crying!”) These approaches aren’t helpful, because they don’t teach kids how to regulate themselves. By contrast, kids benefit when parents talk to them about their feelings, show empathy, and discuss constructive ways to cope. Researchers call this “emotion coaching,” and it’s associated with better child outcomes.

- **Instill the right mindset for tackling challenges and learning from failure.**

Many people think of intelligence and talent as “gifts” that we inherit and can’t improve upon. When these people fail, they feel helpless and give up. By contrast, people who believe that effort shapes intelligence and talent are more resilient. They are more likely to take on challenges and learn from their mistakes. We can help kids develop this sort of resilience and determination by being careful with our feedback. Experiments show that praising kids for general traits (“You’re so smart!”) makes them adopt the wrong mindset. So does general criticism (“I’m disappointed in you”). What works better is praise for effort, and feedback that encourages kids to

try different strategies (“Can you think of another way to do it?”)

Kristen Walke
School Counselor
Rim Rock Elementary

Focus on Growth Mindset - 10 Reasons Why Failure is Important



In a recent article, Carol Dweck talked about Praise and “Tuning the Growth Mindset”:

“Some parents and teachers try to buck up struggling students with comments like, “Wow, you tried really hard!” – which is a misunderstanding of the praise-effort mantra. When adults do this, it turns praising effort into a consolation prize and can be interpreted by children as a statement that the adult doesn’t believe they can do any better. “It’s not just effort, but strategy,” says Dweck. “Students need to know that if they’re stuck, they don’t need just effort. You don’t want them redoubling their efforts with the same ineffective strategies. You want them to know when to ask for help and when to use resources that are available. All of this is part of the process that needs to be taught and tied to learning.” When students fail, teachers and parents should say things like, “Okay, what is this teaching us? Where should we go next?”

You can read the full article here: <https://www.theatlantic.com/education/archive/2016/12/how-praise-became-a-consolation-prize/510845/>