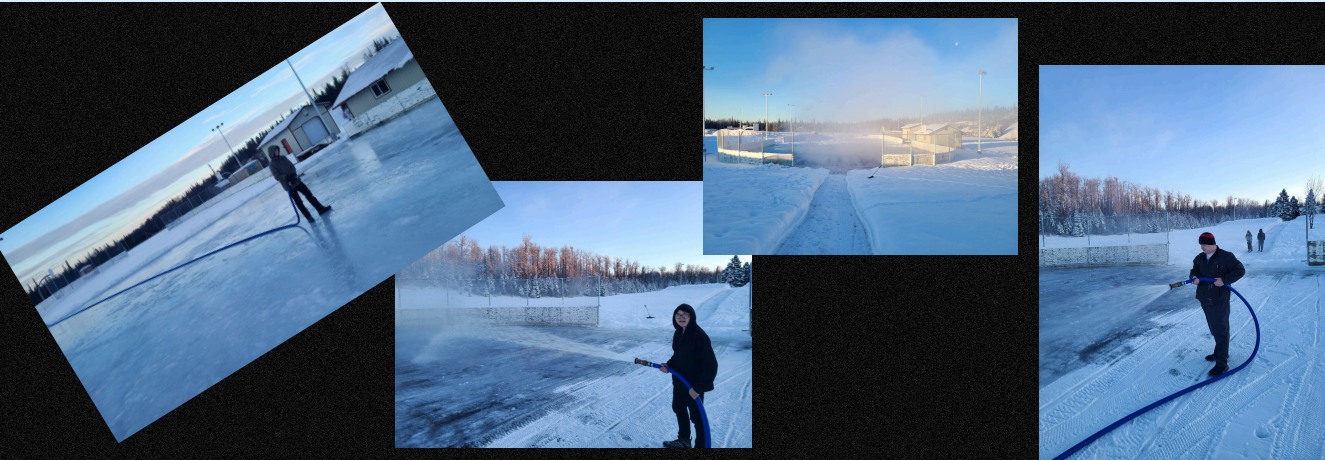




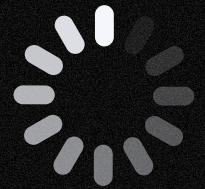
River City Academy Pod Post

46188 Sterling Hwy
Soldotna, AK 99669

Phone: 907-714-6400
Office Hours 7:00 AM-2:30 PM



*Ice Skating
Rink in
progress!*



A Message from Principal Shea

Exploratories will be hosted at RCA December 16th- 20th



We are excited to announce Explorations at River City Academy! Explorations offers students the opportunity to sign up for a variety of engaging classes and activities that allow them to explore new interests and skills.

- **Class Sign-Ups:** Students will register for their chosen classes this week with their mentor. Each activity may have a small fee to cover materials that students can take home. **Middle College students needing credit towards their grad plan progress should email Shea to sign up PRIOR to Explorations week.**
- **Payment Options:**
 - **Direct Payment:** Students are welcome to pay the fees for their selected classes during Exploration Week.
 - **PowerSchool Accounts:** If payment is not provided during Explorations, the fees will be automatically added to the student's PowerSchool account at the end of Exploration week.
- **Support Opportunities:** If you would like to sponsor a child or donate money towards exploration fees, please contact the school office. Your generosity helps ensure all students have the opportunity to participate and benefit from these enriching activities. **See fee schedule on next page :)**

MARK YOUR CALENDARS

December 13th- Early Release Day! School will dismiss at 12:40pm. Busses will run 90 minutes early on this day.

December 16th-20th- Exploration Week!

RCA SPOTLIGHT

ICE RINK COMMUNITY HELPERS

River City Academy and Skyview Middle School have been hard at work firing up the ice rink for the season! A huge thank you to our amazing student helpers and staff who are braving the cold to get the rink ready for everyone to enjoy.

We'd also like to give a special shoutout to Principal Shea Nash for his leadership and support, our incredible custodian Daniel Owen for his dedication, and the Kenai Peninsula Borough Maintenance Department for helping make this dream become a reality!

Winter Break
DECEMBER 23RD- JANUARY 6TH

No School

EXPLORATION Week

December 16th-20th

	Ms. Michelle	Anna	Mrs. Nash	Mrs. Wiseman	Ms. Doud	Shea	Missy
7:40-8:23am	Mindfulness Yoga Mrs. Nash's Room	Eat Poop You Cat (funny drawing game) Computer Lab	Kickboxing (upper/lower gym)	Pajama Pants Fee \$6 (Math/Tech Room) SIGN UP FOR BLOCK 1 & 2	Trivia Games (Common Room)	Board Games Science Room Must sign up for Block 1 & 2	Origami w/Missy (Michelle's office)
8:30-9:30am	Pearler Beads (Computer Lab)		Plants and Pots (Mrs. Nash's room)	Pajama Pants Fee \$6 (Math/Tech Room) SIGN UP FOR BLOCK 1 & 2	Ice Games	Board Games (Science Room) Must sign up for Block 1 & 2	First Aid w/ Mrs. Bass Common Room **Permission Form
9:30-9:55 am	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
9:55-10:55			Chess (skill building playing, and board making) (Mrs. Nash's room)	Cricut Christmas Gifts Fee \$8 (Tech Room)	Friendship Bracelets (Science Room)	Hockey	Emergency Management w/ Mrs. Bass Common Room **Permission Form
11:00-12:00pm	Sled Building (Science Room)	Bunco (Computer Lab)	Needle Felting and Movies (Mrs. Nash's Room)	Diamond Dots Fee \$3 (Math room)	Crochet (Computer Room)		Dance w/ Mr. Jesse (Common Room)
12:35-2:10	Videography Commercials (Common Room)	Embroidery Fee \$4 (Michelle's office)	Spikeball/Gaga Ball @ Studio 49	Christmas Cookies and Treats Science room)	DND (Math room)		XC Ski

