



# SOUTH RIVER RANGER REPORT

## December 2017

### PRINCIPAL'S MESSAGE

Parents and families,

We are flying through the first semester! I can't believe it's December. It seems like we just got started. Your children are absolute joys, and our staff is very fortunate to be able to work with them and their precious families. Happy Holidays to each of you!

An important reminder, weather and schedules are very unpredictable in the coming months. It is imperative that you are informed of closings, delays, and other event changes by radio and television announcements as well as School Messenger communications.

Have a wonderful break with your children!

*Ashley Houff*

### UPCOMING DATES AND EVENTS

#### December

6 – Ciro's Night

7 – Holiday Concert @ 6 pm

8 – 1:00 Dismissal; Father-Daughter Dance @ 6 pm

14 – 5<sup>th</sup> Grade Spelling Bee @ 1 pm

15 – Open Gym for K, 1<sup>st</sup>, and 2<sup>nd</sup> grade students 5:30-6:30 pm


20 – 1:00 Dismissal

21-January 1 – Holiday Break

HAPPY HOLIDAYS!



We will soon be updating the RCPS 5-Year Technology Plan and want to get input from all of our stakeholders as we begin that process. Speak Up is a research tool districts use to learn what students, educators, parents and the community have to say about education issues. To participate, folks simply need to go to <https://speakup.rockingham.k12.va.us> and select the appropriate link. The survey should take approximately 20 minutes to complete and will be open through January 19, 2018.

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*You can say thank you to a teacher who has impacted you or your child by nominating him/her for the Inspire Award. This award aims to recognize teachers who go above and beyond in the classroom. Parents, students, pre-service teachers, or classroom volunteers may submit nominations.*

*The Inspire Award allows the School Board and community to regularly and publicly celebrate the impact that RCPS teachers make each day, whether on a particular child or class, or by encouraging a future teacher.*

*A teacher may be recognized once during a school year and submissions must be received ten days prior to a board meeting. The person making the nomination will be invited to share his/her nomination essay of up to 200 words with the school board, and will make the presentation of a certificate to the honored teacher.*

*The [nomination form](#) can be found on the RCPS homepage under the "Parents/Students" tab.*

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## BOX TOPS FOR EDUCATION

This year, our goal is to raise **\$2000** to purchase Technology items for our school with the Box Tops for Education Program.

Box Tops offer a very easy way to earn cash for our school with an everyday activity like buying groceries!



One of the easiest ways you can help is to...

**"Clip"** - Clip Box Tops from hundreds of participating products. Box Tops are worth 10¢ each when our school redeems them from Box Tops for Education.

If everyone helps, we can earn more cash for our school than ever before.

Tell your friends and family to save their box tops too, and help us reach our goal! You can bring your Box Tops to school and put them in your classroom Box Tops container. The classroom with the most Box Tops will win a classroom pizza party! We will collect 3 times so that is 3 chances to win a pizza party for your class!

**Collection dates will be February 8 and May 3**

Thank you for making a difference for our school!

# *Let's Celebrate Great Kids!*

## **CHARACTER COUNTS!**

## NOVEMBER





## CONGRATULATIONS!

The following students have earned 10 stickers for their "Caught Being Good" fish. They were able to choose a special privilege pass and a gift from the treasure chest. South River is proud of each of you for making good choices. Way to go students!!!

