



ROLLING HILLS MIDDLE SCHOOL

Home of the Bengal Tigers

May 2019 Parent Bulletin

PRINCIPAL'S MESSAGE

I hope you all enjoyed spring break and are ready for the final stretch of 25 more school days! As is always the case, this time of year is extremely busy. I want to call attention to a few important events that are also highlighted in this bulletin.

Please remember that SBA testing is May 1-10. The schedule can be found in this bulletin; please read it carefully before making any appointments, late check-ins, or early check-outs. The make-ups are very challenging for students and we'd rather not pull them from other classes to make up testing. Thank you for your cooperation with having your child in school all day and on time, in addition to having them arrive well rested and well fed! Thank you, too, for the MANY donations of snacks during testing weeks. The kids have greatly appreciated it!

Our Open House is Thursday, May 30, from 5:00-7:00 pm. You can drop in at any time between those hours to visit your child's classroom and talk with teachers. It's always a fun way to see the growth your child has made. Our band will also be playing, so stop by the amphitheater to hear the amazing sounds of the RHMS Concert, Symphonic, and Jazz Bands.

Very important for 6th and 7th grade parents to mark your calendars to remind yourselves that **Tuesday, June 4 is a LATE START day** because of the promotion ceremony. School starts at 9:50 on Tuesday, June 4 for 6th and 7th grade students and they will be dismissed at 2:04 (8th graders arrive right at Oak Ridge at 7:30 for the 7:45 ceremony). Wednesday, June 5 is a regular minimum day for the whole district (Buckeye elementary and middle schools), with a 7:50 start and 12:00 dismissal.

Also EXTREMELY IMPORTANT for **current 6th graders: TDAP vaccinations are REQUIRED before your child can start school in August 2019**. If he/she has already had the booster, PLEASE bring that documentation into the health clerk's office ASAP, but for sure before the school year ends. Your child CANNOT start 7th grade without this vaccination! If you've already submitted this documentation, THANK YOU!

We have many activities planned for our 8th graders as they head to high school. Please make note of all the important dates that are included in this bulletin. Of utmost important is the promotion ceremony, which starts promptly at 7:45 am on Tuesday, June 4. It will most likely be an anomaly of a day for weather--if you expect hot, plan for freezing cold, and if you expect cold, expect it to be hot! As of today's date, I have not yet figured out a way to air condition or heat the stadium. ;-) Plan accordingly for the forecast, especially for elderly guests. We do not have shaded areas. An email was sent to all eighth grade parents about end of year activities and the Sunsplash permission slip. If you haven't received that (only 153 of our 8th grade families have responded!), please click [HERE](#) now to complete the form. We must have a response from all 8th grade families. In addition, if your child is attending Sunsplash, we emailed the permission slip home on 4/29. You may click [HERE](#) to print another copy.

Finally, please remember that if you have moved, we need your new address to confirm that it is still within our boundaries. We are extremely impacted and I would hate to have a student forced to move once the school year has started. If you have questions, please don't hesitate to contact me. We are making more home visits to confirm residency and those are not fun for anyone.

Thank you for a wonderful school year. Hang on to your hats--we're almost there!

NOTICES AND EVENTS

OPEN HOUSE/BOOK FAIR/BAND CONCERT: This is your chance to tour your child's classrooms and see what the students have been up to during the year. Also shop the book fair in our library and then listen to our band perform all on Thursday, May 30, from 5:00 to 7:00 PM. Please note the band concert begins at 6:30 pm.

LATE START ON JUNE 4 FOR 6/7TH GRADE: Due to the 8th grade promotion ceremony taking place at 7:45 am on Tuesday, June 4, we will be having a late start time on for our 6/7th grade students. Students will start school at 9:50 am and be released at 2:04 pm. Buses will be running exactly 2 hours later than the usual pick up times. For example, if your student's bus usually comes at 6:58 am, it will arrive at 8:58 am on June 4. If an 8th grader needs to take the bus, he/she may still do so at the regular time, as elementary day is the same.

LAST DAY OF SCHOOL is June 5. This is a regular **MINIMUM** day for all 6th & 7th grade students. Start time is 7:50 and students will be dismissed at Noon.

