



Cirby Elementary School

Parent Newsletter
March 2019



Cirby Calendar:

- 3/1: Dr. Seuss-a-bration 6 – 7pm, MPR
- 3/6: PTC Dance-a-Thon Fundraiser
- 3/7: PTC Meeting 6 – 7pm, Library
- 3/8: PTC Movie Night 6 – 8pm @ Hillcrest Church
- 3/19: TK/K Spring Sing Parent Performance 6 – 7pm, MPR
- 3/21: Family Fun Health Fair 5:30 – 7pm, MPR
- 3/26: Subway PTC Fundraiser

Connect with us!



RCS D CIRBY



@rcsdcirby



Principal's Message:

March is here already and we are two thirds through our school year! With Spring right around the corner, there is so much to look forward to in the coming months.

At this time of year Cirby Expectations are firmly established and students have increased responsibility for their behaviors, as well as grade-level academic skills.

We can partner with you by building responsibility both at school and at home.

Here are some ideas to help build a sense of responsibility in children:

- Your child can be responsible for home chores that they would be expected to complete, just like teachers have the expectation of work completion in class.
- When appropriate, motivate your child with rewards/privileges for positive behaviors. We reinforce positive behaviors with Cirby blue acknowledgment tickets and other incentives.
- Be understanding with your child when he or she makes a mistake. We all learn from our mistakes. It helps us learn. Not taking risks can prove to be a great barrier to learning. Teachers teach their students to have a growth mindset - risk-taking is an important part of new learning.
- Learning to make wise decisions comes from practice and encouragement. One of our school-wide expectations is Make Good Decisions.
- Encourage your child as he or she tries new things. Student are constantly exposed to new skills in school and encouraged by peers and teachers along the way.
- When your child tries but does not succeed, offer even more encouragement to continue to work hard. It takes perseverance to accomplish rigorous grade-level standards.
- Show appreciation for your child's genuine efforts. This will help build self-esteem.

The next family event to look forward to is our annual Family Fun Health Fair on March 21st at 5:30. I hope to see you on campus for this free event.

Karen Quinlan

Nurse's Notes:



The Importance of a Good Night's Sleep

School-age kids need 10 to 12 hours of sleep a night. Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school.

Adolescents need about 8½ to 9½ hours of sleep per night. Insufficient sleep in teens can lead to: decreased attentiveness decreased short-term memory, inconsistent performance, delayed response time, bad tempers, and problems in school.

Here are some tips for helping your child to get enough sleep:

- Establish a consistent bedtime routine, especially on school nights. Help them unwind every night by reading, listening to music, spending time with a pet, writing in a journal, or doing anything else that relaxes them.
- Leave enough time before bed to allow your child to unwind before bed.
- Keep them active during the day. Physical activity can decrease stress and help people feel more relaxed. However, avoid exercise too close to bedtime because it can keep them awake.
- Say goodnight to electronics. Shut everything down an hour or more before lights out and keep electronics out of the bedroom. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM.

For more information, visit:

www.kidshealth.org/parent/general/sleep/sleep.html#

Kindergarten Registration

Registration for TK, Kindergarten, and new students for the 2019-2020 school year are available on line at rcsdk8.org. Please call the school office at 916-771-1730 with questions or for more information.

Required Documents for all registrations:

- ❖ **Original Proof of Birth** – Birth Certificate (government issued)
- ❖ **Photo ID of Parent/Guardian** – (government issued)
- ❖ **Verification of Residency** – Current Roseville Utility bill or PG&E
- ❖ **Current Immunization Record**



February Students of the Month

TK – Tristan McNeal

Kindergarten – Josephine Gregor, Norberto Diaz, Jordi Sop Arauz

First Grade – Ryan Nunez, Mia Wegsteen, Arfa Akhtar

Second Grade – Liam DeHaas, Dominic Quijano, Briana Salazar

Third Grade – Benton Stowers, Peter O'Con

Fourth Grade – Seth Flannagan, Maria Verduzco, McKenna Patterson

Fifth Grade – Emmanuel Martinez, Hannah Bryce

Congratulations "Students of the Month"!!!

Pictures of students who were chosen as "Students of the Month" are displayed in the office.



SPONSORS



ROSEVILLE/ROCKLIN, CA

Mar 24, 31 & Apr 6 (SAT), 14, 28 | Sundays, 4-5pm (EXCEPT Apr 6th)

Johnson-Springview Park
5480 5th St
Rocklin, CA 95677

DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile

*All races will be the same distances each week.

