

ROCK RIDGE ELEMENTARY

# Rock Ridge Review

January 2024

400 Heritage Avenue, Castle Rock, CO 80104

Weather Closure: 303-387-SNOW

Attendance Line: 303-387-5152

Office: 303-387-5150

## Principal Message

Happy Mid-Winter Rock Ridge:

Welcome to swinging temperatures, ranging from -20 degrees to high 50's, making it difficult to forecast how best to dress for school. Since we do not have supervision prior to 3:20am, students will not be allowed into the building until that time. Also, we have outdoor recess when temperatures are above 20 degrees so that they can get their wiggles out so please keep that in mind when sending your children to school and how they should be dressed.



The new digital sign is up! Thank you again PTO and the RRE community for all of your generosity to bring us into the 21st century. We are still working on some technical glitches yet hope to have this corrected soon.

On a personal note, I had knee replacement December 22nd and have slowly been transitioning back to full time at Rock Ridge. Thus, if you have not seen me recently at drop off or pick-up I may be on a short day or at a district meeting. (This will also explain the limp that I currently have hosting).

Have a wonderful day and stay warm!  
Warm regards,

Peter Mosby  
Principal, Rock Ridge Elementary

### HOURS

First Bell: 8:30 am  
School Begins: 8:35 am  
All Dismiss: 3:30 pm  
AM Kinder: 8:30-11:15  
PM Kinder: 12:45-3:30

Principal: Peter Mosby  
Assistant Principal: Julie Roach






# RRE Calendar

## Upcoming Events:

### Tuesday, January 30 -

- Jewelry & Crafts @ 7:15
- Orchestra @ 7:15
- Green Team @ 8:00
-  3rd Grade Hockey Championship @ 8:50
- Band @ 3:45
- Yearbook Club @ 3:30-4:30

### Wednesday, January 31 - 6th Grade Planning Day

-  4th Grade Hockey Championship @ 8:50
- Choir @ 7:45
- Archery @ 3:45

Happy February Folks !!!

### Thursday, February 1 - Specials Planning Day

- Orchestra @ 7:15
- Climbing Club @ 7:15
- Band @ 3:45

### Friday, February 2 - GO RED DAY

- GROUNDHOGS DAY!!

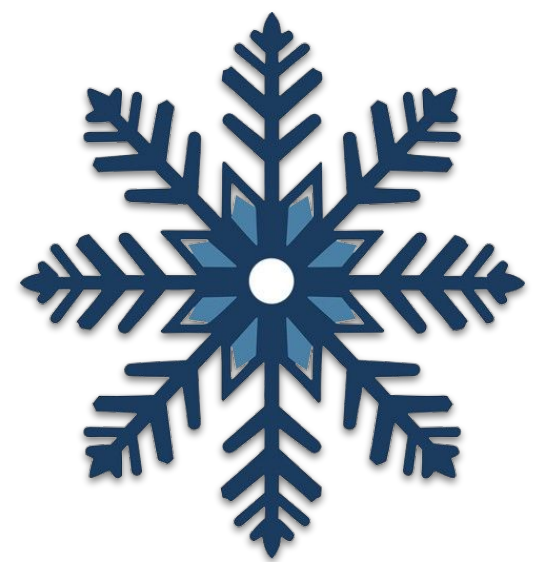


| JANUARY |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| S       | M  | T  | W  | Th | F  | S  |
|         |    |    |    |    | 4  | 5  |
|         | 1  | 2  | 3  | 10 | 11 | 12 |
| 7       | 8  | 9  | 16 | 17 | 18 | 19 |
| 14      | 15 | 22 | 23 | 24 | 25 | 26 |
| 21      |    | 28 | 29 | 30 | 31 |    |
|         |    |    |    |    |    |    |

| FEBRUARY |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | M  | T  | W  | Th | F  | S  |
|          |    |    |    |    |    |    |
| 4        | 5  | 6  | 7  | 1  | 2  | 3  |
| 11       | 12 | 13 | 14 | 8  | 9  | 10 |
| 18       | 19 | 20 | 21 | 15 | 16 | 17 |
| 25       | 26 | 27 | 28 | 22 | 23 | 24 |
|          |    |    |    | 29 |    |    |



# Counselor's Corner



We have seen an uptick in peer conflict related to Tiktok. Please take a moment and visit this [site for a Parent's Guide to TikTok](#). Here is a [video](#) about talking to kids about cyberbullying.

