

# Parent News August 21, 2025



P.O. Box 41, Rehoboth, NM 87322 • 505-863-4412 • www.rcsnm.org

## **Table Talk**

Dan Meester | Executive Director

A new school year gives us the opportunity to establish new habits—ones that will help us improve ourselves as people. I have a couple of suggestions that are great for your children as students, but they can be very beneficial for you as adults too.

The last week of June, I was at Arizona State University with my son and four other Rehoboth boys basketball players for a camp put on by Point Guard College (PGC for short). They're the best in the country in terms of training players how to play the game, think the game, lead their teams, and be great people. A lot of Christians work for PGC because their values align so closely with the life and teachings of Jesus.

During one of the classroom sessions, the camp director asked the 100+ players if they wanted to become great people in life, not just in basketball. With one voice, they declared loudly that they would. In response, the director introduced them to two superpowers that would help them along the way: Asking Questions and Practicing Gratitude.

Ask Questions: Adopting a posture of enthusiasm toward learning will take you far in life. Be curious about things, and when you need help, be brave enough to ask for it. One of the biggest challenges our students need to overcome is their shyness or embarrassment about asking questions. I can remember a speaker at a high school assembly a few years back giving advice to kids about participating in class. "When you know the answer, raise your hand," he said. I get where he was coming from, but I told students in my Bible class that the <u>real</u> magic comes when you're willing to speak from a place of *uncertainty*, rather than a place of certainty. Chances are, others probably share your question, but it will also probably give them the courage to wonder out loud, sparking a whole bunch of great ideas. Curiosity makes our learning stick much more deeply in our minds and hearts because we've worked for it and engaged with it.

**Practice Gratitude:** There are numerous places in Scripture where the Lord commands us to be thankful or to practice gratitude. That isn't because God is on some sort of cosmic power trip and needs to have his ego stroked by us. Rather, God knows that gratitude is good for the person <u>giving</u> it, and He wants us to flourish! Gratitude is the hard reset button for our hearts and our minds when they are feeling frustrated or troubled. Thinking about someone who is instrumental in your life and telling them "thank you" immediately decompresses us. It gets us refocused on the gifts we <u>do</u> have and puts us back in a posture of being ready to handle the challenges that come our way.

This year, let's all try on these superpowers and watch our community soar!

Together,

Dan Meester. Executive Director

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# **Upcoming All School Events**

- Monday, September 1 NO SCHOOL Labor Day
- Friday, September 5 12:45pm student dismissal (1/2 day) due to RCS Cross Country Meet

# **All School Announcements**

<u>Invitation to join the Multicultural Committee:</u> We are gearing up for this school year's events and we would like to invite any parents interested in joining the Multicultural Committee or if you would like to volunteer at any future events. We are always looking for parents, family members, and elders in sharing their gifts, talents, and knowledge.

We gather once a week on Thursday's in person or virtually if you are unable to meet on campus. The Multicultural Committee strives to celebrate the rich cultural diversity of our student body through inclusive events - creating opportunities for our community to explore, honor, and grow in appreciation of the many cultural heritages that reflect the Kingdom of God. The hours you dedicate can go towards your volunteer hours. For more information, you are welcome to contact any of the following members.

- Verlena Livingston vlivingston@rcsnm.org
- Duane Yazzie [K-8th Librarian & EL PE Teacher] -dyazzie@rcsnm.org
- Brenda Mike [Middle School SALT assistant] bmike@rcsnm.org

### From the Business Office

Just a few beginning of the year housekeeping items:

- Have you set up your FACTS account for this year? Please do this as soon as possible. Please go to
   <a href="https://online.factsmgt.com/signin/46T5C">https://online.factsmgt.com/signin/46T5C</a> to update your payment schedule for this year. (All families must have an account setup so we can post your tuition payments. You can choose invoice if you plan to pay at the administration building).
- Have you filled out the Free and Reduced Food Form yet? A copy is attached at the back of this newsletter. (All families need to fill one out).
- Has your student gotten their sports physical if participating in Fall sports and handed it in at the High School?
   (Physical packets can be found on the website under athletics or picked up at the school.)

We pray that you will all have a blessed and great year. Thank you.

