



# ROLLING HILLS MIDDLE SCHOOL

## Home of the Bengal Tigers

# December Parent Bulletin

## PRINCIPAL'S MESSAGE

As the hustle-and-bustle gets underway, we oftentimes think about gifts for our children. I find myself thinking about something my father said to me years ago as I boarded the plane to move to Sao Paulo, Brazil. With tears in his eyes, he said, "Your mother and I worked so hard to make all you girls independent, and the problem is...we succeeded."

The gift of independence is a scary gift to give our children, but it is so crucial to their success. Middle school is a time when we as parents struggle with the letting go...just how much do we loosen the rein without letting them fall?, get hurt?, lose a friend?, fail a class?, and the list goes on. But middle school is exactly the time for them to take those risks safely and to allow them to feel the natural consequences of their actions and behaviors in order to make necessary changes before high school and adulthood.

Feel free to call or contact us with any questions/concerns you may have as we struggle through this quest together. We are happy to help, and crazy though it sounds, we actually choose to work with this age group for the challenges they bring to the table!

In relation to that growing independence, parents feel both wonderfully excited and terribly frightened by their child's sense of curiosity. It is always best for parents to stay educated and to learn as much as possible. Hopefully, you were able to attend last night's parent education night on parenting in this digital age and share what you learned with all your friends. We also urge you to stay one step ahead of your kids. Search online for images of the latest vape pens--some of them look like inhalers while others look like USB devices and still others look like pens. In addition, the oils are strongly fragrant (cotton candy, fruits, vanilla, etc.) to disguise the scent of marijuana. Some oils may be just oils (plus lots of chemicals), but many of them contain THC or nicotine. Please encourage your children to have these conversations with you, to inform them of what to do if they're in a situation in which a friend is making a bad choice, and to please pass any information or questions along to us. This is truly something on which we must work together to keep our kids safe.

The other difficult topic that we encourage you to discuss with your kids is the use of their words, especially as they target different groups. Many times students will use inappropriate words or statements and, when questioned by an adult, immediately resort to the "I'm just joking" line. Hateful words are hateful words no matter how we slice them. Whether it's insulting someone's race, religion, gender, size, academic or athletic ability, etc., it's an insult if it could cause someone to feel put down or less worthy than others. We all know middle school is difficult enough without the added concerns about what someone will say to insult you. No kid should feel it's safer to stay home from school for fear of facing his/her peers and what they might say. Please help us make Rolling Hills a school where everyone belongs and feels safe, encouraged, and respected. We're much too great for hate.

I am proud of the school climate that we all work together to create, and I look forward to a 2019 that makes our community even better, stronger, safer, and more fun for all who are a part of it.

Have a safe and happy winter break!

## NOTICES AND EVENTS

Dear Bengal Parents,

As you may have heard, one of our own has suffered a recent tragedy. Tyler Bays, who is a 6th grader at Rolling Hills and whose mom teaches at Oak Meadow, and his family lost their home in a tragic house fire.

We want to show the Bays family how “Wonder Full” it is to be a Bengal, so we need your help!

We would like to host a fundraising drive for the Bays family. Gift cards and cash can be dropped off at the flagpole on Friday, December 7th before and after school. Any donation is appreciated! These donations will be delivered directly to the family.

Another one of our ideas to help the Bay’s family is by selling candy grams. We love to do this school wide activity every year, and we usually sell them around the holidays. Since Christmas is around the corner, we will be selling hot cocoa packets and candy canes for \$1.00 each as our treat. The sale will be from Monday, December 10, to Wednesday, December 12. Students will be able to buy them before and after school at the flagpole, and at lunch in the MP. Additional donations will also be accepted, and all proceeds will be donated to the [Bays Family Go Fund Me](#) page. Candy grams will be delivered on Friday, December 14.

Thank you to the Bengal families who help support the Bays family.

**ATTENDANCE:** Research shows that regular attendance is a better predictor of future success in school than are good grades. When students miss school, they experience gaps in their learning. Students who are absent more than 10% of the school year are considered chronically absent and are in danger of suffering academically. Making sure your child is at school every day is crucial. Please contact us if we can support you in getting your child to school.

**OPPORTUNITY:** Would you like to be more involved on the Rolling Hills campus? Would you like to spend more time with middle schoolers? If the answer to either question is “Yes,” please consider applying for the position of Yard Monitor, a two hour per day position. Contact Jen Hansen at 916-939-9290, ext. 3015, or phone the District Office at 916-985-2183 for information.

**STUDENT STORE:** School supplies running low? Need poster board for a project? Visit the Student Store before school on Tuesdays and Thursdays or any day after school. (Food items are only available in the afternoon.) For information about what’s available and prices, see list attached to this bulletin.

**STUDENTS ON CAMPUS AFTER SCHOOL:** Please make sure your child is picked up, takes the bus, walks home or goes to the teen center within 20 minutes of school ending. We do not have supervision for students after school and will ask students to leave campus after this time.

**IS YOUR CHILD COLD DURING PE?** We currently have extra PE sweat pants and shirts available to buy in the office. The cost is \$17 each or you can buy a set for \$30.

