



# ROLLING HILLS MIDDLE SCHOOL

## Home of the Bengal Tigers

### December 2023 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! And, if you missed our [presentation on regulation strategies](#), please review it and ask us if you have any questions.

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'll have a chance to watch this documentary called Likes as a family. The documentary breaks down why we find social media so irresistible, examines who is controlling who, and gives you the tools to pivot to a more balanced and contented relationship. It features Silicon Valley entrepreneurs, including the co-creator of the *LIKE* button, experts in brain science, and regular teenagers. Your kids will be watching it in class and discussing it with our counselors. Follow these steps to watch it in the comfort of your own home: Step 1: Copy the access code: ED04T9COK Step 2: Go to <https://programs.calhopeschools.org> (click on Angst), paste that access code there. Enjoy!

Coupled with this viewing of Likes, our next parent night is on February 13 and will be focused on cyber safety for our kids. Please refer to the documents in this bulletin for more information about it. What better way to show your Valentine some love than to learn how to keep them safe!

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. I always tell them there is a difference between telling to get someone into trouble vs. telling to get someone out of trouble; the vaping conversation definitely falls into the latter category. We must work together to keep our kids safe, as these decisions also affect 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're hopeful that the aforementioned links and information will be helpful for you as you navigate these teenage years.

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 their peers and what they might say. Please help us make Rolling Hills a school where everyone belongs and feels safe, encouraged, and respected and PLEASE have your child talk to us (or you give us a call) if they're experiencing any kind of negative talk.

I am proud of the school climate we are 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 2024 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

**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.

**Dine-Out-Event:** Our Dine Out Event at The Melt in the Folsom Palladio is on Wednesday, 12/20 from 12pm to 9pm! Bring or mention the flyer (included in this bulletin) and The Melt will donate 25% of your check to RHMS! This is our last Dine Out event of 2023, so let's make it a great one! Can't wait to see you there!

**Hands 4 Hope:** October meeting will be Wednesday, December 13<sup>th</sup> from 1:15pm-2:00pm in J1.

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

**Is Your Child Cold During PE?** We are currently selling PE sweat pants and sweat shirts, in the office. The cost is \$20 each or you can buy a set for \$35

**Girls Basketball and Boys Soccer:** Tryouts begin 1/8/24. A signed permission slip is required in order to try out. Permission slips will be available in the locker rooms and online in Mid-December.

**Student Store:** We are so happy to offer a student store at Rolling Hills. Students can come to the student store to buy food items and school supplies everyday after school unless otherwise specified. After being open for over 10 years, we now have to increase the prices of certain items like chips, however the increase will only be \$ .25. New prices will start when we return from winter break.

Also, here are a two reminders to share with your kids:

-we cannot accept bills over \$20

-make sure cash is unfolded when your child hands it to the person working the register

**Cyber Safety Parent Education Night:** Join us on Tuesday, 2/13 in the RHMS MP room at 6:30 pm. Student assemblies will be held earlier in the day, but we hope parents will join us that evening so we can work together to keep our kids safe. Please refer to flyer attached to this bulletin for more information.

**Limited High School Open enrollment:** The El Dorado Union High School District is offering a Limited Open Enrollment to El Dorado High School, Ponderosa High School and Union Mine High School for the 2024-2025 school year. The limited open enrollment is open to incoming 9<sup>th</sup> graders who want to attend either El Dorado High School, Ponderosa High School, or Union Mine High School but who do not reside in the school's attendance boundary. The District will accept Limited Open Enrollment Applications for El Dorado High School, Ponderosa High School and Union Mine High School beginning December 1, 2023. The deadline is January 31, 2024 at 4:00 pm. The applications will be available at each high school within the El Dorado Union High School District, the District Office located at 4675 Missouri Flat Road, Placerville, or online at <https://www.eduhdsd.k12.ca.us/Resources/Student-Transfers/index.html>.

## **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!

***Battle of the Books (BoB) Update:***

The BoB kids have been divided into teams and are busy making sure all 10 BoB books have been read by at least 2 team members. The teams will choose names for themselves and will meet on Wednesday, December 13, during all 3 lunches.

Four BoB kids have already finished reading all 10 books. Congratulations to these amazing readers - Kabir, Arya, Jennifer, & Emma Z!

After we return from Winter Break, the BoB teams will meet once a week, until the County Competition at Markham MS on March 15.

