

# R.O.A.R Report



Visit us at: <http://rimrock.mesa.k12.co.us/>

Old editions will be archived on our website.

*Mission Statement: 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.*

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December 19, 2018

## Upcoming Dates

December 22 – January 7 – Winter Break

January 21 – No School - Holiday

## Focus on Learning:

### First Semester Reflection

It is hard to believe this Friday is the midway point for our school year. It feels like just yesterday we were welcoming students and families to our first day of school. So much has happened since August:

- Students in kindergarten are READING and working on Snap Words;
- First graders are becoming excellent word detectives and making tens;
- Second graders are listening with understanding and empathy and becoming scientist;
- Third graders are composing and decomposing numbers to find products and reading non-fiction;
- Fourth graders are becoming persistent and applying knowledge to new situations;
- Fifth graders are working with fractions and building equivalencies as well as adding and subtracting these quantities and building volcanoes.

Everyone is developing ROAR behavior, building positive mindsets, practicing “self-talk”, developing goals and using feedback to reach them! We have been very busy this first semester and are excited to dig even deeper and develop more knowledge second semester!!

## Focus on Our Community:

### November ROAR Winners

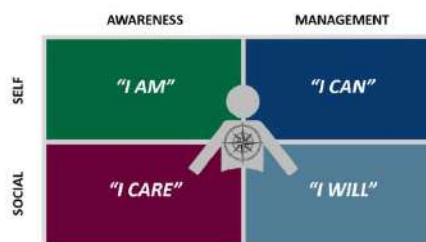
Each month we collect ROAR slips and hold a drawing for one student per grade level (students can earn slips for going above and beyond and exhibiting exceptional ROAR behavior – they can also earn slips for participating in school spirit events). Our winners for

November are: Staff: Mrs. Harrison; Kinder: Hayden M.; 1<sup>st</sup> – Alonzo P.; 2<sup>nd</sup> – Owen F.; 3<sup>rd</sup> – Mercedes L.; 4<sup>th</sup> – Jaxton M.; 5<sup>th</sup> – Seth B. Make sure you check out their pictures on our Facebook page. Congratulations to ALL!!!

### The Counselor’s Corner

In December, we talked about constructive relationships (friendship skills (K-4)). We discussed the ingredients of a healthy friendship (kindness, goofiness, having fun, honesty, respect, safety, trust, etc.). We also talked about how every relationship has a small bit of disagreement (no one agrees or gets along all of the time). This promotes showing respect for each person’s point of view and problem solving together (talking things out, compromise, sharing, taking turns).

5<sup>th</sup> graders continued to learn strategies for dealing with stress and strong emotions in the district-wide “Riding the Waves” lessons. Some of the techniques that we have covered are: affirmations, journaling, meditative drawing, laughter, belly breathing, and guided imagery.



### Social-Awareness

- I care about the feelings and viewpoints of others.
- I am aware of and accept my responsibilities.

### Social-Management

- I will work on having constructive relationships.

Additionally, we discussed personal responsibility. To address personal responsibility, we read *But It's Not My Fault* by Julia Cook. We talked about how expectations and responsibilities promote a safe and productive environment. We also discussed that there are positive and negative consequences for each choice and action.

**Why is being responsible important?** “When we act responsibly, or do the things we are responsible for doing, we have a positive consequence. A consequence is what happens as a result of our actions. When you are responsible, you have a positive outcome and you get the positive consequence for a job well done. If you are irresponsible, you feel the pain of a negative consequence for a job done poorly or not at all.

Being responsible leads to more trust and freedom because people know they can count on you to do the things you are expected to do. Being responsible can also be a big part of keeping you safe.”

(excerpt taken from:

<https://talkingtreebooks.com/definition/what-is-responsibility.html>)

**How can I help promote personal responsibility at home?** “At empoweringparent.com, counselor Megan Devine, suggests parents create a culture of personal accountability within their home, which means that everyone in the family is responsible for their own behavior and actions.

This means everyone must follow house rules and expectations and will be held accountable for how they behave during arguments. The idea is that by setting a culture of accountability, kids avoid that negative pattern of justifying their behavior with excuses and learn instead to take responsibility.

Here’s the breakdown of what we need to do:

- **Set consequences:** If your child doesn’t live up to their responsibilities or follow the rules there has to be consequences. As a parent, you must set these beforehand so your child knows about them. You also must stick to them when they do not follow the rules.
- **Make rules/consequences very clear:** Children are great at maneuvering out of responsibility. Close the loopholes. For example, if there is no pushing or shoving allowed between siblings, then that is the rule, no matter what the reason or who started the altercation. If pushing occurs, then that child has to deal with

whatever consequence was previously agreed upon. Period.

- **Discuss what they can do:** Don’t just say that they are not allowed to push their sibling when they are angered, but suggest actions they are allowed so they can deal with those feelings. Kids often don’t know what the right response actually is, so give examples of what they *can* do, like talk to mom or dad, remove themselves from the situation, drawing a picture of how they feel, or let out their feelings by kicking a ball around the yard or riding their bike.
- **Remind or cue your child:** If you see your child about to dump out the toy box remind them that they will have to pick everything back up when they are done. Cue them about the expectation and what actions they will have to take to be accountable for their actions.
- **Be consistent:** Accountability cannot be a “sometime” rule and be respected. Set the expectations and stick to the consequences you set. Don’t spout out a consequence you will not enforce. I used to be very guilty of that one. It sounded great to say, “No playing outside after dinner,” until it was actually after dinner and I really wanted them to play outside.”

(excerpt taken from: <https://afineparent.com/building-character/personal-accountability.html> )

## Season of Giving

Thank you to everyone involved in supporting our community. Our can food drive and our Toys for Tots toy drive were both a huge success!! In addition, our community supported several Rim Rock families through our Angel tree. And, one of the greatest gifts of all is time. At this point in the year, our community has given us just under 600 volunteer hours!! It is amazing to be a part of such a giving and caring community!!



A special thank you to our PTO for our cookie exchange, our ornament party, your donations for teacher give aways and your never-ending support!!!

## Last Call for Lost and Found

We have lots of forgotten jackets and sweatshirts in our cafeteria foyer on our lost and found rack. Please come visit before our December break because we will box them up and donate them on Friday, December 21.

