

ROCK RIDGE ELEMENTARY

Rock Ridge Review

February 2024

400 Heritage Avenue, Castle Rock, CO 80104

Weather Closure: 303-387-SNOW

Attendance Line: 303-387-5152

Office: 303-387-5150

Principal Message

Celebrating March Madness at Rock Ridge Elementary!



Dear Rock Ridge Families,

Welcome to the March edition of the Rock Ridge Elementary newsletter! As we transition into spring, we have a lot of exciting events and updates to share with you.

★ **National Day of Unplug - March 3rd:** Let's take a break from screens and celebrate the National Day of Unplug on March 3rd. Encourage your family to disconnect from technology and enjoy quality time together with activities like board games, outdoor adventures, and storytelling.

★ **Student Led Conferences: March 11th to March 15th:** Be sure to sign up with your student's teacher for available time slots.

★ **Spring Break - March 18th to March 22nd:** Get ready for a well-deserved break! Spring Break is just around the corner, starting on March 18th. We hope you have a fantastic week filled with relaxation, fun, and family time.

★ **PTO Appreciation:** We extend our heartfelt gratitude to our Parent-Teacher Organization (PTO) for their dedication and hard work in supporting our school community. Their efforts have made a significant impact, and we are grateful for their ongoing support.

School Highlights:

★ **Auction Success:** We are thrilled to announce that our recent PTO auction was a tremendous success! Thanks to the generosity of our Rock Ridge families, we raised an impressive \$5,540 to support school programs and initiatives. This achievement is a testament to the strength and generosity of our community.

★ **Volunteer Opportunities:** Looking to get involved? Join our dedicated team of volunteers and make a difference in the lives of our students. Whether you can spare a few hours or lend your expertise, your support is invaluable.

Thank you for your continued support and involvement in our Rock Ridge Elementary community. Together, we can make this a fantastic month filled with learning, growth, and fun!

Warm regards,
Peter Mosby
Principal, Rock Ridge Elementary



HOURS

First Bell: 8:30 am
School Begins: 8:35 am
All Dismiss: 3:30 pm
AM Kinder: 8:30-11:15
PM Kinder: 12:45-3:30

Principal: Peter Mosby
Assistant Principal: Julie Roach





RRE Calendar



Upcoming Events:

Tuesday, February 27

- Jewelry & Crafts @ 7:15
- Orchestra @ 7:15
- Green Team @ 8:00
- Vision and Hearing Spring Check
- Band @ 3:45
- Yearbook Club @ 3:30-4:30

Wednesday, February 28

- Choir @ 7:45

Thursday, February 29

- Band @ 3:45

Friday, March 1

- Teacher Appreciation - Lunch Provided by District (Panera)

- March 7: Spring Concert
- March 8: Spring Concert - Assembly @ 8:50am
- March 10: Daylight Savings Day
- March 11-14: Book Fair
- March 12 & 13: Student Led Conference Night
- March 13: PTO Ice Cream Social
- **March 18-22: Spring Break**
- April 2-4: 3rd-6th grade ELA & Math CMAS
- April 4-11: 5th-grade Science CMAS
- April 19: NO SCHOOL (Compensation Day)
- April 29: Apple Awards Reception
- May 17th Field Day
- May 22: DCHS Graduation @ 10:00
- May 23: Last Day of School
- May 23: 6th Grade Continuation @ 10:30
- May 24: Teacher Work Day (no students)

FEBRUARY						
S	M	T	W	Th	F	S
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11	12	13	14	8	9	10
18	19	20	21	15	16	17
25	26	27	28	22	23	24

MARCH						
S	M	T	W	Th	F	S
					1	2
					8	9
			6	7	14	15
3	4	5	12	13	20	21
10	11	18	19	26	27	28
17	18	19	20	27	28	29
24	25	26				
31						

LIBRARY NOOK



The Star Lab helps students to learn about the world around them with a portable and immersive planetarium. It allows the to travel through a world of knowledge that includes astronomy, geology, physical geography, and more.



Counselor's Corner



Mindfulness is a term that gets used a lot lately. What is mindfulness? Sometimes it is easier to talk about the opposite. Have you ever been driving and got to your destination and not even remembered how you got there? Have you eaten so quickly that you couldn't really describe what the food tasted like? Has someone been speaking to you and you realized you didn't hear a word they said? Those are all examples of the OPPOSITE of mindfulness.

