

Rock Creek Elementary



THE ROCKETEER



'Tis the Season...for GERMS!

Teaching the basics of proper personal hygiene is important in keeping children healthy and clean. It's especially important for grade schoolers because they spend so much of their time in close contact with each other in the classroom- sharing everything from desks, to chairs, to crayons, to germs!

Personal Hygiene Habits to Teach Your Child

1. **Hand Washing**- Hand washing is by far the best way to keep kids from getting sick and prevent the spread of germs. Make sure your child uses soap and lathers between fingers, on the back of hands, and under the nails. Lather for 20 seconds- as long as it takes to hum the "Happy Birthday" song twice- then rinse and dry with a clean towel.
2. **Sneezing and Coughing**- Germs travel far and wide. Get your child into the habit of covering his or her mouth and nose with a tissue, or into the crook of their arm if they can't reach a tissue fast enough.
3. **Eyes, Mouth, and Nose**- Germs are easily transmitted into the body through the eyes, nose, and mouth. Remind your child not to touch their eyes, keep fingers out of their mouth, and don't pick their nose.

College: HERE WE COME!

It's never too early to start exploring college with students. Early exposure to and awareness of college vocabulary is important for all students at the elementary level! This month's college word is:

SCHOLARSHIP

A scholarship is money that a college or other organization give students to help them pay for college. Students who get GOOD GRADES are most likely to receive scholarships.

Did you know...

The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days.

Service Project

The Rock Creek 5th grade S.T.A.R. Team is collecting aluminum beverage tabs to support the Ronald McDonald House . Please join in their effort by donating your beverage tabs! There is a collection bin in the main lobby.

Important Reminders

- Nov. 6- No School (Election Day)
- Nov. 7- Santa Pictures/Basketball Pictures
- Nov. 11- Veterans Day
- Nov. 12-16- American Education Week
- Nov. 13- Booster Club Meeting 6:00 P.M.
- Nov. 13- Veterans Day Program
- Nov. 21-23- Thanksgiving Holiday