



ROLLING HILLS MIDDLE SCHOOL

Home of the Bengal Tigers

December 2022 Parent Bulletin

PRINCIPAL'S MESSAGE

As the hustle and bustle get 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 reins 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 at least one of the parent education night's that we've held so far this year. Maybe you've even had a chance to watch [Upstanders](#) as a family (Here's the [link](#) to do so just in case you missed it and a link to [discussion guide questions](#). You will need to enter your email address and create a password to access the film. You should receive a confirmation email when it's ready for viewing). 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. We also worry about their mental well-being. If you see any alarms and are having trouble distinguishing what is typical teenage behavior or what is cause for concern, please do reach out to us. January begins mental health awareness month, and we'll be hosting a parent education night to view the documentary [Angst](#) on Thursday, January 19 at 6:30 pm in our MP room. We will also have a Q&A with mental health professionals after viewing the film. Please mark your calendars to be there.

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. Some of what they watch on YouTube or TikTok admittedly causes some confusion for them about what is a joke and what is just downright mean. Hateful words are hateful words no matter how we slice them. 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.

I am proud of the school climate we are re-creating together. We've had great fun through this first half of the year--learning, laughing, and just being silly middle schoolers. I look forward to a 2023 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

DINE-OUT EVENT: Papa Murphys Take 'N' Bake Pizza in El Dorado Hills, is on Wednesday, 12/21/22 from 11AM to 8PM. Bring the flyer (included in this bulletin) or let the cashier you're supporting the cause to make sure that 30% of the total sales will be donated back to the Rolling Hills Middle School.

IS YOUR CHILD COLD DURING PE? We are currently selling PE sweat pants and shirts, in the office. The cost is \$20 each or you can buy a set for \$35.

LOST AND FOUND: Please have your kids come check the lost and found (located in the back of the administration office). Any clothing not claimed will be donated over winter break.

UPCOMING HOLIDAYS - NO SCHOOL ON THE FOLLOWING DATES:

12/23/22 – 1/6/23 **Winter Break**

1/16/23 **Dr. Martin Luther King Jr. Day**

LIBRARY NEWS

Battle of the Books (BOB) Update: Congratulations to Jack C.! Jack's t-shirt design received the most student votes, and will be featured on the shirts won by our Bengal BoB teams at the County Competition in March 2023. BoB Meeting this month: Wednesday, December 14, during all 3 lunches. After the Winter Break, BoB teams will be meeting weekly on Wednesdays during lunch.

Reader/Leaders Update: The R/Ls have put together a display of seasonal books, perfect for enjoying as the weather gets colder. Look for this display at the front of the library. These library volunteers have also been working hard to "merchandise" their shelves - just like the bookstores! Students who are browsing for books will be drawn in by the decorations and books the R/Ls choose to highlight.

Mindful Mondays: Monday, December 12, during all 3 lunches, our counselor, Mrs. Cutter, will have a creative activity planned for all interested students. Ask the yard duty for a special Mindful Monday pass, and then proceed to the library for a relaxing break from the school day.

Library Closures: Due to professional development, the library will be closed on the following dates until 9:15 a.m. - 12/1, 12/5, 12/7, 12/9, 12/13 & 12/15. The library also will be closed all day on 12/21 & 12/22.

Any questions about the library? Please contact me at leszinske@buckeyeusd.org. As always, the library catalog is available for browsing [here](#), and students may request a library book by filling out the [Book Request form](#). Don't forget to follow the library on Instagram @rhmsreads. Happy Reading!

CJSF/HONOR SOCIETY INFORMATION

Congratulations to the students who qualified for membership for the 1st trimester of the 2022-2023! Their academic excellence and motivation to serve others is so inspirational. The 1st trimester qualifiers are invited to attend a Dessert Party on December 16th, during all 3 lunches in the RHMS Library. Attendees will enjoy hot chocolate, hot apple cider, and a variety of sweet treats while celebrating their hard work this trimester. Qualifiers are also eligible to attend the TopGolf field trip on Friday, March 17th. Information will be coming at a later date.