# **Elementary News**

### Welcome to a New School Year!

Welcome to a new school year at Rehoboth Christian School! We are excited to see our halls and classrooms filled once again with the joy and energy of our students. As we begin this year, we look forward to partnering with you in nurturing hearts and minds to know and love God, serve others, and grow our *Roots* in knowledge and faith. Our teachers and staff have been preparing for a year of engaging learning, meaningful relationships, and Christ- centered community. We pray that this year will be one of growth, encouragement, and blessings for each of our families. Let's walk together in faith and joy as we begin this new chapter! ~ Tara DeYoung

### **Elementary and Middle school Drop-off/pickup**

If you are dropping off or picking up elementary and middle school students, please use the parent loop past the church and behind our building.

In order to ensure that the elementary playground parking lot is as safe as possible for our PreK students, we will be implementing a parking permit for the morning drop-off. Each family has received a yellow parking permit. Families who do not have a PreK student must use the parent loop for picking up students after school, not the playground or high school/church parking lots. Our elementary and middle school staff supervision is up by the parent loop. Thank you for helping keep our students safe and promote good traffic flow.

### **Transportation Changes**

If transportation changes are necessary, please contact Val Peywa before 2:15 so that she has time to communicate with classroom teachers and students.

### Elementary PE (grades K-5)

P.E. is held on Mondays (3rd, 4th, and 5th) and Fridays (Kindergarten, 1st, and 2nd) each week. Please help students remember to wear appropriate attire and footwear that allows them to move comfortably when we are biking or in the Auxiliary Gymnasium. Crocs, sandals, and boots are discouraged. Students are also encouraged to bring a water bottle to class.

### Meet our Student Support Specialist, Jamie Frederiksen



As we start the new school year, Mrs. Frederiksen is excited to work with students in Kindergarten through 6th grade, and extends a warm welcome! Please read the attached letter for more information about what she does and how to best contact her.

**Introduction Letter** 

### Sleep and Technology

In our house, the start of the new school year is a chance for us as parents to "reset" routines and boundaries for our kids that may have slipped or become too relaxed over the summer. We let our kids stay up late and sleep in, more screen time was allowed, or just an easy alternative to boredom. An adequate amount of sleep directly affects student focus, health and behavior. According to the CDC, "Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior." Students aged 6-12 years should get 9-12 hours of sleep every night and students aged 13-18 should get 8-10 hours of sleep every night. You can help students get the sleep they need by sticking to consistent sleep schedules and routines, limiting light exposure, and limiting technology use in the evenings. Setting a "media curfew" and designating technology use outside of student bedrooms are some ways to help moderate student use of technology in the evenings. Please help make sure your student is getting enough sleep every night! Click here to read more.

# **Middle School Matters**

### **6th Grade Broken Arrow Trip**

Parents of 6th graders! Please consider signing up to chaperone the Broken Arrow trip August 28-29.

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### **Introduction Letter**

### **Upcoming Events** (MS only)

Aug 25 - MS Volleyball Home -vs- Zuni @ 5pm and 6pm.

Aug 28 - MS Volleyball Away @ Hózhó @ 5pm and 6pm.

Aug 28-29 - 6th Grade BABR Overnight Trip

Sept 1 - Labor Day (NO SCHOOL)

# **High School Highlights**

### Broken Arrow Day, chapel, and the practice of gathering together

At the beginning of a school year teachers take a few moments out of their classes to have students get to know one another. I still remember several of the initial conversations I had with students in those first class periods. As a high school, we take an entire day to do a few different activities so our students can spend the day with one another and grow a bit closer. We did this last Friday, August 15, and we took all the students to Broken Arrow Bible Ranch to do it. While it certainly was fun, the practice of gathering together and the time spent together is truly important to the development of the community of Rehoboth High School.

Another practice of gathering as a whole school body started this week; on Tuesday morning we had our first chapel. Chapel is a time to hear the word of God, to hear the stories that give us a glimpse of God's Kingdom at work, to rest, and to gather as a community. That practice of gathering is incredibly important as it begins to shape our hearts and our lives. The things we practice regularly are the places where we grow. I hope that our students grow as a community; that community will learn, laugh, worship, and cry together. This community will model what a healthy community looks like, and I hope students seek a community like this later in their lives, and I hope they feel confident in building this type of community too. So the practice of gathering together to build community is certainly worth one hour a week and one day a year to start.

