

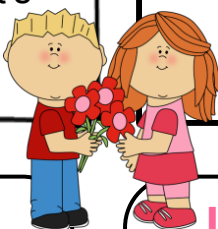
Rock Creek Newsletter

The FEBRUARY Rocketeer

Random Acts of Kindness

February 17, 2018, is National Random Acts of Kindness Day. Studies have shown that being kind and compassionate not only helps other people, but also makes one happy and healthy! Every day should be a day to be kind, but here are some easy ways to spread kindness on this day.

- Compliment a friend
- Let someone get ahead of you in line
- Say "thank you" to someone who takes care of you
- Hold the door open for someone
- Smile at every body you see. It's contagious!



February Character Trait **Citizenship**



What are ways you can show good *citizenship*?

1. Follow the rules and obey the laws at school, home, and in your community.
2. Respect authority.
3. Participate in activities to improve your community and the environment.
4. Be a good neighbor and volunteer to help others.
5. Learn about candidates running for public office and when old enough--vote.
6. Use kind words and good manners in all situations.

JUMP ROPE FOR HEART

Rock Creek students are currently raising money for the American Heart Association by participating in Jump Rope for Heart.

Important Reminders

Feb. 9- deadline to purchase a yearbook
Feb. 11-17- National Random Acts of Kindness Week
Feb. 14- Valentine's Day
Feb. 19- Presidents' Day- NO SCHOOL