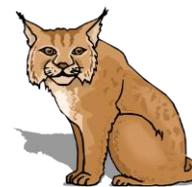


# R.O.A.R Report



Visit us at: <http://rimrock.mesa.k12.co.us/>

Old editions will be archived on our website.

*Mission Statement: Rim Rock nurtures and equips mindful, engaged and empowered learners. Si usted necesita una traducción en español favor de llamar al 254-5484. Estamos para servirles.*

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November 28, 2018

## Upcoming Dates

November 29 – PTO Meeting – 4:00

**November 29 – SAC Meeting – 4:15**

November 30 - Harley Toy Run pick up

**December 3 – No School – Teacher Plan Day**

December 6 – PTO Ornament Party – 5:00

**December 10 – 1<sup>st</sup> Grade Music Program – FMS 6:00**

## Focus on Learning:

### Enrichment – Mrs. Kalenian

We are finishing our first full unit, which focused on **OPTIMISM**. This is a stance that involves Self-Awareness & Self-Management (*I am aware of the supports I have around me; I am aware of and accept my responsibilities; I can make good decisions*).

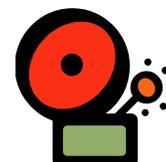
In our study, optimism is defined at **trying something new and giving it our best shot and/or turning around a hard time**. After reading mentor texts where the characters showed optimism as we defined it, we began trying to practice it ourselves. Intermediate students worked on creating an optical illusion and answering a few math questions about it. Primary students wrote about a time they made the best of a tough situation and created a list of personal self-talk they can use when they're stuck. All students are currently creating a Personal Optimism Plan, which involves reflecting on other challenges they've overcome, thinking about areas where they are likely to get stuck, and using calming strategies and positive self-talk to get unstuck.

We will be hanging posters around the school to remind ourselves of what optimism is and the self-talk we can use to remain optimistic. It is my hope that students will start to carry this stance into the classroom with reminders from the posters, you and each other.

## Focus on Safety:

### Drills

On November 16 we held a Lock-Down drill. During these drills, our school safety officers ensure our classrooms and building are locked down and secure. They lead the drill and support our staff in following the protocols laid out by our District.



We are required to have one Lock Down drill per semester which means we will have one more this year. We appreciate your support in these endeavors – especially in processing the information with your child(ren).

### What's on the Ground...Stays on the Ground

This piece is two-fold. First, please remind your child(ren) to get an adult if they find something on campus that they do not know what it is, that is NOT safe, or that is a dead or injured animal. We have lots of groups who use our grounds in the evening and on the weekends and we don't want anyone to get hurt or sick due to picking up or touching something they find on campus.

Second, as we move into the winter months, PLEASE remind your child(ren) that snow, and ice (not hoping we get any) stay on the ground.



We appreciate you having these friendly reminder conversations with your "littles."

## Focus on Our Community:

### October ROAR Winners

Each month we collect ROAR slips and hold a drawing for one student per grade level (students can earn slips for going above and beyond and exhibiting exceptional ROAR behavior – they can also earn slips for participating in school spirit events). Our winners for October are: Staff: Mrs. White; Kinder: Sophie B.; 1<sup>st</sup> – Zane P.; 2<sup>nd</sup> – Lilliana S.; 3<sup>rd</sup> – Lilliana F.; 4<sup>th</sup> – Zophie P.; 5<sup>th</sup> – Corbin E. Congratulations to ALL!!!

### The Counselor's Corner



#### Self Awareness

- I am aware of the supports I have around me
- I am aware of what I am feeling

#### Social Awareness

- I care about the feelings and viewpoints of others

In November, we are focusing on gratitude. In our lesson, we identify people and things we are thankful for. Gratitude is a happy feeling that comes from appreciation for what we have. When we focus on what we are thankful for, we are more likely to experience feelings of happiness. There are many other benefits of gratitude as well. "Gratitude supports social communication because it helps us understand others' feelings (perspective-taking), practice empathy, and learn the social power of kindness and appreciation. It also supports emotional development as we notice what makes us feel good, and take time to focus on it. Plus, gratitude is good for you! Research shows that it boosts chemicals in our brain that not only make us feel happier, but also make social interaction more enjoyable. It opens the door to new relationships and makes existing ones stronger. People with daily gratitude habits are healthier, more empathic, have higher self-esteem, and even sleep better."

How to Build Gratitude into Your Child's Day

"As a parent, you can also teach your child about gratitude, and it's never too early to start. Long before they truly grasp the concept (sometime around 8 years old), you can lay the groundwork for a daily gratitude habit.

**Model it.** Modeling is your number-one tool for teaching your child. Let him see you thanking people. Let him overhear you expressing appreciation to your partner, another family member, or a friend. Say things like, "I'm so thankful for this beautiful weather. It makes me feel happy!"

**Be consistent with "thank-you."** If you have a little one, remember that before children learn to say these words, they learn to understand them. If your child brings you a toy, offer an enthusiastic "Thank you!" As he gains speech, encourage him to say it, too. As his language skills expand, teach him to use it in a full sentence: "Thank you, Mommy, for getting my cup."

**Make receiving special.** Get your child into the habit of *not* getting a little something every time you go to the supermarket, or picking out a toy for himself while shopping for a friend's birthday. This will make the act of receiving feel more special and easier to appreciate.

**Involve him in giving.** Have him help you pack up outgrown clothes and toys for charity. Talk about how happy other children will be to receive them. This teaches him to appreciate what he has and the value of sharing it with others.

**Talk about things you're grateful for.** You can do this in the car, at dinnertime, bedtime, or anytime you're not distracted by other activities. Study after study has shown that adults who list things they're grateful for every day are happier. Tell your child something you're thankful for and ask him to tell you something, too. If he needs help, you can prompt him: "What is something good that happened today? What's something that makes you feel happy? What's your favorite toy? Who is a good friend?" For children with social communication challenges, bringing relationships into this conversation is a great way to support learning about things that make interacting with others successful.

**Work it into younger children's play.** Sprinkle gratitude into pretend play. When your child invites you to his restaurant and prepares you an elaborate meal with toy food, be sure to express how good it feels to eat delicious food, and tell him how much you appreciate his efforts.

The best part about focusing on gratitude with your child? You get to reap the powerful benefits of daily thankfulness, too."

(Excepts taken from:

<http://integratedchildrens.com/teaching-gratitude-supports-social-emotional-development/>)