PRINCIPAL’S MESSAGE

Here comes February, the month that seems to come and go quicker than all the others. I am thankful we get to have a big portion of the population cheering for the Bengals, even if they’re not actually talking about the RHMS Bengals! We’ve got the Cincinnati Bengals and the Chinese New Year has us ringing in the year of the tiger! How perfect for us Bengals!

We do have our Pennies 4 Patients fundraiser kicking off this month, and what better way to show some love than by supporting children suffering from leukemia and lymphoma? The students will come home really excited for some of our activities. Please know that every penny raised goes directly to the Leukemia & Lymphoma Society. Not to brag, but we are typically one of the schools in northern CA that raises the most money for them—let’s keep that trend going!

We also have another opportunity for a parent education night on February 23 at 6:30 in our MP room. Though it’s an uncomfortable conversation, it’s one that needs to happen early in order for us to keep our children safe. Laura and Chris Didier, who lost their 17 year old son Zachary to a fentanyl overdose, will be sharing their story with us. As Laura Didier shared in an article on why they bring their message into communities, "We need to talk about this. We need to talk about what’s happening. We can’t protect Zach now, but hopefully, we can protect your kid." It will certainly be a tough message to hear, but one we all need to listen to. I hope I will see you there.

The end of the 2nd trimester is February 25. Unlike the players in the Super Bowl, we do not get two weeks to prepare, travel, and rest before the big game/end of the trimester. We just keep going. Thankfully the Covid cases have dropped dramatically at our school, but there are still your typical cold and flu that are around just as they are every year. Take care of yourselves and listen to your bodies and please continue to keep your kids home if they have any symptoms.

Finally, our Friends of Rolling Hills group is hoping to shower the staff with some love via a staff luncheon. The way to every educator’s heart is through their stomach, right? If you can sign up to help, FoRH (and the staff!) would greatly appreciate it. Here’s the link to the SignUp Genius:

https://www.signupgenius.com/go/30e0c49aca622a1fe3-rolling1

Thank you, and make it a great month!
Debbie
NOTICES AND EVENTS

UPCOMING HOLIDAYS - NO SCHOOL ON THE FOLLOWING DATES:

- 2/11  Lincoln’s Birthday
- 2/21  Presidents Day/Washington’s Birthday
- 4/11 – 4/22  Spring Break
- 5/30  Memorial Day Holiday

FIRST DAY OF SCHOOL FOR THE 2022/2023 SCHOOL YEAR will be Wednesday, August 11, 2022. The student calendar for 2022/2023 will be available soon on the District website here.

DINE-OUT EVENT: Join us at Relish Burger Bar in El Dorado Hills, on Wednesday, 2/16/21 and they will donate 20% back to Rolling Hills! Make sure mention that you’re supporting Rolling Hills when ordering. (See flyer)

FRIENDS OF ROLLING HILLS MEETING for February will be held via Zoom on Thursday, 2/10/22 at 12:00 pm. All parents are welcome to attend! Zoom link will be emailed separately.

YEARBOOK NEWS

Yearbook News:

Yearbooks on sale for only $25.00!

It’s easy to share your photos! Just log onto https://buytheyearbook.pictavo.com/PictavoSchool/FindSchool# and use our school #700946.

It’s not too late to be entered into the raffle for a FREE yearbook! Upload a photo of your RHMS student with his/her pet. Students can earn a ticket per photo (max. 5 tickets). Deadline for pet photos is Feb. 18, 2022.

Outside (of school) Activity pictures are needed. It is our RHMS yearbook tradition to include photos of students doing the things they love to do outside of school: hiking, dancing, running, golfing, playing instruments, riding horses, biking, skateboarding, hanging with friends, family trips, helping out in the community...we want your photos!

Be sure to label all faces in each photo. It’s always a challenge, but with masks on and masks off, nobody is looking quite the same and we want to make sure to identify everyone correctly.

CJSF/HONOR SOCIETY INFORMATION

UPCOMING CAMPUS CLEANUP DATES:
February 16, March 16, April 6, May 4 and May 25.
Meet in front of K4, 1:15 - 2:15PM.
Why Take Japanese at Oak Ridge?!

- **Japanese pop culture** has a universal appeal. Anime, sushi, Sony Playstation, Nintendo, Hello Kitty, Sudoku, karaoke, manga, martial arts, karaoke, origami and more — just think about how our daily lives are enriched and entertained by products from Japan.
- **You will be unique** — and unique stands out on college applications! Studying a language such as Japanese shows that you have what it takes to be successful in life. You possess determination, patience, and absolutely no fear of challenging yourself.
- **Japan is an ideal travel and study-abroad destination.** It is one of the safest countries in the world, with its low crime rate, secure borders, and renowned transportation system.
- **Japanese is a business language.** Many large, international corporations have branches overseas. If your dream job involves working at a big company like Apple or Coca-Cola, learning a second language like Japanese can create more job opportunities.
- **We have so much fun!** The Japanese classes have a lot of fun activities and festivals throughout the year: activities like Field Days, Japanese Game Shows, Food Festivals, Karaoke, and of course, watching Anime.