2019/20 CALENDAR: Please note the first day of school for the 2019/2020 school year will be Wednesday, August 7 and Bengal Day is Thursday, August 1. Please select this [link](#) to view.

STATE TESTING

Please make sure all are in attendance, well-rested, well fed, and on time to ensure they test to the best of their ability. We will be on a block schedule on May 6, 7, 9, and 10. **Please schedule any and all appointments outside of the testing window!**

<p><u>May 6th & 7th</u> Per 1 – 7:50-8:13 (attendance) Per 2 – 8:17-9:57 (breaks to be taken within period) Per 3 – 10:01am -12:20pm (Lunch break of 35 minutes to be taken within period) Per 4 – 12:24-2:04 (breaks to be taken within period)</p>	<p><u>May 9th, 10th</u> Per 1 – 7:50-8:13 (attendance) Per 5 or 6 – 8:17-9:57 (breaks to be taken within period) Per 7 – 10:01am -12:20pm (Lunch break of 35 minutes to be taken within period) Per 8 – 12:24-2:04 (breaks to be taken within period)</p>
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TEST	GRADE	TIME	DATES
Language Arts	All grades	During students' language arts classes	5/6-5/10
Math	All grades	During students' math classes	5/1-5/3 & 5/6-5/10

****Make-up testing varies per subject and is TBD****

Debbie Bowers, Principal

Jen Hansen, Assistant Principal

YEARBOOK

BUY YOUR YEARBOOK NOW! Simply go to Jostens.com. Do not wait and miss out, as there are a limited number of books for sale this year.

SPORTS NEWS

ROLLING HILLS TRACK SCHEDULE 2018/2019

DAY	DATE	LOCATION	TIME
THURSDAY	5/2/19	TRIALS – ALL SCHOOLS @ Oak Ridge HS	4:00 PM
THURSDAY	5/9/19	FINALS – ALL SCHOOLS @ Oak Ridge HS	4:00 PM

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

8TH GRADE EVENTS

5/3/19	Fun Day Permission Slips Due to Office	
5/3/19	Promotion Speaker & Performance Try Outs in Room F3	8:00 AM
5/6-10	Promotion Party Tickets on Sale during Lunches	
5/17/19	Promotion Party in MP Room	6:00-8:00 PM
5/20/19	Textbooks Due to Library before school	
5/31 & 6/3	Promotion Practice (Mandatory) at RH Amphitheater	8:00-9:30 AM
6/3/19	Fun Day to Sunsplash in Roseville	9:30-5:00 PM
6/4/19	Promotion Ceremony - Oak Ridge HS Stadium	7:45-9:00 AM

OAK RIDGE INCOMING FRESHMEN SPORTS INFORMATIONAL NIGHT will take place on Monday, May 6 in the Oak Ridge Arena (large gym) at 6:00 pm. This night is about your incoming student participating in Oak Ridge Sports and the requirements to try-out. Our fall sports begin in July, so it is important to attend this information night. Fall athletes must be cleared before they can participate in conditioning, camps, try-outs or competition. This is a very important meeting for any incoming freshmen who is considering participating in sports at Oak Ridge.

OAK RIDGE SPORTS PHYSICAL NIGHT for incoming freshman will take place on Tuesday, May 14 at El Dorado Physical Therapy, 907 Embarcadero Drive in El Dorado Hills. A team of local doctors and nurses will be donating their time to give physicals to our incoming athletes. These physicals are valid for the 2019/2020 school year. Parents must complete the Sports Health Record (available at www.trojanpride.com – Athletics Dept-Forms and Documents) and bring \$25 to the Sports Physical Night. A Sports Participation Health Record will be required each year with a medical physician's approval for full participation. Please see flyer within this bulletin.

PROMOTION INFORMATION

On Tuesday, June 4 we will be hosting our 8th Grade Promotion Ceremony at 7:45 am at the Oak Ridge High School stadium.

There will be a late start to school this day for 6th and 7th grade students as we need all teachers to help us with the promotion ceremony. As a result, school will start at 9:50 and end at 2:04 pm. Students in elementary school have a full, regular day of classes on that day.

