

# R.O.A.R Report

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**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.**

December 16, 2015

## Upcoming Dates

**December 19 – January 3 – No School - Winter Break**  
January 4, 2016 – No School – Teacher Work Day  
**January 15, 2016 – Art Heritage Training 2:30 pm**

## Focus on Learning:

### Ideas for Creating a Growth Mindset Environment at Home Part 2 and 3:

As a District we are striving to incorporate and foster a Growth Mindset in our students as well as ourselves. I shared some phrases you could use in a previous Roar Report.

The following was taken from Mary Cay Ricci’s Mindsets in the Classroom:

### Ideas for Creating a Growth Mindset Environment at Home Part 2:

#### USING GROWTH MINDSET PRAISE and FEEDBACK

- ✓ Praise what your child does, not who he or she is. Instead of saying, “You are so smart/clever/brilliant,” say, “I can see you really worked hard/put forth effort/ tried hard.” Praise the perseverance and resiliency when you see your child struggle or face challenge. Avoid praising grades. Focus on praising work ethic and effort- not achievement.
- ✓ Adopt the word “YET” into your vocabulary. If your child proclaims that he doesn’t understand something, can’t dribble a basketball, or can’t play a song on his guitar, remind him that he can’t “yet” but with hard work he will have success.
- ✓ Avoid comparing your child’s success with siblings or friends- achievement is not a competition. There is enough success for everyone.

### Ideas for Creating a Growth Mindset Environment at Home Part 3:

#### REDIRECTING FIXED MINDSET THINKING

- ✓ Redirect your child’s fixed mindset statements. If you hear your child say, “I am no good in math” or “I just can’t understand Shakespeare,” point out this fixed mindset thinking and direct her to a growth mindset place. Remind her that she may not understand yet, but will by asking questions, finding new strategies, setting small goals, and working hard. Two examples of how to redirect such statements are included below:

If your child says...	Then you might say...
“I am no good in math.”	“You may not understand this yet, so let’s practice some more.”
“I don’t need to study; I always do well on math assessments.”	Studying can help prime the brain for further growth. Maybe you should let your teacher know that these assessments don’t require much practice for you and that you are willing to take on more challenge.”

Our SAC meeting on the 18<sup>th</sup> of February at **4:15** will be about Growth Mindset – if you want to learn more, please join us!!!

## The Counselor’s Corner

December’s character word is **empathy**. We described empathy as “putting yourself in someone else’s shoes” and “listening with your heart.” This lesson goes along with listening with understanding and empathy which is one of the Habits of Mind.

**Listening with understanding and Empathy**

Understand others!  
Devoting mental energy to another person's thoughts and ideas; make an effort to perceive another's point of view and emotions.



“Empathy is the ability to understand the feelings of others, feel what they feel, and respond in helpful, compassionate ways. Children who are able to identify with and comfort others make friends more easily, generally perform better academically, and demonstrate a higher level of moral and emotional development. If we expect our children to grow into caring, empathetic adults we must model these behaviors. Let your children see your kind and thoughtful actions, hear you express your concern for the feelings of others, and demonstrate empathetic parenting. Listen carefully to your children and ask questions that help them clarify their thoughts and feelings. As their empathy grows because of your modeling, they'll be more able to relate deeply to others. They will also grow in their ability to practice good listening skills, help others, and show generosity.” (<http://www.pal.ua.edu/discipline/empathy.php>)

Happy Holidays!

Kristen Walke  
School Counselor  
Rim Rock Elementary

**Focus on Safety:**

**Lock- Down Drill**

We held our first official lock down drill on Tuesday, December 15. We had a Shelter in Place drill in November, but this was the first drill we actually went into a complete lock-down. Having conversations with your child(ren) about the importance of drills, both fire and lock down, prepares them and makes them a little less “scary.” All of our staff constantly reinforces making Rim Rock a safe place where all children can learn – these drills are just one step in that process. During second semester we will have two more lock down drills as well as three to four fire drills.

**School/Community News:**

**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-5<sup>th</sup> 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!



**Last Call for Lost and Found**

It is going to be cold over break!! We have lots of forgotten jackets and sweatshirts in our cafeteria foyer on our lost and found rack. Please come visit before our break because we box them up and donate them on Friday.



**Season of Giving**

Thank you to everyone involved in supporting our community. Our can food drive and our Toys for Tots toy drive were both a huge success!! In addition, our community supported 28 Rim Rock families through our Angel



tree (that is twice as many as last year). And, one of the greatest gifts of all is time. At this point in the year, our community has given us just under a thousand volunteer hours!! It is amazing to be a part of such a giving and caring community!!

We all hope your break is filled with happiness, laughter, fun and little nuggets of learning (I am the principal, you know)!!!

The entire Rim Rock Family wants to wish you a joyous break filled with love and laughter!! Thanks PTO for arranging the cookies and hot chocolate bar!!!