SCORING/DETAILS

- Points based on finish.
- Runners with the most points after final race win trophies.
- Tech T-Shirts and Race Bags for Full Series Participants!
- Medal for ALL runners at Week 5.
- This is not a drop-off event.

For more information, please contact Katrina Wheeler at 916.397.9430 or at hkrsroseville@gmail.com

\$35 FULL SERIES*
FIVE WEEK SERIES

\$10 PER RACE*

*Registration is nonrefundable.

HEALTHYKIDSRUNNINGSERIES.ORG

Please cut and mail form back

Sign up online or mail this form with check payable to Healthy Kids Running Series at:
Healthy Kids Running Series
The Mill
381 Brinton Lake Rd.
Thornton, PA 19373

Race Series Entire Series Single Race Repeat Single Upgrade to Full

Participant Name _____ M F
Gender D.O.B _____

Email _____ Phone _____

Address _____

City _____ State _____ Zip _____

Emergency Contact Name _____ Check No. _____ Cash (For HKRS Coordinator to fill) _____

T-Shirt Size (Full Series Only):

Youth Sizes
 XS
 S
 M
 L

Adult Sizes
 S
 M
 L

Grade Category

Pre-K 2yr
 Pre-K 3yr
 Pre-K 4yr
 Pre-K 5yr
 Kindergarten
 1st Grade
 2nd / 3rd
 4th / 5th
 6th / 7th / 8th

Johnson-Springview Park

As the parent or legal guardian of the children named, I hereby give my full consent and approval for my child to participate in the Healthy Kids Running Series. In addition to giving my full consent for my child's participation, I do hereby waive, release, hold harmless and forever discharge Healthy Kids Running Series, Pattison Sports Group, the Community Coordinators, its officers, staff, sponsors, supervisors, and representatives for any injury that may be suffered by my child in normal cause of participation in the designated sport and the activities incidental thereto, whether paid damages, injury, or loss due to negligence or not. Additionally I grant Healthy Kids Running Series permission to use my child's name, image, voice, and identity in any program for promotion of Healthy Kids Running Series including written materials, website materials on any and all Healthy Kids Running Series publication across the entire worldwide web including but not limited to www.HealthyKidsRunningSeries.com and its sub domains, Facebook, Twitter, Flickr, Pinterest, any other unnamed form of social media, video, audio, or other forms without prior consent or compensation. Lastly, I understand in the event Healthy Kids Running Series does not take place due to natural disaster, pandemic, a severe weather event, acts of war, acts of God or force majeure, that my child's registration will not be refunded.

Signature of parent or guardian if under 18 years of age.

Date

The Roseville City School District does not support, sponsor, staff, supervise, or endorse the information, activities, or events posted.



Saturday, March 2

Big Spoon Yogurt is excited to invite you to celebrate National Read Across America Day from 12-4pm at the Fountains at Roseville! In partnership with Friends of the Roseville Public Library, we'll have storytime at 12, 1, 2, and 3pm, special visitors and FREE books! Percent of proceeds will be donated to Friends of the Roseville Library.

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CAMP DESTINY SUMMER DAY CAMP 2019

Destiny Christian Church | Rocklin, CA

Camp Destiny is a week long day camp for kids entering 4th-6th grade. We believe that summer camp is one of the best opportunities for preteens to discover and respond to God's infinite glory.

~Camp Dates and Themes 2019~

June 10-14 Video Game Creation

July 8-12 Carnival

June 7-21 Escape Room

July 15-19 Performing Arts

June 24-28 Lights, Camera, Action

July 22-26 Sports Camp

SCHEDULE OVERVIEW | Monday-Friday

8:20 am - Leaders arrive for prayer and a meeting

9:00 am - Campers arrive and the day begins

4:30 pm - Parent pick up begins

5:00 pm - Leaders are dismissed for the day

A week at Camp Destiny includes:

Morning and Afternoon Chapel,
Themed Activities, Games,
Competitions, Field Trips or Day
Trips, a memorable culminating
event, and more!

WANT TO JOIN THE CAMP DESTINY TEAM?

We are looking to hire **GROUP LEADERS (16 yrs+)** who...

enjoy being around kids (preteens can be weird), are flexible, energetic, and love to share the hope of Jesus with people around them.

We love leaders who bring unique strengths and passions to the team, but don't worry about being an expert, we want to invest in our leaders this summer!

In order to join our team as paid staff, you are required to serve at least 3 full weeks of Camp Destiny this summer.

Leave your contact info or reach out if you are interested at mshrum@destinyrocklin.com. Applications are coming soon- we want to know your heart to serve and your experience working with kids. Then you will meet with a member of our staff, get fingerprinted, and have the best summer ever!