General Information:

- Graduates need to report to the ORHS field by 7:30 am.
- The promotion ceremony will last approximately 1 hour.
- There is only one entrance to the event located at the main entrance to the stadium.
- Please note that we do not allow you to reserve seats. If you arrive early and stay until the ceremony, you may reserve the seats you need. However, any kind of “cordoning off” of seats with ribbon, towels, etc. will be removed.
- There is no formal photographer. Please be respectful of others when taking pictures of your child.
- Seating is only available in the stadium, not on the field.
- We are not able to provide special transportation from parking lot to stadium for handicapped people, but handicap parking is available in the parking lot closest to the stadium. Wheelchair accessible seating is available in the stadium.
- There is no shade, so please wear sunscreen, bring a hat, or umbrella. If you bring an umbrella, please be courteous of other patrons and sit in the top/back rows if it is needed during the ceremony. There is also no heat and the last few years it has been COLD! Only guarantee on weather – it’ll be either really hot or really cold! We haven’t figured out how to control this yet!
- Please do not go out on the field before, during, or after the promotion ceremony. If you have a child being promoted, please schedule a place to meet after the ceremony.
- ***Siblings of those being promoted/others*** who want to attend the ceremony MUST be accompanied by a parent. We have no way of contacting students who do not attend RHMS, so if you have a friend who was planning to attend, please be sure they have this information.

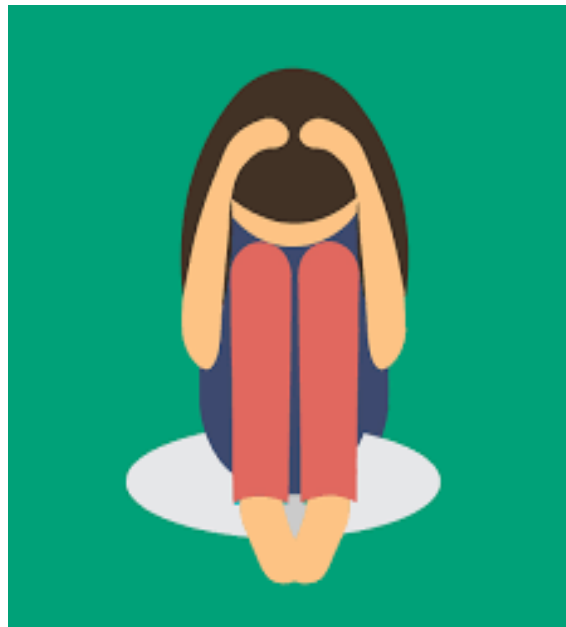
This is an important day for our 8th grade families and we will enforce the aforementioned guidelines to ensure it’s a safe and special event for all. We thank you in advance for your cooperation

NURSES NEWS

MAY – Is Mental Health Month

How is your child coping at school??

“My stomach hurts”... There are many times we hear these three words at the health office. The reasons can vary, perhaps a student has had a brush with Norovirus, which we typically see in the winter through the spring. It may be that a student needs some TLC and needed a quick break. For a few students however stress, whether it be anxiety or another trigger at school, can lead to stomach pain, nausea, or even vomiting. At the health office, we try to be cognizant of the many reasons why a student might be up for a visit. Typically, if a child presents with symptoms like nausea or stomach pain, we assess for fever. We try to rule out other causes, the need to use the restroom or have a snack if breakfast was skipped... Students will typically have water and rest and we ask that they try to return to class.



Our experience with students is if we send them home repeatedly without fever, they may be more likely to go home often and symptoms can worsen. Some students require exposure to building a skill set to handle stress or anxiety at school, which is more likely to occur when we keep them at school. It is preferred to send students home if they are experiencing one of the “Four B’s” – burning (temperature over 100), barfing, broken (needs intervention like X-ray) or bleeding that we cannot control with first aid. It has also been noted in studies of behavior science that when children leave school repeatedly when anxious or stressed, these behaviors may increase related to the reward of going home. If your child needs to go home, it is best practice to have schoolwork also go home with them and while at home highly preferred activities (such as gaming) are not allowed.

