# THE RAPID NEWS

# RAPID RUN MIDDLE SCHOOL



# WEEKLY NEWSLETTER

November 12, 2018

Schedule of Events Week of November 12, 2018

<u>Monday</u> NO SCHOOL – Veteran's Day

Tuesday 7<sup>th</sup> Grade to the Cylcones – 9:00am-1:30pm Builders Club – 2:15-2:45pm

Wednesday Running Club – 2:20-3:00pm

Thursday Coding Club – 2:15-2:45pm

Friday 8<sup>th</sup> Grade to OHHS – 9:00-11:30am Running Club – 2:20-3:00pm

Cafeteria Hot Line Specials Week of November 12, 2018 Monday NO SCHOOL

Tuesday Beef 'N Cheddar Sandwich \$2.25 Loaded Baked Potato \$2.25

<u>Wednesday</u> Home Style Chicken Dinner \$3.00 Chicken Nugget Meal \$2.25

Thursday Taco Salad \$2.50 Dorito Walking Taco \$2.25

**Friday** Chicken Tender Basket \$3.00 Chicken Snack-A-Tack \$1.50 Student announcements are shown every day in their first class. If you would like to see the announcements, you can access them online at: <u>RRMS Daily Announcements</u>

7<sup>th</sup> Grade Team Website Links:

Expedition Pathfinders

# Rapid Run Community,

Our core value of the month is **teamwork**. We will be sharing the message below with the students all month and will be looking for examples of students meeting/exceeding expectations.

To show teamwork is to work cooperatively towards a common goal. Those who understand teamwork:

- Are consistently reliable
- Are good listeners and communicators
- Are flexible and willing to compromise
- Treat others in a respectful way, even when disagreeing

We want to thank the parents for their partnership and teamwork through the first part of the school year.

# Saturday 12/1/18 9:00AM - Noon

**R.R.M.S. Commons** 

Great BARGAINS - Open to ALL!

Proceeds go to help fund 8th graders attending the D.C. Trip! Please email argo\_m@ohlsd.org with any questions!



# Henor Flight

# HONOR FLIGHT

Rapid Run is once again raising money to send our nation's heroes to Washington, D.C. Students have an opportunity to donate in their grade level until Friday, November 16. Students who donate a minimum of \$2 can wear a hat to school on Friday, November 16.

Help us reach our goal of \$1,000!!

The Rapid News is a publication of Rapid Run Middle School. Please do not reply to this email. If you have any questions concerning any information in this newsletter, please call Rapid Run Middle School at 467-0300.

# RRMS BUILDERS (LUB

All 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders who enjoy doing Community Service projects are welcome to be a part of this Club. NJHS can get service hours!

Meeting Dates: 11/13, 12/11, 1/8, 2/12, 3/12, 4/9 (Tuesdays) 2:15-2:45pm in Room 223

See Ms. Magro or Mrs. Price for details!

# kindness

The theme this year at Rapid Run has been around kindness. We are currently having a **"Be Kind" T-shirt Design Contest.** All students have the opportunity to design a t-shirt around the kindness theme, and submissions will be **due by 11.16.18**. All students and staff will receive a Rapid Run Kindness t-shirt with the winning design. Students will complete an order form with their sizes during their Core 1 classes.

Pink "Games for the cause" T-Shirts Now Only \$5.00!!! Limited # and sizes Available in the Main Office - While Supplies Last.

# RAMstars of the Month!!~November

These students have demonstrated high expectations of themselves in ALL areas of their lives! We are so proud that they are part of our school! Congratulations!

- Trailblazer Team • Grady McChristian • Pacesetter Team • Aiden Young
- Pathfinder Team • Josh Glover
- 8th Grade • Kate McMullen
  - Krissa Linkenfelter

Mrs. Sauers's class
Jordan Crusoe
Mrs. Boeing's class
Billy Hinton
German

- Cole Dietrich • Spanish
- Addison Wedele



With the cold weather months fast approaching, please bring in your gently used coats to donate to the coat drive for the needy. There is a barrel for St. Vincent DePaul in the Main Lobby

~ Thank You from Builders Club



# Share What You "Can"

Student Council will be sponsoring a canned food drive until November 16<sup>th</sup>.

