



Bulldog Bulletin

Vol. 9/Issue 7-- March 2024

Principal's Message

Dear Rocky Run Families,

As I write this month's principal's message, I see out my window nothing but sunshine, blue skies, and a thermometer that reads 64 degrees! Spring has not sprung just yet, but these teaser days sure are nice! Our staff has been working tirelessly to facilitate great lessons with our Bulldogs. Our mid-year student assessment data

says that we are MOVING THE NEEDLE on student achievement! However, we do still have a ways to go in order to close all of the learning gaps that seem to be remnants of the Pandemic years.

We are proud of our team AND our students for their efforts and achievement, and we continue to ask for YOUR support in supporting the learning process from home. A few easy ways to accomplish this are:

- Read to your child!
- Check your child's backpack each night.
- Ask your child what they learned each day (...and don't take "nothing" for an answer!)
- Got homework?
- Remember to check [ParentVUE](#) to see your child's grade reports (previously referred to as "report cards.")



March is upon us and brings on much to look forward to! Here are a few tidbits from in and around the building:

Important March Dates

- March 5 = NO SCHOOL (Election Day)

- March 8 = NO SCHOOL (Teacher Workday)
 - PTO Sponsored RRES Spirit Day at Urban Air! (3PM - 9PM)
- March 11 - 15 = NO SCHOOL ALL WEEK (SPRING BREAK!)
- March 19 = Boosterthon Fundraiser Kickoff!
- March 23 & 24 = SCPS Fine Arts Festival at Brooke Point High School
- March 28 = Spring Picture Day!

Boosterthon Fun Run Fundraiser!

We are excited to bring back our Boosterthon Fun Run fundraiser this year! We are SO CLOSE to having 100% of the fund necessary for our new ELECTRONIC MARQUEE!!! This is a week-long event for our Bulldogs that culminates with a "Fun Run." Students will be collecting pledges for a certain amount of laps that they'll run and will receive prizes for every tiered level of pledge amounts. In addition, the Boosterthon staff will be at RRES each day to rally the students and to facilitate some character building lessons with them. It's really a great program! Standby for more information on how to sign up and begin collecting pledges...it's very user friendly! We will kick things off on Tuesday, March 19 and will conclude with our "Fun Run" event on Wednesday, March 27.

Grade Reports for Quarter 3!

Grade reports (previously known as "report cards") will be posted in ParentVUE by the close of business on Thursday, March 21.

Spring Assessment Season!

Despite just recently having completed our mid-year student assessments, spring assessments are right around the corner! This month we will be administering our NWEA MAP assessments to our 3rd (Math only), and 4th & 5th grade students (Math and Reading). The window for these assessments will be during the 2 weeks following Spring Break.

Spring Pictures

Say CHEESE!! Looking ahead, Spring Pictures are scheduled for Thursday, March 28!!

As always, we appreciate and value ALL of the support that our Rocky Run families give to us and our Bulldogs! The education process is a journey to be taken together in partnership. While not all parents and families have the same amount of time to give to their child's academics, every little bit counts. Thinking back to our own elementary school years, it seems like just a blip on the radar. However, what an IMPORTANT blip it was! Keep up the PAWSitivity...because PAWSitive Attitudes Will Succeed!

Be well!

Nick Roman



Important March Dates

March 5th - No Schools - Primary Elections Day

March 6th - Kindergarten Registration Begins

March 7th - End of 3rd Quarter

March 11-15 - Spring Break

March 23rd-24th - Fine Arts Festival 11 am - 4 pm each day

March 27th - Booster-thon Fun Run

March 28th - Spring Pictures

March 29th - No School- Good Friday

Important April Dates

April 1 - No School -Easter Monday

April 5th- Rocly Run Chorus and Orff Spring Concert @ 7 PM

April 10th - No School - Eid al-Fitr

April 18th - STREAM Night



Learn More:
www.imdetermined.org



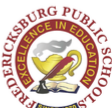
March 2, 2024 

SELF-DETERMINATION

- ☒ Competence
- ☒ Autonomy
- ☒ Relatedness



In
Partnership
With



Stafford County Public Schools in partnership with Fredericksburg City Schools will host the 2nd Annual I'm Determined Conference for youth with disabilities and those who support them. Join us as we promote disability awareness and encourage our youth to undertake a measure of control in their lives.



Stafford High School
63 Stafford Indians Ln
Fredericksburg, VA 22405



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Library News

March is a fantastic month to be in the library.

We will have our annual Battle of the Books competition for grades 2-5 this month.

It's not too late to sign up and join the competition!

- Students can take the quiz for their grade level on March 28th.

- The top 6 from each grade level will have 10 days to review their books and refresh their memories.
- On April 9th we will have our competition in the library.

Good Luck, readers!

Celebrate "Read Across America Week" (March 2nd-9th) with a new book from our library.

