



# red tailed hawks news

25030 Via Santee, Murrieta, CA 92563 • 951-696-1404

Principal: Tammy Hunter-Wethers • Assistant Principal: Lynn Nord



## Principal Wethers' Message:



Springtime is on its way. Progress reports will be available to view in Aeries, Friday, March 25th. We have some great opportunities for our students during this time of year. Our English Language group Homework Club and H.U.B.B. (Help Us Be Better) continue to run twice a week. Students who come on campus are asked to go straight to the area or they will be asked to return to the front of the school to wait for the gates to open. This is also the time of year when our students need to be reminded to keep behavior expectations at the forefront.

Our goal is to proceed to our testing period in April/May, focused and ready to perform at our best. We would like to thank parents, staff and support staff, who touch the lives of our students on a daily basis and reinforce the idea that if we teach our children to persevere, they will succeed.

The next few months have various holidays, so please make sure to keep your calendars handy. Always check the Digital Marquee and listen to the Sunday Afternoon message for updated information. Please remember we only have one week of Spring Break. (March 28th -April 1st, students return on the 4th)

During the school year, we have various fundraisers. Two fundraisers are PTA sponsored, one happens during Winter and the second during Spring. These fundraisers directly support Rail Ranch. PTA sponsors field trips for our students like the Missions, the Western Science Museum, and others. Without parent support, these educational experiences could not take place. We never want anyone to feel pressure to give, but any amount of help makes for a memorable year for our children.

Thank you for all that you do to encourage our children to be kind to one another and do their very best.

On February 28, 2022, the State of California updated its K-12 COVID-19 school guidance. The indoor masking in all K-12 school settings will sunset at the end of the day on Friday March 11. Beginning Saturday, March 12 students and staff will not be required to wear a face mask/covering while indoors.

Mrs. Wethers

## Resource Links:

Community  
Flyers



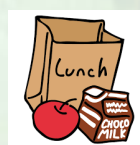
Rail Ranch  
School Year  
Calendar

Parent/Student  
Handbook



Rail Ranch  
Website

Lunch Menu





### READ ACROSS AMERICA WEEK/DRESS UP DAYS:

2/28- red/white/blue day

3/1- favorite hat day

3/2- sports jersey day

3/3- wear a shirt with a positive message!

3/4- school colors and crazy sock day

3/2- EARLY OUT DAY

3/9- EARLY OUT DAY

3/17- St. Patrick's Day- Wear Green!!

3/22-

1st grade Student of the Month @ 8:30 am

2nd grade Student of the Month @ 9:15 am

3/23-

SPRING PICTURE DAY (Pre-orders only)

EARLY OUT DAY

3/24-

3rd grade Student of the Month @ 8:30 am

4th grade Student of the Month @ 9:15 am

3/24- OPEN HOUSE AT RAIL RANCH 6-7 pm

Open House will be IN PERSON this year!!!

3/24- PTA General Assembly @ 7 pm

3/25- 80's Neon Family Dance



#### Drop-off

8:15-8:25am for grades 1-5.

Morning K begins promptly at 8:25 am,

Afternoon K begins promptly at 11:10am.

#### Pick-up

2:40 pm for grades 1-3.

Grades 4-5 is 2:45 pm.

Afternoon K is 2:45 pm.

Please see the student handbook for Minimum and Early Release (Wednesday) Day schedules.

No staff is available to watch students before 8:15am and after 3:00pm.

#### Students must be picked up before

3:00pm. (Again, please see the student handbook for Minimum and Early Release (Wednesdays) Day schedules.) Early drop off or late pick-up may result in the police being called so that the student is safe. Supervision

is not available for siblings of students in before and after-school programs.

Child care is available on campus for a fee. Please call the district office at 696-1600 for more information if you are interested in before or after-school child care.



#### Safety in the Loop

Please do not leave your vehicle unattended in the loops. A huge thank you to everyone for following the rules and keeping our students safe.

