



ROLLING HILLS MIDDLE SCHOOL

Home of the Bengal Tigers

October 2023 Parent Bulletin

PRINCIPAL'S MESSAGE

October 2023 Principal's Message

October always seems to surprise me with its arrival, and this year was no exception, and I am very thankful for the cooler temperatures it has brought with it. This is always the time of year when routines seem to settle down, and I'm hoping you and our students have found their proverbial groove.

It's always at this time of year when we notice parents struggling with how much independence to give a child. Though it's the greatest gift we can give them, it's also one of the hardest to achieve. I remember when I moved to Brazil at the age of 28. My parents drove me to the airport, and as I gathered my suitcases, my dad said "You know, your mother and I worked so hard to make all you girls independent, and the problem is—we succeeded." I didn't fully understand the depth of his words until I had children of my own, and now those words weigh on me as a parent and as an educator. Of course we don't want to see our children fail, but how do we help them learn those valuable lessons that come with those failures? If you're struggling to find that balance with your kids as you navigate homework and extracurricular activities, please reach out to us so we can work together. We, too, want our kids to be independent, but there is training that needs to be done. For example, if you want them to email their teachers to ask a question, ask them to do so, then follow up with an email to the teacher to see if your child had emailed and/or ask the teacher to check in with them about the question they had. We want to build this independence in safe steps and not push anyone too hard too soon. Hopefully we'll see them grow in this area in their time with us.

We also want to build that independence in managing their own emotions and we're hoping that your child mentioned Zones of Regulation to you. Students (and some adults!) struggle with finding ways to regulate their emotions. We tried to share that there is no such thing as a bad emotion, but sometimes the emotion doesn't match the task I need to accomplish. For example, when I went to the Taylor Swift concert, I was definitely in the red zone with my level of excitement, which was appropriate. However, if I brought that energy into the DMV to renew my license, that wouldn't work very well. We are trying to teach them skills to regulate their emotions when they don't "match." We'll also be putting on a parent education night about this topic, so stay tuned for more information on that topic.

As you have noticed—we have a new sign! We are so excited to use it to its full potential, and we thank you for your generous donations to make this happen. Our student council fundraiser is under way, and we're thankful for any support you can give to this endeavor.

Two weeks ago, we had the pleasure of celebrating the life of one of our instructional aides, Veronica Ramirez. To know Veronica was to love Veronica. Her smile was infectious, as was her

positive attitude. Working at Rolling Hills brought her such joy, but the joy she gave to those around her was a gift we'll all cherish. At the end of the service, Veronica had chosen a hymn titled "Scatter Sunshine." The reason I share this story is because I found it so fitting, as that is how Veronica lived her life—scattering sunshine everywhere she went. One of her regrets was that she didn't get to school to say goodbye to her students. So this is my chance to share the love she had for her students and RHMS and I thought just maybe we could all do a bit more to scatter sunshine in this world. I'm thankful for all she gave to our students over the years, and even more thankful to have been touched by her kind heart.

As a former English teacher, I have to bring quotes in whenever I can, and here's my favorite to welcome fall: "Delicious Autumn! My very soul is wedded to it and if I were a bird I would fly about the earth seeking the successive autumns." (George Eliot) I hope you find some time to enjoy these delicious days with your family in good health, all of you scattering sunshine.

NOTICES AND EVENTS

Checking out students: In order to expedite this process and get you on your way as quickly as possible, please send your child with a dismissal note indicating the time you would like your child checked out. Have them bring it directly to the office in the morning, and office staff will give them a pass to get out of class at the time indicated on your note. This is especially helpful when you try to check a student out at lunch or PE, as it's harder to get them to the office if the note wasn't brought to us in the morning.

Delivery of items: In order to minimize disruptions to class instruction, students will have a one time delivery pass for the year. After the pass is used, parents may deliver items to the office, and students should know that if they ever forget something to just stop in the office to pick it up. We will reiterate this with them when they use their one time delivery pass.

Absences:

1. What is considered an Excused Absence?

By law [EC § 48205], excused absences are: illness (fever 100° or more), persistent runny nose (not allergy related), vomiting, diarrhea, medical/dental appointments (doctor's note required for verification), death in the family, specific religious reasons, required appearance in court, and exclusion from school for contagious disease.