We are getting new books all the time in the library.

Stop by the library and check out the newest "Baby-Sitters Club" or "Dogman."

If you need suggestions, we always have a few ideas.

If you want to give suggestions, we want to know what you would like in our library.

As always, the library is open in the morning before school starts from 8:05-8:30.

We can't wait to see you!






Reading Corner

March is Reading Month at Rocky Run!

We will kick off the activities with a Spirit Week!



Reading Month - March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ We Read at Rocky Run! RRES School Spirit Day <i>Read a book this weekend to celebrate Read Across America Day!</i>
⁴ Get Wild About Reading Wear animal print or a shirt with an animal on it.	⁵ No School Turn off technology and read for at least 20 minutes!	⁶ Reading Colors Your World Wear your grade level's colors. K- Purple, 1st- Blue, 2nd- Green, 3rd- Yellow, 4th- Orange, 5th- Red	⁷ Vocabulary Word Dress Up Day & Parade Click here for examples	⁸ No School Write about something fun you will do over spring break!
¹¹ Keep 	¹² Calm 	¹³ And 	¹⁴ Read 	¹⁵ On! 
¹⁸ "I Spy" with my Reading Eye - classes search for words around the school	¹⁹ Acrostic Poem Create a spring acrostic poem to hang in the hallway.	²⁰ Create a bookmark You'll need it for all of the reading you'll be doing!	²¹ Word Play! Play a word game such as Wordle, Hangman, or Scrabble.	²² Log into Lexia Work on completing your weekly goal!
²⁵ "I Spy" with my Reading Eye - classes search for words around the school	²⁶ "Paws" to Read Whole-school independent reading time during morning meeting/announcements	²⁷ Bring in a Joke! Read a joke to your class.	²⁸ Staff Book Recommendations Come check out the reading bulletin board outside the cafeteria!	²⁹ No School Share your favorite book or story with a family member.

Common Sense Media- Parent Connections



Role Models and Kids

Some celebrities can have a positive influence in your kids' life, but even the seemingly good ones can make high-profile mistakes. Help your kids choose role models who can have a lasting positive influence.

[commonsensemedia.org](https://www.common sense media.org)

5 consejos para que las noches de películas



5 Tips for Making Family Movie Night a Success

Hosting a family movie night is a great way to keep up with your kids' interests and create an opportunity to have some important conversations. Check out these five simple tips to help make your family movie night a success.

commonsensemedia.org



How to Make Meaningful

How to Make Meaningful Family Connections Using Media and Tech

Research shows that co-using media and technology with children has positive effects – from early literacy skills and boosting empathy to critical thinking. Share this video to help parents and caregivers understand the benefits of using media together with their kids.

commonsensemedia.org

Q&A



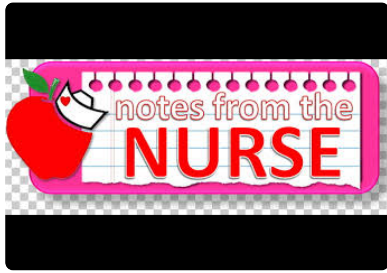
How Can I Get My Kids to Put Down Their Phones?

By Common Sense Media | December 16, 2022 Constant texting-it may be annoying, but it's a normal part of life for many kids. Staying in touch with friends is important to preteens and teens. However, if phone use is getting in the way of family time, homework, and other responsibilities, it might be time to help your kid manage their phone time.

commonsensemedia.org

Clinic Chronicles

Did you know that March is National Nutrition Month? We Can! (Ways to Enhance Children's Activity & Nutrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods. As parents, you can do a lot to help your children



learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family!

Hopefully, we are nearing the end of cold and flu season! And although Spring brings warmer weather, it also brings allergies. It is important to stay healthy and distinguish allergies from a more serious illness and control allergies to keep asthma at bay. I have listed several symptoms, triggers, and treatment tips below:

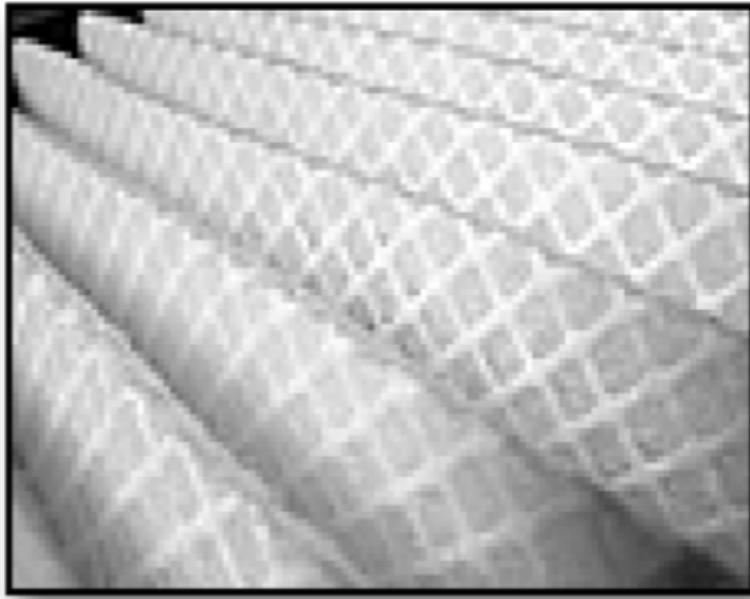
Symptoms and Common Triggers include:

- Itchy skin - Pollen
- Watery eyes - Grass
- Runny nose - Mold
- Cough - Pet dander
- Congestion - Dust Mites
- Post-nasal drainage
- Sneezing

Treatment tips:

- Avoid allergens and keep house clean and free of pests
- Wash hands often, cover mouth when sneezing or coughing
- Change clothes when coming in from playing outdoors
- Keep air filters changed and use air purifiers
- Allergy testing and treatment by a doctor as needed
- Take all medications for asthma already prescribed by your doctor to keep asthma under control

ACCIDENTS/ SPILLS/ MUD PUDDLES HAPPEN!
Please send a change of clothes to school for your child just in case!



Change and/or clean
filters on your air
conditioning system
at least once a month.

Save
THE
Date
For Spring
SOLS

Mark
YOUR
Calendar



The Spring SOL testing window is
from April 22nd - May 17th . Please
try not to schedule any
appointments, vacations, or other
things that might cause your
student to miss school during this
time!

THANK
YOU

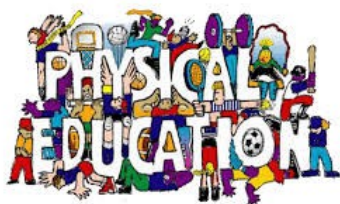
Counselor's Corner

Students have learned about the 4 Zones this year. These zones are ways to identify their feelings and coping strategies. As Spring is about to spring, this would be the perfect time to review the zones



and what strategies your child uses for each. One of the things we emphasize at school is when things are frustrating - catch it and put coping strategies in place while in the yellow zone so it doesn't escalate to the red zone.

ZONES OF REGULATION



G.Y.M. (Get Yourself Moving)

This month, we will work on some basketball skills and hopefully get to return outside to get the fresh air in our lungs.

Sportstack Club will continue on Wednesday mornings with our new tournament date in our sights, Sat. April 6th from 9:30-12 pm at Anne E. Moncure Elementary. Please re-sign up here if your child would like to participate in the Sportstack Tournament.

Archery Club will continue, one group on Tuesday and the other group on Thursday. Our culminating activity will be at Meadow Event Park State tournament on March 9th.

Music Notes

3rd, 4th, and 5th grade students are well into their 4th week of our Recorder Unit! We are playing baroque-style soprano recorders during Music Specials! Every student should already own their own recorder. Please refer to the January Newsletter Music article for details if your student does not already own one. Students should be bringing their recorder and a Music folder to

hold the song sheets they receive, for Music Specials beginning Jan 22, 2024.

Info regarding how to purchase one is provided in the January Newsletter article online.

However, please feel free to email me with any questions, if somehow you didn't receive the information, and/or have questions. I look forward to continuing to hear beautiful music

throughout the semester! Questions, please email: garciayk@staffordschools.net

CHORUS/ORFF ensembles

Chorus - This performance group continues to rehearse before school, in preparation for the SCPS Fine Arts Festival, to be held at BPHS on Saturday, March 23 at 3:30 pm, and our Spring Concert to be held here at RRES at 7 pm on Th April 5. Rehearsals begin at 7:25 am, with drop-offs beginning at 7:20 and ending at 7:30 am.

Rehearsals run 7:25 – 8:25 am on Tuesdays – 5th gr Chorus; Thursdays – 4th gr Chorus

ORFF - This fabulous ensemble performed for Multi-Cultural Night here at RRES in February, and will give a Spring performance on Thurs, Apr 5 at 7 pm, here at RRES. Our rehearsals continue to be before school from 7:25-8:25 on Wednesday mornings in the Music Room.

THIRD Grade Fine Arts Festival Performers

Eight students were selected to represent RRES at the Fine Arts Festival to be held at Brooke Point High School on Saturday morning, March 23. They will join together with 8 students from each elementary school in SCPS to create an ensemble of approximately 130 students. The performance is open to the public at 11:30 am in the BPHS Theatre. These 8 students will be rehearsing after school with Ms Garcia in preparation for this performance. Students who are participating received rehearsal dates and times – For questions, please email: garciayk@staffordschools.net



Rocky Run Elementary

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Twitter: [@RockyRunES](https://twitter.com/RockyRunES)



Allison Kirmse

Allison is using Smore to create beautiful newsletters