



Inspiring & Empowering
Students to Lead
Successful Lives



55 South 500 East - Lindon, UT 84042 | 801-796-3130

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Rocky Mountain Elementary School Newsletter

November 2009

Principal's Message:



Dear Parents,

Thank you so much for your efforts to keep germs from spreading at school. I know that kids don't get sick at super convenient times and that often it requires reorganizing schedules to keep them home, but it is certainly appreciated on our end. We also appreciate your conscientious efforts in encouraging hand washing and ensuring that students are adequately rested and practicing healthy habits at home. Please remember that as the weather gets colder, students will need to dress appropriately as recesses will continue. We watch temperatures and precipitation, but for the most part outside recesses will be the norm.

Safety Week and Red Ribbon Week, both conducted in the last 6 weeks, were a huge success at Rocky Mountain again this year. Thank you to our PTA volunteers for an outstanding effort. Both weeks were enjoyed by our students, and I am excited about Alicia Bender and Jackie Brinkerhoff's enthusiasm to keep these issues alive throughout the year so that all of our students can truly commit to safe and healthy lifestyles.

I am so pleased to report Rocky Mountain's success record as kept by the Federally Mandated NCLB. Rocky Mountain met Adequate Yearly Progress and received high progress scores as measured by the Utah Performance Assessment System for Students (U-PASS). We had a 5% increase in students' pass rate in Language Arts, and a 7% increase in Math. Our science scores are also on the climb. The Direct Writing 6 Assessment showed an increase in proficiency of 11%. Our teachers continue to work hard in collaboration with each other to provide the very best educational experience for each child. Any time you walk through the halls to witness our extracurricular activities, you'll find that students are excelling in ballroom, Spanish, choir, and orchestra to stretch and develop talents beyond the state core.

It's a privilege to be at Rocky Mountain! Thank you for your support and interest. Keep posted to hear more about all the great things that happen as we accomplish and live our mission: *Inspiring and empowering all students to lead successful lives.*

Sincerely,
David Turner
Rocky Mountain Elementary School Principal

November 2009 Calendar:

- **Reflections Awards Assembly** (Gym)
Thu, Nov 05, 2009 - 6:00 pm
- **Community Council Meeting** (Media Center)
Fri, Nov 13, 2009 - 11:30 am to 12:15 pm
- **Family Week**
Mon, Nov 16, 2009 to Fri, Nov 20, 2009
- **Family Skate Night** (Classic Skating)
Fri, Nov 20, 2009 - 6:00 pm to 9:00 pm
See ad on page 2 for more information
- **NO SCHOOL**
Wed, Nov 25, 2009 to Fri, Nov 27, 2009
Thanksgiving Break

Visit the Rocky Mountain Website at
<http://www.RockyMountainElementary.org>
to view the full 2009 / 2010 Calendar

Alpine School District Health Fairs and Flu Shot Clinics

Dates and Times are scheduled as follows:

Nov 12, 2009 from 2-6 pm at Lindon Elementary
Nov 19, 2009 from 2-6 pm at American Fork JH
Nov 24, 2009 from 2-6 pm at the Alpine School District Offices Board Room

Immunizations will be provided at all three locations. The cost for the flu shot is \$23.00, and the cost for pneumonia is \$45.00. It is not clear at this time if the H1N1 shot will be available.

Happy Thanksgiving!

There will be **NO SCHOOL** from Wed, Nov 25th, to Fri, Nov 27th, for Thanksgiving break.

Enjoy the break and have a
Happy Thanksgiving!



PTA President's Message



I have had the opportunity over the last few months to visit with a lot of PTA members from around the State. It always shocks me when they talk about how some schools and some administrations really do not support PTA and really would rather not have parents involved in their schools. We are so fortunate at Rocky Mountain. I am continually impressed with our administration and our teachers. They not only encourage our involvement, they are always sincerely

appreciative of all we do as parents. We have great room parents, volunteers, and an exceptional PTA Board this year, and it is an honor to be associated with such a great school.

There has been a great sense of enthusiasm at school over the past couple of weeks. Red Ribbon week was such an amazing success. The students were excited and participated in so many of the events, especially the lunch time activities. Thanks to Jackie Brinkerhoff, our Health Commissioner for her excitement, organization, and time.

Our Reflections deadline was last Friday, and Debbie Young and her team have been hard at work organizing all the entries for judging. There were many amazing entries. The students really caught a vision of what "Beauty Is."

We seem to be in the start of what looks like a long winter season of flu and other illnesses. A special thanks to the organizations that have donated hand sanitizer and tissues. Please remember to keep your child home if they are sick. The PTA will be helping subsidize the school's supplies of preventative aids, but it is helpful to help your child's classroom with any possible donations. Together we can help keep our kids healthy this season.