2. What can I do if my child needs to be out of school for a length of time?

If your child must be absent for three (3) or more days, you may request that your child is signed up for an Independent Study Agreement. Please note that teachers need at least one week's notice in order to prepare materials without interrupting their instructional time.

3. I called in to verify my child's absence; why am I still getting truancy letters?

Even excused absences can result in truancy notifications. Truancy letters are sent to all families who are in danger of being absent more than 10% of the school year. Obviously, earlier in the year that number could be only 3 absences. In order to teach our kids, we need them here!

DINE-OUT EVENT: All day Wednesday, October 25th at Rubio's

Friends of Rolling Hills Meeting: The October FORH meeting will be held in the staff room on Thursday, October 12 at 12:45pm. Our Superintendent will also be in attendance at this meeting.

Hands 4 Hope: October meetings will be Wednesday October 4th and 18th 1:15pm-2:00pm in J1.

Check out more information about Hands4Hope on our [website](#) and the [Rolling Hills Club page](#).

Library

The RH Library is looking spooky! In October, books from our Horror & Suspense section are featured prominently throughout the library. Scary stories are very popular with our students, and October is the perfect time to check out our extensive collection.

Battle of the Books: I have an enthusiastic group of more than 50 kids signed up for BoB this year. At our first meeting, each student took home their first BoB book, with the goal of reading at least 2 by December 1. We will be meeting every other week in October, November, and December, during all 3 lunches.



Library Assistants: The Library Assistants program is very popular this year, with nearly 70 kids registered. After the students have been trained, they are able to claim their own set of shelves in the library to maintain, organize and decorate, as well as help with library programs, events, and displays. Library Assistants can volunteer before and after school, and during lunch, as their schedule permits.

Library Hours: The RHMS Library is open 7:15-3:00 pm daily (Wednesdays, until 2:15). Students may come to the library before and after school, or during the school day, if a teacher permits. In order to come to the library during lunch, 6th graders need to get a pass from their teachers, and 7th & 8th graders should come by the library before lunch to request a pass.

Textbooks: All textbooks are online, but if you prefer your student to have a print copy for home use, some textbooks are available in print form. Ask your child to stop by the library anytime to check out textbooks.

Chromebooks: If your child is experiencing trouble with a school chromebook, help is available in the library.

Questions?: If you have questions about the library, please contact me at leszinske@buckeyeusd.org. The library website is available [here](#) and the code to join the library google classroom is **swnldzj**. Students who have trouble finding time to visit the library in person are encouraged to request a book via the [Book Request Form](#). Be sure and follow the library on Instagram **@rhmsreads**.

	<h2>Buckeye Union Food Service</h2>
	<p>What's Cooking? Chicken Potstickers are new on our lunch menu this year. They are made with a whole wheat flour wrapper filled with chicken, cabbage and green onions. There is no added MSG or artificial flavors. It's been a huge hit!</p> <p>Our cucumbers this month come from Terra Firma Farm in Winters, CA. Terra Firma Farm is CCOF Organic Certified and practices ecologically sustainable agriculture with the goal of protecting soil, providing wildlife habitat and conserving energy and water.</p>

CJSF News

CJSF NEWS: CJSF is an academic honor society that focuses on academics, citizenship, and community service. Information about CJSF and eligibility guidelines are available for viewing on the CJSF website. Students can get more information on the CJSF Google Classroom.

October Meeting: During our meeting on October 17th, CJSF students will have the opportunity to create cards to honor and support our service members.

Questions? Email lleszinske@buckeyeusd.org or aburstiner@buckeyeusd.org.
1st Trimester (all grades) Application is due November 17th by midnight.

CJSF Qualifiers - 3rd Trimester 2022-2023

3rd-trimester qualifiers with service will have a special breakfast on October 10th during Focus. Invitations will be sent to eligible students.