During Core 1, we will be collecting any non-perishable items: soup, cereal, pasta, granola bars, etc.

~ Thank You from Student Council



Don't forget to save your Box Tops and send them in to school! Rapid Run gets 10 cents for every Box Top sent in and they really add up! It's super easy... All you do is look for the Box Tops logo on everyday items you purchase, cut them out and send them in to school. Have your student drop them off in the Media Center in the box marked "Box Tops" on the shelf. Make sure they are in an envelope or baggie with your child's name on it so they will be eligible to win a gift card to the place of their choice! (More details on the contest to come later!)



Our lost and found box in the office was overflowing with jackets, sweatshirts, lunch bags, water bottles, pencil bags, books, folders, etc. We have put those items on a table in the front lobby. Please have your child check the table if they are missing anything. If you put your child's name on their possessions we will be happy to reunite students with their lost items. Any unclaimed items will be donated at the end of November.

# **PTA Reflections Contest--Heroes Around Me**

The Ohio PTA, through National PTA, holds an annual cultural arts program, Reflections. Children in preschool through grade 12 are encouraged to create and submit original works of art in six areas: literature, visual arts, photography, dance choreography, film production and music composition. The Reflections program allows PTAs throughout the state to recognize children for their creativity as they reflect on the yearly theme. Teachers, parents, children and community can get involved in enhancing arts education though the Reflections program. The Reflections Program is one of the best examples of the PTA's ability to bring out the best in our youth. PTA strongly supports educational excitement and involvement within our schools between parents, teachers and our kids.

The theme for this year's contest is Heroes Around Me. Students and family who are interested in the contest can find more information on the <u>Ohio PTA's website</u>.

Applications for the contest are available through <u>this link</u> or in the RRMS main office. All Reflections entries are due to the RRMS Front Office by Friday, November 16, 2018 at 2:30pm

If you have any questions, please contact Mrs. Bashara, Assistant Principal, <u>bashara\_k@ohlsd.org</u> or call the school office, 467-0300.

Oak Hills Band Association Fall Craft Fair Oak Hills High School Saturday November 17, 2018 9am - 3pm

\$3 entry (kids 10 and under free) to over 300 crafters on display in the OHHS gym, commons and main floor. A huge selection of items to make your holiday and/or birthday shopping easy! Full concessions and lunch available in the commons all day.

# Dear Parents,



These are the days your child will want to remember forever. Help make the year unforgettable by purchasing a 2018-2019 Yearbook.

For only \$36.00, your kid will have a book that will be enjoyed now and 20, 30 or even 50 years from now. You also can make the yearbook extra special by purchasing namestamping and a protective plastic cover (online purchase only). The \$36.00 price will increase January 1, 2019 so don't delay.

Buy online with credit card, debit card or PayPal at <u>yearbookforever.com</u> or at school with a check made out to Rapid Run Middle School in the main office. Order now, so your child won't miss out when the yearbook is distributed before the last day of school.

As an adult, you know how important high school memories become. Don't let your child's memories fade; make sure they get a yearbook!



7th & 8th grade girl soccer players...are you thinking about continuing your soccer career at the high school? Complete this form so Coach Spraul can keep you updated on all the upcoming meetings and pre-season workouts.

https://goo.gl/forms/tKeufyigtx0hC7xe2

# District Happenings:

# November 24 Oakettes 60th Anniversary

The Oakettes will be celebrating their 60th anniversary at the Hyatt Regency Cincinnati. All former Oakettes, coaches, band members, parents and volunteers are invited to attend. Tickets are \$60 and include dinner, swag and entertainment. Tickets can be purchased through Eventbrite: <u>https://www.eventbrite.com/e/oakettes-60th-anniversary-tickets-44958301490</u>

# December 21 Alumni Basketball Game

Calling all former Oak Hills High School basketball players! You are cordially invited to the boys basketball game vs. Lakota East on Friday evening, December 21. Please RSVP to Coach Mike Price at <u>price\_m@ohlsd.org</u> or (513) 319-8408.