The Douglas County School District has partnered with Dr. Scott Cypers to create a video series for parents to help their children overcome anxiety. There are currently 9 video segments that you can watch [here](#).

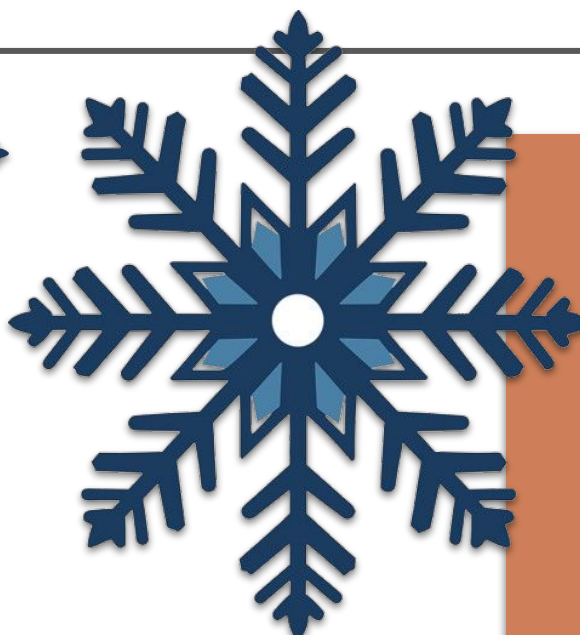
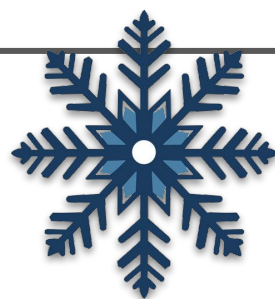
6th grade parents- [here](#) is information about Mesa Middle School's summer orientation program. Sign up now!

It may be too early for most of our students to think about dating, but it is never too early to talk to them about your expectations in any relationship, to include friendships. February is Teen Dating Violence Prevention Month. Visit [LevelsRespect](#) for ideas on talking to kids about self-respect, setting boundaries, and safety.

Faith Lutheran Church on Ridge Road has a drive up food pantry on Saturdays for those in need. For more information and to register for food, [click here](#).

Click [here](#) for a list of local mental health resources.

Dawna McKnight  
RRE School Counselor  
[dtmcknight@dcsdk12.org](mailto:dtmcknight@dcsdk12.org)



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Healthy

Habits

**CELL PHONES**

Parental  
Monitoring  
and Education  
is the Key

**It's a difficult decision to decide WHEN to get your child a cell phone. Here are some tips to get your pre-teen off to the right start with some healthy habits!**

Recent research shows that unrestricted use of cell phones and social media can have adverse effects on the health and development of our youth. There are some great things you can start on day one!

- 1) Monitor Screen Time:** Studies show that screen exposure impacts the development of the brain in the areas that are responsible for visual processing, empathy, attention, complex memory and early reading skills. Meaning that this part of the brain is not growing as fast as brains that have limited screen time.

**Here is what the *American Academy of Pediatrics* recommends for the following ages**

- 0-18 months 0-1 hours/day only video chatting
- 18-24 months 0-1 hours/day co-viewing high-quality programming
- 2-5 years 1 hour/day co-viewing high-quality programming
- 6-12 years 2 hours/day solo screen time on weeks with parental monitoring
- 12-16 years 2-3 hours/day solo screen time on weekends with parental monitoring

- 1) **Sleep:** Sleep is one of the most critical ways to nurture the growth of a healthy brain. Much research has been done about how the use of phones disrupts sleep rhythms due to the blue light exposure and staying on a phone rather than going to sleep.

