Principal's Message

Dear Rocky Run Families,

We hope that ALL of our Rocky Run Community has had a wonderful Thanksgiving! We are so grateful to be in a position to make a difference in the lives of our students, and we thank YOU for a terrific partnership in helping us do just that.

With the Holiday Season upon us, we also want to thank you for all of the generosity that you continue to offer as our school works to meet the needs of so many children and families. This includes the American Legion canned food drive for which we are collecting, as well as the “giving tree” that we have in our front office. Our mantra of “Love, Care, Serve” truly comes alive during the Holidays, and we appreciate your help in teaching our children the value of kindness and helping others! The Rocky Run Family and Community is truly a magical group to be a part of.

We also want to give you a quick update on our Fun Run fund-raiser. Thanks to your support and the efforts of our students, staff, and PTO, we were able to collect $30,000! WOW!!! We are now able to schedule Phase 2 of our playground addition project!

Below are a few EXCITING upcoming events happening in the next few weeks:

- Thurs., Dec. 5 = 2nd Grade Musical Performance for Families @ 7:00 p.m.
- Fri., Dec. 6 = RRES Family BINGO!!! Doors open @ 6:00 p.m. Games begin @ 7:00.
- Sat., Dec. 14 = RRES Spirit Event at Barnes & Noble! Hours are 3:00 p.m. - 7:00 p.m.
- Fri., Dec 20 = 1:10 Early Release for ALL Grades

*Quote we're ponding: “Don't let yesterday take up too much of today.”*

- Will Rogers

See you around campus!

Nick Roman
Important Dates

**Important December Dates**
- 12/6/19 - Family BINGO Night - Doors open @ 6:00
- 12/14/19 - Barns & Noble Fundraiser - 3-7 pm
- 12/20/19 – Early Release @ 1:10 PM (All Grades)
- 12/23/19 - 1/3/20 – Winter Break

**Important January Dates**
- 1/6/20 – No School Professional Day
- 1/7/20 - 1st day back from Winter Break
- 1/17/20 - Early Release - Elementary Only @ 1:10
- 1/20/20- No School - MLK Day - All Office Closed
- 1/27/20 - No School - Teacher Work Day

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**To Purchase a Rocky Run Yearbook (school code#5662720)**

A button that takes you to the lifetouch webpage to order a yearbook for the 2019-2020 School year.
Family BINGO Night
Family BINGO Night will be on December 6th. Doors Open at 6:00. All kids must be accompanied by an adult. Tons or Cool prizes for adults and kids. Pizza & concessions will be for sale as well!

Help keep our Bulldogs Healthy
Take everyday preventive actions to stop the spread of germs.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.

Winter Break
Winter break will begin on December 21st and will last until January 6th. We hope that everyone has a safe and Happy Holiday!

Nurses Notes from the Bulldog Clinic
Does your child have a FEVER or symptoms of illness?
Reminder: Children who are not healthy should not be in school!
Although we all want children in school, sick children do not learn and behave as usual. There is also the likelihood that the infection will spread from one child to another.
Symptoms such as diarrhea, fever, vomiting, rash, skin lesions, cough, or runny nose should alert you to the strong likelihood of a contagious illness. In other words, if your child has a bad cough or a runny nose, vomiting or diarrhea, fever, or a rash, he/she should not be in school! Often a child will appear better in the morning after some sleep, but still not be well. If your child was sick or feverish during the night, please keep him/her home the next day and until fever/vomiting free for 24 hours without medicine per Stafford County.
Flu-like symptoms include:
- Fever
- Body Aches
- Headache
- Fatigue
Take everyday preventive actions to stop the spread of germs.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- While sick, limit contact with others as much as possible to keep from infecting them.

Keep your child home from school or day care for at least 24 hours after their fever is gone.
(Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

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**Holiday Spirit Week December 16-20**

Join us in celebrating the holidays by participating in our Spirit week. The Days are listed below!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
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<tbody>
<tr>
<td>Make this Holiday Picture Perfect</td>
<td>Grinch Day</td>
<td>Ugly Sweater Day</td>
<td>Jingle All the Way</td>
<td>Red and White Day</td>
</tr>
<tr>
<td>Wear a flannel shirt and jeans</td>
<td>Wear green</td>
<td>Wear a tacky sweater</td>
<td>Wear your holiday bling</td>
<td>Wear red and white</td>
</tr>
</tbody>
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Students of the Month for October - Responsibility

Kindergarten Winners
George Breuninger
Alexander Fisher
Calissa Knott
Jaleel McCallum
Whitleigh Vaughn