Questions?
Contact Julia Madsen (ORHS Japanese Teacher) madsen@eduhsd.k12.ca.us
Show your support and join
FRIENDS of Rolling Hills at the...

Relish Burger Bar
Dine Out Event

Wednesday, Feb. 16th
from 11am-8pm
Dine In or Take Out
1000 White Rock Road in EDH
916.933.3111
www.RelishBurgerBar.com

20% of the proceeds donated to Rolling Hills Middle School when you bring or mention this flyer.

Doordash orders NOT eligible for fundraiser.

Debbie Bowers, Principal
Bill Bartholome, Assistant Principal
Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-19

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you should self-isolate to prevent spreading the disease to your family, friends, and community.

How long should I self-isolate?
You should self-isolate for at least 5 full days after your symptoms start (or after your first positive test date if no symptoms). You can end isolation after 5 days if you test negative (antigen test preferred) on Day 5 or later—as long as you have no fever and your symptoms are improving. If you don’t test, isolate for 10 full days, continuing until any fever resolves. Day 1 is the day after symptoms start (or after the day of your first positive test, only if you never have symptoms). Count from Day 1 and test on Day 5 (or later), to see if you can end isolation after Day 5. Wear a well-fitting mask around others – especially when indoors – for 10 days, even if you stop isolating earlier. See Get the Most Out of Masking for more information.

How do I self-isolate?
- Stay home except to get medical care. Do not have any visitors.
- Wear a well-fitting mask when around others, including at home, especially around anyone unvaccinated, with a weak immune system, or at higher risk for serious COVID-19 illness.
- Wash your hands often; otherwise use hand sanitizer with at least 60% alcohol.
- Disinfect any surfaces you touch frequently. Use a separate bathroom or disinfect a shared bathroom after each use.
- Avoid being in the same room as other people, especially those more likely to get sick, such as people who:
  - Are over age 65, pregnant, or severely overweight.
  - Have a chronic disease (like cancer, diabetes, heart/lung disease).
  - Have a weak immune system.
- If you must be in a shared space, open windows when possible (or use portable air cleaners and exhaust fans) and ensure everyone is wearing a well-fitting mask.

How can I care for myself at home?
Proper home care (like resting and drinking fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain. Contact your healthcare provider about treatment and any questions about your care, especially if you are at higher risk for serious illness or your symptoms worsen.

Scan the QR code to see the interactive links on this flyer.

January 2022 • © 2022, California Department of Public Health

Debbie Bowers, Principal
Bill Bartholome, Assistant Principal
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>PENNIES FOR PATIENTS FUNDRAISER (P4P) STARTS TODAY!!!</td>
<td>P4P: Candy Grams for sale in the Student Store</td>
<td>SPRIT DAY! Marvel &amp; DC Comics Dress like your favorite character or wear a comic t-shirt.</td>
<td>Friends of RH Meeting 12:00 pm via Zoom</td>
<td>Lincoln’s Birthday NO SCHOOL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Valentine's Day!</td>
<td>P4P: Silver Slam in Focus Golf Cart Raffle Tickets for sale in Focus ($1)</td>
<td>Campus Cleanup for CJSF Meet in front of K4 1:15 – 2:15 PM</td>
<td>P4P: Silver Slam in Focus Golf Cart Raffle Tickets for sale in Focus ($1)</td>
<td>P4P: Silver Slam in Focus Golf Cart Raffle Tickets for sale in Focus ($1)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Presidents’ Day NO SCHOOL</td>
<td>TWIN DAY!!! Dress alike.</td>
<td>Root Beer Floats! For Sale in Focus ($1) Silver Slam in Focus Golf Cart &amp; Dodgeball Raffle Tickets for sale in Focus ($1)</td>
<td>P4P: Silver Slam in Focus Golf Cart &amp; Dodgeball Raffle Tickets for sale in Focus ($1)</td>
<td>End of 2nd Trimester</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## MARCH 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
</tbody>
</table>
| Track & Field starts!  
Permission slips will be available in the PE Locker Room. | | | Friends of RH Meeting  
12:00 pm via Zoom | |
| 14     | 15      | 16        | 17       | 18     |
| **Staff Development Day**  
**No School for Students** | | | | |
| 21     | 22      | 23        | 24       | 25     |
|        | 28      | 29        | 30       | 31     |

Debbie Bowers, Principal
Bill Bartholome, Assistant Principal