If your child is suffering from school anxiety or stress, your pediatrician may also have some ideas. We can also talk with our staff about creating a plan for your child as well. While we don’t typically have a formal health plan for anxiety or stress, we look at this or place notes in our health data system to address concerns or list specific measures that have helped to alleviate anxiety for a student. This could vary from a stress ball, to having a scratch pad to make notes to help with stressors in class. The health office team will be on board, and should your child have concerns for anxiety or stress at school – let them know they are NOT alone. Many students have gone through or are going through anxiety and stress and come from diverse backgrounds and experiences. School anxiety and stress is fairly common and can be exacerbated by hormones, growth spurts, situational concerns, etc. It is our hope that in bringing it up, we can help address concerns ahead of time and help lead our students to building skills to address stress and anxiety in a positive way.

RESOURCES

<https://www.cdc.gov/childrensmentalhealth/index.html>

<https://www.edcgov.us/Government/MentalHealth>

<https://childmind.org/article/classroom-anxiety-in-children/>

<https://annals-general-psychiatry.biomedcentral.com/articles/10.1186/1744-859X-12-25>

Debbie Bowers, Principal

Jen Hansen, Assistant Principal



Oak Ridge High School

Sports Physical Night



The El Dorado Union High School District and Oak Ridge High School Athletic Department requires a current and completed "Sports Participation Health Record" with a medical physician's approval each school year.

Why: All athletes must have a medical physician's approval to participate in sports. Clearance for a sport is required prior to tryouts, practice and/or participation.



When: Tuesday, May 14, 2019



Where: *EL DORADO HILLS PHYSICAL THERAPY, 907 Embarcadero Way (Embarcadero Plaza)*

Cost: \$25.00 (Payable to ORHS Athletics)

Time: Students with last names beginning with:

T-Z 6:00, A-F 6:45, G-L 7:30, M-S 8:15



A team of local doctors and nurses in El Dorado Hills will donate their time to give physicals to our athletes. These physicals are valid for the 2018-2019 school year. A Sports Participation Health Record will be required each year with a medical physician's approval for full participation. You must bring a completed Sports Participation Health Record (available on-line at www.trojanpride.com – Athletic Dept. – Forms/Documents) and twenty-five dollars to Sports Physical Night.

ANY QUESTIONS CALL OAK RIDGE HIGH SCHOOL ATHLETIC OFFICE
(916) 933-6980 EXT. 3044

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		State Math Testing (All Grades)	State Math Testing (All Grades)	State Math Testing (All Grades) Fun Day Permission Slips Due to Office Promotion Speaker & Performance Try Outs
6	7	8	9	10
State Math & Language Arts Testing (All Grades) 8th Grade Promotion Party Tickets on Sale during Lunch	State Math & Language Arts Testing (All Grades) 8th Grade Promotion Party Tickets on Sale during Lunch	State Math & Language Arts Testing (All Grades) 8th Grade Promotion Party Tickets on Sale during Lunch	State Math & Language Arts Testing (All Grades) 8th Grade Promotion Party Tickets on Sale during Lunch Friends of RH Meeting 12:45 PM in Staff Room	State Math & Language Arts Testing (All Grades) 8th Grade Promotion Party Tickets on Sale during Lunch
13	14	15	16	17
		Campus Cleanup for CJSF Volunteer Hours 1:15 PM		8th Grade Promotion Party 6:00-8:00 pm MP Room
20	21	22	23	24
8th Grade Textbooks Due to Library Incoming 6th grade Orientation 9:30-10:30 am Parent Orientation Incoming 6th Graders 6:00-7:00 PM in MP	7th Grade Textbooks Due to Library	6th Grade Textbooks Due to Library		6th Grade Pool Party at EDH Community Center
27	28	29	30	31
Memorial Day Holiday NO SCHOOL			Open House & Book Faire 5:00 – 7:00 PM Spring Middle School Band Concert 6:30 PM	8th Grade Promotion Practice (Mandatory)

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5		
8 th Grade Promotion Practice (Mandatory) 8 th Grade Fun Day to Sunsplash	8 th Grade Promotion 7:45 am ORHS Stadium LATE START DAY (School starts at 9:50 AM and ends at 2:04 PM)*	Last Day of School! MINIMUM DAY (Noon Dismissal)		

* Buses will run 2 hours later than usually scheduled. If your child is usually picked up at 7:15 AM, it'll be 9:15 AM. However, please note that because elementary has a normal day, buses will also be running at the regular times. It would be okay for 8th graders to get on that early bus to get to the ceremony on time, but not 6th or 7th graders.