

Rosa Parks Kindergarten Academy

October 4, 2024

Happy Fall Break! School resumes Oct. 21.

Hello RPKA Families,

Fall break is here! Students will not attend school for the next two weeks. School will resume on Monday, October 21.

We have two exciting events happening when we return from fall break. First we will celebrate the 50th day of school on Wednesday, October 23. The 50th day of school is lots of fun in kindergarten. Your child may dress up in an outfit from the 1950's. Your child will be participating in classroom activities and a sock hop to celebrate our 50th day of school. Then our Scholastic Bookfair begins on October 28. I will share more information, including the e-wallet feature in the next newsletter.

Be sure to read all the way through this newsletter each Friday for important information and pictures from the week. As always be sure to check out pictures from the week too!

Thank you for all you do at home to prepare your child for learning. We couldn't do it without you!

Have a wonderful weekend!

Respectfully,
Angela Swails
Principal
Rosa Parks Kindergarten Academy

Check out this months Shining Stars ★

These students were recognized for going above and beyond in living out our school motto of
"Treat People Right & Do the Right Thing!"



Bullying Prevention

October is National Bullying Prevention month and in accordance with the law, our students learned about bullying through a presentation on Thursday, October 3rd led by our SEL team.

During these presentations our students had the opportunity to learn the definition of bullying and learn to recognize bullying behaviors. The importance of speaking up and seeking help if they ever encounter or are a witness to bullying was emphasized. The role of bystanders in preventing bullying was discussed and students learned that they had the power to stand up against bullying.

At Rosa Parks Kindergarten Academy, we want to promote kindness and inclusion as ways to help prevent and combat bullying. We encourage you to ask questions on what they learned during these presentations and continue these conversations at home.

Thank you for partnering with us to ensure that Rosa Parks Kindergarten Academy is a safe and welcoming environment for ALL students.

Family Impact Night Follow-up

During our Family Impact night in September we shared information and tips about the importance of developing oral language and background knowledge with your child. One of the tips was to decrease screen time and increase intentional engagement with your child. I've attached an article titled *Research-Backed Advice on Screen Policies for Young Kids*. If you would like to read the entire article I've linked it here <https://tinyurl.com/5yxkeep>.

Below are key takeaways for parents:

1. Avoid using screens while interacting with our kids, including during meals and playtime

It's unrealistic to think that we'll *never* look at our phones when around our kids, but it makes sense to minimize this whenever possible. Across studies, when parents' tech use frequently interrupted interactions with their children (i.e., "technoference"), children showed worse psychosocial outcomes. In particular, [when parents are distracted by their screens](#), children may show more behavioral problems to get their attention, or they may miss out on opportunities to learn social-emotional skills from parents.

2. Choose age-appropriate, high-quality content for our kids

Studies found that when kids watched more [age-inappropriate content](#) (e.g., violence, mature content), it was associated with worse psychosocial outcomes. Alternatively, watching shows that are educational or focused on social-emotional skills (like sharing and being kind) can enhance literacy and emotional development. Studies also show potential benefits of interactive media use, like apps, versus passive viewing. Unsure whether something is age-appropriate? Check out [Common Sense Media's](#) movie, game, app, and TV show reviews.

3. Use screens *together* with our kids when possible

Using screens together ("co-use" or "co-viewing") is linked to better cognitive outcomes in kids, like language development and executive functioning. Yes, sometimes the whole point of using screens is to give ourselves a break (or a chance to cook dinner, or send an email), but when we can, it's good to join our kids in their screen time, and turn it into a conversation whenever possible.

Try asking your child questions about what they're seeing (*How do you think Daniel Tiger is feeling about going in the pool?*), explaining anything they might not understand (*It looks like Daniel has to get out of the pool because there's a storm coming*), and making connections with their real world experience (*Remember how you felt a little nervous before your swim lesson, too?*).

4. Avoid having TV on in the background

When TV is on in the background, kids have more difficulty focusing attention on whatever else they are doing, whether that's talking to parents, playing with toys, or generally learning from their environments. This may be why studies have found that frequent background TV is associated with worse cognitive *and* psychosocial outcomes.

