



# Bulldog Bulletin

Vol. 9/Issue 2--- September 2023

## Principals Message

Greetings Rocky Run Families!

What a WONDERFUL start to the 2023-2024 school year! The Kindergarten transition day was a HUGE success! It was so great to have just our newest Bulldogs in the building for a full day prior to the rest of our Bulldogs returning. And now that everyone is back and having almost 3 full weeks under our belts, we're in a GREAT place! Routines have been taught, fall assessments are being administered, and above all...PAWSitive RELATIONSHIPS are being built! We are excited about the year to come, and we are grateful for the continued partnership with our Rocky Run families!



## September "Back-to-School" Nights - Mark your calendars!

Rocky Run Elementary will be hosting our "Back-to-School" Nights on Wed., Sept. 6 (Kdg. - 2nd Grade) and Thurs., Sept. 7 (3rd - 5th Grade)! The times are 5:30 p.m. - 7:00 p.m. each night. This event is tailored especially for parents to learn all about their child's classroom and grade level by spending time with the teacher in their child's classroom. Our Fall Book Fair will coincide with these events and will be OPEN for families to shop on both nights!

## NEW to RRES = STREAM Lab "Special!"

We have a NEW learning opportunity for our Bulldogs as a part of our 6 Day "Specials" Rotation this year! We have transitioned from a "Computer Lab" experience to a "S.T.R.E.A.M." Lab. The acronym S.T.R.E.A.M. stands for Science, Technology, Reading, Engineering, Art, and Math. This class, facilitated by Mrs. Rollins, helps to make learning relevant to the current and future lives of our students and incorporates the spirit of career development and exploration. We are THRILLED to be able to provide this opportunity to our students!

In order to make this experience a success, we are in need of everyday household items to use as part of the learning process. If you would consider donating any of the items found on this [S.T.R.E.A.M. Lab Flyer](#), we would be most grateful! You can bring them with you to Back-to-School Night or just send them in with your student!

### **RESPECT = The Bulldog Way!**

Part of our "return to school" process involved meeting with ALL grade levels and reviewing "The Bulldog Way" as it relates to RESPECTFUL conduct. Simply put, Bulldogs are:

- Respectful to self
- Respectful to others
- Respectful to our school

These principles encompass EVERYTHING there is to creating a safe, healthy, and friendly environment in which to engage and learn! I encourage families to review our [Bulldog Way](#) graphic and to talk through what respectful behavior in each area looks like.

We understand that students make poor choices from time to time that negatively affect themselves, others, or our school. This is a part of the learning process. In the event of a behavior infraction that results in administrative intervention, parents will be notified via email with a copy of the behavior referral. We hope that this effort will increase communication and partnership between home and school while helping to make these situations learning opportunities for our students. We appreciate your support with this as it takes a true partnership to teach appropriate behavior!

### **School Attendance is IMPORTANT!!**

Our staff works very hard each day to meet the academic, social/emotional, and physical needs of our students. However, none of their planning or instructional efforts have any value if the students aren't in school! WE UNDERSTAND that things do come up and that children sometimes get sick and should stay home! However, it's important to note that students who miss more than 10% of school during the course of a year (18 days) not only are considered "chronically absent" (meaning that they are required to be assigned an Attendance Improvement Plan), but they're also the students most at risk of falling behind in their academic development. PLEASE do all that you can to keep your child healthy and coming to school EACH day. Healthy eating and solid bedtime routines help with this!

Thank you ALL again for your continued support of our Bulldogs, our staff, and our school, and we look forward to an AWESOME year together!



### **Important September Dates**

August 30- September 8th - Fall Book Fair

September 1st - No School

September 4th - No School - Labor Day

September 6th- Chick-fil-A Spirit Night

September 6th - K-2 Back to School Night -5:30 - 7:00 p.m.

September 7th - 3-5 Back to School Night -5:30 - 7:00 p.m.

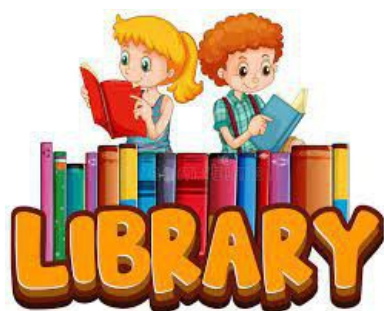
## Important October Dates

October 6th - No School Teacher Workday (end of 1st Quarter)

October 9th - No School - Parent/Teacher Conferences

Oct. 12th - Title 1 Parent Info Mtg. at 6:00 p.m

October 27th - Annual Trunk-or-Treat



## Library News

Our fall book fair has begun and the books are looking great! The fair will only run through Friday, September 8th, so shop early for the best selection. The money we raise will go towards buying new books for our library. We appreciate your support!

