



ROLLING HILLS MIDDLE SCHOOL

Home of the Bengal Tigers

January Parent Bulletin

PRINCIPAL'S MESSAGE

Happy New Year, Bengals!

We are excited to be back at school and look forward to this second half of the year.

As always, we have lots of important information in our bulletin, and I'd like to highlight some important dates for you. First is the **8th grade visits with their high school counselors on Thursday, January 17**. The particulars of the schedule are included in this bulletin, but I wanted to be sure you had the date so you knew to schedule any appointments around that date. **Monday, January 28 is Open House at ORHS**, and they are inviting 8th grade parents to attend. Please see details inside this bulletin.

Friday, January 18 is a professional development day for staff, which means no school for students in the district. **Monday, January 21** is MLK, Jr. Day, so enjoy the **four day weekend**.

Friday, January 25 is a minimum day for middle school ONLY, with a noon dismissal. This day is meant for parent teacher conferences; if you'd like a conference, please contact one of your child's teachers.

I always like to share new information with parents as we navigate through social media with our children. One of the latest "challenges" is what's called the gamma challenge. You can search it on YouTube, but basically it involves the energy drink/powder called G-Fuel. It is extremely caffeinated Red Bull type of drink, but it comes in a powder form. I do not believe this challenge is widespread on our campus, but I still wanted to bring it to your attention to help with conversations with your kids. Oftentimes they don't know the effects of something like caffeine, which they see in everyday use in coffee and soda. However, these extremely caffeinated drinks can be very dangerous, especially if coupled with an already existing condition or other medications someone may be taking. If you have any questions or concerns, as always, we're here to help navigate these murky waters of middle school.

I hope you had a great few weeks of vacation. Let's work together to make 2019 full of wonder, Bengals!



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www.buckeyeusd.org

2019/2020 ENROLLMENT

Buckeye Union School District announces that beginning February 4, 2019, Kindergarten and Transitional Kindergarten registration for the 2019/2020 school year will be accepted at all of its elementary schools [Buckeye in Shingle Springs (530-677-2277), Blue Oak in Cameron Park (530-676-0164), Valley View Charter Montessori in El Dorado Hills (916-939-9640), William Brooks in El Dorado Hills (916-933-6618), Silva Valley in El Dorado Hills (916-933-3767) and Oak Meadow in El Dorado Hills (916-933-9746)]. School websites can be accessed at buckeyeusd.org.

Registration forms will be available in school offices beginning January 30, 2019 for the registration period beginning on February 4, 2019. Registrations will be taken at school sites based upon designated boundaries. If you are uncertain as to your school of attendance, please visit the district website to input your address and access this information. Go to www.buckeyeusd.org → Parent Resources → District Boundaries to use this tool.

A child who resides in Buckeye Union School District and will be five years of age on or before September 1, 2019, may register for Kindergarten. Children who will turn five years old between September 2, 2019 and December 2, 2019, are eligible for and may register for Transitional Kindergarten.

Your child's birth certificate, up-to-date immunization record and proof of residence will be required when you register your child. Proof of residency requires that a parent/guardian provide two pieces of documentation. The specific information about these documents is available on the district website at www.buckeyeusd.org by clicking on "For Parents" and then "Enrollment." [**Proof of residency is **not** required for picking up a registration packet for enrollment in Valley View Charter Montessori School, but **is required** for registration if the student is registering under one of the following enrollment preferences: (1) a student who resides within the Valley View school boundaries; or (2) a student who resides within the attendance boundaries of the District.]

It is important to understand that if your child's registration packet is not complete and all documents required to be submitted have not been submitted to school officials, your child will not be enrolled at the time of submission of the enrollment packet, but rather will be placed on a wait list pending completion of the required enrollment information. School staff will contact you if your enrollment packet is deemed to be incomplete and request the information needed in order to enroll your child upon its submission. If you need any further information regarding registration, please visit or call the school.

All new enrollees for all other grade levels are invited to register on February 5, 2019, according to the boundaries assigned to each site.

Interdistrict Transfers: Any child attending Buckeye Union School District on a current Interdistrict Transfer, and/or siblings thereof, must renew/submit the application or employment verification by March 2, 2019. New Interdistrict Transfer requests will not be reviewed until May 13, 2019.