CJSF Qualifiers 1st Trimester 2022 - 2023

6th Grade: Kabir A., Ira A., Zahra A., Kylie A., Madelyn A., Hazel A., Rob A., Olivia B., Sophia B., Karrington C., Shayan F., Connor F., Adam J., Diane J., Lola K., Mallory K., Maliya K., Parker L., Keo L., Macy L., Peyton M., Mason M., Persia N., Grayson N., Liya P., Danny P., Caitlyn P., Rita R., Reagan R., Kate R., Evelyn S., Aayush T., Sophie T., Theo V., Mina W., Addie Y.,

7th Grade: Natalie B.,Austin C.,Seonghyun C.,Xavier C.,Benjamin C.,Noah C.,Payton G.,Carson G.,Naureen H.,Emme H.,Chloe J.,Akhil K.,Stella K.,Genesse K.,Braelyn K.,Sofia L.,Sahana M.,Emalee M.,Samantha M.,Anishka N.,Avanti R.,Elliot R.,Priyanka S.,Zak S.,Rayhan S.,Miles S.,Samiya T.,Dyuthi T.,Jennifer T.,Nico T.,Athena W.,Brooke W.,Ayden Y.

8th Grade: Sabrina A.,Aiden A.,Harshil A.,Siri A.,Camille B.,Colette C.,Jackson C.,Katie D.,Aiden E.,Gunner F.,Audrey G.,Nithin G.,Luiza G.,Presley H.,Eli I.,Sathvik K.,Maya L.,Sudeep M.,Tanuj P.,Brayden P.,Gray P.,Becca P.,Nina P.,Shayan S.,Daniel S.,Lily T.,Ava T.,Sid U.,Sofia W.,Jason W.

Need a quick way to earn a service hour in December? Attend the Campus Cleanup on Wednesday, December 7 at 1:15 pm. Come by the library to sign in and pick up your tools. The previously scheduled Campus Cleanup on Wednesday, December 21, is canceled.

CJSF Service Hours can be a source of confusion for students. Please direct your child to the following document for clarification - [Rules for CJSF Service Hours](#). Students need to provide proof of their service hours when applying for CJSF. They can use the [CJSF Service Verification Form](#) or a different form of their choosing.

Please contact Mrs. Burstiner (aburstiner@buckeyeusd.org) or Mrs. Leszinske (lleszinske@buckeyeusd.org) if you have any questions about CJSF.

YEARBOOKS ON SALE!

All ordering is done online. Set up an account to order your yearbook, create an 8th grade recognition ad or send us some photos to be included in this year's book.

<https://www.treering.com/purchase?PassCode=1016533271583459>

<https://tr5.treering.com/school/242420/school-content/school-photos/238532239>

In this day and age of social media, we all get used to seeing our photos on different apps. These apps are fun in the moment, but will they last (think "Myspace")? Yearbooks last! They are a permanent record of the school year, friends, trends and so much more! Don't you wish you could look back at your middle school years to see yourself and your friends in those special outfits that you thought were just the coolest ever? Well, you can make sure your child has some lasting memories by purchasing a RHMS Yearbook.

Needed: 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 be sure to label all student faces in each photo. You can upload using this link.

Yearbooks make great gifts! Order now as the price will be going up in January.

DECEMBER 2022

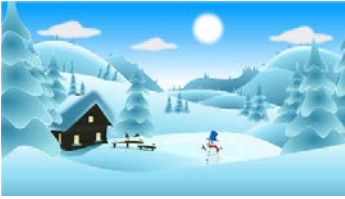
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Library Closed until 9:15 AM RHMS CLUBS 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:15PM – Paws 4 Cause 2:10PM – Running Club	
5	6	7	8	9
Library Closed until 9:15 AM IMAX & State Capitol F/T – 7 th Grd/Tm Tahoe RHMS CLUBS 12:37PM – Super Seeds 2:04PM – Club Live 2:15PM – Cards Club 2:15PM – Mtn Bike 2:15PM – Quiz Bowl 2:15PM – Theater	IMAX & State Capitol F/T – 7 th grade Team Pacific	Library Closed until 9:15 AM SPIRIT DAY!!! Wear Orange & Black 1:15PM – CJSF Campus Clean-Up RHMS CLUBS 1:15PM - Hands4Hope 1:15PM - Theater	RHMS CLUBS 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:10PM – Running Club	Library Closed until 9:15 AM RHMS CLUBS 2:04PM – Nerf Club
12	13	14	15	16
Candy Grams Sales - \$1.00. Sold in Room F2 in focus and during lunch.				
Mindful Mondays RHMS CLUBS 2:04PM – Club Live 2:15PM – Cards Club 2:15PM – Mtn Bike 2:15PM – Quiz Bowl 2:15PM – Theater	Library Closed until 9:15 AM	SPIRIT DAY!!! Wear Orange & Black BoB Mtg – Library/Lunch RHMS CLUBS 1:15PM - Theater	Library Closed until 9:15 AM 6:30PM - Winter Band Concert RHMS CLUBS 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:15PM – Paws 4 Cause 2:10PM – Running Club	RHMS CLUBS 2:04PM – Nerf Club CJSF Meeting – Library @ lunch
19	20	21	22	23
ROAR AMB & New Student Holiday Hang-Out - Library @ Lunch RHMS CLUBS 12:37PM – Super Seeds 2:04PM – Club Live 2:15PM – Cards Club 2:15PM – Mtn Bike 2:15PM – Quiz Bowl 2:15PM – Theater	7:50AM – Reader Leader F/T 8 th Grade A Christmas Carol Sacramento 9 AM – 1:45 PM	Library Closed SPIRIT DAY!!! Wear Orange & Black BoB Mtg – Library/Lunch PAPA MURPHY'S DINE OUT 11-8 RHMS CLUBS 1:15PM - Hands4Hope 1:15PM - Theater	Ugly Holiday Sweater Day TuTu Day – Wear a TuTu RHMS CLUBS 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:10PM – Running Club	Winter Break Starts!!
26	27	28	29	30