First Grade Winners
Gianelli Arana
Brianna Hayes
Paty Guerrero Bencomo
Ivy Huang
Taylor Loasching
Olivia Vigil

Second Grade Winners
Giana Arthurton
Rylie Dorazio
Sophia Gran
Owen Marshman
Priya Sam
Donte Powers

Third Grade Winners
Addy Douthitt
Samuel Johnston
Elliot Lease
Christoff Scott
Amiyah Spires
Ivy Vu

Fourth Grade Winners
Abby Almeida
Esteban Ascencio Flores
Madelyn Lefler
Matthew Miller
Ayla Owens
Alexandra Sanchez

Fifth Grade Winners
Steven Belk
Simora Dawes
Helen Gomez
Eleanor Jones
Olivia O’Malley
Grace Remley

Counseling Corner
CLASSROOM GUIDANCE-
Grades K-3 have been learning about Kelso’s Choices including the difference between big and small problems. A “big problem” is being defined as something that is dangerous, destructive, or scary. If students encounter a big problem, they are taught to tell an adult right away.

Grades 4 -5 have also been learning to handle small problems by using verbal and/or non-verbal strategies. Not every situation that happens is considered bullying. Bullying is best described as repeated actions that degrade someone while making the bully feel more powerful. Bullying does not have to be physical (hitting, kicking, etc.), it can take on other forms as well.

December’s lessons will focus on kindness using various books or videos. January lessons will focus on bullying prevention and courage.

KINDNESS-
During the month of December, Rocky Run staff and students will be encouraged to participate in various activities to show kindness to each other! For a great list of Random Acts of Kindness, go to: https://www.randomactsofkindness.org/kindness-ideas

THE HOLIDAYS-
We’d like to wish you all a happy holiday season and hope you find time to rest and relax. Sometimes this time of year can be overwhelming, so if you notice changes in your child or feel they are experiencing difficulty during this time, please contact us so we may help.

THE GIVING TREE –
We’d like to give a HUGE thank you to all those who adopted an ornament off our holiday Giving Tree! You made the holidays brighter for our Bulldogs! Thank you!!!! We are so excited to work with you and your child/children! Please let us know how we can help you either by email or by phone 540-286-1956.

Allison Adams- adamsan@staffordschools.net
Daphne Hill – hilldm@staffordschools.net

How to access Dreambox and Lexia from home

Directions to access Dreambox and Lexia from home

Thinking as Student Scientists

Every season is perfect for science investigations or experiments. This article focuses on several resources for nurturing a science-minded child.

Nurturing the science-minded child means using the natural order of everyday life. Humans are curious about how the world works and interacts. They seek to ask questions about everything, such as what causes thunder or lightning, or what are the functions of an organism? They focus on the what, where, why, and how of science phenomena.
Are you wondering how you can nurture your science-minded child? Here are several resources that provide a plethora of at-home experiments or investigations:

http://www.scientificamerican.com/education/bring-science-home/
Activities from Scientific American

https://www.youtube.com/user/funsciencedemos
Science Demonstrations for Young Learners

Pointing Kids in the Right Direction

http://www.sciencebuddies.org/science-activities
Science Buddies

http://www.pbs.org/parents/education/science/activities/
PBS Parents

These resources will provide you and your child with hours answering the questions of what, where, why, and how. Enjoy!

Caveat: *Please review the websites before you let your child visit, better yet, look at the site together and learn how the natural world works with your child. If you have any questions or comments, then send me an email at kelishs@staffordschools.net.

"Information is not knowledge. The only source of knowledge is experience. The true sign of intelligence is not knowledge but imagination. Anyone who has never made a mistake has never tried anything new. “
Albert Einstein

The PE Spot
We have enjoyed being able to run outside in the crisp air. It is good to get out and enjoy the sunshine.

We have all been working on learning the patterns to Sportstacking. Sportstacking is a sport where you take 12 plastic cups and build them up in a pyramid and then take them down back into a single stack of cups. The cups are designed to slide on top of each other with special holes so the air escapes quickly. There are world records in this fast paced sport!! Some events include the 3-3-3, the 3-6-3 and the cycle stack. We were able to participate with other students around the globe in the STACK UP! This is an event where you have multiple people stacking for at least 30 minutes on the same day. We proudly announce that we helped in beating last year’s stack record of, 624,390 stackers with the new record of 638,831 stackers around the world!! Thanks to all of our bulldog stackers.

Archery club is going well with students getting more shooting practice. We are working towards our first tournament which will be in January.

How to connect to Rocky Run Elementary

Facebook

95 Reservoir Road, Fredericksb...
(540) 286-1956
staffordschools.net/RRES