

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/>

March 15, 2017

Upcoming Dates

Monday March 20 – Friday March 24 – Spring Break

Thursday, April 6 – PTO Meeting – 4:00 PM Library

Thursday, April 20 – SAC Meeting – 4:15

Conference Room

Tuesday, April 25 – NEHS Induction Ceremony – 6:00 PM Cafeteria

Focus on Learning:

***** CMAS Testing – Starts March 27th**

We will begin our CMAS Math and English Language Arts (3-5th) testing as well as our CMAS Science (5th) testing when we return from Spring Break. We have placed our testing calendar on our school website for you to review with your family

<http://rimrock.mesa.k12.co.us/documents/Parcc2017TestingSchedule2.pdf> .

Please note when your child(ren) will be testing and avoid any appointments or family trips during those times. Due to our size, our testing window is very tight and will begin at 9:00 am on March 27th and run all the way through April 13th.

If you know your child will miss a session, PLEASE notify your child's teacher immediately so we can plan ahead and arrange for all sessions of testing. For accurate reporting information, student scoring and school accreditation, it is important for all of our students to complete each portion of the exam. If a child starts a segment of the exam, they MUST complete all parts within that subject.

Changing Times – Maximize Instruction

26 years ago when I joined this profession I never would have imagined we would have the capacity to communicate with people through our watches – that was a Dick Tracy move (really dating



myself). With the recent invention of I-watches and other similar devices, we are facing the same distractions we faced when cell phones first came into existence. Our policy on cell phones is they are turned off during school hours and placed in backpacks – this is the same policy for the calling and texting capabilities with I-watches. If students are using their watches for communication, the watches will be confiscated and a parent will have to pick up the watch at school.

Focus on Safety:

Attention All Dog and Cat Owners



Our district **prohibits** any dogs or cats on school grounds (except service animals). Many of you have been taking advantage of the warm weather and bringing your furry friends along with you to school. Our policy includes pets walking to and from school. Basically, they should not be on school grounds unless confined within a vehicle. As most of you know, I am an animal lover and enjoy seeing all of your pets; however, we need to follow the required State Health Departments guidelines ('Rules and Regulations Governing Schools in the State of Colorado', Regulation 3-402) and Board Policy IMC-R (Animals on School Premises).

Playground Supervision

Supervision is provided each day at 8:35 a.m. As the weather gets warmer, please make certain your child does not arrive before 8:35. Thank you for helping us keep the kids safe!



Focus on Our Community: **School Advisory Committee (SAC) Meeting Minutes**

On Thursday, February 23 we held our 3rd quarter SAC Meeting. We discussed the latest blogs on D51 around Performance Based Learning and shared where we are

on the journey. Heather Steele, Kathi Pewters, Cami Kidd, Carolyn Nenne, Miki Bristol were all present. We also shared where we are currently with our new Vision statement. This website leads you to the 3rd part in a blog following our journey as a district – check it out!
<http://www.competencyworks.org/case-study/the-vision-of-performance-based-education-at-d51/>

Our next meeting will be Thursday, April 20 at 4:15 and we will be discussing structures for the 17-18 school year.

The Counselor's Corner – Kristen Walke

March's counselor lessons focused on mindfulness and being "present". We discussed what it means to be "present" and some techniques to help us stay in the present moment such as: deep breathing and careful listening. Additionally, we talked about how being in the present moment helps us to focus, learn, feel happy, and stay safe.

SOME BENEFITS OF MINDFULNESS FOR CHILDREN

1. **Observational skills:** Helping our children tune in and notice their inner and outer world sets them up for greater success and a richer experience of all life has to offer. They can pick up on greater subtlety in conversation, gather more information for problem solving and respond to situations with greater skill.
2. **Concentration:** Developing their ability to sustain their focus for longer is so important for learning.
3. **Rest and Relax - brain state:** Our kids are often exhausted. It's important for their learning and growth that they have the opportunity to regroup and give their brains and bodies time to renew. This shouldn't only be happening at night when they sleep.
4. **Safety:** A child cannot explore and learn when they are under any stress or threat – so we need to ensure children feel safe for optimal development to occur. Mindful activities help create a steady and safe feeling for children of all ages.
5. **Soothe Emotions:** Children have so many demands on their emotions during the day. And they are still learning how to understand and manage them! Learning how to recognize and soothe their own emotions takes time but is a life skill worth investing in. It helps develop resilience. And it offers protection from stress, anxiety and depression down the track.
6. **Feeling Kind and Connected:** Children who are tuned in to their own emotions – and don't feel overwhelmed by them – are more likely to notice and feel empathy towards others. This reduces the occurrences of bullying, enables stronger friendships and develops advanced

social skills. It supports caring, kindness, generosity, gratitude and enjoyment of other people's happiness.

There are many mindful games you can play at home from a very early age. They are fun and also foster the benefits listed above.

MINDFUL GAMES FOR KIDS

1. **Blowing bubbles:** This is a lovely way to slow things down. Encourage your kids to breathe in deep !! and out slowly !.. and watch as they become engrossed in the slow, gentle movement of the bubbles they blow. If your children are too young to learn how to blow bubbles, you do it for them and watch them follow them as they float away. This is a sensory experience for body and mind and takes them away from the analytical mode of learning.
2. **Pinwheels:** Like the exercise above, this is a breathing practice that also captivates their visual senses and slows things right down. Easier and more colorful than blowing bubbles, it galvanizes their focus, develops concentration and encourages stillness.
3. **Playing with balloons:** This looks like a slow motion movie to watch. Play with just one balloon per child and pop them gently into the air with your hands, trying to keep them afloat. This is a good way of slowing down more active kids who still might need a little more movement to keep them engaged in mindful games. Their whole body and mind is engaged on a single focus. You can help keep the game going by keeping the balloon in play if it floats out of their reach.
4. **Texture bag:** This is a tactile guessing game that engages their attention and curiosity and you can change the items each time you play. Place a collection of small, familiar objects of various textures into a bag (a rock, stick, leaf, marble, a squashy and fluffy toy etc.). Have each child reach into the bag and feel something without taking it out of the bag. Have them describe it and guess what it is.
5. **Blindfolded taste tests:** Do this with a variety of foods: vegetables, fruit, and dried fruit. Investigate one food item, such as a raisin, or a cranberry, using all of the senses, (sight, hearing, touch, smell, taste), as if you have never experienced it before. It's best not to use any tastes that they would dislike – like salt or chilies!

(The mindful games and benefits of mindfulness are taken from: <http://kidsactivitiesblog.com/60980/5-mindful-games-kids>)

Kristen Walke
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