5. Don't worry too much about "fast-paced" content

The research on pacing of shows, videos, or games [is very mixed](#)— some studies find a negative impact of faster-paced shows, some find a positive impact, and most find no impact at all. So, if a show is age-appropriate and high-quality, and your child seems to do well with it, there's no need to pay much attention to "pacing."

6. Be careful about using screens to calm kids down

It makes sense to try teaching our kids other strategies for managing strong feelings (e.g., deep breaths, talking about their feelings, taking some space), rather than handing them a device when they're upset. The researchers only found a few studies on this issue, though, so we need more research going forward.



50's Day

Wednesday October 23rd

Girls, get out your poodle skirts and scarves! Boys, put on your white t-shirts and leather jackets and slick back that hair! We are celebrating our 50th day of school with a 1950's Sock Hop! We will learn the bunny hop, dance to 50's music, and do many 50's activities!

Wednesday October 23rd is our 50th day of school! Please help your child dress in 50's attire. Some suggestions are the following:

Girls: poodle skirts, long skirts, white shirts, capri pants, ponytails, scarves on neck or ponytail, bobby socks

Boys: white t-shirts and jeans (don't forget to roll up the sleeves and jeans) jean or leather jacket, slick back your hair.





50's Day

Wednesday October 23rd

Nu pawl skirt (nu fenh mi) a phor mi le hngawngngerh I hruh ni si! Pa Pawl cu t-shirt a rang mi cung ah leather(saphaw) angkilum hruk uh. Sianginn voi 50 tling ni cu 1950's Sock Hop chan lio thil hruk ningin kan I hruk dih lai! 50 he a peh tlaih mi poh kan cawng lai .. lam, hla sak Ti ban tuk !

October 23rd hi kan ni 50th tlin nia si! 50's chan lio ban tuk in kan I hruk aih hna lai. Pung san cu a tang ah kan rak tial:

Nu: skirts a phur mi, skirts sau, a rang mi angki, a pia zong bawngbi, rang mei bantuk sam tem, hngawng ngerh I tuah ding, ngal caan sau mi hmaw ca i tuah diang

Pa: t-shirts a rang mi le jeans bawngbi, leather (saphaw) angki lum, sam flor te ung-si/gel thuh I a hnu lei ah tlep ten hriah





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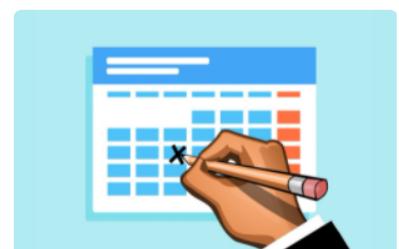


Upcoming Dates:

- Oct. 7-18- Fall Break
- Oct. 21- School Resumes
- Oct. 23 50's Day
- Oct. 28-Nov. 1 Scholastic Bookfair
 - Grandparents Day will be during our Scholastic Bookfair. Look for details in our next newsletter about your child's assigned day.
- Nov. 5 E-Learning Day
- Nov. 7 Picture Retake Day

SAVE THE DATE!

Please be sure to open the SAVE DATE DOCUMENT to see the activities and events we have planned for this **exciting school year**.





Opportunities for your child to try something new!

South Indy Youth Hockey Association

We promote sportsmanship and valuable life lessons through hockey. We are committed to growing the sport of hockey in Indianapolis and surrounding areas.

Location

Perry Park Ice Rink
451 E Stop 11 Rd
Indianapolis, IN 46227

Highlights

Boys and Girls Ages 4 - 14
6U - 14U House League
10U - 14U Travel League

2 Ice Touches per week
Season from October - March
Registration Now Open
at SIYHA.org

Where are we from?

We have players from Indianapolis, Greenwood, Center Grove, Mooresville, Franklin, Plainfield, Shelbyville, Brownsburg, and other Central Indiana communities



Treats & Transportation

PERRY TOWNSHIP TRANSPORTATION WILL BE GIVING HALLOWEEN TREATS AT OUR

SPOOKY BUS EVENT

COME DRESSED IN YOUR HALLOWEEN ATTIRE AND BRING A TREAT BAG.

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IF YOU'RE READY TO GIVE UP YOUR
BROOM FOR A BUS, ASK ONE OF OUR SPOOKY STAFF
HOW TO JOIN OUR TERRIFYINGLY TERRIFIC
TRANSPORTATION TEAM.