Here is what the *American Academy of Pediatrics* recommends for the following ages

- 3-5 years: 10-13 hours (including naps)
- 6-12 years: 9-12 hours
- 13-18 years: 8-10 hours

It is also recommended that children do not charge their phones in their room overnight or use them for alarm clocks due to this sleep disruption.

- 2) **Parent Controls:** All phones have parental controls that will restrict children from downloading apps without permission, screen for mature content, and limit, then turn off certain functions after the time limit has been reached. The site *Common Sense Media* has a lot of great tips for families.  
<https://www.commonsensemedia.org/articles/cellphones-and-devices>
- 3) **Create a Cell Phone Contract:** Contracts are a great way to set up rules and expectations around time on phones, what is allowed to be viewed and how to make good choices. See this link for samples of Family Tech Planners by age  
<https://www.commonsensemedia.org/family-tech-planners>
- 4) **Teach Digital Citizenship:** This is a way of acting online in a responsible and respectful way. Teach children about the importance of being respectful and responsible when using cell phones. This includes not sharing personal information, being mindful of others' privacy, and avoiding cyber bullying. Your child needs to understand that everything they put on social media will be there forever and will have consequences if it is inappropriate or breaks the law. See more here  
<https://www.commonsensemedia.org/videos/what-is-digital-citizenship>
- 5) **Teach Online Safety:** Teach children about the potential risks of using cell phones, such as online predators and scams. Encourage them to report any suspicious or uncomfortable interactions to a trusted adult.
- 6) **Educate Yourself on your Child's Apps:** Many apps have been designed so that parents cannot see certain parts of the app. Ex. Snapchat has a "For Your Eyes Only" folder where children can set their own password. This section of snapchat is commonly known for selling and buying drugs. See this link for a review <https://www.commonsensemedia.org/app-reviews>



RRE PTO PRESENTS

# CHILI COOK-OFF

**WHEN** Friday  
Feb. 9  
5:30-7 pm

**WHERE** Rock Ridge  
Elementary  
in the gym



\$5 per family or  
FREE with chili  
submission!



**Prizes for the  
TOP THREE  
Chilis!**

1st Place: \$100 VISA GC

2nd Place: \$50 Target GC

3rd Place: \$25 Amazon GC

Our Annual Chili Cook-Off will be held Friday, Feb. 9 from 5:30-7 pm. Admission is \$5 per family (or FREE if you submit a chili) and there are prizes for the top three chilis! Please RSVP if you plan to attend and/or submit chili for judging:

**SIGN UP**



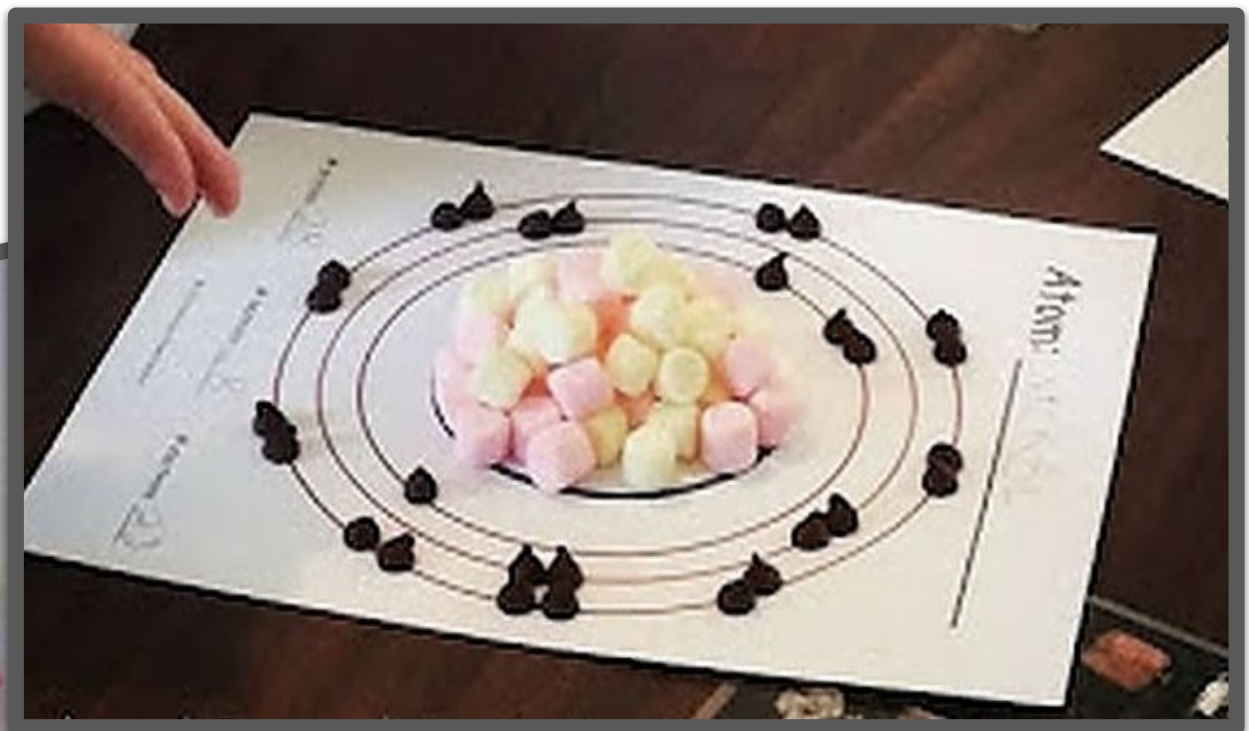
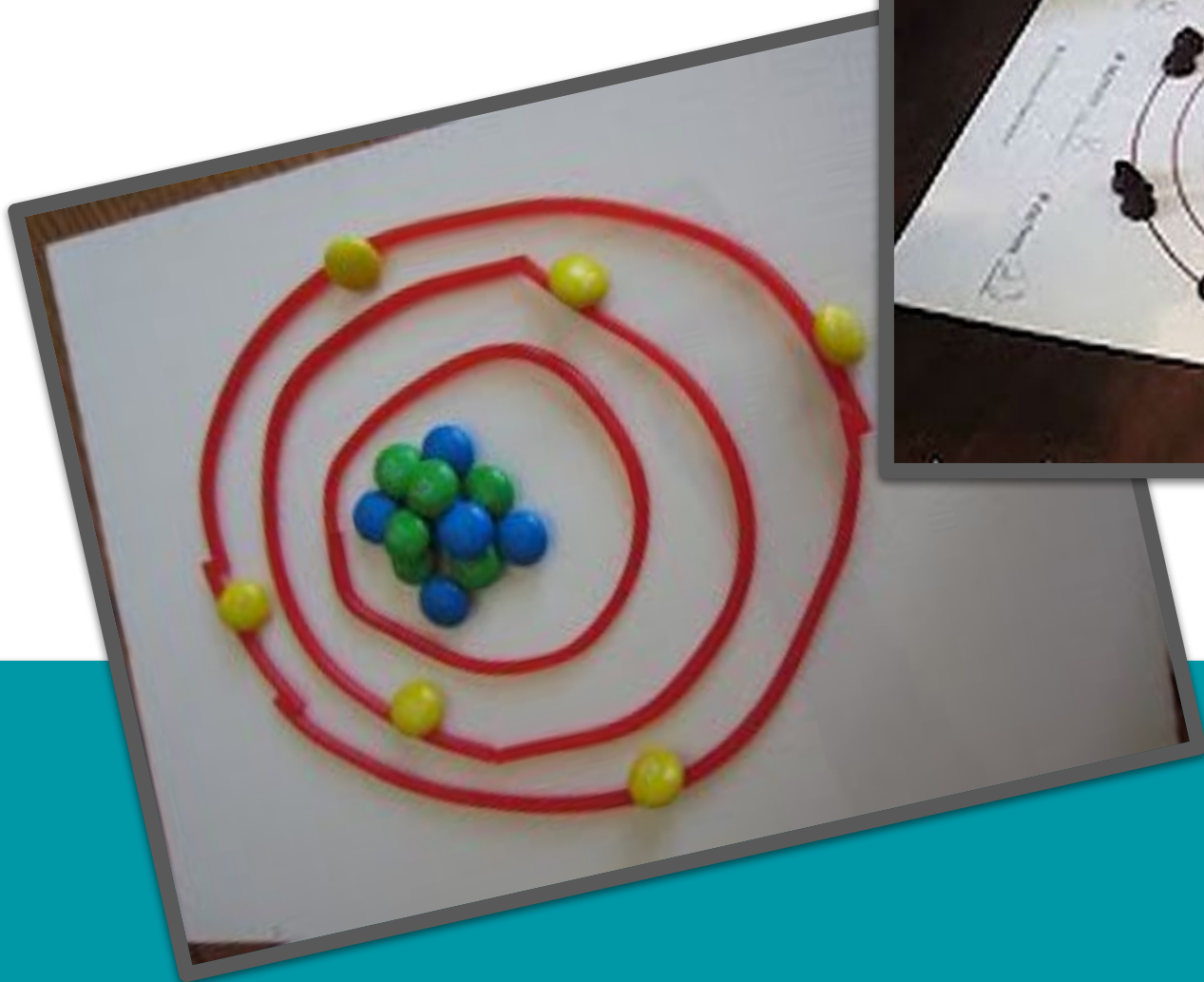


