

SEMPER RRCC SACC NOVEMBER NEWSLETTER



MONTH: NOVEMBER 2019

****The month of Giving****

Important Info:

No School/ Full Days: This Month we are offering Full Days for our Fall Break: Monday, November 25th- 27th. Care will be provided at Lincoln Academy. There will **NOT** be care provided on 11/28 & 11/29. **Please sign up online by Monday, November 11, 2019** <https://www.rrcc.edu/school-age-childcare/registration-forms>

Professional Development Fee: This month there is an additional \$33.00 for Professional Development for the Fall Semester. This fee is to help our staff keep up with the proper training needed to be in compliance with state licensing.

Email Communication: Is the best way to communicate with your Site Manager and the accounting department. hannah.keyes@rrcc.edu
sacc@rrcc.edu

Drop in Policy: Need a drop in contact Hannah via email or text she will let you know if she has availability that day. If you know either the day prior to the date you need for a drop in please fill out the Drop In Request Form found online: <https://www.rrcc.edu/school-age-childcare/registration-forms>

IMPORTANT DATES:

11/25- 11/27: RRCC Fall Break: Full Day at Lincoln Academy:

Sign up online by Monday, November 11th

November Full Days: We will be at Lincoln Academy
7180 Oak St, Arvada, CO 80004

There will be a doorbell on the west door (closest to the playground). Please ring the doorbell and give staff at least 3 minutes before ringing again.

******Don't forget to bring your ID during Fall Break Full Days, as some staff may not know you and will be checking ID's.**

Please register by following this link:

<https://www.rrcc.edu/school-age-childcare/registration-forms>

****Deadlines to sign up for full days and early releases are two weeks prior to the full day. Please use above link to register for these days.**

THANK YOU PARENTS!

Let me take this time to say thank you to each and every one of you. I am so glad I have this amazing career of getting to know your children and learning and growing alongside them. I look forward to each day I get to spend with your kiddos. I am so glad I have the privilege to get to know your families! Thank you all for choosing Red Rocks!

Election Day PSA:

Election Day is November 5th. Make sure you get info and are registered. Government issued ID is required for in-person voting.



To the Left: We have some of our kiddos in their 3rd Grade production of "Sword and the Bone". It was a real dog-eat-dog storyline!

KIDS CORNER

Kids Corner is a great way to get to know the kiddos in our program as well as encouraging your children to make new friends!



Meet Our Friend (Left): Xander E.

Xander is a Kindergartener in Mrs. Clark's Class. He likes to play soccer and get ICEE's at the end of the game!

Interview:

Q. What is your favorite subject in school and why?

A. Gym, so you can exercise. I like to exercise.

Q. What are you most excited for during the Fall season?

A. To jump in the leaves, because it's fun and the leaves crunch.

Q. What are you thankful for?

A. My mom and dad, my sister. I'm thankful for Toby. My kitty in heaven.

Q. If you were a crayon color, what would you be and why?

A. Rainbow colored, because I like rainbows.

Meet Our Friend (Right): Matti J.

Matti is a 4th grader in Ms. Austin's Class. She likes to play, make slime and putty, and sleep.

Interview:

Q. What is your favorite subject in school and why?

A. I like Reading, because I like books.

Q. What are you most excited for during the Fall Season?

A. Celebrating my mom's birthday on Halloween.

Q. What are you thankful for?

A. Friends, family, and cheeseburgers.

Q. If you were a crayon color, what would you be and why?

A. Purple. Purple is my favorite color. I would name it: "Whataweiwei".



SEMPER RRCC SACC NOVEMBER NEWSLETTER (CONT.)



DID YOU KNOW?

The importance of sleep for School Age Students According to Kids Health "School Age kids need 9-12 hours of sleep a night. Bedtime problems can start at this age for a variety of reasons. Homework, sports and after-school activities, screen time (on computers, TVs, smartphones, and other devices), and hectic family schedules all can contribute to kids not getting the sleep they need. Sleep-deprived kids can become hyper or irritable, and may have a hard time paying attention in school. It's still important to have a consistent bedtime, especially on school nights. Leave enough technology-free time before bed to allow your child to unwind before lights-out. Consider switching off the electronics at least an hour before bed and keeping screens out of kids' bedrooms."

Contact Information:

Site Manager: Hannah Keyes
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Director: Liz Jackson
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Accounting:
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Website: <https://www.rrcc.edu/school-age-childcare>

Hours of Operation:

6:30 AM - 8:25 AM

3:25 PM - 6:00 PM

*Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. –Oprah Winfrey

*We should not only give thanks and help others in November, we should be practicing these things constantly. - Unknown

Zones of Regulation

This year Red Rocks has implemented the Zones of Regulation as a tool for behavioral and emotional regulation.

What are the Zones of Regulation?

The zones of regulation is a list of categorized feelings/emotions that help people teach themselves or others about different behaviors. With four colored zones, each with its own category you can now keep track of your own feelings or others feelings. It helps teach people how to independently control their feelings/emotions and help them solve any problems they may have.

What are the colors and what do they mean?

Blue (Rest Area sign) - Tired, Bored, Sick

Green (Go sign) - Focused, Happy, Calm

Yellow (Yield sign) - Excited, Frustrated, Silly

Red (Stop sign) - Out of control, Mad, Yelling

Zones Goal:

The goal for the zones is to help everyone understand that we are all at different places, we all need to get to the green so we all need to work together to try and help when we're having a rough day.



Above:

We are all playing outside with the parachute enjoying the calm before the storm.