

# 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.**

Like us/Follow us on Facebook: <https://www.facebook.com/Rim-Rock-Elementary-178372062579265/>

September 26, 2018

## Upcoming Dates

School Advisory Council - Thursday, Sept. 27 - 4:15 pm

PTO Meeting – Thursday, October 4 – 4:00 pm

No School – Monday, October 15 – Teacher Work Day

Book Fair – Tuesday, October 16 – Tuesday, October 23 –

Check Flyer for times

No School – Monday October 22 and Tuesday October 23

– Conferences (11:00 – 7:00 and 10:00 – 6:00)

No School – Monday, October 29 – Teacher In-service

## Focus on Learning:

### Shared Vision Assembly

On September 5th we held two school assemblies to revisit our Shared Vision as well as review safety procedures and Standard Operating Procedures for our hallways. As you are talking about school with your child(ren), ask them to share our Shared Vision chant as well as ask them what a 3 line in the hallways looks and sounds like.

## Focus on Safety:

### Drills

On September 20 we held our third fire drill. Having conversations with your child(ren) about these drills will help reinforce the importance as well as decrease the level of anxiety. In addition, to support reducing the anxiety, all fire drills will be announced this year.



We will have our first Lock Down drill before the end of this semester. Our first drill will be a Shelter-in-Place drill. During this drill we pull all students and staff into the building, continue our learning but ensure that students and staff remain in classrooms and in the building. Having this type of drill first, will allow students to get used to the idea of a lockdown and prepare them for our Lock Down later in the year. If you didn't catch the safety video on our Facebook page, check it out now: <https://youtu.be/lrNeeXYqyPM>

## Focus on Our Community:

### August 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 August are: Sienna L. (Kindergarten), Connor M. (1<sup>st</sup>), Max M (2<sup>nd</sup>), Lizzy M. (3<sup>rd</sup>), Araya H. (4<sup>th</sup>), Addie L. (5<sup>th</sup>). Congratulations to ALL!!!

### Parents Right To Know

As a parent of a student at Rim Rock Elementary, you have the right to know the professional qualifications of the classroom teacher who instructs your child. This is a requirement for all districts that receive Title I and III funds. Federal law allows you to request certain information about your student's classroom teacher. The law also requires the district to give you this information in a timely manner upon request. Listed below is the information about which you have the right to ask for regarding each of your student's classroom teachers.

Whether the Colorado Department of Education has licensed or endorsed your student's teacher for the grades and subjects taught.

Whether CDE has decided that your student's teacher can teach in a classroom without being licensed or qualified under state regulation because of special circumstances.

The teacher's college major; whether the teacher has any advanced degrees, and, if so, the subject of the degrees. Whether any teachers' aides or similar Para educators provide services to your child and, if they do, their qualifications.

Please contact us at 254-6770 if you would like to receive any of this information.

## Costumes on Halloween

Three years ago our staff voted to allow students to wear costumes on Halloween. Staff has agreed to continue this tradition this year because students and families have followed our expectations. With that being said, **all** of our students can wear costumes to school Wednesday, October 31. We ask that when you are picking out costumes, please remember that students come to school wearing their costumes and must be able to participate in their learning **all day** in costume without adult assistance – there will not be a parade. With this in mind, please ensure the younger ones do not need assistance with costumes when using the restroom. Costumes must follow our school dress code and should not include masks. Costumes cannot be inappropriate for school. We ask that the costumes not be too scary, gory, or include weapons or blood of any kind. Teachers can ask students to remove hats or other items if they are distracting or disrupting the learning of any child. Again, this is a year-to-year decision on our part – having families follow our guidelines, will lead to future opportunities for costumes on Halloween here at Rim Rock.



## Enrichment News

This month we are studying the stance of **OPTIMISM**. A stance is an intellectual or emotional attitude. We're trying to relate our attitude about life and learning to good stances in sports. For example, there is a good way to hold a bat in baseball, a good way to stand in position in soccer, etc. If we use a good stance most of the time, we're more likely to be successful in sports. There is also a good way to approach our learning, and optimism is one stance that helps us be successful in life and learning. After reading picture books where the characters demonstrate optimism, we identified their attitude and **defined OPTIMISM this way: When I try something new, I give it my best shot and say "I can do this!"** Now we are going to take on challenging tasks to strengthen our optimism. In 3<sup>rd</sup>-5<sup>th</sup> grade, we are creating Optical Art and exploring the mathematics behind it. In 1<sup>st</sup> and 2<sup>nd</sup>, we are discussing the mathematical concept of equality and how we can show it in pictures, words and numbers.

A good example of optimism is in the Pixar short film *Piper*, which can be found on YouTube. A few classes were able to watch it. It might be fun to watch it as a family and discuss how Piper is optimistic, and how you as a family practice optimism. As always, please feel

free to contact me with questions or comments. [Lareina.kalenian@d51schools.org](mailto:Lareina.kalenian@d51schools.org) Thank you for reading!

## 5th Grade Theater Opportunity - Announcing Auditions for THE WIZARD OF OZ

**WHEN:** Saturday, October 27<sup>th</sup>

**HOW?** Meet at the Rim Rock Elementary Music Classroom between 3:00 and 5:00.

**BRING:** A phone number and/or email at which your parents can be reached, and an accurate number of how tall you are (this may or may not affect casting, but it is useful information for these roles).

**NOTE:** NOT ALL ROLES REQUIRE SINGING! We are looking specifically for Munchkins (who will sing), citizens of the Emerald City (who sing minimally), the Witch's guard (who sing minimally), and Flying Monkeys (who do not sing). Please be prepared to sing "Twinkle Twinkle Little Star," or a minute or two worth of any song that you like.

## Counselor Corner

### Self-Awareness

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

### Self-Management

- I can make good decisions.
- I can manage my emotions in a way that is constructive and appropriate.

September's counselor lessons focused on strategies for managing emotions.

We practiced using deep breaths and five-finger breathing (tracing your hand while taking 5 deep breaths). We also introduced calming kits as an additional self-



management tool. Every classroom received a calming kit and learned the expected way to use the calming tools as a support to manage their thoughts, feelings, and actions. When you keep a calm brain you are more likely to feel good, make good choices, and learn. Students also learned a song about the calming kits. Have your student sing the song to you.

Calm, calm, calm my brain.

Calm it with a kit.

Relax my feelings and my thoughts,

Before I flip my lid.

(to the tune of Row, row, row your boat)

“Self-regulation, or being able to manage feelings and behaviors well in these heated moments is a skill that takes time to develop. Much like riding a bike or learning to read, self-regulation is going to take a lot of practice. It will come with a lot of mistakes and confusing moments, possibly with tears, tantrums, aggression and ugly words. Yes, as children learn how to deal with big feelings unhelpful behaviors will show up.

You can best help your child learn how to calm down when they are still calm. This practice can actually go a long way at preventing reactivity and ugly moments when things get more heated up.

**Calming kits can be an effective positive parenting tool for reducing aggression and encouraging better behavior.**

Building a calming kit to keep in your home is a great way to get started with helping children learn to understand and better manage emotions. Beyond limiting behavior, listening and validating your child when emotions run high, offering your child a chance to calm down by playing, tinkering or talking goes a long way.” (excerpt taken from:

<http://www.positiveparentingconnection.net/encouraging-better-behavior-by-creating-a-calming-kit-for-kids/>)

To learn more about building a calming kit at home go to:

<http://www.positiveparentingconnection.net/encouraging-better-behavior-by-creating-a-calming-kit-for-kids/>

# Happy Fall Y’All!!!