All students will have a chance to shop for books during their library specials time and in the morning before school starts. We will also be open on Wednesday, September 6th and Thursday September 7th from 5:30pm - 7:00pm during our back to school nights. Meet your teachers and get a new book!

This year we have a new bookfair company, Bedford Falls. If you do not want to send cash to school with your student, you can set up an account at the following address.

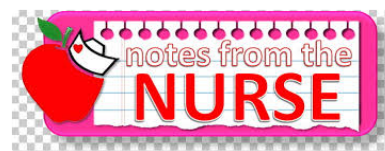
<https://kidcredit.bedfordfallsusa.com/kidCredit.php?fairID=15518>. Create an account for your student and add money with your credit or debit card. Students can then shop at the bookfair without the worry of sending cash to school.

After the book fair is over, stop by the library and check out our new books. We have new graphic novels, award winning fiction, and non-fiction fiction.

## Clinic News

Healthy brains and healthy bodies are vital to learning. If you ask most students who come into the nurse's office for one reason or another, my advice is often the same, "Drink water, and lots of it!"

Being well hydrated, along with eating well-balanced meals and being physically active, will help students feel better, think better and learn better!



## Here are 7 Habits of Healthy Kids:

1. Practice good hygiene by WASHING YOUR HANDS especially before you eat!
2. Stay energized by eating nutritious meals and snacks. Eat a healthy breakfast every morning!
3. Get a good night's rest. School aged children need at least 8-10 hours of sleep per night.



4. EXERCISE! Run, walk, stretch and play!
5. Brush your teeth and floss every day!
6. Cover your mouth when you cough or sneeze to keep from spreading germs.
7. Make good choices for a happy, healthy, YOU!

**Please send an extra change of clothes for your child to keep at school, accidents happen!**

Vision and Hearing Screenings will be conducted on all KG, 3rd Grade and Transfer Students in September. If a student does not pass the screening a letter will come home in their backpack. Children that do not pass the screening need to be followed up by a doctor or ophthalmologist.



### **2 Back-to-School Nights (K-2 & 3-5)**

Mark your calendars! Our "Back-to-School" Nights this year will be scheduled as follows:

- K-2 = Wed., Sept. 6
- 3-5 = Thurs., Sept. 7



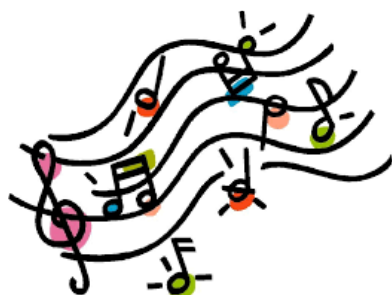
### **No School**

All offices and schools are closed September 1-4th for Labor Day Weekend.



### **Fall School Picture Day**

Our school picture day is scheduled for Thursday September 28th with a makeup day on November 15th.



### **Music Notes**

RRES Chorus/Orff Ensemble will begin the 2nd week in September and IS OPEN TO 4th and 5th grade students!

#### **CHORUS -**

5th grade Chorus will rehearse in the Activities Room on Tuesdays at 7:25am beginning Sept 12!

4th grade Chorus will rehearse on Thursdays at 7:25am, beginning Th Sept 14, 2023.

**We will combine for performances!**

Any 4th or 5th grade student who loves to sing can return the permission slip that was sent home in backpacks on Friday, Aug 25. You must be sure to return the permission slip by the due date, Wednesday, Sept 6, in order to join. Extra copies are available in the Music Room if you've lost your copy – **due back by Sept 6.**

## **ORFF ENSEMBLE -**

**However, Orff Ensemble is limited to 30 students.** Any 4 th or 5 th gr student who is interested in Orff Ensemble, **please return your permission slip by Sept 6**, and we will have a lottery drawing that day, whereby 30 students will be selected to participate from those who have returned their permission slips. We can only have 30 students due to the number of instruments and space in the Music room. You'll be notified on Fri, Sept 8 if your name is drawn, meaning you will participate in the Orff Ensemble for the year.

More info and directions will be sent home to those who return their permission slip by the due date, Sept 6. 2023

**Yvonne Force-Garcia, Music Specialist**  
Questions: [garciayk@staffordschools.net](mailto:garciayk@staffordschools.net)

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## **Counseling Corner**

**New Students** - The school year has gotten off to a great start! We would like to welcome all of our new Rocky Run Bulldogs - we are so glad you are here! During the first few weeks of school we meet our new students to welcome them and be sure they are adjusting to their new school. Also, each classroom in grades 1-5 will have two Student Ambassadors trained to welcome any other new students that may join their class throughout the year.