### **Technology use and conversations**

Rehoboth is a phone free school; at the beginning of each day students take a moment to store their phones in a box that is locked and placed in the office. Being separated from their phone gives students a chance to focus more on their classes and relationships. So far this has been a positive experience for our students. You should ask your student about this policy and how they are feeling about it. While you are at it, ask your student open ended questions like this about other areas of their technology life too. Listen and think deeply about the ways technology shapes aspects of life and free time.

Another conversation that is important to have with your student is one about the use of Artificial Intelligence that will attempt to think, and write, for students. The temptation to use AI to think for students is great, and our students use AI frequently, sometimes for proper tasks and sometimes not. One of the purposes of school is to develop critical thinking skills; the assignments teachers give are meant to build those critical thinking skills. When Rehoboth students use AI on assignments, they are purposefully ignoring the practices that will make them better thinkers. Asking your student what they think of AI is another great conversation. It would be great to ask how and why they use AI and if they realize what happens when they let AI do their thinking for them. While letting AI think for you is against what we would like to see at Rehoboth, we do acknowledge there are great uses of AI. Students who use AI to make a text more readable or readable for their reading level is a fantastic use of AI. This allows students to continue thinking, and it gives them more opportunities to think about what their classes are engaging in.

### Parent pick-up and drop-off

If you are dropping off or picking up students from the high school, please park in the main parking lot of the high school/sports and fitness center. Convenient spots for pick up are the parking spots on the east side of the lot. In the afternoon buses will be parked and loaded on the curb. Please ask your student to walk behind the buses to enter the parking lot.

### Sporting travel and academic work

Athletes will be traveling to their first away games this week. These are wonderful opportunities for athletic growth, travel times allow conversational opportunities that might not otherwise happen, and there are many more intangible benefits to these athletic endeavours. However, students do need to be aware of the classes they miss for these trips. The best way for students to do this is to ask teachers what they will be missing, and teachers keep updated Google classrooms which have assignments and necessary materials. You should ask your students to share these Google classrooms with you so that you may keep up with what is happening and what might be missed.

On the topic of sporting events, Friday September 5 will be the day of the David Charles Cross Country Invitational at Rehoboth. This means that school will dismiss at 12:45 PM on that Friday. The main parking lot will be closed on that afternoon; buses will load by the Fellowship Hall, pick up will be there too. Don't worry, there will be staff members quiding you and students to the correct spots on that afternoon.

### **Grade reports**

The first grade report will be emailed to you on August 25. There will be an email with a grade report. sent every Monday hereafter. Please look for this email; if you do not receive an email please notify the office to have your email address updated.

Seth Weidenaar High School Principal

# **High School Counselor's Corner**

Hello Parents and Students,

I would like to remind all parents and students that the last day to make changes or adjust student schedules will be on **Friday, August 22, 2025**.

We will have a career/college fair on October 15, 2025. If you are interested in speaking/sharing about your career, please contact me to sign up.

Seniors who would like to take the SAT on October 15, 2025. Please sign up by September 5, 2025.

Camilla Lynch, Guidance Counselor



District code in Family Portal is: RE-NM

Family Portal: <a href="https://re-nm.client.renweb.com/pwr/">https://re-nm.client.renweb.com/pwr/</a>

### Welcome back for the 2025-2056 school year!

My name is Kristen Rousseau and I am the new Admissions Coordinator. So far, in Admissions we have over 50 new students this year. We would like to welcome all new and returning students. We are thankful for all our families and look forward to seeing all of you throughout the year!

If you haven't already, please make sure a family portal account has been set up so that you can receive correspondence and information from the school. Here is the <u>LINK</u> for the family portal.

We have a <u>family resource page</u> on our school website where you can find information such as the back to school packet, handbooks, school calendar, and parent news.

### **PARENT VOLUNTEER PROGRAM (PVP):**

All families are required to complete 10 hours of volunteering for each school year. When completed with each volunteer opportunity, remember to log in those hours. Here is the <u>PARENT VOLUNTEER FORM</u>. Click on the link, answer the questions (there are two sections), make sure to click submit on the second portion.