***2nd Trimester Reading Goals:***

The 2nd trimester is just getting started and many of our students need new reading material to meet their A/R goals. New books arrive every month in the RH Library and students are encouraged to come by and browse the selection. If a student doesn't have time to make it to the library during the school day, I am happy to fill book requests via email ([lleszinske@buckeyeusd.org](mailto:lleszinske@buckeyeusd.org)) or through the [Book Request Form](#). Students can also place holds through their Destiny library accounts.

***Helping Your Child Find the Right Book:***

My favorite part of being a librarian is helping a student find the perfect book. Over the summer, I divided our fiction section into different genres - like mystery, romance, fantasy, etc. The research is clear that "genre-fying" the library helps students find what they are looking for, but nothing beats a personal recommendation from another student, a teacher, family member, or librarian. If your student is struggling to find a book to read, I'm here to help. Please feel comfortable reaching out and asking me to work with your student. I can provide you with a list of reading suggestions that you can discuss and share, and/or meet with your student in the library.

James Patterson says the following about kids and reading: "There's no such thing as a kid who hates reading. There are kids who love reading, and kids who are reading the wrong books." Let's work together to help your kids find the right books!

***Laura Leszinske, RHMS Library Associate***

***[lleszinske@buckeyeusd.org](mailto:lleszinske@buckeyeusd.org)***

***916.933.9290 ext. 3040***

**CJSF/HONOR SOCIETY INFORMATION**

Congratulations to the students who qualified for membership for the 1st trimester of 2023-2024. Their academic excellence and motivation to serve others is so inspirational! The 1st trimester qualifiers **WITH** service are invited to attend a Dessert Party on December 15th, during all 3 lunches in the RHMS Library. Attendees will enjoy hot chocolate and a variety of sweet treats while celebrating their hard work this trimester. Qualifiers **WITH** service are also eligible to attend the TopGolf field trip on Friday, April 5. Information will be coming at a later date.

**6th Grade:**

Seena A, Sneh B, Maanya B, Gian B, Andy C, Lyla C, Sofia D, Sabir D, Emma F, Delainey F, Celine G, Morgan J, Kritika K, Kara L, Dean N, Sahana P, Hrishan P, Hazel P, Aydin Q, Abby R, Sabreena S, Alex S, Preston S, Ricky S, Bryce T, Rivaan T, Brayden T, Adisyn T, Constantine V, & Hamna W

**7th Grade:**

Ira A, Kabir A, Eli A, Zahra A, Kylie A, Hazel A, Rob A, Olivia B, Sophia B, Elliana B, Hudson B, Paxton B, Chloe C, Karrington C, Jack C, Artemis C, Steele D, Rowan F, Connor F, Addison G, Avery H, Talia H, Devin J, Adam J, Diane J, Lola K, Mallory K, Maliya K,

Lucia L, Parker L, Macy L, Mohammed M, Peyton M, Persia N, Logan O, Liya P, John P, Abigail P, Danny P, Caitlyn P, Arya P, Reagan R, Maddie S, Evelyn S, Levi S, Aayush T, Sophie T, Theo V, Summer X, & Addie Y

8th Grade:

Harshil A, Grace B, Natalie B, Austin C, Seonghyun C, Benjamin C, Noah C, Payton G, Naureen H, Emme H, Evan H, Caidon I, Chloe J, Akhil K, Stella K, Braelyn K, Brooklyn K, Sofia L, 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

***CJSF Qualifiers - 1st Trimester, 2023-2024***

6th Grade:

Olivia A, Hana B, Morgan C, Jaeven C, Trenton H, Ganeev K, Noel K, Kevin M, Sohun M, Sachi N, William P, Arjan T, Alexandra T, Brooklyn W, Allison Y, & Amie Y

7th Grade:

Kaya K, Keo L, Zunairah R, William R, & Kate R

8th Grade:

Adelle M

# Rolling Hills Middle School

Honor your 8th Grader  
with a Dedication Ad  
in the yearbook!

**JANUARY 31st DEADLINE!**  
Space is limited so order soon!



[yearbookordercenter.com](http://yearbookordercenter.com) 25762



## Buckeye Union Food Service

















### What's Cooking?

We make our Apple-Pie and Cinnamon Crumble pan bread from scratch in our central kitchen. It's made with healthy ingredients such as whole oats, stoned ground whole wheat flour, applesauce and yogurt. It's fresh and delicious and the students love it!