# EAT UP GIVE BACK

15% OF PROCEEDS WILL GO BACK TO RAPID RUN MIDDLE SCHOOL

# **NOV. 9TH ALL DAY**



**KEYSTONE'S MAC SHACK** 

5655 HARRISON AVENUE

Keeping kids safe at school with food.



Please be mindful when sending in treats to school to share with your child's friends.

We ask that all foods are preferably packaged with the label that can provide ingredients (for food allergies) and Carbohydrate counts (for diabetic insulin dosing and student with other medical conditions that are diet control related)

# Food Allergy?

- A food allergy is a medical condition in which exposure to a food triggers a harmful immune response. The immune response, called an allergic reaction, occurs because the immune system attacks proteins in the food that are normally harmless. The proteins that trigger the reaction are called allergens.
- The symptoms of an allergic reaction to food can range from mild (itchy mouth, a few hives) to severe (throat tightening, difficulty breathing).
- Anaphylaxis is a serious allergic reaction that is sudden in onset and can cause death.

Milk,eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame are the most common food allergens.

Carbohydrate counts

- allow the nurse to properly calculate the insulin dose for a diabetic student and this allows them to have the treat as well.
- Some seizure conditions are controlled by a balance of macronutrients (e.g., fat, protein, carbohydrate).

We appreciate your help and consideration in keeping the OHLSD kids safe during the school day.

OHLSD Nursing Department





# CLIPPING IS EASY! Find Box Tops on hundreds of products you know and love

## RECORTA BOX TOPS IY RECAUDA DINERO PARA TU ESCUELA!

It's easy to find Box Tops. In fact, you may have some in your home right now. Clip Box Tops from your favorite products and turn them in to your child's school today! Box Tops are each worth 10¢ and they add up fast! Encontrar Box Tops es tácil. De hecho, tal vez tengas algunos en tu casa en este momento. Recorta Box Tops de cientos de tus productos tavoritos. Cada cupón de Box Tops tiene un valor de 10€ para tu escuela ly esas cantidades se suman rápidol

### BAKING & BAKEWARE HORNEADO Y PRODUCTOS PARA HORNEAR

- Annies\* Baking Mixes
- Fiber One'' Mixes Reynolds Kitchens' Parchment Paper
- Reynolds" Bakeware Pars Reynolds Kitchens" Oven Baas
- Reynolds Kitchens" Slow Cooker Liners
   Reynolds" StayBrite" Baking Cups

## **CEREAL** CEREALES

- Anniab\*
- Apple Cinnamon Toast Crunch" Batman" Chocolate Strawberry Basic 4" Bluehere:
- Blueberry Toost Crunch\*\*
- Cascadian Farm" Cascadian Farm" Farm Stand Harvest Granola Cheerics"
- Chev"
- Cinnamon Toast Crunch'' Cinnamon Toast Crunch''' Blasted Shreds''
- Cocoa Puffs" Cockie Crisp"
- Fiber One"
- French Toast Crunch" Golden Grahams"
- Kix<sup>m</sup>
- Lucky Charms" Lucky Charms" Frosted Flakes
- Nature Valley''' Granola Nature Valley''' Oat Cereals
- Oatmeal Crisp" Peanut Butter Chocolate Blasted Shreds"
- Raisin Nut Bran
- Reese's Putis\*
- Strawberry Toast Crunch" Total
- Trix"" Wheaties"

