

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 254-5484. Estamos para servirles.**

March 18, 2015

Upcoming Dates

Friday, March 20 – PTO sponsored - Rim Rock Walk-A-Thon

Monday, March 23 – Friday, April 3 – Spring Break

Thursday, April 16 – SAC Meeting – 4:30 – 5:30

Focus on Learning:



Teachers Learning Together

As a staff we have continued having discussions about students' understanding and misunderstandings in the area of mathematics. Recently we discussed an article about 13 Mathematics Rules that Expire. For example, addition and multiplication make numbers bigger. This rule expires in 5th and 7th grade when students begin to work with fractions, zero, and negative numbers. During our discussion and reading of the article, we analyzed a chart with mathematical language to use in our classrooms K-5 to avoid some common misunderstandings. An example is using the words trading or regrouping instead of borrowing or carrying when subtracting or adding, respectively. Having a vertical perspective is important in our work with children. This perspective also supports a need for common vocabulary.

As we continue to work and learn together on Wednesday afternoons we are developing this common vocabulary as well as a common understanding of how writing and mathematics grow across the grade levels – all in an effort to support all of our learners and deepen their understanding.

Parents Corner



News from our PE Teachers

Mrs. Jensen and Mrs. Reetz would like to say a huge thank you to all the Heart Hero's out there that donated to the American Heart Association, through Jump Rope for Heart. All together our grand total was 6,054.47, beating our goal last year by over 2,000.00!!!!!! Way to go Rim Rock! We look forward to seeing what our principals have to do because we exceeded our goal.

In addition, we are in need of volunteers for our field day this year. Field day will be on the last day of school, Wednesday, May 20th. We are in the planning process and will send more detailed information later on to those

who are interested. Please email us at sarah.jensen@d51schools.org or jill.reetz@d51schools.org if you are interested.

Support our Special Olympians



Special Olympics

Want to show support for our Special Olympic contenders and Rim Rock Elementary? The SSN program is selling shirts for \$11 to support our contestants. Order forms and money are due by April 8th. Be sure to get yours in time for the send-off parade on May 4th! This year the shirts will be Carolina Blue.



News from our PTO

PTO board elections are quickly approaching! If you have an energetic person you would like to nominate (or nominate yourself), there will be a drop box near the front office. Elections will be held at our May meeting. You must be present at the meeting to vote!

A few important upcoming dates:

3/20 Walkathon

4/20 **Family Fun night at the Silo 3-9pm**

5/4-6 Teacher Appreciation Week....watch in April for news!

5/13 **End of the year BBQ 4-6pm**

News from the Cafeteria

POUR ONE MORE FOR HEALTHY BONES AND BODIES



Data from the National Health and Nutrition Examination Survey (NHANES) indicates that our kids are falling short on key nutrients, such as vitamin D, calcium and potassium. What they are drinking may have something to do with it. Beverages make up 20 percent of the total calories our kids consume in a day, but the real concern is the quality of the beverages. Much of what they are drinking — soda and fruit drinks — is high in calories, low in nutrients, and represents up to 45 percent of the added sugar in their diets. At the same time, their consumption of milk - a significant source of

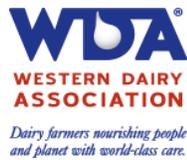
protein and the number one food source for calcium, potassium and vitamin D — has steadily declined. In fact, by the time kids reach four years of age, their consumption of milk falls below recommendations and it continues to decline as they get older. So how do we make sure our kids are getting all of the benefits that milk offers? One of the most important ways is to establish habits early on. Research indicates that when kids drink milk at an early age they are more likely to do so as adults. If you find it difficult to get your young child to drink milk, try some of these tips:

- Be a role model – If your kids see you drinking milk, they will likely want to drink it, too.
- Serve milk the way kids like it – Cold! Thirty-five to 40 degrees is ideal.
- Serve it with meals – Set expectations that milk will be the beverage of choice at meal times.

Pour one more. Just one extra serving of dairy a day can help our kids get more of the nutrients they need, while helping them establish healthy habits that will benefit them for a lifetime.

To learn more and become a part of the beverage solution, visit:

WesternDairyAssociation.org/dairy-in-schools/breakfast-at-school/ and FuelUptoPlay60.com



The Counselor's Corner

March's character word is **tolerance**. Tolerance means getting along with people who are different. It also refers to accepting others as they are and accepting yourself for who you are. In our lesson, we will talk about our similarities and differences and celebrate what makes us unique. Tolerance is important because success in many aspects of life depends on the ability to appreciate, understand, and work with others.



How Can Parents Teach Tolerance?

Parents can teach tolerance by example — and in other ways, too. Talking together about tolerance and respect helps kids learn more about the values you want them to have. Giving them opportunities to play and work with others is important as well. This lets kids learn firsthand that everyone has something to contribute and to experience differences and similarities.

Things parents can do to help kids learn tolerance include:

1. Notice your own attitudes. Parents who want to help their kids value diversity can be sensitive to cultural stereo-types they may have learned and make an effort to

correct them. Demonstrate an attitude of respect for others.

2. Remember that kids are always listening. Be aware of the way you talk about people who are different from yourself. Do not make jokes that perpetuate stereotypes. Although some of these might seem like harmless fun, they can undo attitudes of tolerance and respect.

3. Select books, toys, music, art, and videos carefully. Keep in mind the powerful effect the media and pop culture have on shaping attitudes.

4. Point out and talk about unfair stereotypes that may be portrayed in media.

5. Answer kids' questions about differences honestly and respectfully. This teaches that it is acceptable to notice and discuss differences as long as it is done with respect.

6. Acknowledge and respect differences within your own family. Demonstrate acceptance of your children's differing abilities, interests, and styles. Value the uniqueness of each member of your family.

7. Remember that tolerance does not mean tolerating unacceptable behavior. It means that everyone deserves to be treated with respect — and should treat others with respect as well.

8. Help your children feel good about themselves. Kids who feel badly about themselves often treat others badly. Kids with strong self-esteem value and respect themselves and are more likely to treat others with respect, too. Help your child to feel accepted, respected, and valued.

9. Give kids opportunities to work and play with others who are different from them.

10. Learn together about holiday and religious celebrations that are not part of your own tradition.

11. Honor your family's traditions and teach them to your kids — and to someone outside the family who wants to learn about the diversity *you* have to offer.

When parents encourage a tolerant attitude in their children, talk about their values, and model the behavior they would like to see by treating others well, kids will follow in their footsteps.

(Excerpt taken from:

<http://www.kosairchildrenshospital.com/mobile.cfm?id=764&action=detail&ref=20864>)

Stay tuned for April's character word.

Have a fabulous Spring Break!!!