We are featuring red and gold organic kiwis this month from Wild River Fruit in Marysville. This family owned farm located along the Yuba river builds owl-box homes for the local wild owls who in turn help control the gopher and vole population on their land.

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

## STUDENT CLUBS 2023-2024

| Mondays  | Tuesdays   | Wednesdays   | Thursdays   | Fridays   |
|--|--|--|---|---|
|  <b>Cheerleading</b><br>2:15-3:00<br>outside of Room H3<br>with Mrs. McGee        | <b>Brushing Colors of Art</b> <br>2:15-3:00<br>in Room G1<br>with Mrs. Kamman | <b>Battle of the Books</b><br>"BOB" <br>During Lunch<br>in the Library<br>with Mrs. Leszinske |  <b>Chess Club</b><br>After School<br>2:15-3:15<br>in Room K3<br>with Mr. Blubaugh                                 |  <b>Drama</b><br>After School<br>2:15-3:00<br>in Room G3<br>with Ms. Van Camp                  |
|  <b>Mountain Biking</b><br>2:15-3:00<br>outside of Locker Rooms<br>with Mr. Nowag |  <b>Anime</b><br>2:15-3:00<br>in Room H6<br>with Mr. Flater                   | <b>Hands 4 Hope</b> <br>Alternating Wed<br>1:15-2:00<br>in Room J1<br>with Mrs. Roberts       |  <b>Paws for a Cause</b><br>1st and 3rd<br>Thursdays<br>of each Month<br>2:15-3:00<br>in Room L1<br>with Ms. Acree |  <b>Rubik's Cube</b><br>After School<br>2:15-3:00<br>in Room F2<br>with Mrs. Cox               |
|  |  <b>Coding</b><br>2:30-3:30 in<br>Room G3<br>with Ms. VanCamp               | <b>Quiz Bowl</b><br>in Room F1<br>with Mrs. Clark<br>See attached<br>schedule  |  <b>Board and Video Games</b><br>After School<br>2:15-3:00<br>in Room L6<br>with Mrs. Rose                       | <b>Quiz Bowl</b><br>in Room F1<br>with Mrs. Clark<br>See attached<br>schedule   |
|  |  | <b>Club Live</b><br>in Room J4<br>with Mrs. McCarty<br>Bi-Weekly   |  <b>Running</b><br>After School<br>2:15-3:00<br>Locker Rooms<br>with Mrs. Pickett                                |  <b>Dungeons and Dragons</b><br>After School<br>2:15-3:15<br>in Room K3<br>with Mr. Blubaugh |



2023 - 2024 Quiz Bowl Club  
Meeting Dates and Tournament Opportunities

**\*TOURNAMENT at Cavitt Jr. High** - Saturday, December 2 (all day - must provide own transportation and lunch)

- Friday, December 15 (2:15 - 3:00 p.m.)
- Wednesday, December 20 (1:20 - 2:00 p.m.)
- Wednesday, January 10 (1:20 - 2:00 p.m.)
- Wednesday, January 17 (1:20 - 2:00 p.m.)
- Friday, January 26 (2:15 - 3:00 p.m.)
- Wednesday, February 7 (1:20 - 2:00 p.m.)
- Friday, February 16 (2:15 - 3:00 p.m.)
- Wednesday, February 28 (1:20 - 2:00 p.m.)
- Friday, March 8 (2:15 - 3:00 p.m.)
- Wednesday, March 13 (1:20 - 2:00 p.m.)
- Friday, March 22 (2:15 - 3:00 p.m.)
- Wednesday, April 3 (1:20 - 2:00 p.m.)
- Friday, April 12 (2:15 - 3:00 p.m.)
- Friday, April 19 (2:15 - 3:00 p.m.)
- Wednesday, April 24 (1:20 - 2:00 p.m.)
- Wednesday, May 1 (1:20 - 2:00 p.m.)
- Friday, May 10 (2:15 - 3:00 p.m.)

**\*\*END-OF-YEAR Club Celebration and Competition** vs. Staff Volunteers - Wednesday, May 15 (1:30 - 2:30)





# Birthday or Half-Birthday

DISPLAYED ON THE RHMS SIGN

**\$10 PER POST**

Submit the  
[Google Form](#)  
and payment  
at least one  
week in advance.



# BENGAL NEWS

## DECEMBER



### A Note from Student Council

Happy December,  
Thank you to all who generously supported our Food Drive to support the Food Bank of El Dorado County. Our Bengal community collectively donated 989 food items. Amazing! Congratulations to Mrs. Cox's class for earning a Crumb! Cookie party with the highest donation average per student.