# FOOD STORAGE

- **CONTENEDORES PARA ALIMENTOS**
- Ziploc\* brand Big Bags XL (4 ct.)
- Ziploc" brand Freezer Bags Ziploc" brand Smart Snap Containers Ziploc" brand Storage Bags Ziploc" brand Twist 'n Loc" Containers

- Ziploc" brand Vers aGlass " Containers Ziploc" brand Vacuum Freez er System
- Ziploc<sup>®</sup> brand Zip 'n Steam<sup>™</sup> Bogs

### FROZEN CONCELADOS

- Annies\* Frozen Snocks
- Cinnamon Toast Crunch" Bites

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- Pillsbury" Toaster Scrambles Pillsbury" Toaster Strudel"
- Pillsbury" Toaster Strudel"
  Totinos" Party Pizza © Pizza Rolls" Snacks

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Participation in the Box Tops for Education program may vary among individual products and package sizes.

## HOUSEHOLD CLEANING LIMPIEZA DEL HOGAR

- Finish® Dishwashing Detergent Lusol® Bathroom Cleaners
   Lusol® Disinfectant Spray & Wipes

### MEALS & SIDES **COMIDAS Y GUARNICIONES**

## Annies<sup>®</sup> Mor & Cheese

- Annies" Microwaveable Mac & Cheese Cups Annies" Soups
- Betty Crocker<sup>®</sup> Specialty Potatoes & Potato Buds Betty Crocker<sup>®</sup> Suddenly Solod

- Old El Paso" Bold Stand n' Stuff Shells Old El Paso" Bold Stand n' Stuff Shells Old El Paso" Dinner Kits Old El Paso" Rice & Beans

- Old El Paso" Shells & Seasonings Old El Paso" Soft Tortilla Taco Boats
- Old El Paso" Stand n' Stuff Shells

### PAPER PRODUCTS PRODUCTOS DE PAPEL

- Select Kleenex\* Tissue bundles
- Scott<sup>®</sup> Both Tissue
- Scott "Paper Towels Scott Naturals" Flushable Cleansing Cloths

### **PRODUCE** FRUTAS Y VERDURAS

Green Giant<sup>®</sup> Fresh Herbs
 Green Giant<sup>®</sup> Fresh Vegetables

### REFRIGERATED & DAIRY **REFRICERADOS Y LÁCTEOS**

- Annie's Refrigerated Dough

- Annies" Yongura Tubas Go-Gurt" Multipacks Pilsbury" Refrigerated Cookies Yoplalt" Original and Yoplalt" Light Fridge Packs

### SCHOOL & OFFICE SUPPLIES ARTÍCULOS PARA ESCUELA Y OFICINA

- Boise POLARIS<sup>®</sup> Premium Poper
- Bolse\* FIREWORX \* Premium Colored Paper
- Paper Mate\* Clearpoint\* Mechanical Pencils Paper Mate\* Flair\* Felt Tip Pers
- Paper Mate<sup>®</sup> InkJoy<sup>®</sup> Ballpoint Pens Paper Mate<sup>®</sup> InkJoy<sup>®</sup> Gel Retractable and Stick Pers
- Paper Mate\* Liquid Paper\* Paper Mate\* Mirado\* WoodcasePencils
- Paper Mate\* Paper Mate\* Handwriting
- Paper Mate" PinkPearl® and White Pearl® Erasers
- Paper Mate\* Profile\* Ballpoint Pers Paper Mate\* SharpWriter\* Mechanical Pencils

# Paper Mate\* Write Bros.\* Pers Paper Mate\* WriteBros.\* Mechanical Pencils

## SNACKS BOCADILLOS

- Annie's<sup>®</sup> Cookies
- Annie's" Crackers Annie's" Crispy Snack Bars Annie's" Fruit Snacks Annie's" Granola Bars