# CAUGHT BEING GOOD!

Kayden Alger	Trenton Cook	Elsie Harlow	Emily Kubler	Marley Plowman	Dabriel Skievaski
Xiomara Arevelo-Cruz	Kristina Cruz	Liam Harris	Ruvin Kukanov	Celine Powell	Brynlee Smith
Scarlett Argenbright	Autumn Davis	Noah Harris	Liam Light	Kyden Powell	Chelsea Smith
Dieter Arcia-Bernal	Calli Davis	Landyn Hartman	Bodie Lohr	Ian Propst	McKenna Smootz
Talyn Armentrout	Serenity Denman	Mason Hawk	Haley Lucas	Easton Puffenbarger	India Spencer
Kyle Bailey	Aiden Derrer	Ava Hayward	Grant Malin	Caleb Quiroga	Titus Spencer
Dayanna Barrios	Tony Dovel	Pippa Hayward	Emma McKnight	Colton Quiroga	CamRon Springer
Oscar Barrios	Brendyn Elwood-Lam	Jacob Hensley	Aidan Mitchell	Alexis Raines	Carter Stickley
Julia Bennett	Gracie Filler	Brenna Hise	Liam Mitchell	Julianna Rivera	Jacob Stratford
Jaelynn Burgess	Journey Filler	Kyra Hoffman	Austin Morris	Bailey Roberts	Haven Swartz
Joshua Burgess	Leonardo Paredes-Flores	Delanee Holloway	Brayden Morris	Natalie Robertson	Joshua Taylor
Damian Camacho	Caden Foltz	Sadie Houff	Connor Morris	Abriana Robles	Madeline Taylor
Sam Casius	Mason Forloines	Payton Hulvey	Madeline Morris	Vincent Robles	Ava Terry
Casen Chandler	Parker Fulton	Dylan Huyard	Julie Mykhayluk	Derick Rodgers	Finn Thompson
Joshua Chandler	Tedd Gordon	Ezra Jarrett	Kyra Newcomb	Adriel Pabon-Ruiz	Bradley Thornton
Will Christian	William Gordon	Bree Jeffries	Reagan Nolen	Ka'men Sandridge	Danylo Troitskyi
Nevaeh Coira	Kayleb Guenthner	Alex Jerrells	Caleb Norton	Matthew Schmidt	Danaes Valenzuela Ramos
Charity Cook	Brooke Hall	Morrigan Karnes	Ali Paguda-Guzman	William Schaefer	Lily White
Damien Cook	Aiden Hammer	Timothy Kartyshev	Kaison Painter	Clayton Shifflett	
Dalani Cook	Olivia Hammer	Rachael Kelley	Ashia Perry	Jackson Shifflett	
Ruth Cook	Eli Harlow	Peyton Knight	Brooklyn Petrillo	Olivia Shifflett	

## KIDS 4 KINDNESS

### NOVEMBER SUPER K AWARD WINNERS



#### November 13

Brendan Elwood-Lam

Emily Stauffer  
Holden Zimmerer

Laryn Harlow  
Daphne McCray

Emely Alfaro  
Joshua Burgess

Emily Kubler  
Kyle Bailey  
Marley Plowman

Obed Gonzalez  
Kayden Alger  
Alexis Raines

Chelsea Smith  
Caitlin Morris  
Caden Foltz

#### November 27

Miranda Dinges

Liam Harris  
Ethan McDonald  
Daina Ortiz-Reyes

Aiden Derrer  
Caleb Norton

Jaelynn Burgess  
Lily Terry

Elijah Kartyshev  
Danaes Valenzuela-  
Austin Morris

Ava Terry  
Shamoya Motta  
Brynlee Smith

McKenzie Dooms  
Gabe Pastrana  
Tim Kartyshev

Congratulations to these students who were chosen because they are kind with their words and their actions!

Dear Parent:

Children are ready to learn when they eat healthy foods and get regular exercise. Thank you for the opportunity to partner with you as you reinforce and model this at home. The purpose of this letter is to provide some practical suggestions on how you can help us adhere to our student wellness policy and create a positive nutritional atmosphere at school.

A) Snacks/Parties The classroom teacher makes the decision regarding the frequency of snacks and classroom parties. It is desirable that “nutritious” items be included in the planning for these events. One safe way to assure that it is “nutritious” is to limit the foods to fruits and veggies. WHY? Most children do not eat the recommended daily servings of fruits and veggies. Fruits and veggies are loaded with vitamins and minerals; are low in fat, sugar, and salt; and are high in fiber. Students with medical conditions (diabetes, allergies, etc.) can also participate. Some ideas include:

Apples	Nectarines	Grapes	Pineapple Chunks
Orange Slices	Baby Carrots	Bananas	Melon Chunks
Celery Sticks	Cucumber Slices	Strawberries	Squash Slices
Raisins	Kiwi	Applesauce	Watermelon

While fruits and veggies are the best choices, other ideas include:

Cereal Based Snacks	Baked Salty Snacks	Muffins
Graham Crackers	Popcorn Snacks	Yogurt
Granola Bars	Cereal Bars	Animal Cookies
Ginger Snaps	String Cheese	Frozen Juice Bars

One way to get your child to “go along” with nutritious snacks may be to include him/her in your grocery shopping for the event. Beverages can be limited to 100% juices, juice drinks, and lemonade. Soft drinks and Kool-Aid are discouraged.