**Classroom Guidance Lessons** - Our first lesson will focus on the role of the counselor and getting to know each other. Lessons this year will include topics such as ways to handle conflicts, career exploration, friendship skills, and ways to have academic success.

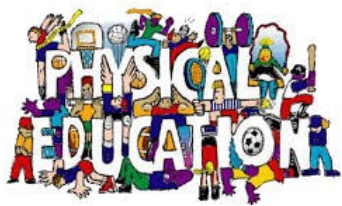
**September is Attendance Awareness Month** - One way to help your student be successful this year is to be sure they attend school regularly. While illness and appointments do come up, being dropped off late or picked up early can cause repeated missed instruction in key areas. If your child is going to miss school, be sure to send a note (with your child or electronically) and encourage them to complete any missed work timely. If we can help in any way with attendance, please let us know.

**Positivity** - It is so easy to pick out what didn't go perfectly in a day. Encourage your child to share what went well! Some students find it helpful to have a journal and make an ongoing list that includes at least one positive thing each day.

As always, please contact us if you have questions or concerns about your child.

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Daphne Hill - Grades K, 2, and 4  
[hilldm@staffordschools.net](mailto:hilldm@staffordschools.net)



## The P.E. Spot

The school year has started and we have been getting to know each other in P.E. We have reviewed expectations and we now know where our home base spot is. :0)

With grades 3-5, we have worked on cooperative activities and soon will be starting our state mandated fitness assessment. In the state of VA, we use the Fitnessgram assessments. These tests are comprised of the pacer test(cardiorespiratory endurance), right-angle push-ups(muscular strength & endurance), curl-ups(muscular strength & endurance), truck lift(flexibility) and the sit & reach(flexibility) tests. These fitness assessments are a snapshot of a student's fitness levels. They are tested in the fall and again in the spring each school year. Third grade is a practice year where they become familiar with the tests. In fourth and fifth grade, these scores are sent to the state. These assessments continue until the student reaches the tenth grade.

With grades kindergarten-2nd , we have been working on personal space and stopping with the signal. We have also learned the "Men In Black" dance and have worked on some locomotor movements.

With cooler weather on it's way, we expect to be running around the track before too long. Students, please remember to wear your sneakers to P.E. class each day. If you can't participate, have your parent write a note, if it is longer than a week, your doctor must send in a note.

## WE NEED YOUR HELP! PLEASE HELP STOCK OUR NEW S.T.R.E.A.M LAB



**PLEASE BRING ITEMS TO DONATE AT  
BACK TO SCHOOL NIGHT SEPT. 6TH OR 7TH  
OR SEND IN WITH YOUR CHILD TO OUR FRONT LOBBY**

### SUPPLIES NEEDED

- PIPE CLEANERS
- PAPER CLIPS
- STRING
- MASKING TAPE
- INDEX CARDS
- GALLON BAGS
- QUART BAGS
- GENTLY USED LEGO'S & LINCOLN LOGS
- EGG CARTONS
- STRAWS
- PAPER TOWEL TUBES
- TOILET PAPER TUBES
- PAPER PLATES
- POPSICLE STICKS
- PAPER CUPS
- TINKER TOYS
- MAGNIFYING GLASSES



<b>Slim Jim</b> 	<b>Nutri Grain Bars</b> 	<b>Beef Jerky</b> 	<b>Belvita</b> 	<b>GoGo Squeeze</b> 
<b>Individual Bags of Cheez Its</b> 	<b>Individual Bags of Goldfish</b> 	<b>Individual Bags of Chips</b> 	<b>Newtons</b> 	<b>Pretzels</b> 

## Rocky Run's Snack Pantry-Most Needed Items

(All items MUST be tree nut and peanut free)

Dear Rocky Run Families,

As a way to continue to spread our community's generosity to our students in need, we are going to continue to have a Snack Pantry available for our Bulldogs who regularly do not have a daily snack. We are truly grateful for such giving families, and we hope that providing this approved list of pantry items will help take the guess-work out of how to support our kids.

The pantry is designed to remain available throughout the school year to the children in need. Any support with recurring donations would be GREATLY appreciated. If you are interested and able to donate a few items throughout the year, simply send one of these approved individually wrapped snacks with your child and label it "Snack Pantry." We'll be sure to get it to the pantry and then into the hands of a hungry student.

Thank you in advance for your generous donations!



### Rocky Run Elementary

**Website:** <https://www.staffordschools.net/RRES>

**Location:** [95 Reservoir Road, Fredericksburg, VA, USA](#)

**Phone:** [\(540\)286-1956](tel:(540)286-1956)

**Facebook:** <https://www.facebook.com/Rocky-Run-Elementary>

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



**Allison Kirmse**

Allison is using Smore to create beautiful newsletters