Winter Break!

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 <h2 style="color: red; font-size: 2em;">Winter Break!</h2>				
9	10	11	12	13
<p>Mindful Mondays</p> <p><u>RHMS CLUBS</u> 2:04PM – Club Live 2:15PM – Cards Club 2:15PM – Mtn Bike 2:15PM – Quiz Bowl 2:15PM – Theater</p>	<p><u>RHMS CLUBS</u> 2:30PM – Coding Club</p>	<p>SPIRIT DAY!!! Wear Orange & Black BoB Mtg – Library/Lunch</p> <p><u>RHMS CLUBS</u> 1:15PM - Theater</p>	<p>12:45PM FORH Mtg</p> <p><u>RHMS CLUBS</u> 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:10PM – Running Club</p>	<p>IMAX F/T – 6th grade</p> <p><u>RHMS CLUBS</u> 2:04PM – Nerf Club</p>
16	17	18	19	20
<p style="color: red;">Dr. Martin Luther King NO SCHOOL</p>	<p><u>RHMS CLUBS</u> 2:30PM – Coding Club</p>	<p>SPIRIT DAY!!! Wear Orange & Black BoB Mtg – Library/Lunch 1:15PM – CJSF Clean-Up</p> <p style="color: red;">PANDA EXPRESS DINE OUT 11AM – 8PM</p> <p><u>RHMS CLUBS</u> 1:15PM - Hands4Hope 1:15PM - Theater</p>	<p>7:50AM – Reader Leader</p> <p><u>RHMS CLUBS</u> 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:15PM – Paws 4 Cause 2:10PM – Running Club Parent Ed Night 6:30 – 8:00 PM</p>	<p style="text-align: center;">FUN FRIDAY 80’s Day! Dress for the 80’s or as an 80 year old.</p> <p><u>RHMS CLUBS</u> 2:04PM – Nerf Club</p>
23	24	25	26	27
<p><u>RHMS CLUBS</u> 2:04PM – Club Live 2:15PM – Cards Club 2:15PM – Mtn Bike 2:15PM – Quiz Bowl 2:15PM – Theater</p>	<p>ORHS Counselor Visit To 8th Grade</p> <p><u>RHMS CLUBS</u> 2:30PM – Coding Club</p>	<p>Library Closed Until 11:30 AM</p> <p>SPIRIT DAY!!! Wear Orange & Black BoB Mtg – Library/Lunch</p> <p><u>RHMS CLUBS</u> 1:15PM - Theater</p>	<p><u>RHMS CLUBS</u> 2:04PM – Q, Q & A 2:04PM – Wildlife 2:15PM – Finger Board 2:10PM – Running Club</p>	<p style="text-align: center; color: red;">Minimum Day NOON DISMISSAL</p>
30	31			
<p><u>RHMS CLUBS</u> 2:04PM – Club Live 2:15PM – Cards Club 2:15PM – Mtn Bike 2:15PM – Quiz Bowl</p>	<p><u>RHMS CLUBS</u> 2:30PM – Coding Club</p>			



Nurse's Notes: It's December— *Ready for winter break?*

While October & November mark the beginning of Influenza season, we typically begin to see cases rise in December. **Both school staff and parents alike should set aside time now to chat about handwashing and preventing disease!!**

The most obvious means of disease prevention is washing of hands.