B) Packed Lunches I would invite your child to participate in the nutritious meal program provided at school. Our observations of packed lunches as revealed that the “average packed lunch” in Rockingham County has a price tag well above the cost of a hot school lunch. If a lunch is packed at home, thank you for your involvement to make it safe and nutritious. The school does not have a way to keep the lunch refrigerated, so an ice pack is recommended if perishable items are included. Please refer to package directions on the refrigeration / freezer requirements for specific foods. Milk may be purchased if the student packs; but free milk is not available to students who pack and are “free lunch eligible”. In the event that a student comes to lunch with only one item of very poor nutritional value in the packed lunch (candy or chips), the student will be provided (and charged) a school lunch and you would be notified. In this regard, school personnel do not intend to be “food police”, but our belief is that you would want to be made aware of this situation. This is rarely, if ever necessary. In addition to the snack items listed on the other side of this page, some nutritious packed lunch ideas include:

PBJ Sandwich	Cheese Sandwich	Peanut Butter on Veggies (see above)
Cereal	Bagels & Other Breads	Cheese & Crackers
Fruit Cup	Jello Cup	Baked Chips w/Salsa or Cheese

You are invited to join your child for breakfast or lunch at school anytime. Please be advised that the student wellness policy discourages parents and others from bringing commercial restaurant foods-to-go (fast food) into the cafeteria. Students are not to receive food from others during meal periods (exception-parents for their own children). By way of reminder, understand that if free or reduced benefits are received for lunch, this same eligibility also applies to breakfast. Thank you for your efforts to help us create a healthy environment in the classroom and in the cafeteria. If you have suggestions or recommendations, please contact me.

Sincerely,  
Gerald Lehman, MS, RD, Director, Food and Nutrition Service

The following list of websites provides many child-friendly nutritional games and healthy ideas:

<a href="http://www.5aday.nhs.uk">www.5aday.nhs.uk</a>	<a href="http://www.nutritionexplorations.org">www.nutritionexplorations.org</a>	<a href="http://http://kidseatwell.org">http://kidseatwell.org</a>
<a href="http://www.bam.gov">www.bam.gov</a>	<a href="http://www.smallstep.gov">www.smallstep.gov</a>	<a href="http://www.kidnetic.com">www.kidnetic.com</a>
<a href="http://www.dole5aday.com">www.dole5aday.com</a>	<a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a>	<a href="http://www.mypyramid.gov/kids">www.mypyramid.gov/kids</a>
<a href="http://www.exhibits.pacsci.org/nutrition">www.exhibits.pacsci.org/nutrition</a>	<a href="http://www.captainfit.com">www.captainfit.com</a>	<a href="http://www.itsanap.org">www.itsanap.org</a>
<a href="http://www.5aday.org">www.5aday.org</a>	<a href="http://www.cspinet.org/smartmouth">www.cspinet.org/smartmouth</a>	<a href="http://www.fns.usda.gov/tn">www.fns.usda.gov/tn</a>
<a href="http://www.nutritionforkids.com">www.nutritionforkids.com</a>	<a href="http://www.kidshealthnotes.com">www.kidshealthnotes.com</a>	
<a href="http://www.cdc.gov/powerfulbones">www.cdc.gov/powerfulbones</a>	<a href="http://www.kidshealth.org">www.kidshealth.org</a>	<a href="http://www.squaremeals.org">www.squaremeals.org</a>
<a href="http://www.familybookbag.fcs.msue.msu.edu">www.familybookbag.fcs.msue.msu.edu</a>	<a href="http://www.fns.usda.gov/eatsmartplayhard">www.fns.usda.gov/eatsmartplayhard</a>	<a href="http://www.funwithfoods.com">www.funwithfoods.com</a>

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