A quick reminder...volunteer hours are 10 <u>per family</u>. Mom, Dad, Aunts, Uncles, Grandparents can also volunteer. However, each person needs to fill out a volunteer form of their hours every time it is completed. Also, please put the name of the teacher, coach, or principal that you are donating to or RCS staff who is responsible for the event.

### **Upcoming Volunteer Opportunities:**

- Lunch servers needed in the Fellowship Hall from 11:15am to 12:40 pm. Here is the LINK to sign up.
- Helping with the admission gate at any volleyball game, soccer game or upcoming home cross country meet in September.
- Bring in concession stand items for fundraising
- 2nd Annual END DWI and support Rehoboth June Camp 10k, 5k & 1 mile walk on Saturday, Sep 13, 2025 (Here is the <u>LINK</u> to sign up for parent volunteer opportunities with this event)

If you have any questions or concerns, stop by my office in the administration building, give me a call at 505-726-9628 or email me at krousseau@rcsnm.org

Verlena Livingston (Former Director of Community Life, see All School Announcements) is no longer associated with the admissions process, please send any questions or correspondence to Kristen Rousseau (Admissions Coordinator)

# **Food Service**

The staff in the Kitchen would like to welcome all returning and new students to the new School Year. It started off with the Kitchen staff doing an awesome job adjusted to serving hot meals at the high School daily . We are looking forward to working with you and serving you some delicious food this year. Our Kitchen is always looking for volunteers to help serve our students during lunch. If you know of anyone or interested in serving please don't hesitate to contact us. <a href="mailto:danderson@rcsnm.org">danderson@rcsnm.org</a>

We are encouraging kids to drink their milk and eat the food on their plates. Please encourage your kids to eat what is on their plate, remember they can speak up and turn down a food item as long as they have 3 items on their tray, one being a fruit or vegetable.

"God is our refuge and strength, an ever-present help in trouble." Psalms 46:1

### ALL kids eat FREE! Take Advantage!



### Menu Week of Aug 25, 2025 to Aug 29, 2025

Monday Aug 25, 2025	Tuesday Aug 26, 2025	Wednesday Aug 27, 2025	Thursday Aug 28, 2025	Friday Aug 29, 2025
Pancake w/ Syrup Fresh Fruit and milk	· · · · · · · · · · · · · · · · · · ·		Fresh Fruit and Milk	Blue Mush w/ Mixed Berries, Honey and Milk
Veggies, Fortune	Frito Pie, Taco Meat, Pinto Beans, Lettuce, Tomato, Cheese, , Fresh Fruit , Assorted Milk	Noodles, Broccoli Garlic Sticks , Fresh Fruit and Assorted	Scramble eggs, Sausage Patty, Pancake, Hash Brown, Fresh Fruit and	Pepperoni and Cheese Pizza Garden Salad, Cookie, Fresh Fruit and Assorted Milk

# **In Gear: Transportation**

### Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, he is the one who goes with you. He will not leave you nor forsake you.

Greetings everyone, a few things to note:

- Please be 5-10 minutes early to your bus stop. Drivers are instructed to move onto the next stop after 2-3 minutes after the designated time on the bus schedule.
- Kindergarten families, please escort your child from the bus to your vehicle at Hub Stops when boarding and off-boarding the bus, this is for the safety of your child in crowded parking areas.
- Effective on 08/25/2025, the Churchrock CRC Hub Stop will be a PM only stop. The Crownpoint Route Bus will NOT stop at that location during the AM Route.

### **Bus Schedule Links**

2025-2026 Bus Schedule

2025-2026 Early Dismissal (Thursday PM) Bus Schedule

# For day of transportation changes, please contact the school before 2:15pm.

- Val Peywa at 505-726-9675 for Elementary/Middle school
- Shawna Begay 505-726-9632 for High School

For permanent transportation changes please contact Darius Yazzie at <a href="mailto:dariusyazzie@rcsnm.org">dariusyazzie@rcsnm.org</a> or 505-726-9622

Darius Yazzie | Transportation Manager

Email: dariusyazzie@rcsnm.org

Phone: (505) 726-9622



# I Believe: Athletics

Welcome back to a New School Year! HS and MS Fall Sports will start soon. If you have any questions please contact your child's coach. Contact Information is below. If you have any questions, please feel free to reach out to me at <a href="mailto:adrianpete@rcsnm.org">adrianpete@rcsnm.org</a>. Thank you and GOL LYNX!