This month, students can spread holiday cheer by purchasing candy grams for friends beginning December 11th. Candy grams include a personalized note and a candy cane. Parents can also purchase candy grams [online](#).

Visit our Student Council [webpage](#) for more information.



### Support RHMS

- ☐ Bengal Birthday Display
- ☐ Spiritwear (pj pants, beanie, etc.)
- ☐ Donations to Student Council

All donations are used directly for student activities and events.

### Events this Month

|             |  |
|-------------|--|
| PEP RALLY   | Dress for the 12/8 Winter Pep Rally.<br>6th: <b>red</b> 7th: <b>green</b> 8th: <b>blue</b>                                   |
| CANDY GRAMS | Buy in Room F2 for \$1 each from 12/11 to 12/18. Deliveries made on 12/19 and 12/20  |
| SPORTS      | Come support the girls soccer and boys basketball teams. Click <a href="#">here</a> for schedules.                           |
| SPIRIT DAYS | Get festive and dress up for each day in the <a href="#">Holiday Countdown</a> . Info in GC.                                 |
| HOLIDAYS    | Enjoy your time with family and friends.  |

### Questions?

Contact Kristin Cox, Leadership Advisor



# Candy Grams

SPREAD HOLIDAY CHEER

December 11-18

- Buy candy grams in Room F2 during Focus, Lunch or Before/After School
  - Student Council will deliver candy grams on 12/19 and 12/20
  - Parents can buy candy grams online with [this Google Form](#)






**FOR EACH CANDY GRAM:**

Complete [this Google Form](#)  
to submit the recipient's  
information and to make  
the online payment.



# December

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
|  |   |   |  | 1   |
| 4  | 5<br><b>12 Days of Dress Up</b><br>See Attached Flyer                                     | 6<br>CJSF Campus Clean up   | 7  | 8<br><b>Pep Rally</b><br>6 <sup>th</sup> - Green & White<br>7 <sup>th</sup> -Red & White<br>8 <sup>th</sup> -Blue & White |
| 11<br>Candy Gram Sale Starts   | 12  | 13<br><br>Hands 4 Hope Meeting @ 1:15   | 14   | 15<br><br>CJSF Dessert Party  |
| 18<br>Candy Gram Sale Ends   | 19<br>Candy Gram Deliveries in Focus<br><br>CJSF Meeting                                  | 20<br>Candy Gram Deliveries in Focus<br><br><b>Dine Out @ The Melt</b>                    | 21<br><b>Winter Break Starts</b><br> | 22<br>                               |
| 25<br><b>Winter Break</b><br> | 26<br> | 27<br> | 28<br>                               | 29<br>                               |

# January 2024

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| 1<br><br><b>Winter Break</b>                        | 2<br><br> | 3<br><br>                                       | 4<br><br> | 5<br><br> |
| 8   | 9  | 10<br>Spirit Day:<br>Wear <b>Orange</b> &<br>Black   | 11<br>Friends of RH<br>Meeting  | 12   |
| 15<br><b>No School</b><br>Martin Luther King<br>Day | 16   | 17<br>Spirit Day:<br>Wear <b>Orange</b> &<br>Black<br><br><b>Dine Out @</b><br>Chick-fil-A<br><br>Hands 4 Hope<br>Meeting @ 1:15 | 18  | 19   |
| 22<br><b>No School</b><br>Staff Development<br>Day  | 23   | 24<br>Spirit Day:<br>Wear <b>Orange</b> &<br>Black   | 25  | 26<br><br><b>Minimum Day</b><br><br>Fun Friday   |
| 29  | 30   | 31<br>Spirit Day:<br>Wear <b>Orange</b> &<br>Black   |   |  |