Thanks for all you do. There are many exciting things happening at Rocky Mountain. I am glad to be a part of them. We still need your help. If you would like to get involved please call 801-796-5928. There are so many opportunities to help.

Sincerely,
Carol Theurer
Rocky Mountain Elementary PTA President

Reflections Awards Night

Thanks to all of those who entered the Reflections Contest! There are some amazing pieces of work! We would like to invite everyone who entered to come to the Awards Night on Thursday, November 5th, at 6:00 in the Rocky Mountain gym. We will be showcasing ALL of the entries, so please come see your friends' great work as well as your own!

We will be presenting "Award of Excellence" trophies to those chosen to advance to the Council level, as well as many "Honorable Mention" awards. With exception to the "Awards of Excellence," you may bring your work home after the program.

Refreshments will be served. Please come and enjoy the creations of "Beauty" from our Rocky Mountain students!

A Red Ribbon Week Thank You

We'd like to thank all the parents that assisted with Red Ribbon Week. Also a big thank you goes to the Singers Unlimited performers for the time they've spent creating such a fun and educational assembly. For more information regarding Singers Unlimited, visit <http://www.singers-unlimited.com>.

Sanitizing Gel and Tissue Donation Requests

As we head into the cold and flu season, it is important to keep our children's health protected. We would appreciate any donations of sanitizing gels and/or tissues to help support this effort.

Please send donations to your child's teacher. Thank you in advance for your donation!



Family Skate Night



Family Skate Night will be on Friday, Nov 20th, from 6:00 PM to 9:00 PM at Classic Skate.

ADMISSION IS FREE for all Rocky Mountain students and their families.

Skate rental is \$1.00. Roller Blades and Scooter rental is \$3.00. You can bring your own skates, blades, and scooters. The snack bar will be open. The dinner meal is only \$2.00, and it includes a hot dog, nachos, or a pizza slice and a drink.

Bring the whole family for a fun night of skating, eating, prizes, and family fun!

Location:
Classic Skating & Fun Center
250 South State Street
Orem, UT 84057
801-224-4197

Safety Week Follow Up (Bicycle and Pedestrian Safety / Student Emergency Kits)

We had a lot of fun with bike and pedestrian safety obstacle courses at recess at the end of September and beginning of October for safety week.

Any students who did not earn a Rocky Mountain Elementary School bicycle license can still earn one by completing the safety exercises at the bottom of this page.

Parents, if you have not sent in an emergency kit for your student, please do so this week. We really want to have a kit for every child. The original flier that came home in September with a list of things to put in the emergency kit is included at the right.

We would like to thank all the parents who donated backpacks and Lee Wallen from Symantec Corporation who donated 90 duffle bags. The bags will be used by teachers and students to carry their emergency kits should they need to move students out of the classroom in the event of an emergency.

STUDENT PERSONAL EMERGENCY KITS

Each student at Rocky Mountain Elementary School needs a personal emergency kit. The kits will be used in the event of a school lock-down or emergency. Please fill a one gallon Ziploc bag with the appropriate items and have your child bring it to school as soon as possible.

Your child's bag should include the following items:

- favorite snacks, food, gum, or candy
- water (16 oz water bottle)
- small toys, games, and/or stuffed animal
- note from parents
- your child's name on the bag



Unused kits will be returned at the end of the school year. Thank you for helping keep our Rocky Mountain kids safe.

Rocky Mountain Elementary School Bicycle License

During Safety Week last month, students at Rocky Mountain Elementary learned about bicycle safety and had the opportunity to earn their Rocky Mountain Elementary School Bicycle License. If your student did not receive one, he or she can still earn it by completing the following bicycle education activities at home. Always remember to wear your helmet to protect your head!

Activity No. 1: Braking

Mark two lines on the riding surface. Have child ride at a normal speed and at the first line apply brakes to stop with their front tire on the second line. Explain that if they go past the second line they should apply their brakes harder; if they stop before the second line they should apply their brakes lighter. Purpose: teach how to stop quickly and how to judge stopping distance.

Activity No. 2: Crosswalk

Have child stop at a crosswalk. Explain what a SCHOOL CROSSING sign means. Tell them they must always stop for people crossing the street. Explain that this rule also applies when riding on the sidewalk. Purpose: teach correct behavior toward pedestrians.

Activity No. 3: Balancing

Have child ride at a slow speed and try to stay between the lines without touching feet to the ground or crossing over a line. Encourage children to look straight ahead. Purpose: teach balance and control while riding at low speeds.

Activity No. 4: Circling

Have child ride at a slow speed between double lines in a circle or figure eight without stopping or touching the lines. Purpose: teach balance, ability to circle and change direction.

Have your parent or guardian sign this form after you have completed all four activities. Return this signed form to the from office to receive your official bicycle license!



Parent/guardian signature: _____ Date: _____