



## Principal's Message

Hello Rose Park Families,

Happy 2018! Welcome back to school and we hope you had a restful break! We would like to start the year by letting you know that we value ALL of our students and their education. Because of this, we are going to require a medical reason for students to be checked out during the last hour of school.

Sincerely,  
Principal O'Brien

## Counselor Corner

### Happy 2018!

The start of the new year is a great time to help your children and family focus on forming good habits. The American Academy of Pediatrics provides the following list of ideas for you to talk about as a family:

- \*Help with cleaning at home. Clean up toys and put them where they belong.
- \*Brush teeth twice a day and wash hands after going to the bathroom and before eating. Washing hands helps kids stay healthy.
- \*Always wear a helmet when riding a bike, scooter or skateboard.
- \*As a family, make a goal to always wear a seat belt in the car.
- \*Be nice and friendly to kids who need a friend, look sad or lonely, are different, or who may have a hard time making friends by asking them to join the game at recess. Be kind. Like Ms. Benedict always says, "You don't need to be friends, but you do need to be friendly." Please be nice to your family members and animals too.
- \*Talk with my parent, guardian, or a trusted adult when I am scared, need help, have a problem, or feel stressed. Parents can talk to a teacher or the school counselor when they need help.
- \*Read 20 minutes a day. Read by yourself or as a family! Reading as a family can be fun and educational for everyone.
- \*Keep my personal information safe. Do not share my name, home address, school name, telephone number, or location from a phone/internet. Do not use my name or school number as a username. Never send a picture of myself to someone from the internet. Tell a parent if someone asks for a picture.
- \*Follow safety rules for video games and internet use. Pay attention to ratings of games and movies. Play, watch and share age appropriate games, television shows and internet content.

Ms. Benedict-Calming Center Coordinator  
Ms. Raine-School Counselor



### SafeUT

The SafeUT is a crisis text and tip line is a statewide service that provides real-time crisis intervention to youth through texting and a confidential tip program-right from your smartphone. Licensed clinicians in a 24/7 crisis line call center respond to all incoming chats, texts, and calls by providing supportive or crisis counseling, suicide prevention, and referral services. Anyone with emotional crises, bullying, relationship problems, mental health or suicide related issues. If an "active rescues" is necessary-meaning a crisis counselor believes the user is in immediate danger-the counselor will alert emergency services to attempt a face-to-face safety evaluation based on the information provided by the user. The program features confidential and password protected services; tips can be submitted with picture and/or video; and the app works with Apple and Android devices. The counseling topics include:

- \*Depression, anxiety, or other mental health issue
- \*Suicide prevention
- \*Loss and grief
- \*Bullying and cyberbullying
- \*Drug and alcohol problems
- \*Self-harm
- \*Relationship difficulties
- \*Any life challenge

Download the app today!

### Coming Events:

- 10 Parent Meeting at 6PM
- 11 Purple Up (Wear Purple)
- 12 Good Morning Rose Park at 8AM  
PTA at 8:30AM
- 15 No school-MLK Jr Day
- 26 No school

### Teacher Office Hours

Below you will find the office hours for all of our amazing teachers. You may schedule a time to meet with them during these times or by appointment.

| Grade/Teacher       | Tuesday     | Wednesday   | Thursday    | Friday      |
|---------------------|-------------|-------------|-------------|-------------|
| <b>Kindergarten</b> |             |             |             |             |
| Chin                | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| Andrews             | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| Valdez              |             | 2:30 - 3:00 | 2:30-3:00   |             |
| <b>1st</b>          |             |             |             |             |
| Callahan            | 2:30 - 3:00 |             | 2:30 - 3:00 |             |
| Milenski            |             | 2:30 - 3:00 | 2:30 - 3:00 |             |
| Petty               | 2:30 - 3:00 |             | 2:30 - 3:00 |             |
| <b>2nd</b>          |             |             |             |             |
| Coleman             |             |             | 2:30 - 3:00 | 2:30 - 3:00 |
| Jefferies           | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| <b>3rd</b>          |             |             |             |             |
| Jensen              |             |             | 2:30 - 3:00 | 2:30 - 3:00 |
| Zopes               | 2:30 - 3:00 |             | 2:30 - 3:00 |             |
| Palomino            |             |             |             |             |
| <b>4th</b>          |             |             |             |             |
| Yazzie              |             | 3:30 - 4:00 | 3:30 - 4:00 |             |
| Dolata              | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| Ferrie              | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| <b>5th</b>          |             |             |             |             |
| Olson               |             | 2:30 - 3:00 |             | 2:30 - 3:00 |
| K. Martinez         | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| M. Martinez         | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| <b>6th</b>          |             |             |             |             |
| Olson               |             | 2:30 - 3:00 |             | 2:30 - 3:00 |
| Blakley             |             | 2:30 - 3:00 | 2:30 - 3:00 |             |
| Therrien            | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| <b>Resource</b>     |             |             |             |             |
| Stephens            | 2:30 - 3:00 | 2:30 - 3:00 |             |             |
| Mcgee               | 2:30 - 3:00 |             | 2:30 - 3:00 |             |
| <b>Montessori</b>   |             |             |             |             |
| Plancarte           | 2:30 - 3:00 |             | 2:30 - 3:00 |             |
| Kornilakis          | 2:30 - 3:00 | 2:30 - 3:00 |             |             |