Volleyball - Charlene Chapman, cchapman@rcsnm.org 505-879-8191

Boys Soccer - Phil Fredriksen, frederiksenphil@gmail.com 505-458-2705

Girls Soccer - Neil Weeda, nweeda@rrcsnm.org 616-723-4525

HS and MS Cross Country - Autumn Newell, ajnewell@rcsnm.org 505-862-3156

Middle School Volleyball - Patricia Chavira (will send her contact info to MS Parents)

Devotionals for athletes: https://www.fca.org/resources/personal-growt

DATE	HIGH SCHOOL	MIDDLE SCHOOL
Thursday, August 21	4:00pm - HS Girls Soccer HOME vs. Gallup	
Friday, August 22	9:30am - HS Volleyball AWAY at Eunice Tournament (V) Pool play and then games start at 4:00pm	
Saturday, August 23	9:00am - HS Volleyball AWAY at Eunice Tournament (V)	
Monday, August 25	4:00pm - HS Girls Soccer HOME vs. Hatch Valley	5:00/6:00pm - MS Volleyball HOME vs. Zuni
Tuesday, August 26	5:00pm - HS Boys Soccer AWAY @ Kirtland Central	
Wednesday, August 27	4:00/5:00pm - HS Volleyball HOME vs. Valley Sanders (JV,V)	
Thursday, August 28	5:30pm- RCS Maria Hoelscher Girls Soccer Tournament Rehoboth vs. Blue Ridge(AZ)	5:00/6:00pm - MS Girls Volleyball AWAY at Hozho Academy

# **Community Events**

We like to support our community, so if you have any events that you would like to add to Parent News please email the information to <a href="mailto:adminsec@rcsnm.org">adminsec@rcsnm.org</a> by Wednesday so it can be added to the Thursday edition of the parent news.

Fliers:

Free and Reduced Meal Form

September 13, 2025 END DWI Run/Walk ( Please see INSIDE SCOOP for parent volunteer hours opportunities for this event).

# Household Application for Free and Reduced Price School Meals 2025-2026

Complete one application per household. Please use a pen (not a pencil).

APPLY ONLINE:
RETURN TO (School/District Name):
ADDRESS:

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Return completed form to your child's school.

# Opportunity to earn parent volunteer hours !!!







# SEP END DWI & SUPPORT SEP REHOBOTH JUNE 13 CAMP

### Volunteers Needed:

- · Volunteers to be on the course to encourage and guide runners
- Volunteers to help with parking before the race
- 4 Volunteers to man the water stations on the course (2 people for each water station)
- 2 Volunteers to man the food and drink table offered to runners after their race
- 3 Volunteers at the 1 mile walk registration table
- 2 Volunteers at the 5k registration table
- 1 Volunteer at the 10k registration table

We are also welcoming donations in the form of prize baskets put together for the winners. The value of the basket will determine the amount of parent volunteer hours you are able to earn.

Sign up to volunteer with this link: <u>Volunteer Sign UP</u> Scan the QR Code to see the race website:



# 2<sup>ND</sup> ANNUAL END DWI AND SUPPORT REHOBOTH JUNE CAMP 10K, 5K, & 1-MILE WALK

SAT. SEPT 13, 2025

LAW ENFORCEMENT
AND EMS TEAM
COMPETITION!



MEDALS!

T-SHIRTS!

MUSIC!

All money raised trom this race will go to support the DWI Memorial Wall project and Rehoboth's Tune Camp program and will STAY LOCAL

RED ROCK PARK

HURCH ROCK, NM

10K 8AM
5K 8:10 AM
1-MILE
WALK/RUN
8:20 AM





A HOPE AND A FUTURE, INC.



To Register and for more information: scan the QR code or call 505-409-1046