Mindfulness by definition is the practice of being present, aware, and noticing, all without judgment. Mindful practices require us to slow down, observe ourselves and our environment, and take in information through our senses. It can be quite difficult to do when we are used to multitasking and battling so many distractions. Watch [this video](#) from Everyday Mindfulness for some easy ways to integrate mindfulness into your daily life and learn about the benefits of developing a mindfulness practice.

March 10-16, 2024 is National Sleep Awareness Week. Read [here](#) about the physical and psychological benefits of good sleep.

Does your child have meltdowns? Read [here](#) to learn about the nervous system and emotion regulation.

Do you know someone struggling with anxiety? The Douglas County School District has partnered with Dr. Scott Cypers, an expert in the field of anxiety. Check out his video series [here](#).

Dawna McKnight
RRE School Counselor
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Healthy

Habits

CELL PHONES

Parental
Monitoring
and Education
is the Key

It's a difficult decision to decide WHEN to get your child a cell phone. Here are some tips to get your pre-teen off to the right start with some healthy habits!

Recent research shows that unrestricted use of cell phones and social media can have adverse effects on the health and development of our youth. There are some great things you can start on day one!

- 1) Monitor Screen Time:** Studies show that screen exposure impacts the development of the brain in the areas that are responsible for visual processing, empathy, attention, complex memory and early reading skills. Meaning that this part of the brain is not growing as fast as brains that have limited screen time.

Here is what the *American Academy of Pediatrics* recommends for the following ages

- 0-18 months 0-1 hours/day only video chatting
- 18-24 months 0-1 hours/day co-viewing high-quality programming
- 2-5 years 1 hour/day co-viewing high-quality programming
- 6-12 years 2 hours/day solo screen time on weeks with parental monitoring
- 12-16 years 2-3 hours/day solo screen time on weekends with parental monitoring

- 1) **Sleep:** Sleep is one of the most critical ways to nurture the growth of a healthy brain. Much research has been done about how the use of phones disrupts sleep rhythms due to the blue light exposure and staying on a phone rather than going to sleep.

Here is what the *American Academy of Pediatrics* recommends for the following ages

- 3-5 years: 10-13 hours (including naps)
- 6-12 years: 9-12 hours
- 13-18 years: 8-10 hours

It is also recommended that children do not charge their phones in their room overnight or use them for alarm clocks due to this sleep disruption.

- 2) **Parent Controls:** All phones have parental controls that will restrict children from downloading apps without permission, screen for mature content, and limit, then turn off certain functions after the time limit has been reached. The site *Common Sense Media* has a lot of great tips for families.
<https://www.commonsensemedia.org/articles/cellphones-and-devices>
- 3) **Create a Cell Phone Contract:** Contracts are a great way to set up rules and expectations around time on phones, what is allowed to be viewed and how to make good choices. See this link for samples of Family Tech Planners by age
<https://www.commonsensemedia.org/family-tech-planners>
- 4) **Teach Digital Citizenship:** This is a way of acting online in a responsible and respectful way. Teach children about the importance of being respectful and responsible when using cell phones. This includes not sharing personal information, being mindful of others' privacy, and avoiding cyber bullying. Your child needs to understand that everything they put on social media will be there forever and will have consequences if it is inappropriate or breaks the law. See more here
<https://www.commonsensemedia.org/videos/what-is-digital-citizenship>
- 5) **Teach Online Safety:** Teach children about the potential risks of using cell phones, such as online predators and scams. Encourage them to report any suspicious or uncomfortable interactions to a trusted adult.
- 6) **Educate Yourself on your Child's Apps:** Many apps have been designed so that parents cannot see certain parts of the app. Ex. Snapchat has a "For Your Eyes Only" folder where children can set their own password. This section of snapchat is commonly known for selling and buying drugs. See this link for a review <https://www.commonsensemedia.org/app-reviews>



To: Parents/guardians of students enrolled in Colorado schools
From: Colorado Department of Public Health and Environment, Immunization Branch
Re: Tdap vaccine required for sixth-grade entry

Dear Parent/Guardian, *(health care providers, please see reverse side).*

Colorado law [requires](#) students who are entering sixth grade to receive a tetanus-diphtheria-pertussis (Tdap) vaccine before their first day of school.

The Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Tetanus enters the body through cuts or wounds and cannot be spread from person to person. Diphtheria and pertussis spread from person to person.

- **Tetanus** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including the inability to open your mouth, difficulty swallowing and breathing, and death.
- **Diphtheria** can lead to difficulty breathing, heart failure, paralysis, and death.
- **Pertussis**, also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious, especially in infants and young children, and can cause pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

While the Tdap vaccine is typically given at age 11 for students who are entering sixth grade, it may also be given as early as 10 years of age. When it is given at age 10, it will: 1) Count as a valid adolescent Tdap dose, and 2) meet Colorado’s sixth grade Tdap school vaccine requirement.

Is your sixth-grader missing their Tdap vaccine? Click [here](#) to find an immunization provider near you.

If your child does not receive Tdap vaccine at sixth-grade entry, regardless of their age, a certificate of [medical](#) or [nonmedical](#) exemption must be submitted to the school. This will ensure your student is compliant with Colorado school immunization law and able to attend school.

For clinical questions about vaccines or more information, email cdphe_vacs@cdphe.co.us.

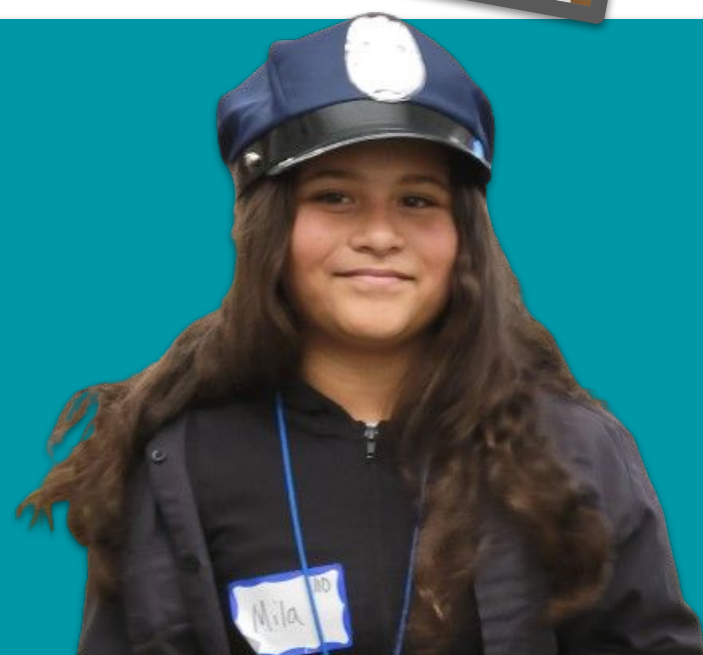
Attention 5th grade parents. Did you know the State of Colorado requires a Tdap booster shot for students after age 10 and prior to the first day of 6th grade? Summer is a great time to get this scheduled. See attached letter from CDPHE. Please reach out to Whitney Chapman, DCSD School Nurse Consultant at wchapman1@dcsdk12.org if you have any questions. [6th grade Tdap requirement](#)

Celebrating Students

5th

YOUNG AMERITOWNE

5th Grade went on a field trip to Young Ameritowne. While in AmeriTowne, students-turned-citizens experience a career for a day, they manage their personal finances, and they participate in a free enterprise economy. Students see the direct impact their actions and decisions have on themselves, their businesses, and their overall community.

