

# Rocklin Academy Wednesday Weekly



Robin Stout, Principal  
Phil Spears, Executive Director/Superintendent

<http://turnstone.rocklinacademy.com>  
Wednesday, November 6, 2013,

	DATE	
Thursday	7	<ul style="list-style-type: none"> <li>Mrs. Klein's Class Leaves for Angel Island Field Trip</li> <li>Mrs. Sotka's Class Returns from Angel Island Field Trip</li> </ul>
Friday	8	<ul style="list-style-type: none"> <li>Exceptional Eagles Assembly, 8:15am, Multi-Purpose Room</li> <li>Mrs. Klein's Class Returns from Angel Island Field Trip</li> <li>End of 1<sup>st</sup> Trimester</li> </ul>
Saturday/Sunday	9 / 10	😊 Have a Wonderful Weekend! 😊
Monday	11	<b>No School - Veterans Day Holiday</b>
Tuesday	12	
Wednesday	13	

## STUDENT COUNCIL

Turnstone student council created a skit for the Key of Excellence: balance, in the month of October, and created the spirit wear for Red Ribbon Week. We had a poster contest for Red Ribbon Week, and our three lucky winners, Meadow Dettner, Camille Wheeler, and Traeger Harrison, each won a \$5 gift card to Jamba Juice! We elected our student council officers, and our president is Colton Harrison, and our vice president is Jack Goodman.

By: Anjali Suthahar and Karina Andersen



## This month's Key: **SPEAK WITH GOOD PURPOSE** **FAMILY REVIEW ACTIVITIES**

**Have a family conversation about the power of words.** It's likely that everyone in the family has had their feelings hurt by inconsiderate and painful words that someone said to them. Similarly, everyone has probably been really uplifted by kind words spoken to them. And everyone has also probably spoken words that hurt as well as words that uplifted someone else. Words we say to ourselves can be just as uplifting or damaging.

Everyone writes down and then shares their thoughts about...

1. Negative words
  - hurtful words others have said to us
  - hurtful words we have said to
  - put-down words we have said to ourselves
2. Positive words
  - feel-good words others have said to us
  - feel-good words we have said to others
  - feel-good words we have said to ourselves

Many of us still feel the pain from negative words. When we say things without good purpose it hurts. Remember the power of words and know that we have control over how we use our words. We also have control over how we react to words said to us—no one can hurt us with words unless we allow them to hurt us.

### COMMUNICATION TOOLS: OTFD and 4-PART APOLOGY

**OTFD** (remember it by Open the Front Door) is a great way to give verbal acknowledgments.

- **Observe** (what happened?) I Observed/noticed/heard you \_\_\_\_\_.
- **Thought** (your thoughts) It made me think how \_\_\_\_\_ you are.
- **Feel** (your feelings) I felt so proud of you when \_\_\_\_\_.
- **Desire** (what you want) I'm hoping that you feel great about yourself and that you continue to \_\_\_\_\_, etc.

Being specific about what we are acknowledging a person for is much more powerful than simply saying "great job." (Of course, "great job" is way better than not saying anything!)

**Use OTFD to communicate with meaning.** Think of something positive you considered but never said to someone, something that if you told them in an honest, direct way would build them up and improve your relationship. Now think about how to word it (maybe using OTFD) and tell them now!

In addition to acknowledging positive actions, OTFD can be used to tell someone you are upset about something they did (or didn't do). It's called visible communication and helps everyone get past an awkward upset. In stating your observations, thoughts and feelings, you make the situation and your reasons for being upset clear to the other person. In stating your desire, you offer them an opportunity to agree to avoid the situation in the future, and to follow that with an apology.

**Use the 4-Part Apology to say more than "sorry."** The 4-Part Apology is much more powerful than the usual "sorry," which is so commonly used that it often doesn't feel very meaningful to the recipient. Practice this process: each family member practices giving a 4-Part Apology by thinking of a real or imaginary incident.

- **Acknowledge** : I did \_\_\_\_\_.
- **Apologize** : I apologize OR I regret \_\_\_\_\_. (Avoid the too casual "Sorry.")
- **Make it right** : Either ask how you can make it right, or tell them how you will make it right, such as saying you'll replace what you broke or lost.
- **Recommit** : I recommit to be careful, speak positively, etc.

