



# Ruhkala a Leadership Academy

December 10 , 2018

*Inspired to Learn. Committed to Lead*

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

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



<b>Monday 12/10/18</b>	<ul style="list-style-type: none"><li>● <b>Maroon Monday: Wear Maroon to Show your Spirit!</b></li><li>● <b>Leadership Academies: Grades 4-6 12:45-1:20</b></li><li>● <b>Early Out Monday: Kinder 1:10/1st to 6th 1:20</b></li><li>● <b>Monday Madness: Multi</b></li><li>● <b>Early Engineers</b></li></ul>
<b>Tuesday 12/11/18</b>	<ul style="list-style-type: none"><li>● <b>Ruhkala Choir: 3:30-4:30 Room L</b></li><li>● <b>Husky Shuffle 3-5</b></li><li>● <b>Martial Arts: 2:30 Stage</b></li></ul>
<b>Wednesday 12/12/18</b>	<ul style="list-style-type: none"><li>● <b>Husky Shuffle 3-5</b></li></ul>
<b>Thursday 12/13/18</b>	<ul style="list-style-type: none"><li>● <b>Husky Shuffle 3-5</b></li><li>● <b>Martial Arts: 2:30 Stage</b></li><li>● <b>PTC December Family Event: Multi/6:30-8:00</b></li></ul>
<b>Friday 12/14/18</b>	<ul style="list-style-type: none"><li>● <b>Ruhkala Leadership Assembly: 7:50 Multi.</b></li><li>● <b>Fire Drill</b></li></ul>



# Ruhkala a Leadership Academy

December 10, 2018

*Inspired to Learn. Committed to Lead*

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

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



## PTC Update

<http://www.ruhkalaptsc.com>

Let's kick up our Husky holiday spirit and have a fun family night! Hosted by your PTC, join us Thursday, December 13th, 6:30-8pm. Wear your PJ's, bring your favorite board game and we will provide the rest! Enjoy hot cocoa, cookies and fun! This is a free event we hope your family will enjoy. Please rsvp to the following link if you plan to join us: [LINK](#)

Monday madness is today!! Join us for the fun! Sign up in the office!



## Hands-On Science!

## After School!

**STEM learning (Science, Technology, Engineering, Math) with hands-on science!**

### Spring 2019: Crazy Chemworks

Shake up a flask of science fun in the lab as a junior chemist! All things chemical are packed into hands-on experiments using actual laboratory tools. Build up and break apart molecules! Pick up some tricks on chemical changes!

**Class Held at:  
Ruhkala Elementary**

**Class Day:** Thursdays  
**Class Time:** 2:30 PM – 3:30 PM  
**Grades:** K - 6  
**Program Length:** 6 Weeks  
**Spring Start Date:** 3/21/19  
**Pricing:** \$90 (\$100 after 3/14/19)

**REMEMBER, CLASSES DO FILL, SO...  
DON'T DELAY...ENROLL ONLINE TODAY!**

**Sacramento.madscience.org**  
ph: (916) 779-0390  
fax: (866)846-3563

**GUARANTEE YOUR SPOT! Register online (best)  
or mail this form directly to Mad Science!**

**Please DO NOT leave registrations in school  
office or with child's teacher.**

# STEM

SCIENCE | TECHNOLOGY | ENGINEERING | MATH

\*We reserve the right to substitute equally exciting classes when necessary.\*

SPARKING IMAGINATIVE LEARNING

Ruhkala	Spring 19 <input type="radio"/>	Date of Birth	Grade Level	Child's Teacher	Cost
Child's Name:					
Home Address:			City:		Zip:
Parent's Email (required for registration and class communication):					
Health/Allergy Concerns:					
Phones (2 required): (H)		(C)	(W)	Phone:	
Emergency Alternate Contact Name:				Phone:	
My child will: ( ) Be dismissed without escort at the door					
( ) Attend Day Care at the School ( ) Be signed out by: _____					
Parent's name: _____		Signature: _____		Date: ___/___/___	
PAYMENT OPTIONS: ( ) Check payable to Mad Science MAIL CHECK & FORM TO: Mad Science, 1808 Tribute Rd, Ste E, Sacramento, CA 95815					
( ) MasterCard ( ) Visa ( ) AmEx		Zip Code: _____	Card #: _____	Expires: ___/___	CVC Code: _____
Name as it appears on the card: _____			Signature: _____		

These materials are neither sponsored nor endorsed by the Rocklin Unified School District, the superintendent, or this school. The school makes no representation regarding the nature or quality of the services or activities promoted. The Rocklin Unified School District shall be held harmless from any cause of action filed in any court or administrative tribunal.



# Tri City Little League

## 2019 Spring Registration Begins November 1<sup>st</sup>



Baseball season is right around the corner -  
Come and join over 59 years of tradition at Tri City Little League!!!  
Rocklin's Tri City Little League offers a safe, positive environment  
for boy and girls ages 4 – 14.

### Division Breakdown and Costs\*:

- **T-Ball Division (Ages 4-5) \$100\*\*/\$115**
- **Farm Division: \$135\*\*/\$150**
- **Minor & Major Division: \$160\*\*/\$175**
- **Intermediate (50-70) & Junior Division: \$135\*\*/\$150**

\*We offer \$10 sibling discount

\*\*Early registration discount for registering by December 14<sup>th</sup>

Registration fee includes \$25 Snack Bar Fee. Additional \$25 Fundraising Fee required  
An additional fee of \$25 will be added to those not registered by January 21, 2019

### Player Requirements:

- ❖ All athletes must live or attend school within the Tri City Little League boundaries
- ❖ Players must be born on or before August 31, 2015

**Register now at**  
**[www.tricitylittleleague.com](http://www.tricitylittleleague.com)**

### Questions:

For more information regarding boundaries and registration for the upcoming 2019 Little League season, please visit our website or send an email to [info@tricitylittleleague.com](mailto:info@tricitylittleleague.com)

These materials are neither sponsored nor endorsed by the Rocklin Unified School District, the superintendent, or this school. The school makes no representation regarding the nature or quality of the services or activities promoted. The Rocklin Unified School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards.





# Youth Boys & Girls Track & Field

*Don't Miss out on the FUN!!*

*Beginner and Experienced Athletes Welcome!*

[www.eteamz.com/RosevilleExpress](http://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](http://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](mailto:bookoutgen@yahoo.com)**

These materials are neither sponsored nor endorsed by the Rocklin Unified School District, the superintendent, or this school. The school makes no representation regarding the nature or quality of the services or activities promoted. The



# RUNJUMPTHROW CAMP

Grades 1-8

[www.eteamz.com/RosevilleExpress](http://www.eteamz.com/RosevilleExpress)



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

## FEBRUARY 9<sup>th</sup>, 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 9<sup>th</sup>. Click on [RETC's 2019 Run, Jump, Throw Camp](#)

**REGISTER BY:** February 5<sup>th</sup>

**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](mailto:bookoutgen@yahoo.com)

These materials are neither sponsored nor endorsed by the Rocklin Unified School District, the superintendent, or this school. The school makes no representation regarding the nature or quality of the services or activities promoted. The Rocklin Unified School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards.



# 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](mailto: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