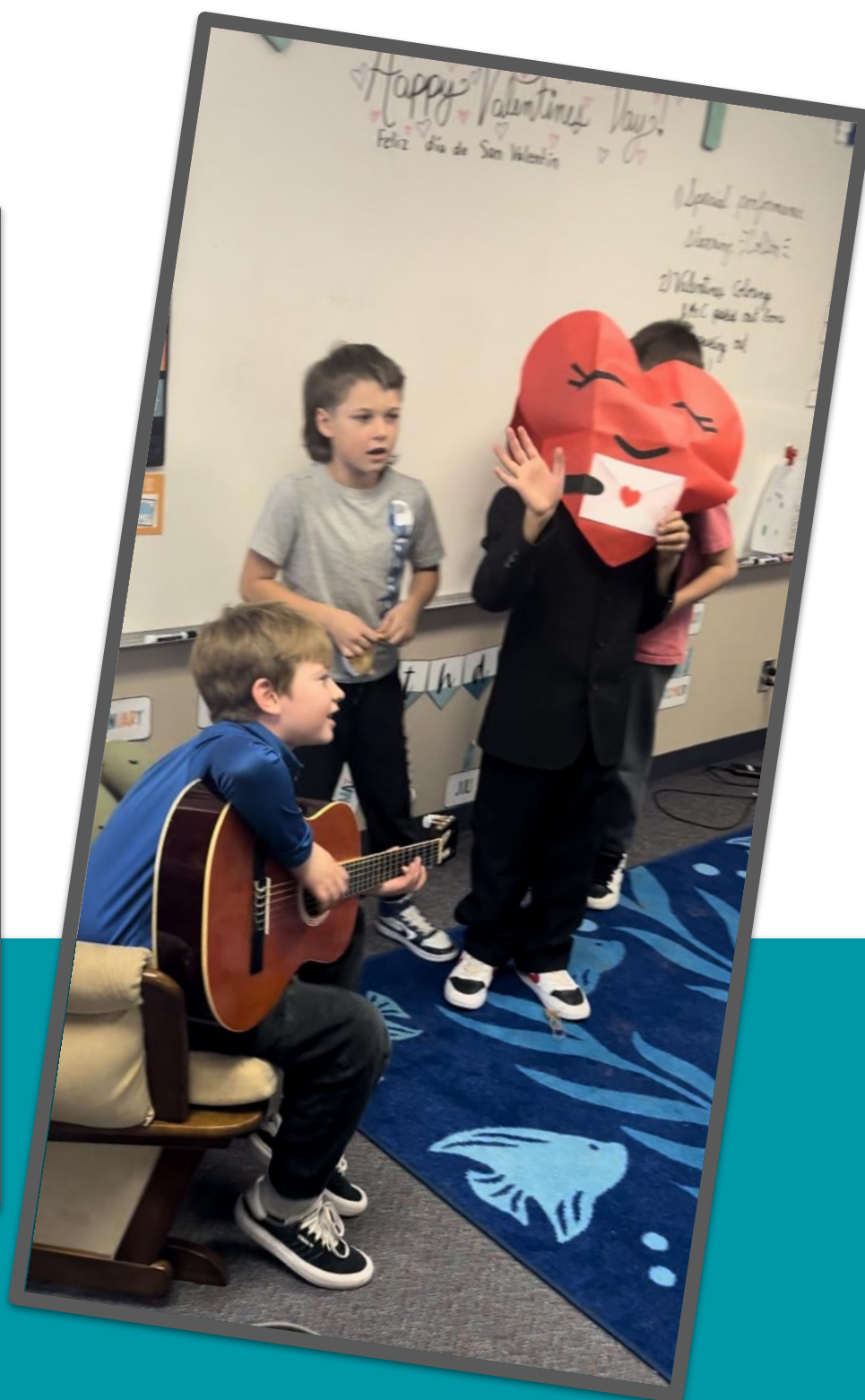


Celebrating Students



INNOVATIONS and INVENTIONS

This month's Valentine's celebration included a special performance by Colton Cantar on the guitar. He had friends give requests and led our class to sing along. This week, Ms.Cameron's class started reading to our preschool buddies. We had so much fun showing off our 3rd grade reading skills and meeting new friends.



Celebrating Students



FAMOUS PEOPLE

Second Grade is studying famous individuals from history and analyzing how they handled conflict.



