



Bulldog Bulletin

Vol. 9/Issue 7-- February 2024

Principals Message

Greetings Rocky Run Families,

We hope that everyone had an opportunity to safely enjoy our January snow days, and we want to thank all of our families for their understanding and flexibility while we prioritize safety! We certainly hope that February brings milder weather and that Punxsutawney Phil forecasts an early spring! Either way, we remain prepared for whatever comes our way and are always grateful to be in the building with our Bulldogs!



Here are some of our "latest and greatest" updates in and around the building:

Celebrating Black History Month!

February is National Black History Month! This month we pay special tribute to the wonderful contributions of not only our history's most famous black Americans but of all who have inspired us in so many ways.

Multicultural Night Celebration = Thurs., Feb. 15!

Please join us for the RRES Multicultural Night Celebration!

Students, teachers, and families who have signed up will be presenting about different countries around the world. All are invited to come and enjoy these presentations as well as other entertainment. This event will take place on Thursday, February 15 from 6:00-8:00 PM here at Rocky Run! We hope to see you there!

Mark Your Calendars!

Please mark your calendars for the following days as they are NO SCHOOL days for students:

- Friday, Feb., 16 = No school for students (Prof. Dev. Day for staff)
- Monday, Feb., 19 = Schools Closed (Presidents Day)
- Tuesday, Mar. 5 = Schools Closed (Primary Elections Day)

Food Bank Partnership

Good news! We are pleased to announce a new partnership with the Fredericksburg Area Food Bank. We will be hosting a monthly Mobile Food Pantry on the Second Monday of each month from 10 AM - 11 AM beginning on February 12th. Food will be available first come first serve on the bus loop (left side of the school building). Families will stay in their cars and food will be brought to your car. Food available will vary by month but may include shelf-stable foods, refrigerated, and frozen foods. Anyone in the community in need is welcome to receive food even if they do not have a student at Rocky Run, so please share this with anyone who may benefit.

Thank you for your continued support of our Bulldogs AND staff here at RRES!

Respectfully,
Nick Roman

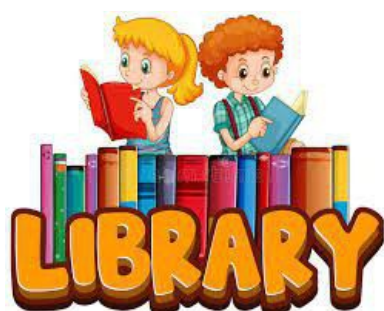


Important February Dates

February 6th - Math Winter VGA - 3-5th Graders
February 15th - Rocky Run Multicultural Night 6-9 PM
February 16th - No school for students! Professional day
February 19th - No School - President's Day

Important March Dates

March 5th - No School for students - Teacher Work day
March 8th - No School for students - Teacher Professional Day
March 11-15 - Spring Break
March 19th-27th - Boosterthon Fundraiser
March 27th - Boosterthon Fun Run
March 29th - No School - Good Friday



Library News

It's February...and we LOVE reading and learning new things in the library!

All month long we are celebrating Black History Month. We have so many wonderful books celebrating important Black Americans and narrating important Black experiences. Stop by the library and

check one (or more than one) out today.

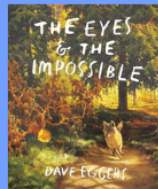
Congrats to the 2024 Youth Book Award winners! (see winners below)

If you're looking for a way to stay warm inside while it's too cold to go outside, why not try participating in our Battle of the Books competition? It's not too late to start reading.

Battle of the Books:

- Each grade level (2nd-5th) reads the 6 books chosen for their grade.
- On March 28th, each participant takes a paper quiz about the books.
- The top 7 finishers then come to the library to compete against each other in a "quiz show" type game.
- First place wins \$50 to spend at our spring book fair. Second Place wins \$25 and third place wins \$10. All 7 finishers get donuts!!!

CONGRATS TO THE
2024 YOUTH BOOK
AWARD WINNERS!



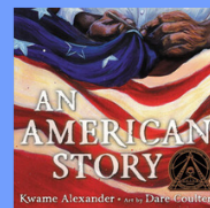
Caldecott:



Newberry:



Coretta Scott King Award:



Pura Belpre Award:

G.Y.M. (Get Yourself Moving)

Hello everyone!

We started off 2024 with bowling. Your Bulldogs have been learning the finer points of a smooth roll, pin setting, and bowling etiquette. Grades 3 - 5 have been scoring by hand. Ask your child about cosmic bowling. Could be a great dinner conversation starter.



Our archery club continues work preparing for the state tournament season on March 9th. Lots of careful aim and steady hands. We are also hosting a Sport Stacking club on Wednesday mornings before school. The club will run through February 14th with an all county tournament at Anne E. Moncure on Saturday February 17th.

There are some great opportunities in the local community to get your children moving outside of P.E. Stafford County Parks and Recreation is a great place to start your search. The website can be found [here](#).

Thanks for ensuring your child wears the right shoes on P.E. days. We appreciate it!!
Coach Meredith and Miss Carson are sending you all WARM thoughts!!



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Counselor's Corner

BIG Feelings - February brings about a time to revisit respect and kindness. Whether students are angry or having other big emotions, we are helping them to remember: they only control themselves and what they can do when things happen with peers or other situations. While BIG feelings are normal, it is important to learn appropriate ways to deal with those feelings. Here are some ways to alleviate stress/anger or other big feelings:

- Take slow, deep breaths
- Squeeze play dough or stress balls
- Run outside
- Listen to music
- Draw a picture
- Talk to a friend
- Count
- Hug a stuffed animal
- Cry
- Rip up old newspapers
- Walk away
- Ask for help

Remind children that while it is ok to feel angry, they must not hurt anyone or anything with their hands, feet, or voice.

Anger and other big feelings are often a secondary emotion. For example, if plans for a birthday party get canceled, the child may be disappointed, but will exhibit symptoms of anger. You may need to acknowledge the disappointment then address the anger. Ask your child about techniques they learned and which ones help them calm down when they are upset.

ATTENTION 5th Grade Parents

ParentVue is now open to enter your child's electives for 6th grade. Please be sure to have this completed by February 9th. Here is the [video link](#) to help you navigate ParentVue. Feel free to reach out to Mrs. Adams if you have any questions about middle school transition.

The Great Kindness Challenge is **February 12 - 16!**

There will be various kindness activities throughout the week including a SPIRIT WEEK!

- Monday - Wear sweats
- Tuesday - Wear a sports jersey/shirt
- Wednesday - Wear Valentine's colors
- Thursday - Wear something with kind words or something that inspires you
- Friday - No school for students - Professional Day





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Allison Kirmse

Allison is using Smore to create beautiful newsletters