



BULLDOG

Bulletin

VOLUME 9 / ISSUE 5
DECEMBER 2023

Message from the Principal

Dear Rocky Run Families,



We hope that everyone had a WONDERFUL Thanksgiving break with their families and friends! In this "most wonderful time of the year," it's often too easy to get caught up with the hustle and bustle of what comes with preparing for the Holiday season. I truly hope that this year we can ALL focus on the great things upon which this time of year should be centered: gratitude, positivity, making memories with your family, and of course partnering with us in providing a great education for our Bulldogs!

Here are a few tidbits from in and around the building:

School Event Calendar!

- PTO Vendor Fair = Sat., Dec. 2 from 10:00AM - 12:00PM
- Bulldog Winter Chorus Concert = Thurs., Dec. 14 @ 7:00PM
- Ricky the Elf returns to RRES for a 3rd year of morning time shenanigans this year! His "Elf on the Shelf" appearances can be seen somewhere on campus (near the bus loop or car rider lines) on the mornings of 12/14, 12/15, 12/18, 12/19, and 12/20. Remind our Bulldogs to keep an eye out for him!
- 5th Grade DARE Graduation = Tues., Dec. 19 @ 9:00AM
- Last day of school for the semester = Wed., Dec. 20
- School is Closed for the Holidays = Thurs., Dec. 21 - Wed., Jan. 3
- First Day Back for Students = Thurs., Jan. 4

Mid-Year Assessments for Students

It's hard to believe that we're already just about halfway through the school year! As such, students will be taking mid-year benchmark assessments this week. The assessments will begin this week:

- MAP Reading (4th & 5th) = Tues., Dec. 5
- MAP Math (2nd - 4th) = Thurs., Dec. 7
- MAP Math (5th) = Fri., Dec. 8
- MAP Reading Fluency (4th & 5th) = Mon., Dec. 18

Thank you again for your continued support of Rocky Run Elementary! Please continue to read to your child at home and encourage them to read on their own. Engaging them in academic tasks at home (along with ensuring that they get enough sleep at night) is one of the best ways to assist in setting them up for school success!

Have a wonderful and healthy Holiday Season!

Respectfully,
Nick Roman



Important December Dates

December 2nd - PTO Craft/Vendor Fair

December 14th - Bulldog Winter Chorus Concert @ 7 P

December 19th- 5th Grade DARE Graduation @ 9:00AM

December 20- End of the 9 weeks and 1st semester

December 21-Jan 2- Winter Break

Important January Dates

January 3rd - No School for students - Teacher workday

January 15th- No School - MLK Jr Day

January 30th- Winter Reading VGA for 3rd, 4th and 5th Graders



Important February Dates

February 6th- Winter Math VGA for 3rd, 4th and 5th Graders

February 16th- No School Professional Learning Day

February 19th- No School President's Day



With all the hustle and bustle of the busy holiday season, reading is a perfect way to relax for a moment and unwind. We have a few suggestions for squeezing in some reading this time of year.

Battle of the Books:

Battle of the Books is part book club, part Jeopardy, all fun! It's the perfect activity if you love to read...and love the thrill of competition.

Each grade is assigned a few books. Students have a few months to read the books. Then students will compete with other students in their grade by answering a series of questions about the books they read. We would love to see your student compete and have fun with us!

Sora:

Sora is a great way to read popular children's books and magazines. Your student can access Sora through their "waffle." (Not the breakfast food! Ask your student; they should know all about their "waffle.") They can log in with their Google account and get reading right away. Students can check out up to 4 books at a time and keep the books for 2 weeks. [Sora Link](#)

Central Rappahannock Public Library:

Our local library has an excellent collection of digital children's books. (They also have an extensive collection of young adult books, regular adult fiction, and even narrated books.) Now it's easier than ever to get a library card and start reading. You can apply for a library card online and they will mail you your card. You can search for books online and get reading right away. I am a huge fan of our local library and do most of my reading with books from the local library. [Get a library card!!](#)



Counselor's Corner

CLASSROOM GUIDANCE - Lessons have been focusing on making responsible decisions, managing one's feelings, listening, and managing conflicts in various grades.

In December, we will be focusing on Kindness - what kindness is, how to show kindness towards others, and the value of kind acts.

KINDNESS - During the month of December, Rocky Run 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 can help.

