



# RCES Raider Times

*Learn with Passion, Lead with Integrity, and Succeed with Confidence!*

## Social Emotional

### Empathy

This month, we are excited to focus on the character trait of empathy. Empathy is the ability to understand and share the feelings of others, and it plays a vital role in building strong, caring relationships. By encouraging our children to practice empathy, we help them develop compassion and kindness, which are essential personal and social growth qualities.

Throughout the month, we will engage in activities and discussions highlighting the importance of putting ourselves in someone else's shoes, recognizing different perspectives, and responding with understanding. We encourage you to reinforce this trait at home by discussing feelings and experiences as a family and modeling empathetic behavior in everyday situations. Together, we can nurture a more compassionate community.

## Important Dates

December 12- Pictures with Santa

December 16 - PTO at 6PM

December 20 - Christmas Parade & Early Dismissal

December 23 - Jan 3—Winter Holiday

January 6 - Teacher PD

January 7 - Students Return to School

January 9 - Raidertown Town Hall Meeting for Parents 6PM in the Cafeteria

## Around the School

### Canned Food Drive Competition

#### *Results*

The RCES Canned Food Drive Competition was a great success! Our school brought in 4,033 canned goods to be donated to the Cheese & Cracker Box!!! 6th Grade won the competition and the Popcorn Party by bringing in 989 canned goods! Thank you to all of the students and families who participated!



## Health & Wellness

### Sleep to Succeed

Adequate sleep is a crucial component of health providing benefits such as improved concentration, energy levels, and reduced cravings for junk food. Staying active during the day, going to bed at the same time every night, and sleeping in a cool, dark room are all ways to improve sleep hygiene. Check out this infographic to see how much sleep you and your child need each night.

#MUSCboeingcenter

### Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.