- Annie's" Organic Popcorn Annie's" Organic Putts
- Annie's\* Snock Mix

Cereal Treat Bars

Gardetto's" Snacks LÄRABAR" Kid

- Annies\* Stock Hix Annies\* Tooster Postries Betty Crocker\*\* Fruit Flavored Snacks Bugles\*\*

Fiber One" Cookie & Brownie Bites Food Should Taste Good" Snocks

LÅRABAR" (multipacks) LÅRABAR" RENOLA Grain Free Granola

Chex Mix<sup>\*\*</sup> Fiber One<sup>\*\*</sup> Bars, Brownies, Cookies, and Streusel

LÄR&BAR" ŘENOĽA Gráin Free Granola Mott's Medieus Fruit Flavored Snacks Nature Vallay Baked Oat Bites Nature Vallay Baked Oat Bites Nature Vallay Clusters Nature Vallay Clusters Nature Vallay Clusters Nature Vallay Clusters Nature Vallay Protein Salt-Baked Granola Nut Bars Nature Vallay Protein Salt-Baked Granola Bites Nature Vallay Sti-Baked Filled Squares Nature Vallay Sti-Baked Filled Squares Nature Vallay XL Sweet & Salty Bars

Cascadian Farm<sup>\*\*</sup> Granola Bars

TABLEWARE MANTELERIA

Hefty\* Style Plotes

Arm @ Hamme

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compre. con la APLICACIÓN DE

Hefty" Delux e" Plates and Platters Hefty" Party Cups Hefty" Everyday" Bowls Hefty" Everyday" Cups Hefty" Everyday" Plates Hefty" Everyday "Plates Hefty" Printed Cups

Kleenex Dinner Napkins (50 ct.)

Hefty<sup>®</sup> Compostable Trash Bags

Hefty" Steel Sak Hefty" Strong Large Trash Bags

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Arm © Hammer" Hefty= Ultra Strong Tall Kitchen Bags with

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Hefty<sup>®</sup> Strong Tall Kitchen Trash Bags Hefty<sup>®</sup> Ultra Strong Blockout Tall Kitchen Bags with

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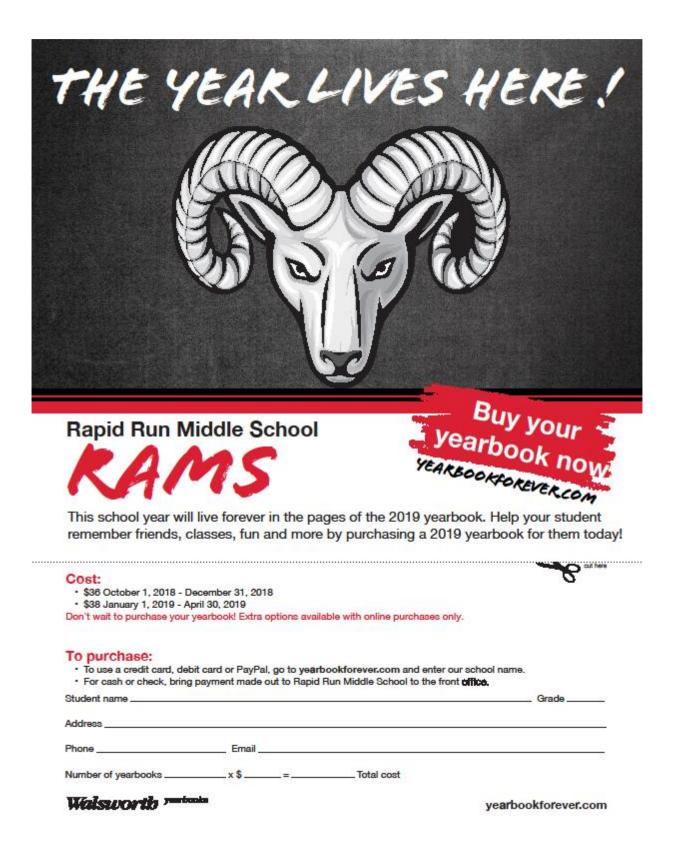
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# **2018 Highlander Card**

The student athletes in each middle school were selling "Highlander Cards" for the fall fundraiser. If you did not have the opportunity to purchase a card and would like to please contact me at <u>sowders\_s@ohlsd.org</u> or have your student stop in the Rapid Run Middle School main office to purchase a card. If you frequent any of the sixteen businesses on the card you will definitely save much more than the \$10 that the card costs.