SPRING BREAK

3/28/22-4/01/22

STUDENTS RETURN ON 4/04/22

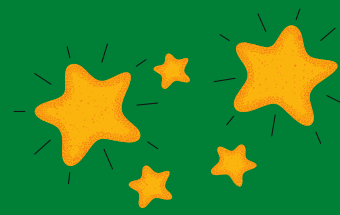
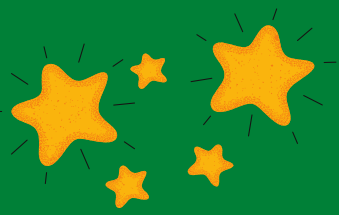


# COUNSELOR'S CORNER

Mrs. Nicole Vergara

nvergara@murrieta.k12.ca.us

Rail Ranch Elementary School



Care Solace: Mental  
Health Concierge  
[Click here](#)

Crisis and Helpline  
Resources  
[Click here](#)

## **COPING WITH STRONG FEELINGS**

One of the activities that we will be doing as a school in "returning to normal" is testing! While this may not be a favorite exercise for students it is still a critical measure of progress. The focus of classroom counseling instruction will be learning and using coping skills to manage strong feelings. We are aware that anxiety levels are high for some and supporting students in managing feelings will help them be happier and healthier.

Besides preparation, nutrition and rest, typical coping strategies include deep centered breathing and counting when stressed. Classroom counseling lessons will emphasis the power of positive self-talk to not only process feelings but will discuss how to refocus them so students can be in the best mindset to do their best! For our younger students, we will focus on using these skills when upset either at a person or situation. If you need any further support, please feel free to contact me and I would be happy to give you more coping tips.

## **Upcoming Events:**

2nd - Read Across  
America Day

4th - Women's Day

13th - Daylight Saving  
Time

17th - St. Patrick's Day



## Strategy


- ① Deep Breathing
- ② Counting
- ③ Positive Self-Talk
- ④ Ask for Help




# Women's History Month

In March, we honor women who have contributed to American History. Women's History Month started in Santa Rosa, California as a local town celebration. It all began as "Women's History Week" in 1978. The week chosen was March 8th to coincide with "International Women's Day." The United Nations has honored "International Women's Day" since 1975.


In 1980, President Carter issued a Presidential Proclamation declaring March 8, 1980, as "National Women's History Week." In 1987 Congress passed Public Law 100-9, designating March as "Women's History Month."




AMELIA EARHART



SUSAN B. ANTHONY



ELEANOR ROOSEVELT



HARRIET TUBMAN

## Women's HISTORY MONTH

*Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.*  
- Rosa Parks

*I had rather make history than write it.*  
- Susan B. Anthony

*No one can make you feel inferior without your consent.*  
- Eleanor Roosevelt


*Alone we can do so little; together we can do so much.*  
- Helen Keller

*Don't follow the path. Go where there is no path and begin the trail.*  
- Ruby Bridges


*But what do dreams know of boundaries?*  
- Amelia Earhart

*I had reasoned this out in my mind; there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.*  
- Harriet Tubman


*All adventures, especially into new territory, are scary.*  
- Sally Ride




HELEN KELLER



ROSA PARKS



SALLY RIDE



RUBY BRIDGES



Irish American Heritage Month is celebrated in March to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. It was first celebrated in 1991. The heritage month is in March to coincide with Saint Patrick's Day, the Irish national holiday on March 17. Saint Patrick's Day is a Roman Catholic religious holiday that honors the saint who introduced Christianity to Ireland in the early fifth century. It has developed in the United States as a celebration of all things Irish. With large ethnic Irish populations, Boston and New York City both claim the world's first Saint Patrick's Day parade, while Philadelphia claims to be the second oldest behind New York City. From John F. Kennedy to Brad Pitt, some of the most famous, prolific, and influential Americans are of Irish descent.

# CELEBRATE READING IS FOR EVERYONE!



On February 28-March 4, we will be celebrating Read Across America with a different reading theme each day.

We are so excited for everyone to join in the reading fun!



## **Monday: Let's celebrate Reading Across America.**

Activity for kids: Dress up in Red, White and Blue to celebrate reading across America.



## **Tuesday: Let's celebrate that reading is for everyone.**

Activity for kids: Hats off to a week of reading! Dress up in your favorite hat.



## **Wednesday: Let's celebrate that reading is fun to do as a team.**

Activity for kids: Dress up to show off your favorite team or sport. We will have buddy reading today!