# Holiday Countdown

Only 12 Days Until Winter Break

|   |  |   |
|---|--|---|
| <p><b>12 Days</b></p> <p><b>Tuesday, December 5</b></p> <p><b>Feeling Frosty</b></p> <p>Wear silver, blue and white.</p>   | <p><b>11 Days</b></p> <p><b>Wednesday, December 6</b></p> <p><b>Holiday Glow Up</b></p> <p>Wear something shiny or bright.</p>        | <p><b>10 Days</b></p> <p><b>Thursday, December 7</b></p> <p><b>Tree Topper</b></p> <p>Wear a festive hat or hair accessory.</p>    |
| <p><b>9 Days</b></p> <p><b>Friday, December 8</b></p> <p><b>Winter Wonderland Rally</b></p> <p>6th: Green and White<br/>7th: Red and White<br/>8th: Blue and White</p>  | <p><b>8 Days</b></p> <p><b>Monday, December 11</b></p> <p><b>Sleigh All Day</b></p> <p>Wear your nicest holiday outfit.</p>          | <p><b>7 Days</b></p> <p><b>Tuesday, December 12</b></p> <p><b>Channel Your Flannel</b></p> <p>Wear some cozy flannel.</p>         |
| <p><b>6 Days</b></p> <p><b>Wednesday, December 13</b></p> <p><b>Mistle-Toes</b></p> <p>Wear cozy holiday socks.</p>    | <p><b>5 Days</b></p> <p><b>Thursday, December 14</b></p> <p><b>Santa's Helpers</b></p> <p>Wear an elf hat or reindeer antlers.</p>  | <p><b>4 Days</b></p> <p><b>Friday, December 15</b></p> <p><b>Long Winter's Nap</b></p> <p>Wear holiday pajamas or slippers.</p>  |
| <p><b>3 Days</b></p> <p><b>Monday, December 18</b></p> <p><b>Deck Your Neck</b></p> <p>Wear a scarf, necklace or other accessories.</p>                                | <p><b>2 Days</b></p> <p><b>Tuesday, December 19</b></p> <p><b>Fleece Navidad</b></p> <p>Wear some comfy fleece.</p>                 | <p><b>1 Day</b></p> <p><b>Wednesday, December 20</b></p> <p><b>Sweater Weather</b></p> <p>Wear an ugly holiday sweater</p>       |

**We made it! Wishing you happiness during the holiday season! See you next year!**





**THE MELT**  
330 PALLADIO PARKWAY  
FOLSOM  
(916) 293-7766

**WEDNESDAY, DECEMBER 20<sup>TH</sup>**  
**12PM - 9PM**  
**DINE-IN | CARRY OUT**



**20% OF THE PROCEEDS DONATED TO ROLLING HILLS MIDDLE SCHOOL  
WHEN YOU SHOW OR MENTION THIS FLYER!**

**\*\*\*THIRD-PARTY ORDERS NOT ELIGIBLE\*\*\***



# DECEMBER 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, December 9th & 23rd, 7-11am

**Serve breakfast, clothing, and groceries for low-income families and individuals**

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

## MERCY CREEKVIEW MANOR DINNER

Wednesday, December 20th, 3:30-5:30pm

**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, December 23rd, 3:30-6:30pm

**Prepare and serve hot meals to those who are food insecure**

Open to students 13 years and up

## MAPS-PEER MENTORING

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

**Lead activities for children with Autism**

Open to students 11-18yrs

## TWIN LAKES FOOD BANK FOOD DISTRIBUTION

Monday, December 11th, 5:30-7:30pm

**Distribute food to those who are food insecure in our community**

Open to 10th grade youth and up

## WHITE ROCK VILLAGE

Weds & Thurs 3:00-5:30pm (Homework Hub)

Fridays from 3:00-5pm (Kidzone)

**Mentor elementary & middle school students with homework or lead fun activities**

Open to students 8th grade and up

## WINTER BOUTIQUE DISTRIBUTION EVENT

December 1st, 2nd, 3rd, 8th, 9th and 10th

Various Shifts Available

**Help distribute clothes to those in need**

All ages welcome to volunteer

Elementary students must volunteer with an adult

## DONATION DROP OFF DATES

**Homemade No-Sew Blankets - 11/30**

**Dessert/Food for Mercy Creekview - 12/19**

**Dessert/Food for Sister Nora's Place - 12/21**

**Meal Delivery for Sister Nora's Place - 12/22**

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](mailto:Kerri@hands4hopeyouth.org)



# PARENTING IN A DIGITAL WORLD

INTERNET SAFETY • THREATS • SOLUTIONS

HELPING YOU NAVIGATE YOUR CHILD'S DIGITAL WORLD

**Who:** Elementary, Middle, and High School Parents

**When:** Tuesday, February 13<sup>th</sup> @ 6:30 – 8:00 PM

**Cost:** Free to attend

**Where:** Rolling Hills Middle School Multi-Purpose Rm.  
7141 Silva Valley Parkway, El Dorado Hills

The cyber safety seminar for parents, Parenting in the Digital World, is a 90-minute, engaging and eye-opening presentation about what is really going on in our children's digital world.