# GOBBLE GRAMS

ACES group members will be selling Gobble Grams. Students will be able to send a special note and a little goody (non-edible) to a special friend. Parents can also send one to their child! The cost is \$1.00 each. **WHILE SUPPLIES LAST! (See order form attached at the end of this newsletter.)**

**They will be available starting Thursday, November 7<sup>th</sup> until supplies last.** ACES members will be delivering them on Friday, November 15<sup>th</sup>.

You can print the tags (attached to the end of this newsletter) - as many as you'd like - and send them back in your Wednesday family folder this week or drop them by the office in person, with **\$1.00 cash for each GOBBLE GRAM.** Order forms will also be available in the office. Email questions to Tammy Penney at [tpenney@rocklinacademy.org](mailto:tpenney@rocklinacademy.org). **Thanks for your support!**

## **PLEASE USE THE CROSSWALKS**

We have noticed many parents jay-walking, sometimes with their children, across the street during morning drop-off and afternoon pick-up. This creates a dangerous and unsafe situation for our students and also slows traffic while cars stop and wait for the parents and children to cross the street. Thank you very much for your cooperation!



## **PLEASE LOG YOUR VOLUNTEER HOURS!**

The trimester is almost over, so please log your hours in the Volunteer Tracker Website by **November 8th, 3:30 pm**. You will receive a letter with your student's report card detailing how many hours your family has volunteered so far this year. The instructions for tracking your hours are on our website. Follow this link: [Volunteer Tracker Instructions](#). If you are having difficulties logging in your hours, please contact our volunteer hours coordinator, **Jen Holzer** at [jenniferholzer@yahoo.com](mailto:jenniferholzer@yahoo.com).



## **TURNSTONE GATE TESTING (MAKE UP DAY)- December 2, 2013**

Rocklin Academy Family of Schools will be offering make up GATE testing for Turnstone students, grades 2-6, on **Monday, December 2, 2013 at 12:30 p.m.** on the **Meyers Campus**. If you are interested in having your child take the test, please fill out the attached form and return to Jesenia Bomgardner by **4:00 p.m.** on Friday, November 15, 2013. **Seating is limited and is first-come first-serve.** Have your child bring two sharpened #2 pencils and a book with them on the day of testing. The test will take approximately one hour. Please make arrangements for your child to be picked up by 1:30 p.m.



*If a student has been previously GATE identified, the student will not need to re-take the test.*

*Form delivery options:*

**Your school office**

**By Mail**

Rocklin Academy Family of Schools  
Attn: Jesenia Bomgardner  
660 Menlo Drive, 2<sup>nd</sup> Floor  
Rocklin, CA 95765

**By Email (PDF only)**

[jbomgardner@rocklinacademy.org](mailto:jbomgardner@rocklinacademy.org)

## **STUDENT ABSENCES**

If your child is absent, **please call the absence line by 8:30am at (916) 632-6580** the day your child is absent. **If you know your child will be out for more than one day (i.e., due to fever, flu diagnosis, travel, etc.), please state how many days you expect them to be absent.**



**Please note per the Rocklin Academy Handbook:**

- Children must be fever free for 24 hours before returning to school (fever is defined as 100° F or higher);
- Children awaiting results from a throat culture must remain at home until a negative result is known;
- Children with a positive strep culture must be treated with prescribed antibiotics for 24 hours before returning to school;
- Children that have been vomiting or have had diarrhea must remain home until the vomiting or diarrhea has stopped for 24 hours.

We ask that you partner with us by being vigilant in watching your child for any flu-like symptoms. **Please do not send your child to school if he/she is running a fever or has any flu-like symptoms.** This is for the safety of our students. We appreciate your help and thank you for helping keep all Rocklin Academy students healthy!





## PSP NEWS AND EVENTS

This year PSP will have a **reward** at the end of the school year for every class that has at least one parent representative at every meeting! PSP room parents count towards your representative but please support them and see if you can help! PSP room moms may ask that each parent in the class take a turn at attending meetings and reporting back to the class to keep everyone involved and informed. We look forward to a great year working with each and every one of you!