# Celebrating Students



## ATOMIC MODELS

Students created models of different elements at the atomic level as part of their *How the World Works* planner. Different candy represented protons, & electrons





# Celebrating Students

# 5<sup>th</sup>

## REVOLUTIONARY WAR PLAYS

5th Grade wrapped up their Colonial America unit by learning about Revolution and Conflict enacting our “world famous” Revolutionary War skits.



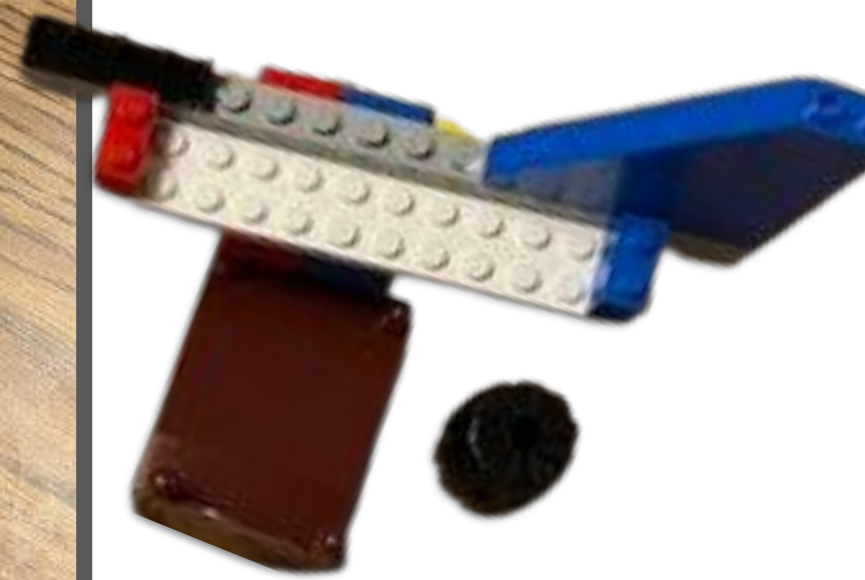


# Celebrating Students



## INNOVATIONS and INVENTIONS

The students made new inventions to help with a problem or to make something easier using legos.





# SPECIALS SPOTLIGHT



In PE (3rd-6th) over the last few weeks we have been sharpening our hockey skills in preparation for the RRE Hockey Tournament. The classroom round of the tournament will begin once we return in January. A RRE hockey champion will be crowned in February at the conclusion of our three hockey tournament rounds (classroom, grade level, and school wide).

