

# The Rocketeer



Rock Creek  
Elementary  
School

## NEW YEAR'S RESOLUTIONS FOR PARENTS

1. Say "Yes" More. Try saying "yes" more to spending quality family time and doing things together.
2. Say "No" More. When it comes to kids saying I want, I need, everyone has it, and everyone does it, learn to say "no."
3. Listen More; Talk Less. Ask "What do you think? What are you feeling? Tell me about it. What would you do?"
4. Negotiate Less; Explain More. Our kids deserve to know the thinking behind our decisions and expectations, but should not be equal partners at the bargaining table. We are the parents.
5. Read a Little More. It's not only a good way to spend time together, but reading to your child, with your child, and in front of your child will also help them grow as readers.
6. Write a Little More. Get in the habit of writing notes of encouragement, love, and recognition to your child.
7. Expect a Little More. In the new year, expect more from your children, like good behavior, responsibility, manners, kindness, and all the goodness that lies within your kids.

Source: [brighthorizons.com](http://brighthorizons.com)



## ATTENDANCE

This is the time of the year when winter weather and children's illnesses can take a toll on school attendance. But it's important to get your children to school every day possible. There's not much we can do about the weather, but there are steps every parent can take to help keep their children healthy:

- Dress them warmly for the cold weather and make sure they've got hats and gloves.
- Encourage them to wash their hands regularly.

**(IF YOUR CHILD MUST BE ABSENT FROM SCHOOL,  
PLEASE REMEMBER TO SEND A NOTE.)**

## ROCK CREEK BASKETBALL SCHEDULE

1/9 vs. North Lake 4:30/5:30 (Cowan)  
1/11 vs. Sewanee 4:00/5:00 (Townsend)  
1/16 vs. Broadview 4:30/5:30 (Cowan)  
1/23 vs. Clark Mem. 4:30/5:30 (Cowan)  
1/30 vs. Dechard 6:30/7:30 (Cowan)  
*County Wide Tournament begins 2/3*

## IMPORTANT DATES

Jan. 10 House Assembly  
Jan. 20 MLK Day- NO SCHOOL  
Jan. 29 Jump Rope for Hearts  
Kick-Off

