



Ruhkala a Leadership Academy

November 5, 2018

Inspired to Learn. Committed to Lead

Ruhkala Website: <http://rues.rocklinusd.org/>

Follow us on Twitter: [@RuhkalaLeaders](https://twitter.com/RuhkalaLeaders)



Monday 11/5/18	<ul style="list-style-type: none">● Maroon Monday: Wear Maroon to Show your Spirit!● Leadership Academies: Grades 4-6 12:45-1:20● Early Out Monday: Kinder 1:10/1st to 6th 1:20
Tuesday 11/6/18	<ul style="list-style-type: none">● Ruhkala Choir: 3:30-4:30 Room L● Cross Country: 2:30-3:15 Multi.
Wednesday 11/7/18	<ul style="list-style-type: none">● Second Grade Play: Character Matters 8:15-9:00 am● Cross Country: Meet at Granite Oaks● RUSD Board Meeting: 6:30 at the Rocklin District Office
Thursday 11/8/18	<ul style="list-style-type: none">● Postponed: PTC Tech Talk - next date TBD
Friday 11/9/18	<ul style="list-style-type: none">● Ruhkala Leadership Assembly: 7:50 in the Amphitheater● Minimum Day: 12:10 Kindergarten/12:20 First to Sixth Grade



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PTC Update

<http://www.ruhkalaptsc.com>

Hello Husky families!

As a PTC we feel strongly that our focus as a community should be on the proposed RA expansion plan and how to stop it. Having said that, we will be postponing our Tech Talk night and Hero assembly that was planned for this week.

We hope you can join us for TWO important nights this week instead. The following meeting below was organized by one of our parents.

Rocklin Soccer is letting us use their office building on Monday evening to gather together and make a game plan for the Wednesday meeting.

Monday at 6 PM. 1140 West Sunset Blvd. Suite 144.

It's by Kombat soccer.

The second most important meeting to show support and be heard is: School Board Meeting November 7 at 6:30pm at 2615 Sierra Meadows Dr., Rocklin.

Wear your Husky gear with pride!

Thank you for supporting our amazing little school and neighborhood.

-Your Ruhkala PTC

Please sign up to help out. Below you will see a link to a signup genius for snack bar snacks for teacher conference week. We are going to do a trail mix bar where staff can make up bags each day to take back to their rooms and snack on during conferences.

<https://www.signupgenius.com/go/20F0B45AEA72CA4FE3-ruhkala1>

Thank you!



Youth Boys & Girls Track & Field

Don't Miss out on the FUN!!

Beginner and Experienced Athletes Welcome!

www.eteamz.com/RosevilleExpress

501(c)3 Non-Profit



Running Events:

Short, Mid, and Long Distance
Hurdles and Relays

Jumping Events:

Long Jump, High Jump, Triple Jump

Throwing Events:

Javelin, Shot Put, Discus

Other Events:

Pole Vault
Steeple Chase
Race Walk
Pentathlons & Decathlons

Coaching Staff:

Work with Rocklin HS Co-Head Coach
Roosevelt Kent and many other
experienced coaches who specialize
in coaching each event

Who:

Youth Boys and Girls, Ages 7-18

When:

Full Season: February - July 2019

Practices start February 11, 2019 @ 6 pm

Competitions start March 2019

See website for full schedule

Where:

Practices at Rocklin High School Track
5301 Victory Lane, Rocklin, CA 95765

Meets take place throughout Northern
California including Rocklin, Sacramento,
Stockton, Oakdale, and Reno, NV

USATF Junior Olympic Nationals
Sacramento, CA CSU - Sac State
July 22-July 28, 2019

AAU Junior Olympic Nationals
Greensboro, NC ATT - Aggie Stadium
July 29 - August 3, 2019

**Want to check us out
before joining?**

Come to our

RUN-JUMP-THROW CAMP

Saturday February 9th from 9am - 5pm
Rain or Shine
Rocklin High School
Youth Boys and Girls Grades 1 - 8

Registration Go to
www.CoachORegistration.com
Scroll down to February 9th

Click on RETC's 2019 Run, Jump, Throw Camp
Last day to Register Tuesday, February 5, 2019



**For more information check out our website
or email Coach Maura at bookoutgen@yahoo.com**

RUNJUMPTHROW CAMP

Grades 1-8

www.eteamz.com/RosevilleExpress



Free T-shirt to
first 50 athletes
to pre-register

FEBRUARY 9th, 2019 - Saturday

9:00am – 5:00pm Rain or Shine

WHAT'S HAPPENING?

Rocklin High School Track & Field team and **REVOLUTION EXPRESS TRACK CLUB** are partnering to put on a Run, Jump, Throw camp to kick off the 2019 spring track & field season.



REGISTRATION INFO

REGISTRATION Go to CoachORegistration.com. Scroll down to February 9th. Click on [RETC's 2019 Run, Jump, Throw Camp](#)

REGISTER BY: February 5th

COST all day camp - \$60

NOTE Dress in warm layers and always have a sweatshirt, water bottle, and running shoes (track spikes not required).

Bring Sack Lunch and Snacks. No microwave or refrigerator available.

Parents are welcome to stay and watch, but need to stay off the track and in-field during the camp.

WHAT WILL YOU LEARN?

RUNNING Correct running form, starts, relay hand-offs, distance techniques

JUMPS High jump, long jump, triple jump, pole vault

THROWS Shot put, discus, javelin, hammer

RACE WALK Correct technique



For questions please contact us at: bookoutgen@yahoo.com

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MONDAY MADNESS

SIGN UP TODAY! **ROCKLIN GROCERY OUTLET** IS PROVIDING THE SNACK AND THE PTC IS PLANNING THE PLAY DATES, ASK YOUR FRIENDS AND JOIN THE FUN!

\$5 PER MONDAY ~ \$ 20 FOR THE FIRST FOUR PLAY DATES
\$ 35 ~ FOR THE WHOLE YEAR

WHO? All Huskies
Kinder - 6th grade

*CHECKS MADE OUT TO RUHKALA PTC

WHEN? 1:30 - 2:30

WHAT? * SLACKLINE * OLYMPICS

* GROUP ACTIVITIES * RELAYS

* MINUTE TO WIN IT GAMES

Immediately after school

Kinders will be escorted

WHERE? Ruhkala's Multi Purpose Room

Pick up will be from the back parking lot

September 17

October 22

December 10

January 14

March 18

April 29

May 13

WHY? School pick up is difficult on short Mondays, kids want play dates, all monies earned go right back into the school to help our Huskies!

Looking for a volunteer opportunity (high schoolers welcome), have a question, drop me an email, at ruhkalaptc@gmail.com

PLEASE FILL OUT ONE TICKET TO FUN PER CHILD

Child's Name _____ Food Allergies _____

Teacher _____ Grade _____

Parent's Name _____ Number _____

email _____

My child will.... { } walk home { } I will pick them up

{ } go home with _____

Emergency Name and Number _____

Parent Signature and Release of Liability _____ \$ _____

ADMIT ONE