Fall Lunch Menu



KINDERGARTEN ACADEMY LUNCH MENU 2024-2025 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken Smackers with WG Dinner Roll	Beef Nachos with Tortilla Chips	Mozzarella Sticks with Marinara Sauce	Hamburger or Cheeseburger on WG Bun	Pizza Pull-Aparts
	Mashed Potatoes	Corn or Refried Beans	Green Beans	Potato Emojis	Broccoli or Baby Carrots with Dip
Week 2	Chicken Tenders with WG Dinner Roll	Bosco Sticks with Marinara Sauce	Hot Dog on WG Bun	Cheese Omelet with Cinnamon Roll	Pizza Slice
	Mashed Potatoes	Green Beans	Baked Beans	Hash Brown Rounds	Broccoli or Baby Carrots with Dip
Week 3	Chicken Patty on WG Bun	Mini Corn Dogs	Yogurt with Cheese Stick and Muffin	Chicken Nuggets with WG Dinner Roll	Tony's Personal Pan Pizza
	Potato Emojis	Baked Beans	Baby Carrots with Dip	Green Beans	Broccoli or Baby Carrots with Dip
<u>Second entrée options:</u>					
WG = whole grain	Fruit and Low Fat/ Skim Milk offered daily	M,W,F PBJ Uncrustable (2.6 oz) with Cheese Stick and Cheez-Its or Cheddar Goldfish			Students must take a fruit or vegetable to be considered a reimbursable meal
		T/TH PBJ Uncrustable (2.6 oz) with Cheese Stick and Grahams			

AUGUST 2024					SEPTEMBER 2024					OCTOBER 2024					NOVEMBER 2024					DECEMBER 2024				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
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26	27	28	29	30	30					28	29	30	31		25	26	27	28	29	30	31			

Menus subject to change. The institution is an equal opportunity provider.

Fall Breakfast Menu



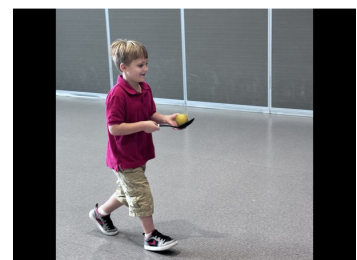
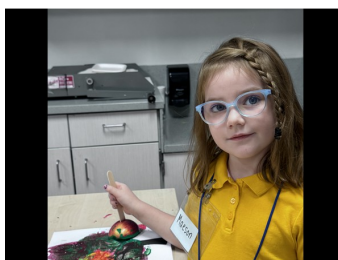
KINDERGARTEN ACADEMY BREAKFAST MENU 2024-2025 1st SEMESTER

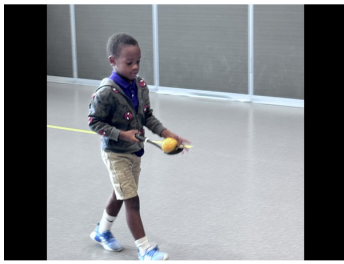
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Eggo Bites (Cook's Choice)	Sausage and Biscuit Breakfast Sandwich	WG Donut Holes in a Cup	Otis Spunkmeyer WG Muffin (2 oz)	Pillsbury Mini Cinni
Week 2	WG Pop Tart (1 ct)	Cinnamon Toast Crunch Bread	WG Breakfast Bar (Dunkin' Sticks)	UBR Bar	WG Snack'n Waffle
WG = whole grain		Fruit, Juice, & Low Fat/Skim Milk offered daily		Students must take a fruit or juice to be considered a reimbursable meal	

AUGUST 2024					SEPTEMBER 2024					OCTOBER 2024					NOVEMBER 2024					DECEMBER 2024					
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	
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19	20	21	22	23	23	24	25	26	27	28	29	30	31		1	2	3	4	5	6	7	8	9	10	
26	27	28	29	30	30										11	12	13	14	15	16	17	18	19	20	

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Check out our STARS!





Thank you to AIRE SERV for providing our car rider tags! Please remember AIRE SERV for you heating and air conditioning needs!



Thank you to Emmanuel Church volunteers for all of the on site support and donations!



Thank you to PTEF for our Family Impact Series Grant!

Rosa Parks Kindergarten Academy

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Facebook: facebook.com/RPKAStars



ANGELA SWAILS

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