7th Graders - Qualifiers with Service:		8th Graders - Qualifiers with Service:	
Ira A. Kabir A. Eli A. Kylie A. Madelyn A. Hazel A. Rob A. Allison B. Sophia B. Hudson B. Paxton B. Karrington C. Jack C. Shayan F. Connor F. Avery H. Devin J. Adam J. Diane J. Lola K. Mallory K. Maliya K. Lucia L. Parker L.	Macy L. Mohammed M. Peyton M. Mason M. Rachel M. Persia N. Logan O. Liya P. John P. Abigail P. Danny P. Caitlyn P. Arya P. Mehreen R. Reagan R. Maddie S. Evelyn S. Levi S. Aayush T. Sophie T. Theo V. Summer X. Addie Y.	Harshil A. Grace B. Natalie B. Vanessa C. Austin C. Seonghyun C. Benjamin C. Noah C. Payton G. Naureen H. Emme H. Evan H. Saanvi J. Chloe J. Abina K. Ahkil K. Stella K. Braelyn K. Brooklyn K. Sahana M. Emalee M. Anishka N. Scottlyn O. Avanti R.	Elliot R. Priyanka S. Zak S. Raman S. Rayhan S. Baran S. Jaiveer S. Samiya T. Dyuthi T. Jennifer T. Nico T. Athena W. Brooke W. Ethan X. Ayden Y.

7th Graders - Qualifiers:		8th Graders - Qualifiers:	
Chloe C. Talia H. Luke M. Michelle M.		Caidon I. Brooklyn M. Samantha M. Albert W.	



FALL 2023
RHMS COUNSELORS' CORNER
BENGAL SHOUT-OUT FROM OUR SCHOOL COUNSELORS,
DEE CUTTER AND SHELLI STEPPS!

We are very excited that Shelli has joined our Bengal family and community. This is her 25th year in education, and 14th year as a School Counselor. For the past 14 years she has been in the Bay Area and Santa Cruz, but wanted to move closer to her family here in the Sacramento area.

As school counselors, we believe in the potential of every middle school student. Our role is to provide guidance, support and a safe place for them to grow academically, emotionally, and socially. We are committed to fostering positive relationships, promoting inclusivity, and helping students to develop the skills they need to succeed and thrive during these developmentally important years.

"Every little pebble in the stream believes itself to be a precious stone."

-Japanese proverb



HAS YOUR STUDENT COME HOME TALKING ABOUT THEIR "ZONE?"

If they haven't, we encourage you to ask them. This year, there is a districtwide effort to roll out the framework of "The Zones of Regulation." It is designed to help individuals, especially students, develop emotional awareness and self-regulation skills. It categorizes emotions into different "zones," each represented by a color, and provides strategies for managing emotions within each zone. It breaks down emotions into four color-coded zones:

- **Blue Zone:** In this zone, we may experience low energy emotions such as feeling sad, tired, or bored.
- **Green Zone :** In the Green Zone, we might feel calm, happy, focused, and ready to learn.
- **Yellow Zone :** In the Yellow Zone, we may feel frustration, anxiety, or excitement.
- **Red Zone :** The Red Zone is for intense emotions like anger, fear, or extreme excitement. When we are in this zone, we might not be thinking clearly.



Our goal is to help students to become more aware of their emotions, recognize which zone they're in, and equip them with strategies to move to a more manageable zone. This not only helps with their emotional well-being but also with their ability to focus on learning and build better relationships with peers and adults. We hope to partner with parents/guardians as well to support your child in using the Zones as a valuable tool for self-regulation and emotional growth.

HOW CAN YOU HELP YOUR CHILD USE THE ZONES OF REGULATION AT HOME?

- Know yourself and how you react in difficult situations before dealing with your child's behaviors.
- Know your child's triggers. We all process information differently and it impacts our reactivity to situations.
- Empathize with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.
- Discuss strategies for the next time when you and your child are self-regulated.
- Encourage your child to take a break to help regulate their bodies (ride a bike, walk the dog, watch a funny movie, hang out with a friend).

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." ~ L. R. Knost

Join us to learn everything you wanted to know about the Zones and then some!
Parent Workshop on "The Zones of Regulation"
Tuesday, October 24th, 6:00 p.m.
RHMS MP Room



COMING TO THE CLASSROOMS...

During the month of October, we are heading to the classrooms to deliver our first counselor talks on "Be Kind To Your Mind." As a follow-up to the teacher presentations on Zones this week, we are taking "deep dive" into stress triggers, the science behind emotional dysregulation and strategies to manage our emotions.



MAKE AN IMPACT, ONE TACO AT A TIME.