Children are exposed more than ever to online predators and the damaging effects of screen time. This seminar will show you the current games, and apps teens are using today. Secondly, cyberbullying and other online threats are defined with current trends and real-world examples investigated in schools. Lastly, participants will be given tools and an action plan that they can immediately begin using to help keep their children safe online.

Topics discussed:

- Current apps kids are using and what you need to know about them
- Risks associated with popular social media sites
- "Sexting" and online predators
- How to set expectations and consequences
- How to monitor online activity and find secret Instagram accounts
- How to talk to your child about pornography
- Parental controls and privacy settings

PRESENTATION IS FOR PARENTS ONLY.

This is a cooperative effort by all the Buckeye Union Schools to offer an enriching and engaging parent education opportunity for our community.



CYBERSAFETYCOP.COM

*Established in 2012, Cyber Safety Cop delivers training, speaking, and consulting worldwide in Internet safety, cyberbullying, behavioral threat assessment, violence prevention, and school safety.*

*Our simple yet powerful advice will positively impact your families' lives and how schools manage the digital world.*



*Parenting in the Digital World, the definitive guide to internet safety for families will be available for sale at the event. \$20.00 (cash or credit card).*

*This book will help parents take the next steps to implement all the safety measures taught in the seminar.*

<http://www.cybersafetycop.com/>



## PARENTING IN THE DIGITAL WORLD

The cyber safety seminar for parents, *Parenting in the Digital World*, is a 90-minute, engaging and eye-opening presentation about what is really going on in our children's digital world.

- Up to date content
- Tools and resources
- Taught in English and Spanish
- Can be presented in-person, webinar, or view-on-demand.



Based on Clay Cranford's acclaimed book, *Parenting in the Digital World*, this 90-minute seminar will prepare parents to effectively supervise their child on social media sites, protect them from online threats, and bring technological balance back to their homes. The presentation is taught by law enforcement officers and educators who have extensive experience working with children and who are parents too.

Our aim is to leave the audience feeling empowered to take control of their child's technology, set rules and boundaries in their home and work hand in hand with teachers and educators. Every audience member, regardless of technological experience, will walk away with simple, powerful and effective messages.

### What parents and educators are saying about our program

Every parent should be required to attend his presentation! I learned so much in the time there and walked away feeling more informed and confident in having a solid game plan to protect my kids.

- Nani L., Parent

This was the best parent education night I have seen in my 30 years as an educator and administrator.

- Michelle Wrenn Benham, Principal, Vista del Mar Middle School.

I was so happy I was able to attend...the information shared with us transformed my sense of powerlessness to a certainty that there are concrete steps I can take as a parent of this generation to protect my family.

- Jenny O., Parent



(949) 441-4760

info@cybersafetycop.com

CyberSafetyCop.com



Cyber safety assemblies for students are age appropriate 40-minute interactive presentations for students K to 12th grade. They can be taught in small groups, a classroom, or in a auditorium to hundreds of students. All of our presentations address three key online safety issues all children experience:

- Dangers of sharing personal information with strangers; anti-bullying strategies; and how to create a positive online reputation.
- Can be presented in-person, webinar, or view-on-demand.

## K - 3rd Grade

Our K - 3rd grade presentation, "Be Safe and Kind Online," equip younger students with the skills and knowledge necessary to use the internet safely, creating an awareness of potential problems they may experience when they are online, and how to manage these issues and ask for help. The topics are introduced by fun animated characters that children can enjoy and relate to.

## 4th - 6th Grade

The 4th - 6th grade cyber safety assembly gives elementary students the information they need to make good decisions in their online lives. Through real-life experience as a juvenile investigator, the presenter will share common safety issues and how students can make themselves more secure in social networks.

## 7th - 12th Grade

The 7th - 12th grade cyber safety assembly builds off of the 4th - 6th assembly. The presenter, a former juvenile investigator, will take the topics one step further and discuss online sexual exploitation, sexting, criminal harassment and threats, how to respond to these issues, and how to create a positive online reputation.

## Flexible Format Options

At Cyber Safety Cop, we understand that different educational settings require flexible options. That's why we offer three engaging formats for our Cyber Safety Presentations:

### In-Person Presentations

Our dynamic presenters visit your school to deliver engaging and interactive Internet Safety Presentations that cater to the specific needs of each grade level. We create a safe space for students to ask questions and participate actively in their learning journey.