Celebrating Students



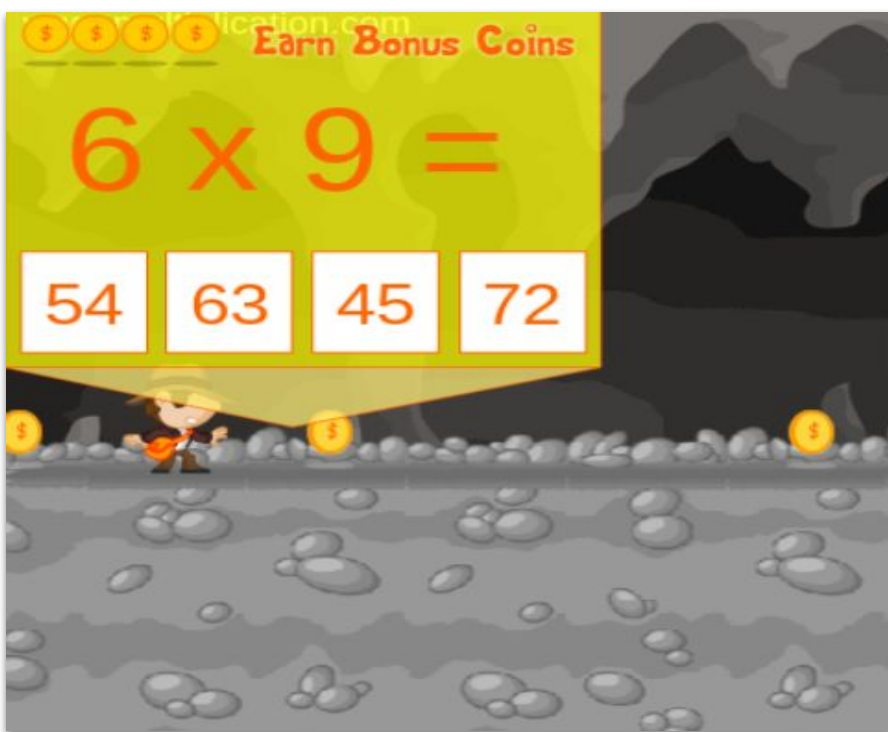
PROGRAMMABLE FUN

Mr. Rees taught the first graders how to use Bee Bots.





EDUCATIONAL GAMES



This is cave run multiplication. In this game you run around grabbing coins. You can also get a high score that you can change over time. Every once in a while a math problem will appear and depending on what you picked it will be subtraction addition and multiplication. There is also levels and say you are on level 10 you will be super sonic.

By Chase Burger

This is tricky ball multiplication. Once again depending on what you pick there will be that type of math. So multiplication or addition blah blah blah. You also get to play a game when you complete the math. It will only go to the next problem if you get it right.



**WRITTEN
FOR KIDS,
BY KIDS**



What did the farmer give his wife for Valentine's Day?

Hogs and kisses.



“

Parade

Who *always* has a date on Valentine's Day?

A calendar.

”

