

Rock Creek Newsletter



The Rocketeer

5 Steps to Managing Big Emotions



Help your child develop a “Calm Down Plan” so they have a plan to work through when they feel upset or out of control. The following 5 steps provide a great place to start.

1. Remind myself that it is never okay to hurt others.
2. Take 3 deep breaths or count slowly to 10.
3. Use my words to say how I feel and what I wish would happen.
4. Ask for help to solve the problem.
5. Take time to calm down.



Tennessee Reconnect is Governor Bill Haslam's initiative to help more of our state's adults enter higher education to gain new skills, advance in the workplace, and fulfill lifelong dreams of completing a degree or certificate. Tennessee Reconnect is a last-dollar scholarship for adults to earn an associate degree or technical certificate, tuition free. The Tennessee Reconnect Scholarship begins fall semester 2018. For more information: www.tnreconnect.gov



Character trait for March:

HONESTY

Important Reminders

- 3/5- Parent-Teacher Conferences 3:15-6:15
- 3/5-3/9- Library Book Fair
- 3/26-3/30- Spring Break
- 4/16- TNReady State Testing begins for grades 3-5