



Ruhkala a Leadership Academy

October 29, 2018

Inspired to Learn. Committed to Lead

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

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



<p>Monday 10/29/18</p>	<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 ● Early Engineers: 1:30 Room 16 ● VAPA: Ms. Leavitt
<p>Tuesday 10/30/18</p>	<ul style="list-style-type: none"> ● Spirit Day - Jersey Day Wear your favorite team's jersey. ● Picture Retake Day ● Husky Shuffle Intervention/Enrichment: Grades 3-5 ● Chess Academy: 2:30 Room 22 ● Cross Country: 2:30-3:15 Multi ● Ruhkala Choir: 3:30-4:30 Room L ● VAPA: Ms. Doehrer/Ms. Brown/Blaine
<p>Wednesday 10/31/18</p>	<ul style="list-style-type: none"> ● Spirit Day - Wear Your Halloween Costume (Please see attached guidelines) ● VAPA: Ms. Salata/Ms. Holochwost ● Cross Country: Meet at Breen 4:00
<p>Thursday 11/01/18</p>	<ul style="list-style-type: none"> ● 3-5 Husky Shuffle Intervention/Enrichment Continues: Grades 3-5 ● VAPA: Ms. Yamasaki/Ms. Heap ● PTC Monthly Meeting: 2:30 Library ● District Information Night: Multi-purpose room from 6:00 to 7:00
<p>Friday 11/02/18</p>	<ul style="list-style-type: none"> ● Ruhkala Leadership Assembly: 7:50 in the Amphitheater ● VAPA: Ms. Gardetto ● Minimum Day: 12:10 Kindergarten/12:20 First to Sixth Grade



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PTC Update

<http://www.ruhkalaptsc.com>

Hello Husky Families!

Here are the important upcoming events:

Make-up tile party right after school in the multi TODAY! Monday, October 29th until 2:30pm. \$10 first tile, \$5 additional. CASH ONLY.

PLEASE turn in your fundraising packets by the end of day today! We are very excited about the new items offered and delivery before the Thanksgiving Break!

Thursday right after school in the library will be our monthly PTC meeting. If you are unable to attend in person, listen in by calling in to our FREE conference call line. Call in: 1-605-472-5430 Access code 745235

Thursday NIGHT meet us in the Multi. at 6pm to share your thoughts on the proposed RA expansion on our campus. Bring neighbors as well that may not have a child on our campus but will be heavily impacted by the additional traffic.

Tech Talk Night has been moved to Thursday, November 8th at 6pm. This is an informative night of the ever changing internet and apps with tips on how to keep your kids safe!

Halloween

Candy Buy Back



Rockville Smiles

CHILDREN'S DENTISTRY & ORTHODONTICS

**ROCKVILLE SMILES IS TEAMING UP TO
RAISE MONEY FOR YOUR SCHOOL!**

**BRING IN YOUR HALLOWEEN CANDY
FROM NOV 1st - 6th AND YOUR SCHOOL
WILL RECEIVE \$1 FOR EVERY POUND!**

**THE SCHOOL IN YOUR AREA THAT COLLECTS
THE MOST CANDY WILL RECEIVE
\$2 FOR EVERY POUND!**

All candy will be donated to the U.S Troops, serving
overseas thanks to the help of the **Move America Forward**

721 Pleasant Grove Blvd., Roseville, CA 95678

| 916-783-5239

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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

Ruhkala Elementary's Early Engineers (LEGO) Classes

Mondays: 1:30-2:40pm

**Session A: 9/10, 9/17, 9/24, 10/1,
10/15, 10/22**

<https://www.dreamclasses.org/schools/ruhkala-elementary>

Ruhkala Elementary's Chess Academy Classes

Tuesdays: 2:30pm-3:30pm

**Session A: 9/4, 9/11, 9/18, 9/25, 10/2, 10/9,
10/16, 10/23, 10/30**

<https://www.dreamclasses.org/schools/ruhkala-elementary>