RUBIO'S FUNDRAISER FOR FRIENDS OF ROLLING HILLS MIDDLE SCHOOL

**WEDNESDAY
OCTOBER 25, 2023
ALL DAY**

4359 TOWN CENTER BLVD.
EL DORADO HILLS, CA 95762

30%

**OF EVENT
SALES
DONATED***

IN-RESTAURANT ORDERS

Present flyer and scan the
QR code at the register.



RUBIOS.COM OR RUBIO'S APP ORDERS

Enter coupon code
"DONATE" during checkout.

Fundraiser participants can order their Rubio's favorites in our restaurant, on rubios.com, or in the Rubio's app, and 30% of all pre-tax event sales will go back to the designated organization (alcohol or gift card purchases excluded). 24 hours' notice required for Catering orders. Third party delivery/pickup orders or any orders placed at a different date/location than the scheduled fundraiser will not count toward the total sales. Orders must be submitted the same date as the scheduled fundraiser. *Certain exclusions and minimums apply. See terms on rubios.com/fundraisers.

OCTOBER 2023 OPPORTUNITIES



To become a Hands4Hope - Youth Making a Difference volunteer,
go to <https://www.hands4hopeyouth.org/joinhands4hope> to register.

If you are already a registered volunteer,

scan the barcode below or click on the link to sign up for events

NOTE: You DO NOT have to be in the school's Hands4Hope Club to participate in the Hands4Hope Community Engagement Program.

GREEN VALLEY COMMUNITY CHURCH (GVCC) COMMON GROUND

Saturday, October 14th & 28th, 7-11am

Serve breakfast, clothing, and groceries for low income families and individuals.

All grades welcome, elementary students must be accompanied by parent or guardian

MERCY CREEKVIEW MANOR DINNER

Wednesday, October 18th, 3:30-5:30pm

Help prepare and serve dinner to seniors

Open to students 7th grade and up 6th grade and younger must be accompanied by parent/guardian

UPPER ROOM DINING SERVICES

Saturday, October 28th, 3:30-6:30pm

Help prepare and serve hot meals to those who are food insecure.

Open to students 13 years and up

MAPS-PEER MENTORING

Every Tues-Thurs 3:30-4:15 & 5:15-6:00

Volunteers will play games and lead activities with children with Autism

Open to students 11-18yrs

HONOR OUR TROOPS SPAGHETTI FEED

Thursday, October 12th, 4:00-8:00

(2 Shifts Available)

Volunteers will help greet and serve guests, and assist with various kitchen duties

Open to students 13 years and up

H4H - FALL FESTIVAL

Saturday, October 14th & Sunday, October

15th - Various Shifts Available

Volunteers are needed to help run carnival games, sell tickets and run other fun activities

Open to students 6th grade and up

WHITE ROCK VILLAGE - HOMEWORK HUB AND KIDZONE

Every Wednesday & Thursday from 3:00-5:30pm (Homework Hub)

Every Friday from 3:00-5pm (Kidzone)

Mentor elementary & middle school students with homework or lead fun activities at Kidzone.

Open to students 8th grade and up

BIG BROTHERS BIG SISTERS BIG AUTUMN AUCTION

Saturday, October 7th, 5:30-9:00

Volunteers will help with set-up, serve dinner and run auction items to winners

Open to students 8th grade and up

DONATIONS AND DROP OFF DATES

Dessert and food donations for

Mercy Creekview - Due Tuesday, Oct. 17th

Dessert, food, and craft donations for

Sister Nora's Place - Due Thursday, Oct. 26th

Meal Delivery for Sister Nora's Place -

Friday, Oct. 27th

Scan below to sign up for COMMUNITY ENGAGEMENT OPPORTUNITIES

(For registered volunteers only)



[BIT.LY/HANDS4HOPEEVENTS](https://bit.ly/hands4hopeevents)
FOR QUESTIONS PLEASE CONTACT
Kerri@hands4hopeyouth.org

BENGAL SPIRIT WEAR

Purchase in the Student
Store After School

~OR~

Use [This Link](#) to
Order Online



beanie
\$20



PJ pants
\$25



tshirt
\$15

All proceeds go to the RHMS Student
Council for student activities and events.

Our Fundraiser is Happening Now!

Rolling Hills Middle School

Our fundraiser is here, and we need your help! It's easy! 40% of purchases and 70% of direct donations go back to our organization!