We are so excited to work with you and your child/children! Please let us know how we can help either by email or by phone at 540-286-1956.

KINDNESS
is a gift
everyone can
afford to give.

UNKNOWN

STORIES by SIMPLE

NEWS FROM THE BULLDOG CLINIC

It's hard to believe it's almost Christmas break which also means colder weather! Unfortunately, with colder weather comes coughs, colds, runny noses, fevers, and the Flu. Please keep children at home if they are sick and not feeling well, your child may be carrying something very contagious.



~Remember the 24 Hour Rule of Thumb~

Students may return to school after the following:

- 24 hours** without a temperature/fever (>100 degrees Fahrenheit) **and without** taking fever-reducing medications such as Tylenol or Advil/Motrin.
- 24 hours** without vomiting and diarrhea (**and** tolerating a normal diet).
- 24 hours** of receiving medication for treatment of illness/infection (such as antibiotics, and eye ointments).

If your child still seems tired, pale, with little appetite, not tolerating solid foods, and generally "not him/herself", **PLEASE DO NOT** send him/her to school. Some viral illnesses may take longer before your child is well enough to return to school. If you send your child to school to "see how they feel

in a little while", you are potentially exposing other students, and our staff, to a communicable illness. This ripple effect exposes classmates and then their siblings and family members to the illness.

Have a happy and healthy holiday break!
Nurse Kaley



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

Revised September 2023

When Do Absences Become a Problem?



CHRONIC ABSENCE
18 or more days

WARNING SIGNS
10 to 17 days

SATISFACTORY
9 or fewer absences

Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



American Legion Food Drive

We are collecting non-perishable goods until
December 11th!

D.A.R.E.

5th Grade D.A.R.E Graduation

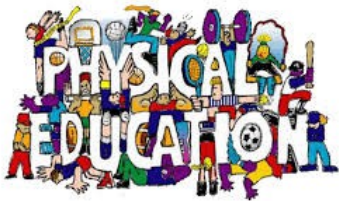
Tuesday, December 19th @ 9
am in the Activities room



**Ricky the Elf returns for a
3rd year of morning time
shenanigans this year!**

- His "Elf on the Shelf"

somewhere on campus
(near the bus loop or car
rider lines) on the
mornings of 12/14, 12/15,
12/18, 12/19, and 12/20.
Remind our Bulldogs to
keep an eye out for him!



G.Y.M. (Get Yourself Moving)

Howdy everyone!

We hope everyone had a great Thanksgiving! Last month we completed the Stack Up and Turkey Trot in PE. Ask your child about these events, it makes for good dinner conversation! This month we will roll out the sport stacking club (open to all grades)

and the archery club (4th and 5th graders only). Sign-ups and detailed information coming soon to the school website.

We want to thank all the families that came out for our "Fowl" Shot Contest on November 16th. The Salvation Army was very grateful for our canned food donations. This year's winners are listed below our news.

If for some reason your child is not able to participate in P.E., write a note to let us know. If it is longer than a week, please get a doctor's note. We want to modify activities for those that cannot fully participate so be sure to ask your doctor if your child can participate in a limited capacity. Please remember to have your child wear tennis shoes and shorts if a dress is worn on the days they have P.E.

Grade	1st	2nd	3rd
K	Andrew Eichhorst	Jamir Jones	
1	Bonnie Rojas	Clara Paquette	
2	Kyler Wright	Mylena Jones	Grayson Capparra
3	Thomas Eichhorst	Kelly Gallagher	Jimel Jones
4	Miles Sprouse	Michael Capparra	
5	Emily Scott	Lincoln Shegogue	

Reading Department

We are excited to announce that Rocky Run Elementary School will be participating in the Stafford County Spelling Bee again this year! Over the last couple weeks, students in grades 3, 4, and 5 took an in-class spelling test with 15 words selected from the Scripps National Spelling Bee list. The top 7 students from each grade level will participate in Round 2. In Round 2, the final 21 contestants will take turns spelling words in front of judges at the Rocky Run Spelling Bee on Tuesday, December 19th until just a winner and a runner-up remain. The top two students from the school event will go on to participate in Round 3 at the Stafford County Division Spelling Bee in January. We are looking forward to this exciting academic challenge!



Rocky Run Elementary

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



Allison Kirmse

Allison is using Smore to create beautiful newsletters