

R.O.A.R Report



Visit us at: <https://rimrock.mesa.k12.co.us/> Old editions will be archived on our website.

Shared Vision: Rim Rock nurtures and equips mindful, engaged and empowered learners. Si usted necesita una traducción en español favor de llamar al 254-5484. Estamos para servirles.

Like us/Follow us on Facebook: <https://www.facebook.com/Rim-Rock-Elementary-178372062579265/>

January 24, 2020

Upcoming Dates

PTO Meeting – 2/6/20 – 4:00 pm
PTO Family Bingo Night – 2/13/20 – 5:30
No School – Comp. Day for Conferences – 2/17/20
4th Grade Music Program – 2/18/20 – 6:00 – FMS
School Advisory Council – 2/27/20 – 4:30 -5:30

Focus on Learning:

Conferences

Last night we held our first evening of Winter Conferences. We will have our 2nd round from 4:00 to 8:00 on the 30th of January. Because we do not have enough slots for all families, teachers have prioritized their slots. If you did not receive a request for a conference and you would like to talk to your child's teacher, please reach out via email or telephone. We appreciate your partnership in your child's learning and look forward to a wonderful semester.

Goal Setting



As a staff, we continue to learn about and discuss goal setting for our learners. The partnership between home and school is an important component in this work. The more our learners can articulate the work they are engaged in, the more important and “real” it becomes. As you are talking about school, ask your child(ren) what goals they are working on, how they picked those goals and how they will know when they have reached the goals. Many of the learners are working in the area of literacy, they might even be able to share their success criteria or rubric to help with the sharing.

Our ultimate goal is to have our learners own their learning – to feel empowered and equipped to be problem-solvers and to advocate for themselves.

Focus on Our Community:

School of Choice

SCHOOL OF CHOICE

The School of Choice window for the 2020-2021 school year will open on March 2, 2020 at 10:00 a.m.

Applications are accepted based on availability and on a first come, first served basis. The process occurs online via ParentVue.

For more information, please call (970-254-5323) or your school office, or visit www.d51schools.org/schoolofchoice

School District 51
MESA COUNTY VALLEY

More information about changes to boundaries due to the opening of Monument Ridge Elementary in the '20 -'21 school year will be coming. Please watch your email for more information.

Counselor's Corner



Social-Awareness

- I am aware of my traits, know what I do well, and know what areas I can work on.

Self-Management

- I can make good decisions.
- I can manage my emotions in a way that is constructive and appropriate.
- I can set and achieve goals that will help me to be successful.

In January, we discussed personal responsibility and self-management. We reviewed ROAR behavior expectations for the classroom, read *My Mouth is a Volcano*, and discussed self-management strategies for blurting and strong emotions. Fifth grade students are continuing to learn strategies for dealing with stress and strong emotions in the "Riding the Waves" lessons. Some of the techniques that we have covered are: affirmations, journaling, meditative drawing, positive self-talk, laughter, belly breathing, and guided imagery.

The following are a few ways to teach self-management at home. These ideas are written by Gwen Dewar, Ph. D. and are taken word for word from <http://www.parentingscience.com/teaching-self-control.html>.

- **Play games that help kids practice self-control.**

Any time we ask kids to play by the rules, we're encouraging them to develop self-control. But some games are more challenging than others. For instance,

take the traditional game, "Red light, Green light." When a child hears the words "Green light!" he's supposed to move forward. When he hears "Red light!" he must freeze. In this classic form, the game is about following directions. But with a twist, it gets trickier: *After the kids have adjusted to the rules, reverse them. Make "Red light!" the cue to go and "Green light!" the cue to stop.* Now the game tests a child's ability to go against habit. He must inhibit his impulses, practicing what psychologists call "self-regulation."

- **Be an "emotion coach."**

Adults react in different ways to a child's negative emotions. Some are dismissive ("That's no reason to be sad."). Others are disapproving ("Stop crying!") These approaches aren't helpful, because they don't teach kids how to regulate themselves. By contrast, kids benefit when parents talk to them about their feelings, show empathy, and discuss constructive ways to cope. Researchers call this "emotion coaching," and it's associated with better child outcomes.

- **Instill the right mindset for tackling challenges and learning from failure.**

Many people think of intelligence and talent as "gifts" that we inherit and can't improve upon. When these people fail, they feel helpless and give up. By contrast, people who believe that effort shapes intelligence and talent are more resilient. They are more likely to take on challenges and learn from their mistakes. We can help kids develop this sort of resilience and determination by being careful with our feedback. Experiments show that praising kids for general traits ("You're so smart!") makes them adopt the wrong mindset. So does general criticism ("I'm disappointed in you"). What works better is praise for effort, and feedback that encourages kids to try different strategies ("Can you think of another way to do it?") Additionally we focused on perseverance and positive self-talk. We discussed the

meaning of perseverance and how positive self-talk helps us to do our best and not give up, even when it gets hard. Additionally, we talked about how positive self-talk/growth mindset makes us feel good, try harder, become a better learner, and reach our goals.

Here are some ideas for promoting **perseverance** at home:

Taken from:

(<http://www.reachinginreachingout.com/documents/ram-keeptrying-tipsheet-poster-oct20-12-final.pdf>)

When parents keep trying and offer encouragement, children learn to keep trying, too. Learning from mistakes helps us grow and keep trying as we face life's challenges.

SHARE your 'keep trying' outlook and patience with your child...

Offer encouragement

"I think you can do it. Keep trying."

"You really want to learn how to do that."

"Let's see how much you can do."

Show them that mistakes are OK

"Everyone makes mistakes. That's how we learn."

"That's OK. Mistakes help us know what to do differently the next time."

Tell them progress takes practice

"You may not get it right the first few times, but that's OK. It takes practice to learn new things."

"You kept trying to put the puzzle together. And, look, you only have a few pieces to go!"

Talk about how you keep trying

"First, I get the broom, and the dustpan, then I sweep, and then I put the dirt in the trash can."

"I am so glad I kept trying. Look, I learned how to fix the lamp."

Point out people or characters who keep trying

"Look at the baby learning to walk. She keeps falling down, but then she gets back up."

"The little red engine kept on trying. It was hard, but he finally got up the hill."

ASK your child about trying...

"How about trying again? I think you can do it"

"What do you need to help you start?"

PAUSE and THINK about different times you can encourage your child...

- When your child is playing
- Learning something new
- When s/he is frustrated or discouraged

Kristen Walke and Laura Ousley- Rim Rock School Counselors



D51F

SCHOOL DISTRICT 51
FOUNDATION