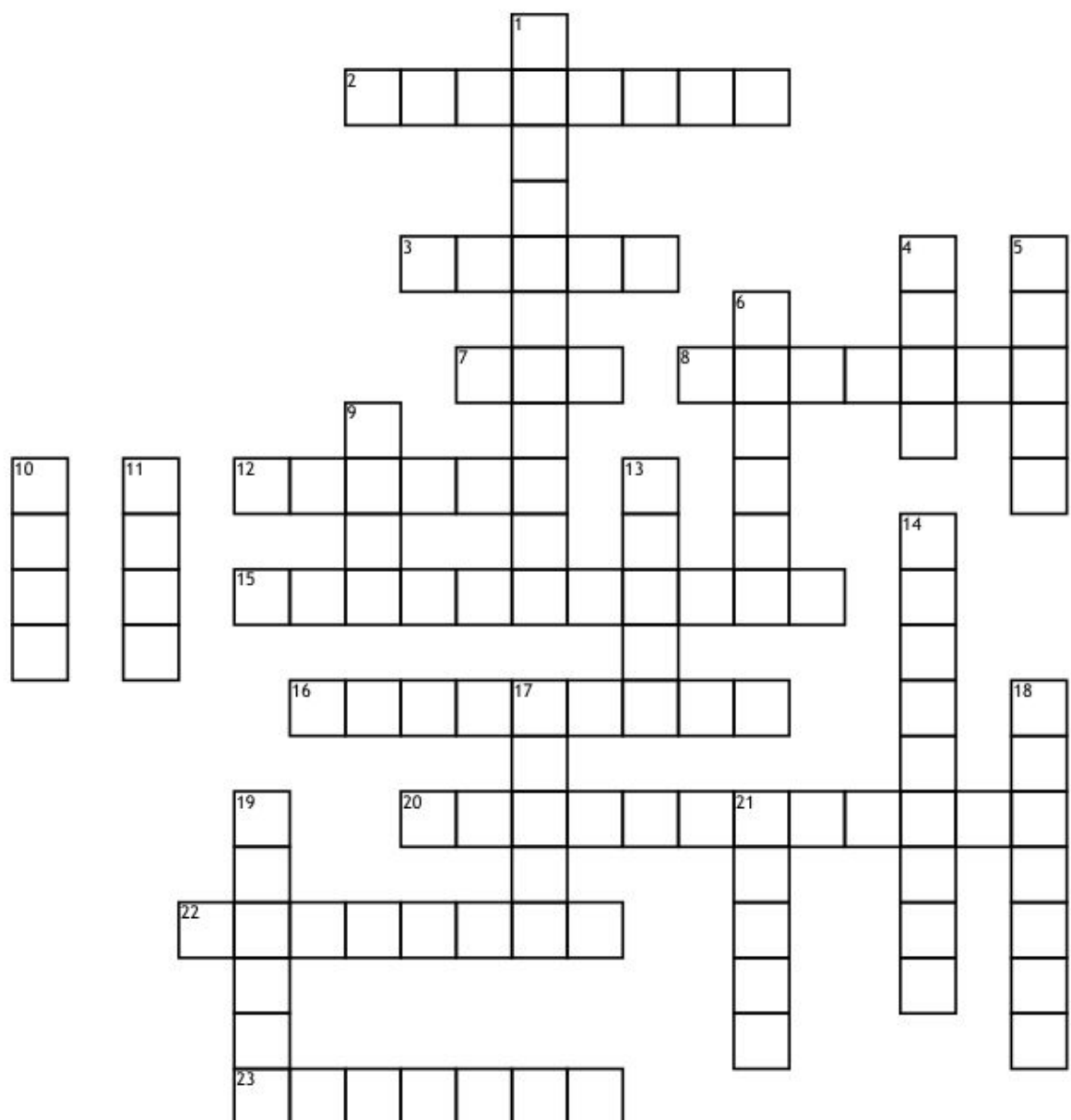
Q: What do you call two birds in love?

A: Tweethearts!



WRITTEN FOR KIDS, BY KIDS

February Crossword puzzle



Across

- 2. number of medium tote colors available in our store
- 3. color of denim that is stain resistant
- 7. number of color option in our store of the packable tote
- 8. womens swim top style that is great for hiding imperfections around the middle
- 12. wrinkle free finish applied to clothing
- 15. this swim collection has the greatest assortment of separates for women
- 16. "like sweats, only better"

20. only style of mens outerwear available in our store

- 22. mens slim but not too tight tops fit
- 23. iconic cable sweater for men and women available in our store

Down

- 1. mens relaxed and comfortable tops fit
- 4. fabric of mens polo in our store
- 5. this style of dress is timeless and universally flattering
- 6. number of womens scarf styles in our store

9. very soft, lustrous fabric of polo for men and women

- 10. number of colors available in our store of mens shorts
- 11. 100% canvas carrier
- 13. number of colors available in our store of the womens swim tee
- 14. classic Lands' End cardigan
- 17. number of womens denim fits in our store
- 18. womens slub tee fit
- 19. womens ribbed and cotton/modal tee fit
- 21. percentage of women that will buy a coverup with a swim suit

Raising Royalty

Royal Crest Dairy is partnering with your school! Sign-up for our home delivery service using your code [RRERR](#) to receive 20% off your groceries. Royal Crest Dairy will then donate \$100 to your school.

Share with your family and friends! Donations accumulate with each new customer and fund local education and extra-curricular activities in your community. Support your school and enjoy Royal Crest Dairy's fresh dairy and Colorado Proud products!

What do you get with Royal Crest Dairy home delivery?

- Fresh groceries delivered conveniently to your door
- Locally sourced Colorado Proud items from familiar brands
- Trusted delivery by the same milk person each week
- Time-saving meal options for busy families
- Great tasting milk for almost 100 years!



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Share it with friends, family, and neighbors!

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*Sign-up
here!*



Please reach out to rockridgepto@gmail.com if you have any questions!

**KID TO
KID**



OUR RRE NEWS CREW!

Rock Ridge Review



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MS. KAI