Board members are excluded from being counted as class reps. Please come and represent your child's class! Don't forget that attending a PSP meeting counts towards your Volunteer hours! Be sure to bring your PSP membership cards to earn double hours! See you soon! RA Turnstone PSP

**PSP meetings will be held on the below dates in room 6, childcare in room 7, at 7:00pm.**

### PSP Meeting Dates

- 11/6 – TONIGHT!
- 12/4
- 1/8
- 2/5
- 3/12
- 4/2
- 5/7
- 6/4



**Thank you everyone for making the All Around the World 2013 Jog-a-thon a huge success!!! We raised over \$42,000 in Cash and In-Kind Donations! Everyone went home with a free meal at either Islands or Mimi's. Here is our list of winners!**

#### EZ up Contest-

- 1st- Baker- Bounce U
- 2nd- Capulong - Tricks Gym.

#### Class with the Most Donations-

Mrs. Boekestein- \$7,193- Ice Cream Party

#### Most Business Sponsors-

- Parker Dalberg- 5
- Kinnan Family- 4
- Peyton Powell- 3

#### K-3 Most Cash Donations-

- Peyton Powell- \$750
- Cooper Tingler- \$730
- Jack Segers- \$688

#### 4-6 Most Cash Donations-

- Adao Family- \$1,485
- Brendon Wheeler- \$1,010
- Kinnan Family- \$857

**In-Kind Donations:**

Sean McNamara

**\$300+ Bonus Drawing**

Ilana Rosenberg

**Level 10: Playstation 4**

Brendon Wheeler

Analicia Adao

**Level 9: iPad Mini**

Kate Even

**Level 8: iPod Touch**

Hunter Dollar

**Level 7: iPod Nano**

Camryn Jackson

**Level 6: Kindle**

Clare Sotka

**Level 5: \$50 Giftcard**

Batul Zanzi

Sarrah Zanzi

Elizabeth Dodge

**Level 4: \$20 Giftcard**

Madeline Williams

Kevin Meyer

Allison Dorris

Nickolas Lapenna

**Level 3: Lego Toy**

Connor Grenfell

Emma Grenfell

Darienne Sandhu

Hannah Schuchard

Aidan Nicolson

**Level 2 Winners: Lego Mini Figure**

Adriana Williams

Alexandra Watts

Alexia Lopez

Allie Brustman

Aya Abdoukhil

Carson Klotz

Dylan Ream

Grant Pooler

Ian Brooks

John Seabury

Noah Lopez

Prachi Padiyar

Rachel Zehnder

Tyler Streight

Vivian Salie

Xin Wu

**Level 1 Winners:**

Colin Parenti

Colton Harrison

Luca Ruscica

Makena Swenson

Matthew Verbeke

Nathaniel Vavra

Owen Carroll

Sawyer Baker

Spencer Schaefer

Zaina Zanzi

Andrew Stanton

Ayden Little

Ayla Jones

Dagmawi Seyoum

Emma Owens

Isabella Nijmeh

Kate Hall

Ryan Terry

Sonny Huang

Tea' Ritchie

Andi Hills

Brooke Holzer

Cody Johns

Juliana Ruscica

Kendall Lacker

Lisa Nickel

Megan Price

Nicolas Nijmeh

Olivia Owens

Samina Zanzi

**Boy/Girl Most Laps Class Winners:**

**Boekestein**

Connor Kosteci-52

Victoria Schneider-40

**Flores**

Tristyn Spears-41

Owen Carroll-40

**Baker**

Caleb Kinnan-40

Zoe Ruden-35

**Smith**

Meadow Dettner-33  
Ryan Vavra-32

**Regan**

Diego Perez-35  
Quinlan TeSelle-30

**Leathermen**

Naman Seth-41  
Teegan Spears-27

**Curtis**

Nicolas Nijmeh-38  
Camille Wheeler-32

**Little**

Daniel Oehler-41  
Tyler Streight-41  
Tyler Dettner-41  
Makena Swenson-38

**Capulong**

Teal Hughes-36  
MacGregor TeSelle-34

**Reno**

Kyle DeSmet-49  
Rachel Tajiri-34

**Sotka**

Cody Johns-37  
Isabella Nijmeh-36

**Klein**

Nolan Boscow-41  
Hannah Wirth-41

**Decker**

Isabel James-36  
Alex Verhaag-36

**Penney**

Baysia McCollam-37  
Vraj Shah-37

Thank you to all our local and national businesses for sponsoring Rocklin Academy Turnstone for the 2013-2014 school year!