Intradistrict Transfers: Intradistrict Transfer forms will be accepted between January 1, 2019 and February 28, 2019, for consideration for the 2019-20 school year. Remember, if your student is already attending a school on an Intradistrict Transfer, a move from the student's assigned school to another school within our district, and they wish to

Debbie Bowers, Principal

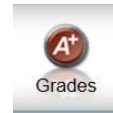
Jen Hansen, Assistant Principal

remain at that school, they do not need to renew their intradistrict agreement, and we will assume he/she will be returning to the same school for the 2019-2020 school year. Intradistrict forms are available on the Buckeye Union School District website. The web address is www.buckeyeusd.org (click on "Parent Resources" and then "District/School Transfers").

NOTICES AND EVENTS

PROGRESS REPORTS: 2nd Trimester Progress Reports will be available through Eschool starting Thursday, January 24 at noon. To view, simply go to the Home Access Center and follow the following directions:

1. Select this [link](#) to go to the Home Access Center
2. Enter your Eschools Log On and Password and sign in
3. Select the Grades Icon from the top of window
4. Select Report Card to view your child's grades



SACRAMENTO STATE ACADEMIC TALENT SEARCH (GRADES 4-8TH): ATS offers students fun, interactive, fast-paced summer classes at Sac State over the summer. All Students are eligible to take the test; classes are filled from top-scores down. Testing will take place on Tuesday, February 26 from 9:00 to 11:00 am in the library. Forms are available in the office and there is a \$15 fee payable to ATS on the day of testing. For more information please visit the ATS website at <http://csus.edu/coe/ats>.

YEARBOOK NEWS

Attention Parents of 8th Grade Students! **Last chance** 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. The deadline for ordering **has been extended to January 25, 2018**.

Yearbooks are on sale at Jostens.com. These make great gifts! Also, **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

8TH 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 8th grade students and discuss class selections for the 9th grade on Thursday, January 17 at the times listed below. Students will bring home all registration paperwork for parent's approval and signature. These forms are due in the RHMS office by Friday, February 1st.

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

OAK RIDGE PARENT/STUDENT ORIENTATION will be on Monday, 1/28/19 at 5:30 pm in the ORHS large gym. This meeting will allow parents the opportunity to answer questions regarding curriculum, college planning and graduation requirements.

The 8th grade parent orientation will be taking place in conjunction with the ORHS Open House. We invite parents/students to take advantage of this opportunity to visit the school and experience all that Oak Ridge has to offer.

<u>EVENT</u>	<u>GRADE LEVEL</u>	<u>LOCATION</u>	<u>TIME</u>
8th Grade Orientation	Incoming 9th Graders	Large Gym	5:30-6:30pm
8 th Grade Student Panel Q&A	Incoming 9 th Graders	Large Gym	6:30-7:00pm
Advanced Placement	Current 9 th -11 th Graders	B-3	5:45-6:30pm
Open House	All	Entire Campus	6:00-7:30pm
Club Showcase: Boosters/Organizations	All	Cafeteria	6:00-7:30pm
Counseling Q&A	All	Career Center	6:00-7:30pm
Senior Parent Night	Current 12 th Graders	Large Gym	7:00-7:30pm
AVID	Avid Students	H-1	7:30-8:00pm

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.

PONDEROSA PARENT/STUDENT REGISTRATION & WELCOME NIGHT will be held on Thursday, 1/31/19 at 6:00 pm in the large gym. Counselors will be available to answer questions. An 8th grade welcome night will follow in the gymnasium.

INTRADISTRICT HIGH SCHOOL APPLICATIONS: Applications are available on the district website at www.eduhsd.net under the tab "Resources". Please feel free to contact the high school district office for additional information (530) 622-5081 ext. 7229

OPEN ENROLLMENT TO UNION MINE HIGH SCHOOL: Limited open enrollment of **35** slots to Union Mine High School and El Dorado High School for the 2019/2020 school year are being offered to incoming 9th grade students. Applicants may submit an Intradistrict Transfer Application found at www.eduhsd.net, under the tab "Resources". In applying you would state your reason of "Limited Open Enrollment". Applications need to be submitted to their high school of residence for approval. For more information please contact the high school district's Student Services Office at (530) 622-5081, extension 7229.



NURSE'S NOTES: What's in that drink??

Many have heard of "ENERGY DRINKS" but may have questioned – what really makes up that drink? Also – how healthy is an energy drink for our children??

Most energy drinks contain STIMULANTS, such as caffeine, sugar, guarana (a Brazilian cocoa that contains caffeine and guaranine), taurine (an amino acid used as a supplement), l-carnitine (an amino acid often taken as a "fat burner"), etc.

