

Students Take a Stand against Bullying

Bullying Prevention Month

In support of Bullying Prevention Month, RCPS School Psychologist, Kathy Zehr Rhodes, along with the RCPS guidance counselors, led multiple school-wide initiatives to increase awareness on the importance of bullying prevention and promoting acts of kindness throughout the month of October. Activities that were held throughout the month included spirit weeks and team building games. In addition, the Peer Mentors from the high school visited with the elementary students on several occasions to share lunch and engage in a variety of fun games to promote a culture of connectedness.



RCHS Peer Mentors bonding with RCES students



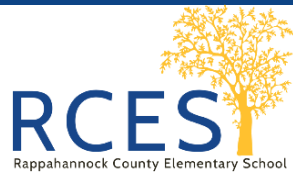
Principal Swindler and RCHS students showing their unity

At the end of the month, the RCES art students created a mural to signify peace in our schools. Each student created a feather with personalized messages of creating a safe and caring community. More than 350 feathers were designed and arranged in a large mural, entitled "No Place for Hate," under the direction of RCES Art Teacher, Ms. Amy Grady. The mural was featured at the Washington Schoolhouse as a part of the 14th Annual Artist of Rappahannock Art Tour which was held during the first weekend in November.

On Wednesday, October 24th, students and staff at both the elementary and high school levels wore orange to show support for Unity Day. This was a symbolic gesture to show that the student body and staff are united in kindness, acceptance, inclusion, and together we are against bullying. In addition, this was SADD's (Students Against Destructive Decisions) Red Ribbon Week. The SADD members showed their unity by passing out 175 orange hair ribbons, handmade by SADD sponsor, Janet Robey, to all female students at the high school.



RCES mural "No Place for Hate"



The One School, One Book (OSOB) event kicked off on October 22nd. During a brief assembly, Ms. Wayland, RCES librarian, unveiled the selected book to the audience of anxious students. This year's book is "The Lemonade War" by Jacqueline Davies. The assembly concluded with a short skit from the book performed by Beth Barron, Sam PerDieu, Nathan Shank, and McKenna Torosian. Throughout the month, the teachers read a chapter a day to the students. This school-wide promotional program focused on literacy and helped to increase excitement about reading. In addition to reading and discussing the book, a variety of projects will coincide with the readings.



Ms. Viviana's students excitedly displayed the selected book following the OSOB assembly.



More than 100 RCHS students participated in the creation of an expansive mural that is hanging outside the high school. Under the guidance of Wisconsin based artists, Connie and Tim Friesen, and RCHS Art Teacher, Joy Richardson, students came in on different shifts over the course of three days to complete the project.

Rapp Recognitions

- **Drama Club** will be moving on to States after placing 2nd in the Super-Region AB Theater Competition at West Point High School on Nov 10th. In addition, Grace Raiford and Sophia Hernandez, each received recognition for their outstanding performances. Honorable mentions for Best Actress went to Evelyn Vandrey and Emily Preston.
- **Cross Country** runner Rachel Weghorst was Regional Champion and received all state honors by placing 9th at the State meet at Great Meadows on Nov. 9th.
- **Cheer Team** finished 3rd place overall in the 1A Regional Sectional at Windsor High School on Saturday, Oct. 27th.
- **Varsity Volleyball** team advanced to the regional semi-finals. Both Sarah East and Olivia Atkins were selected 1st team All Bull Run.
- **Scholastic Quiz Bowl** competed in the Cavalier Classic XXI on November 3rd in Charlottesville, VA. They ended up at 6 wins and 5 losses for the day. Top scorer was Lauren Petty, a junior. She ranked 39/179 in points scored with an average of 30 tossup points per game.

Correction- In our last newsletter, we recognized teachers that earned 100% pass rate on last year's SOLs. Ms. Lamb should have been recognized for both reading and writing classes. Way to go, Ms. Lamb!

- **Panther Band** competed at the Battle on the Blue Ridge at Millbrook High School, at Emerald Classic at Riverbend High School, and the Hot Rod Classic hosted by CD Hylton High school where they earned 3rd place, 3rd place and best drum major, and 1st place respectively against groups consisting of 9-12 only. The Marching Panther Band concluded their season with a final performance at the Virginia Band and Orchestra Directors Association Marching Band on October 27th at Massaponax High where they earned a rating of "Excellent."



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