

# The Rocket Report

Taken from OperationHappyNurse.org...we can all use the reminder to show gratitude, especially during this month.



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## HEALTH BENEFITS OF GRATITUDE

1. IMPROVES SLEEP QUALITY 
2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION 
3. INCREASES YOUR ENERGY LEVELS
4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS 
5. HELPS YOU LIVE LONGER

## HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS 
2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR 
3. VOLUNTEER IN YOUR COMMUNITY
4. DO SMALL RANDOM ACTS OF KINDNESS
5. SMILE! 

SOURCES: <http://happynurse.org/research/review-the-value-of-positive-psychology-for-health-psychology-progress-and-potential-examining-the-foundation-of-positive-phenomena-and-health/> (<http://www.sciencedirect.com/science/article/pii/S0278612514000000>) (<http://labnews.go.com/lifestyle/thanksgiving-tradition-gratitude-good-health-research/story?id=51113064>)

**TOPLINE<sup>MD</sup>**  
 HEALTH ALLIANCE

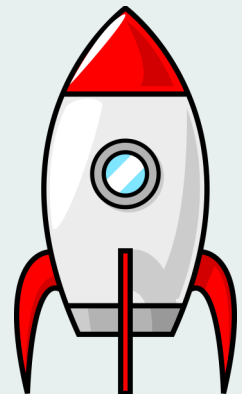
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Happy Thanksgiving Break!



November  
 27—29





Nov 11, 2024

Today and Every-  
day...

## School Nurse News



Angela Tougas, RN

School Nurse

317.789.1641

atougas@riselearningcenter.org

Flu and Cold season is upon us. Please monitor your student for those cold and flu symptoms. Please do not send your student to school if he/she has a fever, is vomiting, or has diarrhea. If your student is sent home with these symptoms, he/she must stay home until the symptoms subside for 24 hours without medication.

Please contact the clinic with any questions. Have a safe and healthy November!



*"Gratitude helps us to see what is there instead of what isn't."*

*~Annette Bridges*

## UPCOMING EVENTS!

⇒ Thanksgiving Break—  
Nov 27-29

⇒ Holiday Family Fun  
Night—Dec 17

⇒ End of 2nd Grading  
Period — Dec 20

⇒ Winter Break — Dec  
23—Jan 3



⇒ MLK Day/Snow  
Makeup day, if need-  
ed—Jan 20

⇒ Presidents' Day/Snow  
Makeup day, if need-  
ed—Feb 17

⇒ Spring Break—March  
17—28

## FYI....

**ACC Breakfast with Santa is for families affected by autism.**

ACC's annual Breakfast with Santa will have a delicious breakfast, "reindeer" games, holiday crafts, carriage rides, and a chance to meet with Santa Claus! Breakfast with Santa is for families affected by autism. Lots of fun for all ages and everyone in the family to enjoy.

Saturday, December 21st | 9:00am to 11:00am

New Hope Church

5307 W. Fairview Rd. Greenwood, IN 46142

\*\* Registration will open beginning of November 2024\*\*

Registration is required to attend Breakfast with Santa and will cost \$10 per family.

Our carriage rides are limited and will be first come, first served basis. We will email your scheduled time for the carriage ride before the event. Up to six attendees can ride in a carriage at a time.

Learn more at <https://autismcc-in.org/breakfast-with-santa/>



## NEED TO KNOW

- ***Be on the look out for information for our Holiday Family Fun Night coming December 17, 6:00pm-7:00pm***



# Dog Treats



**3 for \$1**

**18 for \$5**

**Flavors: Peanut Butter & Honey**

**or**

**Peanut Butter & Pumpkin**

Homemade, all natural dog treat sales support the MOVE program at the RISE Learning Center.

Please email all orders to Monica Poncé at [mponce@riselearningcenter.org](mailto:mponce@riselearningcenter.org).

Cash, check (made out to the RLC) accepted. Please allow 1-2 weeks for delivery.



Shout out to Rayva C. for being our Top Student Wreath Seller again this year! We raised over \$700 in profit. Thank you to everyone who bought wreaths from the MOVE fundraiser!



Our first basketball practice of the season will be on Tuesday, November 19th from 2:30 to 3:30.

Please contact Mr. Krebs if you'd like your student to participate.

[tkrebs@riselearningcenter.org](mailto:tkrebs@riselearningcenter.org)



**Special  
Olympics  
Indiana**

**Kroger** is committed to bringing hope and help to local neighborhoods. The stores are on a mission to not just be a part of, but to help create a stronger community. They recognize that every community has unique causes that need support.

**Between July 1 - Sept 30, our school earned \$274.21.**

We now have

**99 households**

enrolled in the Community Rewards Program. Thank you to those who participate already! Please consider joining if you have not already done so.

**SIGNING UP DOES NOT AFFECT YOUR GAS POINTS!**



Dear Parents,

We will hold practices on the following dates from 2:30pm-**3:25pm**. Please pick your daughter up promptly at 3:25pm. We will be at door 9. During the school year, spirit club will meet once/twice a month to work on social skills, team building, making posters to boost school moral, practice life skills such as cooking and of course practicing our cheers. During basketball season, we will meet twice a month to practice our cheers ☺

Practice Dates: TUESDAYS 2:30pm—3:25pm

November 14: Intros& What are we thankful for?

February 6 & 20: Basketball Cheer

December 12: Holidays around the world

March 13: The power of women

January 16 & 30: Basketball Cheer

April 10: Spring is in the air—Take care of our Earth

May 8: End of year celebration & Awards



## **SPIRIT CLUB**

If you would like your child to participate in the Spirit Club, please sign and complete the form below ASAP.

Student name: \_\_\_\_\_

Student's teacher: \_\_\_\_\_

Guardian name: \_\_\_\_\_

Guardian signature: \_\_\_\_\_

Phone number: \_\_\_\_\_

Any important info I need to be aware of?

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We will keep your child after school unless I am notified prior. If your child cannot stay, please let us know. 317.789-1606, [adilk@riselearningcenter.org](mailto:adilk@riselearningcenter.org), or text 317.721.1413