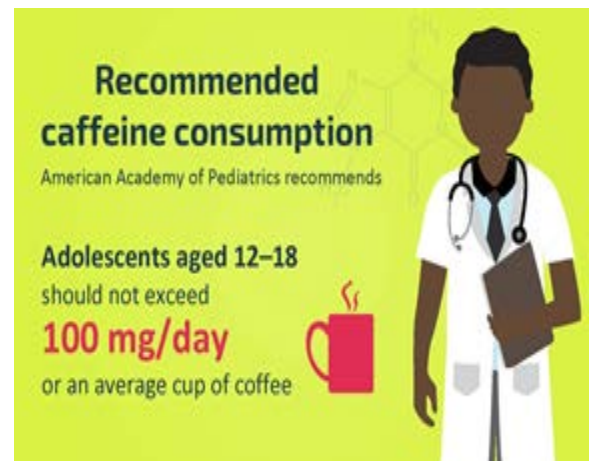
Some of these stimulants can have negative side effects such as an increase in blood pressure, heart rate and breathing.

According to the CDC, they reported energy drink emergencies were listed as a cause for visiting the ER for 1,145 children aged 12-17 in 2007. That number rose to 1,499 in 2011 and may continue to rise...

Energy drinks have been cited as causing dehydration, heart concerns (irregularities, heart failure, and tachycardia), anxiety and insomnia in children.

Now may be a good time to talk with your child about avoiding and limiting "Energy Drinks" in their diet. The American Academy of Pediatrics (AAP) recommends a limit of 100mg of caffeine a day and that children should not consume energy drinks. However, a survey taken by the AAP found that of 30-50% of adolescents surveyed, these children state they are drinking energy drinks.

At Buckeye Union School District, we encourage students to drink water and we provide fat-free or low-fat regular milk and low-fat chocolate milk, apple juice or orange juice at our sites in the cafeteria. The middle schools may also have flavored or sparkling water available to them. We do not sell soda or energy drinks or have self-serve machines with access to these items in the student areas.



For more information: <https://www.cdc.gov/healthyschools/nutrition/energy.htm>

SPORTS NEWS

ROLLING HILLS GIRLS' BASKETBALL SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
TUESDAY	1/22/19	SUTTER	ROLLING HILLS	3:30 PM
THURSDAY	1/24/19	FOLSOM	FOLSOM	4:00 PM
TUESDAY	1/29/19	MARINA	ROLLING HILLS	3:30 PM
THURSDAY	1/31/19	CAMERADO	ROLLING HILLS	3:30 PM
TUESDAY	2/5/19	BYE	BYE	
THURSDAY	2/7/19	SUTTER	SUTTER	4:00 PM
TUESDAY	2/12/19	FOLSOM	ROLLING HILLS	3:30 PM
THURSDAY	2/14/19	MARINA	MARINA	3:30 PM
TUESDAY	2/19/19	CAMERADO	CAMERADO	3:30 PM
THURSDAY	2/21/19	BYE	BYE	

LEAGUE TOURNEY – 2/26/19 & 2/28/19 (Details to follow)

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

Pete's will be kicking off our 2019 School Dine out



Wednesday January 23

11:00 AM- 10:00PM

Dine in or Take Out

916.933.3400

2023 Vine St EDH

20% goes back to RHMS

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break
7	8	9	10	11
		Campus Cleanup for CJSF Volunteer Hours 1:15 PM	Friends of RH Meeting 12:45 PM in Staff Room	
14	15	16	17	18
	GATE Activity for 6 th Graders "Logic Puzzle Activity" 2:05pm		GATE Activity for 7 th & 8 th Graders "Logic Puzzle Activity" 2:05pm	Staff Development Day NO SCHOOL
21	22	23	24	25
Martin Luther King, Jr. Day NO SCHOOL		Dine Out Night at Pete's Brewhouse EDH		MINIMUM DAY NOON DISMISSAL (Middle School Only)
28	29	30	31	
Pennies for Patients Fundraiser ORHS Parent Info Night 5:30pm	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser Ponderosa Parent/ Student Welcome Night 6:00pm	

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Pennies for Patients Fundraiser ORHS Registration Forms due at RHMS Office
4	5	6	7	8
Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser Campus Cleanup for CJSF Volunteer Hours 1:15 PM	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser
11	12	13	14	15
Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser	Pennies for Patients Fundraiser Friends of RH Meeting 12:45 PM in Staff Room	Lincoln's Birthday (observed) NO SCHOOL
18	19	20	21	22
Presidents' Day and Washington Birthday NO SCHOOL				End of 2 nd Trimester
25	26	27	28	