### Live Webinars

With our live webinars, we can connect with your students remotely, allowing for a more flexible schedule and the possibility of reaching multiple classrooms simultaneously. Our experienced presenters will deliver the same high-quality content, engaging students in real-time interactions.

### View-on-Demand Videos

Our professionally produced videos provide the same valuable content as our in-person presentations and live webinars. This option allows your school to offer internet safety training on your preferred schedule, making it accessible to all students, whether in the classroom or at home.

This is not a school-sponsored program, and this school district accepts no liability/responsibility for this activity. UC Berkeley Haas' B-BAY is a 501(c)(3) nonprofit.



## Entrepreneurship with Cal Berkeley Academic Enrichment

Curious about the skills needed to succeed in business? Have an idea for your own start-up? Want to know if studying business is the right college major for you? The Berkeley Business Academy for Youth (B-BAY) is your answer. Learn teamwork, entrepreneurship, business principles, financial accounting, marketing, corporate social responsibility, and get beyond that lemonade stand. Based at the top-ranked UC Berkeley Haas School of Business, B-BAY combines high academic standards with high levels of engagement, creativity, innovation, and collaboration.

### VIRTUAL PROGRAMS:

**Middle School After School:** February 1 - April 15, 2024, Mon/Wed or Tues/Thurs (2 days/week), 3:30 - 4:30 pm. Application Deadline: JANUARY 15, 2024

**High School Academic Year:** September 2024 - April 2025. Application Deadline: AUGUST 2024

### SUMMER PROGRAMS:

**Middle School Academy:** June 10 - 21, 2024, Mon-Fri, 9 am - 3 pm on the UC Berkeley campus. Application Deadline: FEBRUARY 28, 2024 at 5:00 PM PST

**High School Entrepreneurship:** July 7 - 20 or July 20 - August 3, 2024, Mon-Fri, 9 am - 3:30 pm on UC Berkeley campus. Application Deadline: MARCH 17, 2024 at 5:00 pm PST

**RSVP FOR ZOOM LINK:** Personal insight from a B-BAY student with the official B-BAY PowerPoint presentation, held monthly, 5:30 - 6 pm or request another date.\*



**Zachary Nicholson**  
B-BAY Ambassador, 2022-2024  
Haas Hackathon Award 2023, Golden Bear Award 2021, Peer Award 2021  
Oak Ridge High School Class of 2025  
[zachary4nicholson@gmail.com](mailto:zachary4nicholson@gmail.com)



Berkeley Business Academy for Youth

**TIP:** Apply prior to the application deadline; applicants are accepted on a rolling basis.

**Go Bears!**



**Olive Davis**  
Director, Berkeley Business Academy for Youth (B-BAY)  
Institute for Business and Social Impact  
UC Berkeley Haas School of Business  
Golden Bear Award  
[bbay@berkeley.edu](mailto:bbay@berkeley.edu) (510) 643-8782

\*Zoom Info Sessions: Thurs 11/30, Wed 12/20, Tues 1/9, Mon 2/5, Fri 3/1 or request another date.

For more information, visit [www.haas.Berkeley.edu/business-academy](http://www.haas.Berkeley.edu/business-academy)

## **2024-2025 LIMITED OPEN ENROLLMENT**

**35 slots to incoming Freshmen to EDHS, PHS & UMHS**

### **INSTRUCTIONS FOR PARENT SUBMISSION OF LIMITED OPEN ENROLLMENT APPLICATION**

Submission Timeline: December 1, 2023-January 31, 2024 at 4 pm

#### **Submit applications now for the 2024-2025 school year**

Request Form: To request one of these slots, a family will fill out the Limited Open Enrollment request. A student will remain enrolled in the high school of residence until a transfer is approved. This includes siblings and parents who are staff.

This form may be obtained at any of our high school offices, at the district office in Student Services or on the EDUHSD website ([www.eduhsd.net](http://www.eduhsd.net)).

The district office will maintain a running count of the slots used out of the approved 35 and let the sites know if they reach the total of 35 for EDHS, PHS or UMHS.

Less Impacted Student Transfer requests should be used for incoming Freshmen who would like to transfer from ORHS to any school in EDUHSD.

**\*\*If a family receives the limited open enrollment, our sibling rule will apply for future students in the family as outlined in AR5116.2**