Exploration Fees

- Pajama Pants \$6
- Cricut Christmas Gifts \$8
- Embroidery \$4
- Crochet \$5
- Diamond Dots \$3

Students will be issued fees based on if they signed up for any of these activities.

All RCA Seniors

(including RCA Middle College Seniors)

Will be needing the following sent to Mrs. Michelle:

- Senior Photo
- 3 Baby Photos
- Senior Quote

**DEADLINE
DECEMBER 20TH**

All this information can be sent to Mrs. Michelle, our Yearbook Coordinator
michelle.gist@g.kpbsd.org

We appreciate all the help in getting this turned in and can't wait to celebrate and highlight our Class of 2025 Seniors!!!

When the season doesn't feel calm or bright

Tips for Managing Your Mental Health During the Holidays

Did the "most wonderful time of the year" turn into the most stressful time of the year?

Of all the things on your holiday preparation to-do list, the most critical one is maintaining your mental health and practicing self-care. Here are 10 practical ways to protect yourself leading into a busy season:

- 1 **Stay in therapy.** If you can, keep your scheduled therapy sessions to ensure that you have built-in time to explore anything that comes up.
- 2 **Stay hydrated.** Drink plenty of water. Hydration nourishes the brain and can improve your overall mood.
- 3 **Spend time with loved ones.** Social interaction can help lessen the feelings of loneliness that may come around this time of year.
- 4 **Find time to decompress.** Make sure you're taking the time to recharge and use your best coping skills. Pay attention to the practices that make you feel your best.
- 5 **Remember that it's okay to feel the way you feel.** It's healthy to acknowledge your feelings and work through them, rather than suppressing them.
- 6 **Don't feel pressured to uphold family traditions.** While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.
- 7 **Come up with a plan.** What good are the holidays if you don't have the energy to enjoy them? Make a list, check it twice, and decide if there's anything you can remove.
- 8 **Find the best time to shop.** Malls are less crowded on weekdays and weeknights. Practicing mindful activities while you wait in line can also help you stay calm among the holiday shopping chaos.
- 9 **Be kind to yourself.** All you can do is your best, and your best is good enough. It's impossible to please everyone, but we are often our own harshest critics.
- 10 **Remember that the NAMI HelpLine is available.** Our volunteers are ready to take your call, text, or chat to connect you with helpful resources during the holiday season and beyond. *You are not alone.*

If you or someone you know needs help facing the challenges of mental illness, the NAMI HelpLine is available Monday through Friday, 10:00 am-10:00 pm, ET. Call 1-800-950-NAMI (6264), text "HelpLine" to 62640, or chat with us at nami.org/help.

In a crisis, call or text 988 or chat at 988lifeline.org.

Counselor
Corner

Early Release Dates

School Dismissal @ 12:40 pm

- December 13th
- January 17th
- February 7th
- March 6th
- April 11th

Please make sure your student knows how they are getting home on this day.

Coffee and Conversations opportunity!



Ice Skating Rink Update

We are hopeful to have the ice rink open soon, weather dependent. We have very limited skates available to use for our students. We ask that you supply your own skates or check out thrift stores to find some locally, or use our skates on a first come, first serve basis. For skating during school hours and during Explorations every student that plans on being on the ice will need to have a signed copy of our permission form turned back into our RCA Office.



Brewing Connections

COFFEE & CONVERSATIONS

**FOR CAREGIVERS OF STUDENTS
WITH SPECIAL NEEDS**

Young children birth to age 5 welcome to attend with their parent.



Connect with KPBSD Special Education Administrators to learn additional information to help support your child's growth.

This is a great opportunity to collaborate!

- ✓ What is a Pre-evaluation Meeting
- ✓ Evaluation and Re-evaluation Process
- ✓ AK State Waiver application process with guest speaker from the Independent Living Center
- ✓ **The Infant Learning Program will be on-site to offer resources**

For More Information

Amy Hagen
ahagen@KPBSD.k12.ak.us



MONDAY

9

DECEMBER

10:00 - 11:00 A.M.

**KENAI PUBLIC
LIBRARY**

If you are unable to attend in person, please join us on Zoom by following the QR code or clicking on the Zoom link below:



Zoom
PC: 770240

This event is not sponsored or endorsed by the Kenai Public Library. KPBSD posts flyers as a community service. Such posting does not constitute an endorsement for or against the materials and viewpoints expressed in them.