## **Thursday: Let's celebrate that we positively love books.**

Activity for kids: Wear a shirt that has a positive message.



## **Friday: Let's celebrate that we are a creative community of readers.**

Activity for kids: Dress up in our school colors and crazy socks. Get ready to cheer on all readers.

# MARCH NEWSLETTER



- 3/2: Dr. Seuss Birthday
- 3/17: St. Patrick's Day- let us see that green!
- 3/25: Join us for our 80's neon family dance (see flyer for more details)
- 3/28-4/1: Spring break

Interested in joining the PTA board for the 2022/2023 school year? Send us an email

[Railranchpta@gmail.com](mailto:Railranchpta@gmail.com)





RAIL RANCH  
PTA PRESENTS

*Let's  
Dance!*

AN 80'S NEON FAMILY  
DANCE

MARCH 25, 2022  
5-7 PM

RAIL RANCH AMPHITHEATER  
FREE FOR MEMBERS

\$1 AT THE DOOR FOR NON MEMBERS



Date: 3/23/22

Pre orders only

More information to come

Only students that have pre ordered online or who bring their order form with them on picture day will get photographed.



# Spring

Picture Day  
is Coming!

#9 Portrait USB



#10 Keepsake Portrait



#11 Growth Chart



#12 Air Fresheners



#13 Personalized Name Necklace



#14 Keychain



#15 Bracelet



#16 Puzzle



#17 Pillow Case



#18 Mousepad



#19 Travel Mug



#20 Water Bottle



#21 Dog Tags



#22 Dry Erase Board



#23 "I Love You Mom" Wood Stand



#24 Ceramic Coffee Mug



#26 Hoop



#25 Magnets



#27 Acrylic Plaque



#28 Acrylic Plaque



#29 5x7 Desk Plaque



Retouch



#31 Leather Journal with Personalized Engraving



#32 Oil Style Painting on Canvas



Personalized Wallets



SHOPSTUDIO1.COM  
ORDER TODAY!



# MVUSD ELEMENTARY COVID-19 NOTIFICATIONS

## STUDENT QUARANTINE BEST PRACTICES

SCENARIOS BASED ON EACH STUDENT'S UNIQUE CIRCUMSTANCES

### ASYMPTOMATIC (NO SYMPTOMS)



**VACCINATED**

**MAY CONTINUE TO ATTEND SCHOOL**

**AND**

Participate in SEED, co-curriculars and extra-curricular activities

**AS LONG AS**

Student is symptom free meaning student is not exhibiting COVID-19 symptoms or any signs of illness.



**UNVACCINATED**

**Modified Quarantine recommendations:**

**CONTINUE TO ATTEND SCHOOL**

**AS LONG AS**

Student is symptom free meaning, they are not showing any signs of illness or of COVID-19

**AND**

Continues to wear a mask at school

**AND**

Tests for COVID on day 5 after exposure

**AND**

Abstains from co-curriculars and activities.

### SYMPTOMATIC SHOWING SIGNS OF ILLNESS



**VACCINATED & UNVACCINATED**

**STAY HOME**

**SELF-ISOLATE - 5 days**

**TAKE A COVID TEST**

**IF TEST IS NEGATIVE,**  
Student may return when symptoms have resolved

**AND**

Student **has not had** a fever for 24 hours without the use of fever relieving medication

**IF TEST IS POSITIVE**  
Student stay home for 5 days

**AND**

Test again on Day 5 from the onset of symptoms

**IF test is negative student may return to school on day 6.**

Email notifications are sent to all students who have a positive COVID-19 case in their class.



### STUDENT COVID-19 TESTING

PCR and Antigen Testing is available at each school site. Please visit your school website or newsletter for testing schedule and instructions on how to register.

The State is providing at-home antigen test for each MVUSD student. If you have not picked up your students tests, please contact your students school.

**Protocols and testing are based on the CDPH K-12 School Guidance**  
**MVUSD COVID-19 Dashboard: [www.murrieta.k12.ca.us/C19Dashboard](http://www.murrieta.k12.ca.us/C19Dashboard)**  
**COVID-19 hotline 951-304-1578**

UPDATED 1-18-22