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(We raised \$8,725 in cash through Business Sponsors and \$11,520 in In-kind Donations)

**Gold Eagle Sponsors (\$500)**

Alexander & Martin Orthodontics  
Catalyst Mortgage  
Charles Schwab & Co. Inc.  
Rob Wolf, Keller Williams Realty

**Silver Eagle Sponsors (\$250)**

Capital Allergy & Respiratory Disease Center  
CapitolTrack  
Contract Consulting  
Heather Scheafer, Sellstate Realty First  
Make a Smile Dental  
Northern California Dance Conservatory  
PowerOn Services  
Smile Island Pediatric & Adult Dental Group  
Speedee Oil Change and Tune Up  
Sunworks  
Ueltzen & Company LLP

## **Bronze Eagle Sponsors (\$150)**

Aah Fabrics  
Aamco of Sacramento  
Advantage Carpet Care  
Bounce U of Roseville  
Davis Dean Cellars  
de Valk Land Surveys  
Devicewear, LLC  
Firevine Mobile Wood Fired Pizza  
Gypsy Chic Vintage Market  
Inspired Redesigned Vintage  
Lawrence Roofing & Associates Inc.  
Mary's Pizza Shack  
PermaCoat Group Inc.  
Rebecca Stettler, Body by Vi  
RuscicaMusic  
Sierra Auto Car (\$100)  
Silpada Designs by Susan Kostecki  
Stieber's Sweet Shoppe  
Sweet Jean Photography  
Twelve Bridges Dental Group  
Walegra Dental Group (\$125)  
West Coast Medical & Cardiology

## **Contributing Eagle Sponsors**

### **(In-Kind Donations)**

Big 5 Sporting Goods  
Bounce U of Roseville  
California Fame Allstars  
Eco Choice Carpet Care  
Extreme Gymnastics & Cheer  
Free Flow Academy  
Galaxy Mobile DJ's  
Green Mountain Coffee Company  
Island's Burgers  
John's Incredible Pizza Co.  
Laser Craze  
Mary's Pizza Shack  
Mimi's Café  
Mr. Pickles Sandwiches  
Rob Wolf, Keller Williams Realty  
Rocklin Crossfit  
Roller King Skating Center  
SAFEWAY  
Sea Otter Swim Lessons  
Skipolini's  
Sweet Jean Photography  
Target  
Tricks Gymnastics Inc.

If you have any questions, please contact Jenny Dalberg at [jenny@sendithere.com](mailto:jenny@sendithere.com).



**Seeking a 6<sup>th</sup> Grade Yearbook Dedication Coordinator:** PSP still needs a 6<sup>th</sup> grade dedication coordinator for the yearbook. This person would be responsible for the following:

- Sell ad space on the yearbook dedication pages to 6<sup>th</sup> grade parents.
- Coordinate with the 6<sup>th</sup> grade fundraiser chair. This is a major fundraiser for the 6<sup>th</sup> grade classes.
- Submit the dedication pages to yearbook and pay PSP for the block of pages.

**PSP is looking for a Storage Manager:** This person will be responsible for creating an inventory spreadsheet of all the items in our storage facility and creating tracking and auditing systems for those items. This person will also communicate with other volunteers before events to coordinate the usage and return of any items. This person will also be responsible for keeping a sign-up sheet for the key and holding on to any extra keys. If you are interested in this position please go to the PSP page on the new PSP website to email Krista Dietz.

**Target Dollars:** Did you know that you can easily raise \$\$\$ for Rocklin Academy every day? By getting a Target DEBIT card and linking your card to Rocklin Academy Turnstone or linking your existing card by following this link: [Target](#), up to 1% of all your purchases will be donated to our school! It may seem small but it really adds up!

**E-Waste For Good:** Rocklin Academy has joined forces with a great company called E-Waste 4 Good. E-Waste 4 Good will come directly to your home or business and pick up all of for e-waste and then donate the proceeds to our school. **We are now collecting empty printer ink cartridges (any size) in the office**—just drop them off and E-Waste For Good will pick them up. If you want to schedule a pick-up at your home, please follow this link: <http://ewaste4good.com/pickuprequest.html> Go EAGLES!