6th grade Feb 7th @ 8:50  
Draper v Hocking  
Winner plays Bortot in the 'ship

5th grade Feb 6th @ 8:50  
Rasavage v Kaufman  
Winner plays Kai in the 'ship

4th grade Jan 31st @ 8:50  
Flynn v Lott  
winner play Nezbeda in the 'ship

3rd grade Tomorrow @ 8:50  
Bradley v Cameron for all the marbles

Championship Friday Feb 9th @ 8:50





# KID TO KID



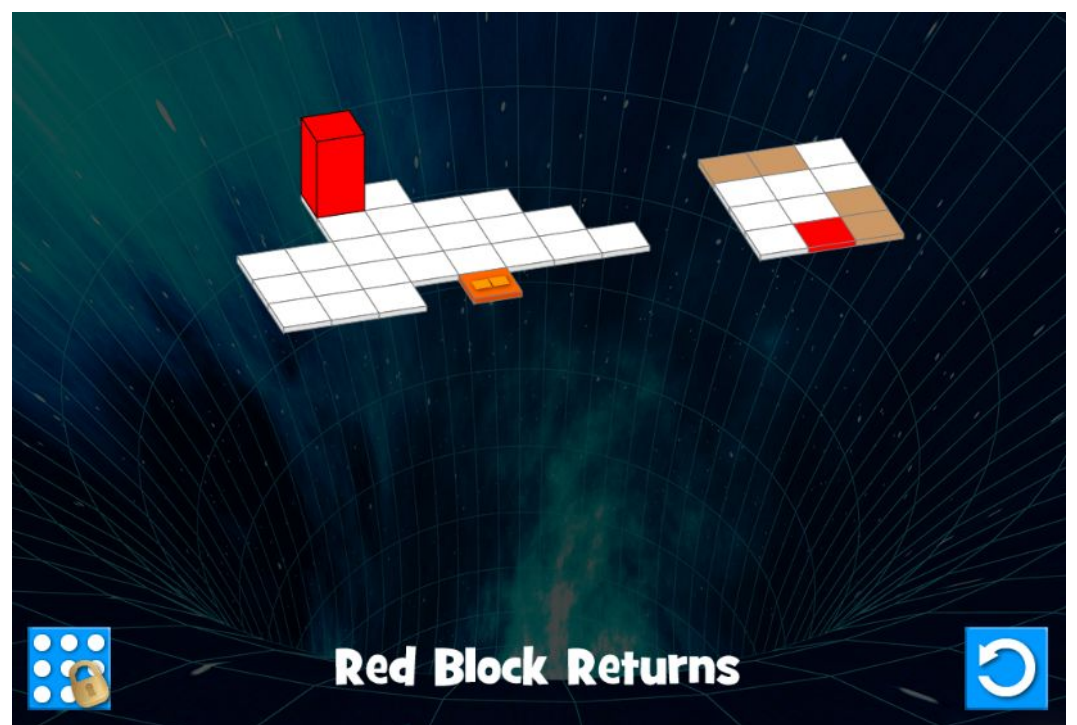
## EDUCATIONAL GAMES



This game is the way home. This game works on puzzle solving. In this game you draw people to their home. The red shirt goes to the red roofed house, the pink shirt goes to the pink roofed house, the black guy moves boxes. If someone runs into something you lose (if the black guy runs into something he gets stunned for forever).

*By Chase Burger*

THIS GAME IS RED BLOCK RETURNS. THIS ALSO WORKS ON YOUR PUZZLE SOLVING SKILLS. IN THIS GAME YOU USE THE RED BLOCK AND TRY TO GET HIM TO GET ON THE 1 BY 1 RED BLOCK (IT MAKES YOU GO TO THE NEXT LEVEL). THE YELLOW 1 BY 1 SQUARE MAKES A PATH APPEAR. THERE IS ALSO A SWIRL AND STAR 1 BY 1 BLOCK THE SWIRL TELEPORTS YOU TO A STAR BLOCK BUT BE CAREFUL YOU CAN'T GO BACK ONE MORE BLOCK IS THE ORANGE IF YOU STAND ON IT YOU FALL THROUGH



**WRITTEN  
FOR KIDS,  
BY KIDS**





What did the right eye say to the left eye?



Between you and me, something smells.

How do mountains stay warm in winter?

They put on their snowcaps.



What did the bull say on January 1?

"Happy New Steer."