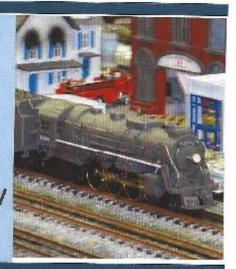






# Train Show at Green Township Senior

What: Toy Train Display When: November 17 & November 18, 2018 Where: 3620 Epley Ln. Time: Saturday & Sunday 12 pm— 5pm





Cincinnati Kinderballet Announces Fall 2018

"A CHRISTMAS CAROL"

Performance Schedule



Sat. December 1<sup>st</sup> 11:00am Historic Hoosier Theater in Vevay, Indiana Sat. December 1<sup>st</sup> 3:00pm **Rising Sun Senior Center** Sat. December 8<sup>th</sup> 11:00am Batesville Middle School Tues, December 11th 7:00pm Boone County Main Library Sat. December 15<sup>th</sup> 11:00am JF Dulles Elementary School Sun. December 16<sup>th</sup> 2:00pm Kenton County Erlanger Branch Library Sat. December 22<sup>nd</sup> 3:00pm Groesbeck Branch of the Public Library

This year the AVO School of Ballet and the Cincinnati Kinderballet are celebrating 70 years of ballet excellence in Cincinnati. The tradition that Anneliese Von Oettingen began in 1948 still flourishes and delights today. Our performing company, The Cincinnati Kinderballet will perform the holiday classic "A CHRISTMAS CAROL" this December in venues all across the tristate area. We have partnered with local schools, libraries, and community organizations to present this classical ballet story in an engaging format to children and adults alike. Children are invited to participate in an interactive storytelling at the end of the performance which is always popular! Engaging characters such as Scrooge, Tiny Tim, and the ghosts of Christmas past, present and future will weave a tale of delight and intrigue for all.

Information about dates, times and locations for all performances can be found at avoballet.org or call 513-481-0092. Most performances are FREE and tickets are not required. A simple way to keep the kids in our community safe.



Over 800 kids spend a fun, but safe night after the prom every spring. We want this event to continue for years to come to keep future OH students safe as well. If you are currently linked to After Prom you no longer need to re-enroll. Thank you for helping this cause. If you have not linked your card, please consider doing so.

Go to www.krogercommunitvrewards.com

Click on "Enroll" your Plus Card. Once enrolled, click MY ACCOUNT, and choose the bottom bar - COMMUNITY REWARDS. Enter the number **80549**. That's it!

Your support is so needed, effects so many, and is greatly appreciated, <u>Please spread the word!</u> <u>Thank you.</u>

Questions? Contact: Kelli Wagner, wagner\_k@ohlsd.org OHHS PTA After Prom Gift Card Chair and grateful mom of one of those students who came home safely thanks to After Prom.

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Over 800 kids spend a fun, but safe night after the prom every spring. We want this event to continue for years to come to keep future OH students safe as well. Thank you for helping this cause. If you have not linked your Remke rewards card, please consider doing so.

# Community Program: Caring Neighbor

It pays to shop at a local business in your community.

With our Caring Neighbor program, sign-up and we will donate up to 2% to your favorite community non-profit for every purchase made when you use your Remke Rewards card.

# Here's How!

- · Sign in to your account
- · Go to My Account in the top right corner of the page
- Choose OAK HILLS HIGH SCHOOL PTA AFTER PROM

Your support is so needed, effects so many, and is greatly appreciated, <u>Please spread the word!</u>

# Thank you.

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