Our sale starts **TODAY** and will end on **10/11/23**

REGISTER | SHARE | SHOP

REGISTER: Track sales and share with friends and family. Scan the QR code or visit www.shop.gwrcfundraising.com and enter your Group Campaign Code: **10031**. Remember to make note of your seller ID.

SHARE: During registration you'll be able to enter email addresses and/or phone numbers of Friends and Family to share your online store. And click on the social media icons and share throughout the sale!

SHOP: Scan the QR code above and enter your seller ID. Browse the online store and shop to support your organization. The more you buy the more funds we raise!



BONUS: Send 10 Contacts By 10/3 and Win a Light Up Spinning Pen, a Coop, Lanyard, PLUS, You will be in a Drawing for a Mini-Fridge!



Something for Everyone



Reusable Bags



Soy Candles



Gift Wrap



Reusable Bags



Water Bottles



Canvas Tote



Magazines



Poly Grocery Bags

OCTOBER 23-27

RED RIBBON WEEK

Be Kind to Your Mind

MON

**PUT DRUGS
TO SLEEP**



PJ'S OR
SLIPPERS

TUE

**DRESS FOR SUCCESS,
NOT DRUGS**



COLLEGE
OR CAREER

WED

**DRUGS AREN'T
SO SWEET**



CANDY
COLORS

THU

**PATROLLING A
DRUG FREE LIFE**



BLUE OR
POLICE

FRI

**SAY BOO
TO DRUGS**



HALLOWEEN
COSTUMES
OR COLORS

FOCUS CLASS











**DOOR
JUDGING
ON FRIDAY**

BENGALS STAY DRUG FREE!

☆ Want to start a club? Click [here](#) for more information. ☆

STUDENT CLUBS 2023-2024

mondays	tuesdays	wednesdays	thursdays	fridays
 Cheerleading 2:15-3:00 outside of Room H3 with Mrs. McGee	Brushing Colors of Art  2:15-3:00 in Room G1 with Mrs. Kamman  Anime 2:15-3:00 in Room H6 with Mr. Flater	Battle of the Books "BOB"  During Lunch in the Library with Mrs. Leszinske	 Chess Club After School 2:15-3:00 in Room K3 with Mr. Blubaugh  Paws for a Cause 1st and 3rd Thursdays of each Month 2:15-3:00 in Room L1 with Ms. Acree  Board and Video Games* After School 2:15-3:00 in Room L6 with Mrs. Rose <small>*will start October 12</small>	 Drama After School 2:15-3:00 in Room G3 with Ms. Van Camp

October

Monday	Tuesday	Wednesday	Thursday	Friday
2 7 th Grade Field Trip	3	4 Spirit Day: Wear Orange & Black Hands 4 Hope Meeting @ 1:15	5	6
9	10 CJSF Breakfast 7:50-8:15 Site Council 2:30-3:30	11 Spirit Day: Wear Orange & Black	12 Friends of RH Meeting 12:45-2:00	13
16	17 CJSF Meeting 10:54-1:12	18 Spirit Day: Wear Orange & Black Hands 4 Hope Meeting @ 1:15	19	20
23 Red Ribbon Week Be Kind to Your Mind Put Drugs to Sleep: Wear pajamas or slippers	24 Dress for Success not for Drugs: Wear College or Career	25 Drugs aren't so Sweet: Wear your Favorite Candy Colors Dine Out @ Rubio's	26 Patrolling a Drug-Free Path: Wear Blue or Police Club Fair @ lunch Band Concert 6:30pm	27 Say "BOO" to Drugs: Halloween costume or colors 7 th and 8 th Monster Bash 2:15-3:45
30 GATE Testing	31 8 th Grade Field Trip 			

November

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spirit Day: Wear Orange & Black BoB Meeting @10:21 Hands 4 Hope Meeting @ 1:15	2	3 End of 1 st Trimester
6	7	8 Spirit Day: Wear Orange & Black	9 Friends of RH Meeting 12:45-2:00	10 No School Veterans Day observed
13	14	15 Spirit Day: Wear Orange & Black Hands 4 Hope Meeting @ 1:15 Dine Out @ Bawarchi Indian Cuisine	16	17 Fun Friday- Western Wear CJSF Application Due
20 No School	21 No School	22 No School	23 No School Thanksgiving 	24 No School
27	28	29 Spirit Day: Wear Orange & Black	30	