**Rocklin Academy Family Dinner Night!** It's BAAAAACK!!! Our heavily anticipated Rocklin Academy Family Dinner nights. All Rocklin Academy Family Dinner Nights will take place on the last Wednesday of the month (unless it falls on a holiday week then it will be the second to last Wednesday) so please SAVE THE DATE and have dinner with your amazing family every month and help raise money for our school. We are still looking for restaurants to host events at and restaurants that sponsor our school through the jog-a-thon will get priority for hosting our family dinner nights. All of the family dinner night dates are as follows:

November 20 <sup>th</sup>	Skipolini's
December 18 <sup>th</sup>	TBA
January 29 <sup>th</sup>	TBA
February 26 <sup>th</sup>	TBA
March 26 <sup>th</sup>	TBA
April 30 <sup>th</sup>	Chick-fil-A
May 28 <sup>th</sup>	TBA

**THE BOOK FAIR IS HERE...**

**Come cool off at the *Reading Oasis!***

**November 4<sup>th</sup> – 8<sup>th</sup>**

**Wednesday thru Friday ~ 9:15 – 3:30**



**ROCKLIN ACADEMY FAMILY OF SCHOOLS  
GIFTED AND TALENTED EDUCATION (GATE)  
PARENT INFORMATION FORM**

This information form is to be completed by parents who would like their child considered for GATE testing. As parents, information that you provide about your child is very helpful in the evaluation of your child's abilities. In order to have your child evaluated, please fill out the following information completely and return it to the office.

Child's Full Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Teacher \_\_\_\_\_ Grade \_\_\_\_\_

Circle the number that most closely corresponds with your observations:

1 = Never      2 = Seldom      3 = Occasionally      4 = Frequently      5 = Consistently

1. Learns easily / understands concepts quickly	1	2	3	4	5
2. Asks lots of penetrating questions	1	2	3	4	5
3. Makes fine discriminations in observations/arguments	1	2	3	4	5
4. Becomes unusually upset at injustices	1	2	3	4	5
5. Persistent, resourceful, self-directed, independent worker	1	2	3	4	5
6. Shows unusually high ability in a particular subject or subjects	1	2	3	4	5
7. Shows unusual interest in a particular subject or subjects	1	2	3	4	5
8. Tries to do things in different, unusual, imaginative ways	1	2	3	4	5
9. Enjoys solving puzzles and problems	1	2	3	4	5
10. Completes part of an assignment before going off in a new direction	1	2	3	4	5
11. Constantly wanting to know how or why something is so	1	2	3	4	5
12. Seems unusually concerned about social or political problems	1	2	3	4	5
13. Is impatient/critical of other's "unsatisfactory" answers	1	2	3	4	5
14. Organizes, leads, takes over group activities	1	2	3	4	5
15. Unusual or highly developed sense of humor	1	2	3	4	5
16. Has a better reason than you for not doing what you want	1	2	3	4	5
17. Resists drills in spelling, math, handwriting (rote skills)	1	2	3	4	5
18. Becomes impatient if work is not perfect	1	2	3	4	5
19. Daydreams frequently	1	2	3	4	5
20. Has his/her own ideas about how things should be	1	2	3	4	5
21. Shows unusual ability in art or music	1	2	3	4	5

22. Shows unusual ability in dance, rhythm, or sports	1	2	3	4	5
23. Shows unusual leadership ability	1	2	3	4	5
24. Seems more responsible/mature than age level peers	1	2	3	4	5
25. Unusually large vocabulary	1	2	3	4	5
26. Unusually insightful	1	2	3	4	5
27. Unconventional ideas and opinions	1	2	3	4	5
28. Generalizes knowledge easily from one situation to another	1	2	3	4	5
29. Highly competitive in some area	1	2	3	4	5
30. Seems to work significantly below ability	1	2	3	4	5

Language spoken at home \_\_\_\_\_

Is your child successful in school? \_\_\_\_\_

Describe your child's attitude toward school \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List any special interests, talents or skills your child may have \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there anything else we should know about your child? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Has your child been previously GATE identified? \_\_\_\_\_ Where? \_\_\_\_\_

**If yes, please attach documentation from the identifying school district.**

\_\_\_\_\_

I give permission for my child, \_\_\_\_\_ to be GATE assessed and identified. I understand that the assessment process is voluntary and confidential.

Parent(s) Name (please print) \_\_\_\_\_

Phone (h) \_\_\_\_\_ Phone (w) \_\_\_\_\_

Relationship to child \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

TO:

TEACHER:

NOTE:



TO:

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