- WET – preferably with warm water
- LATHER – use soap
- SCRUB – get all surfaces of hands up to the wrists, under the nails
- RINSE – thoroughly to mechanically remove germs
- DRY – well to prevent an environment where germs can flourish



HEALTH CHECK – Winter break is a great time to check in with your pediatrician. Seek care when your child is ill, but also consider a well-child exam if their office recommends it. Ask if they are up to date on vaccinations. Be sure to call the school health office to obtain a permission form if your child needs medicine at school (even OTCs like cough drops or ibuprofen). If there are barriers to care, let your school nurse know so we can help connect you with resources. If your child has been out ill and has a note – please bring it in. Thanks!

FIFTH/SIXTH GRADERS: Now is the time to get boosted for Pertussis. Not sure if your child is up-to-date? Please reach out to your health office team to confirm. Students may also need a 2nd immunization for Varicella. Winter break may be a good time to obtain any vaccines required for 7th Grade advancement.

KINDER/FIRST GRADERS: Did you complete the oral health examination for your kindergarten child? Or CDPH health examination for your 1st Grade child? If in doubt, please reach out to your child's health office team. For more information online about the requirements, follow the links.

Oral health: <https://www.cda.org/Home/Public-Health/Kindergarten-Oral-Health-Requirement>

For more about CDPH: <https://www.dhcs.ca.gov/services/chdp/Pages/SchoolEntry.aspx>



WHAT ELSE TO KNOW? *We provide a variety of care and first aid and see many students daily. We try to call home for concerns that may need to be monitored, head bumps, etc. **Our health office would love donations to keep things healthier and happier** – consider donating wipes, Ziploc baggies, sweats or stretch pants (*gently used items for the elementary grades are perfect*). **Thank you so much for your support!***



Tristan Kleinknight, MSN RN PHN: School Nurse for:

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

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

Camerado Springs: Health Clerk Sarah Lester, LVN
530-677-1658 x1530, Fax: 530-677-9537

Valley View Montessori: Health Clerk I, Carmela Bucci
916-939-9640 x3330, Fax 916-939-5015

Sandy Chavez, MSN RN PHN: School Nurse for:

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

Rolling Hills: Health Clerk I, Bertha Chau
916-933-9290 x3030 Fax: 916-939-7454

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

William Brooks Elementary: Health Clerk I, Raffaella Avina
916-933-6618 x2430 Fax: 916-933-3910

REMINDER: MEDICATIONS-ALL medications require a permission form to be at school

<https://drive.google.com/file/d/1f55Q97DffiATOX1zEhq8sRrnq-lbriPI/view>

tkleinknight@buckeyeusd.org & schavez@buckeyeusd.org

JOIN US FOR...



A CURBSIDE PICK-ME-UP WITH YOUR COMMUNITY HUB!



**FREE FOOD, DIAPERS,
AND OTHER GOODIES!**

Provided by Placer Food Bank and Community Hub partners.
Subject to availability. No pre-registration required.

**COME SAY "HI" TO YOUR HUB 2 TEAM
...FROM YOUR CAR!**



MARNI PRICE
Library Navigator
marni_price@edcplacere.us
Visit Marni for weekly Storytimes and helpful tips on talking, reading and singing daily with your child.



KLAUDIA SILVA
Family Community Navigator
ksilva@edcplacere.us
Ask Klaudia about Play and Learn groups, developmental screens, parenting tips and resources.

Community Hubs are a partnership between First 5 El Dorado, EDC Library, EDC Early Care and Education Planning Council, EDC Child Abuse Prevention Council, EDC Health and Human Services Agency's Maternal Child and Adolescent Health Program and Mental Health Services Act.



WHERE: FAITH EPISCOPAL CHURCH
2200 COUNTRY CLUB DR, CAMERON PARK

DATE: EVERY FIRST THURSDAY OF THE MONTH
(DECEMBER 1)

TIME: 10:30AM-12PM

For more information, call or text:

(833) EDC-HUBS
OR **(833) 332-4827**





Rolling Hills Fundraiser - Wednesday, December 21st

PIZZAS • BREADS • SALADS • DESSERTS

Show your school spirit by joining us for a fundraiser to support Rolling Hills Middle School!

Where: Papa Murphy's Take 'N' Bake Pizza at 2209 Francisco Drive in El Dorado Hills; from 11:00am to 8:00pm.

Just tell the cashier you're supporting the cause to make sure that 30% of the groups' total sales will be donated back to the school.

Note: Tell a friend and family member, everyone is welcome!

If placing an order online during your fundraiser, please note you must choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count. Coupons not valid.