Debbie Bowers, Principal

Jen Hansen, Assistant Principal

**LOST AND FOUND:** Please have your kids come check the lost and found (located in the back of the administration office) if they are missing items as it is overflowing! Any clothing not claimed will be donated over winter break.

**WINTER BREAK:** There is no school for students Thursday, 12/20/18 through Friday, 1/4/19. Students return to school on Monday, 1/7/19. Happy Holidays!

## YEARBOOK NEWS

Yearbooks are on sale at [Jostens.com](http://Jostens.com). These make great holiday/birthday presents!

**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, bikes, skateboards, hanging with friends, family trips, helping out in the community...we want your photos! Please send in .jpg format and include the first and last name of all students in the picture. Send to [rollinghills2018@gmail.com](mailto:rollinghills2018@gmail.com)

**Attention Parents of 8<sup>th</sup> Grade Students!** There is still time to order a special recognition ad for your graduating child. These personalized ads contain your photos and special sentiments. It is all online and easy to do – just go to [Jostens.com](http://Jostens.com). The deadline for ordering is 12/1/18.

## 8<sup>TH</sup> GRADE HIGH SCHOOL INFORMATION

**OAK RIDGE HIGH SCHOOL REGISTRATION:** Counselors from Oak Ridge High School will visit our campus to distribute registration materials to our 8<sup>th</sup> grade students and discuss class selections for the 9<sup>th</sup> grade on Thursday, January 17 at the times listed below. Students will bring home all registration paperwork for parent's approval and signature.

7:55-9:06 AM	Team Yosemite
9:10-10:10 AM	Team Golden Gate

**OAK RIDGE PARENT/STUDENT ORIENTATION** will be on Monday, 1/28/19 at 5:30 pm. More information will be available in the January parent bulletin.

**PONDEROSA HIGH SCHOOL REGISTRATION:** If your child resides within a dual attendance area and chooses to attend Ponderosa High School, please let Mrs. Peterson know in the front office. We will request registration packets from the high school and deliver to your student mid-January.

## NURSES NEWS

### DECEMBER NURSES' NOTES – *How healthy is that air?*

With the recent tragedies that have occurred with fire, locally and far away – we had a reminder in the sky as to their presence with smoke. At BUSD, our school sites monitor AQI as air quality changes utilizing two sites to monitor for air quality in general. Sites such as AirNow (EPA regulated) and PurpleAir sites provide us with an objective numeric value to review for indoor recess, PE or lunch breaks. Keeping students in school may actually help to limit their outdoor activity as we monitor the air quality and restrict outdoor activities should the AQI be at challenging or unhealthy levels.



**Air Quality Resource Sites:** AIRNOW                      PURPLEAIR  
<https://airnow.gov/>      <https://www.purpleair.com/map?#11/38.6572/-121.0737>

**Does your child have asthma?** Or any other breathing or other life restricting or threatening concerns? Make sure our health team is aware of these concerns! You can call the school to confirm we have a medical alert or plan in place for your child... Here's the health team:

***Tristan Kleinknight, RN MSN PHN: School Nurse for:***

***Blue Oak Elementary:*** Health Clerk II Joy Clark, MA  
530-676-0164 x1830, Fax: 530-676-0758

***Camerado Springs:*** Health Clerk Lesley Gentry  
530-677-1658 x1530 Fax: 530-677-9537

***Oak Meadow Elementary:*** Health Clerk Luz Shaw  
916-933-9746 x2130 Fax: 916-933-9784

***Valley View Montessori:*** H. Clerk II Mary Dietrich, RN  
916-939-9640 x3330 Fax 916-939-5015

***Sandy Chavez, RN MSN(p) PHN: School Nurse for:***

***Buckeye Elementary:*** Health Clerk II Rachel Kelly, LVN  
530-677-2277 x1230 Fax: 530-672-1483

***Rolling Hills:*** Health Clerk Pamela Currie  
916-933-9290 x3030 Fax: 916-939-7454

***Silva Valley Elementary:*** Health Clerk Tara Nakano  
916-933-3767 x2730 Fax: 916-933-6389

***William Brooks Elementary:*** H. Clerk II Terri Hale, MA  
916-933-6618 x2430 Fax: 916-933-3910

### **November Recap: Do you know... about Type 1 Diabetes (T1D)?**

By request, we are doing a recap about T1D – a personal concern for one of your two school nurses. During the winter months, BUSD typically has had one or more students diagnosed with Type 1 Diabetes. These symptoms can be mistaken for common illnesses such as flu or a cold. Misdiagnosis can have tragic consequences so learning the warning signs can save a life. Early diagnosis is critical to treatment. PLEASE, ***get to know the warning signs for T1D in children and young adults... Knowing these signs (which may occur suddenly) can save a life:***

Extreme thirst	Frequent urination	Increased appetite
Sudden weight loss	Sudden vision changes	Drowsiness, lethargy
Heavy, labored breathing	Fruity or sweet breath odor	Nighttime bedwetting
Altered or loss of consciousness		