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# January

- BITTER
- BLIZZARD
- CALENDAR
- CELEBRATION
- FIREPLACE
- FREEZING
- FROST
- FROSTY
- HIBERNATION
- HOLIDAY
- HOT CHOCOLATE
- ICICLE
- INDOOR
- JANUARY
- MITTENS
- MLK DAY
- NEW YEAR
- PARKA
- POLAR
- RESOLUTION
- SCARF
- SKIING
- SLEDDING
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | R | S | O | Y | V | S | W | F | M | X | P | I | Y | X | L | Y | J |
| M | T | S | Y | U | L | M | F | G | E | L | L | R | R | B | P | A | P | T |
| E | C | A | L | P | E | R | I | F | N | W | I | N | T | E | R | J | A | G |
| A | R | L | H | X | Q | G | D | F | O | I | M | V | Z | U | A | Q | G | Y |
| P | G | Q | J | O | N | C | Y | X | U | Q | Z | E | F | N | Q | N | T | Q |
| I | A | Z | C | S | L | A | P | A | R | K | A | E | U | D | I | S | D | R |
| W | R | Z | C | W | D | I | B | L | G | X | X | A | E | D | O | N | I | A |
| X | L | A | N | K | O | P | D | Q | W | L | R | A | D | R | E | O | J | D |
| Q | R | K | L | A | S | W | I | A | J | Y | O | E | F | W | F | I | M | N |
| F | E | M | X | O | R | D | D | J | Y | L | L | S | Y | G | R | T | I | E |
| N | F | I | J | E | P | Z | R | W | H | S | R | E | L | P | O | A | T | L |
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| M | C | I | P | L | C | O | Z | B | A | R | O | E | O | C | T | R | E | C |
| W | Y | C | M | V | W | H | Z | R | B | M | Z | G | V | D | B | E | N | D |
| O | B | L | H | X | N | O | I | T | U | L | O | S | E | R | N | B | S | Q |
| N | X | E | G | J | J | R | L | C | E | L | E | B | R | A | T | I | O | N |
| S | W | E | A | T | E | R | B | I | T | T | E | R | W | R | W | H | E | X |
| H | O | T | C | H | O | C | O | L | A | T | E | O | R | Z | K | W | A | C |
| G | N | I | K | S | Y | Q | K | E | K | A | L | F | W | O | N | S | A |   |

WRITTEN  
FOR KIDS,  
BY KIDS



# Raising Royalty

Royal Crest Dairy is partnering with your school! Sign-up for our home delivery service using your code [RRERR](#) to receive 20% off your groceries. Royal Crest Dairy will then donate \$100 to your school.

Share with your family and friends! Donations accumulate with each new customer and fund local education and extra-curricular activities in your community. Support your school and enjoy Royal Crest Dairy's fresh dairy and Colorado Proud products!

## What do you get with Royal Crest Dairy home delivery?

- Fresh groceries delivered conveniently to your door
- Locally sourced Colorado Proud items from familiar brands
- Trusted delivery by the same milk person each week
- Time-saving meal options for busy families
- Great tasting milk for almost 100 years!



Sign-up today with this code.  
Share it with friends, family, and neighbors!

**20% OFF  
GROCERIES**

COUPON CODE:  
**RRERR**

RoyalCrestDairy.com



*Sign-up  
here!*



Please reach out to [rockridgepto@gmail.com](mailto:rockridgepto@gmail.com) if you have any questions!



**KID TO  
KID**



# OUR RRE NEWS CREW!

Rock Ridge Review



2023-24  
**Kyreena Pervere**

**PRESS**

Rock Ridge Review



2023-24  
**Brinley Burman**

**PRESS**

Rock Ridge Review



2023-24  
**Mila Cer**

**PRESS**


Rock Ridge Review



2023-24  
**Destiny Godsey**

**PRESS**

Rock Ridge Review



2023-24  
**Chase Burger**

**PRESS**


Rock Ridge Review



2023-24  
**River Mercer**

**PRESS**

Rock Ridge Review



2023-24  
**Adalee Skipper**

**PRESS**

**WRITTEN  
FOR KIDS,  
BY KIDS**



**MS. KAI**