If your child or someone else you know begins to experience these symptoms, contact your pediatrician immediately. ***Please share what you've learned with others you know.*** More facts about T1D can be found here: <https://www.jdrf.ca/t1dlookslikeme/>



**MEDICATIONS:ALL** medications at school require a permission form (**even over the counter cough or vitamin drops**, consider sending lifesavers or something similar instead)

Online link:

[https://www.buckeyeusd.org/site/handlers/filedownload.ashx?moduleinstanceid=4983&dataid=5944&FileName=2018\\_BUSD\\_Medication%20Permission%20Form\\_102018.pdf](https://www.buckeyeusd.org/site/handlers/filedownload.ashx?moduleinstanceid=4983&dataid=5944&FileName=2018_BUSD_Medication%20Permission%20Form_102018.pdf)

***Stay healthy Buckeye Union School District Families! From Nurse Tristan & Nurse Sandy***

## SPORTS NEWS

### ROLLING HILLS BOYS' BASKETBALL SCHEDULE 2018/2019

DAY	DATE	OPPONENT	LOCATION	TIME
TUES	12/4/18	CAMERADO	ROLLING HILLS	3:30 PM
WEDS	12/5/18	SUTTER	ROLLING HILLS	3:30 PM**
THURS	12/6/18	BYE	BYE	

#### LEAGUE TOURNEYS

12/11/18 (Semis – 7<sup>th</sup> Grade @ Sutter, 8<sup>th</sup> Grade @ Folsom – Times TBD)

12/13/18 (Finals – 7<sup>th</sup> Grade 4PM, 8<sup>th</sup> Grade 4:45PM @ Folsom)

*\*\*Game from 11/15 has been rescheduled to 12/5/18*

**\*Please note – the most up to date schedule is posted on our website.**

**GIRLS' BASKETBALL TRYOUTS** will begin on January 7, 2019. Permission slips for try-outs will be available in girls' locker room starting Monday, December 10. Please check the student bulletin for more information on times.

Student Store Item and Price List  
2018-2019  
"Be Wonder Full"

**Food Items**

Item	Price
Popsicle	\$1.00
Lollipop	\$0.50
Popcorn	\$0.50
Goldfish	\$0.50
Chips/Takis	\$0.50
Nutella	\$1.00
Granola Bar	\$0.50
Trail Mix	\$1.00
Fig Bar	\$0.50
Trail Mix	\$1.00
Candy	\$0.50
Water	\$0.50

**School Supplies**

Item	Price
Student Store Coupon (teachers only)	\$0.25
3D Bookmark	\$1.00
Comp Notebook	\$1.00
Expo Marker	\$1.00
4 Color/Rainbow Pen	\$1.00
Graph Paper	\$2.00
Hair Bands	\$1.00
Hair Brush	\$1.00
Highlighter	\$0.50
Index Card Color Holder	\$1.00

White Index Card	\$0.50
Kneadable/Robot Eraser	\$1.00
Locker Freshener	\$1.00
Locker Mirror	\$2.00
Mechanical Pencil	\$2.00
Notebook Paper	\$1.00
NFL Buildables	\$1.00
Pencil Hugger/Toppers	\$0.50
Plush Pencil Pouch	\$3.00
Poster Board	\$0.50
Protractor	\$0.50
Red Pen	\$0.25
Extra Fine Sharpie	\$0.50
Smartphone Lead 0.7	\$0.50
Smencil Pencil	\$1.00
Locker Bin	\$1.50
Poster board	\$1.00
Candy Cane Pencils	\$1.00
Mini Stapler	\$2.00
Cube Puzzles	\$0.50
T-shirts	\$5.00
Dance Tickets	\$2.00
Halloween Notebook	\$1.00
Holiday Pencil	\$0.50

## DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8
					"A Christmas Carol" Theater Production in MP Room 4:00 PM – Red Cast 7:00 PM – Green Cast
10	11	12	13	14	15
Candy Gram Sales (\$1 each) @ Flagpole before & after school In MP room @ lunch	Candy Gram Sales (\$1 each) @ Flagpole before & after school In MP room @ lunch	Candy Gram Sales (\$1 each) @ Flagpole before & after school In MP room @ lunch	Friends of RH Meeting 12:45 PM in Staff Room  Elementary Band Concert 6:30 PM in MP Room		
17	18	19	20	21	22
Library Closed	Library Closed	Library Closed	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	
24	25	26	27	28	29
<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	
31					
<b>NO SCHOOL</b> Winter Break					

# JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break	<b>NO SCHOOL</b> Winter Break
7	8	9	10	11
		Campus Cleanup for CJSF Volunteer Hours 1:15 PM	Holocaust Speaker – Bernard Marks (Golden Gate Team Only) 7:50am  Friends of RH Meeting 12:45 PM in Staff Room	
14	15	16	17	18
				Staff Development Day <b>NO SCHOOL</b>
21	22	23	24	25
Martin Luther King, Jr. Day <b>NO SCHOOL</b>				<b>MINIMUM DAY</b> <b>NOON DISMISSAL</b> (Middle School Only)
28	29	30	31	
Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	