

The Rocket Report



RISE LEARNING CENTER
5391 SHELBY STREET
INDIANAPOLIS, IN 46227
317.789.1621
317.780.4268 FAX
riselearningcenter.org
 Facebook: RISE Learning Center

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From the Athletic Department:



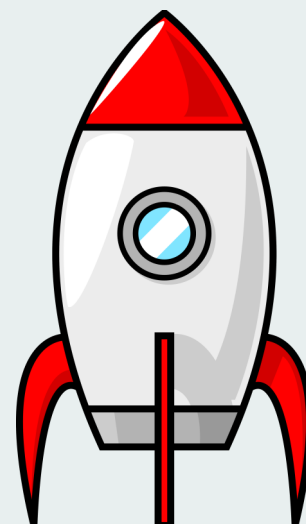
We are so excited to be able to have our Special Olympics Track and Field team and Spirit Club meet again. It has been too long since we have last been together in this capacity! Please know we are still taking precautions as we remain in the middle of a pandemic. Below are some of the measures we are taking during this time:

- Equipment will be sanitized after use
- No shared equipment between athletes/ participants
- Each athlete will use his/her own water bottle
- Social distanced activities when possible
- Hand sanitizer available and encouraged
- Hand washing before and after practice/meeting
- Temperature checks prior to each practice/meeting
- Masks to be worn during all activities when running is not involved
- Use outdoor spaces when possible
- No handshakes, high-fives, or fist bumps – only elbow bumps allowed



~Mr. Krebs

Track and Field Schedule: Every Tuesday, April 6—May 25
 Spirit Club Schedule: Every Tuesday, April 6—May 18





Testing Window:
April 7—May 21
Grades 3-8, 10

Coronavirus Food Assistance Program

What: Drive-Thru Food Pantry

When: Thursday, April 8th

Time: 3:30-6:00pm

Where: RLC 5391 Shelby St., Door 3

What: Dairy, Fruit, Vegetables, and Meat

This is available for all of our families.



“Some of the most wonderful people are the ones who don’t fit into boxes.” ~Tori Amos

Last Day of
school is
May 27th!



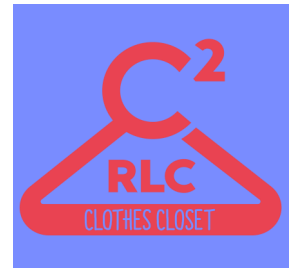
Next school year begins
on July 26th.



- CHECK IT OUT!
Special Needs Living Southside Magazine
<https://issuu.com/specialneedslivingindy>
New issues each month!
- Gleaners Food Bank Hours of Operation
Gleaners Community Cupboard
3737 Waldemere Ave
Indianapolis, IN 46241 Marion **(317) 925-0191**
10 am to 3 pm on Tuesdays and Wednesdays
2 to 7 pm Thursdays
9 am to Noon on Saturdays - STARTING FEBRUARY 20
- No Prom this year.

Clothing Closet

Please send in sizes with your student and specific needs. This can be for any family member. We need to get some clothing moved out. We are only accepting teachers and staff as shoppers and are not currently open to the public with COVID restrictions and visiting restrictions, but will be happy to shop for anyone in need. You can contact Ms. Posey at 317/789-1646 or rposey@riselearningcenter.org with any specific needs. **We are in need of Men's Athletic type pants sizes Small to XXL. Send them in a bag and be sure to label "Clothing Donation". Our Transition age classrooms (Posey and Nation) are busy washing, folding, organizing, and hanging all clothing items.



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 May at mmay@riselearningcenter.org.**
Cash or check (made out to the RLC). Please allow 1 week for delivery.



School Nurse Newsletter

Spring has Sprung!



Allergy Season is upon us and can cause a multitude of symptoms!!!

Allergies are a major cause of illness in the United States. Up to 50 million Americans, including millions of kids, have some type of allergy. In fact, allergies cause about 2 million missed school days each year. <https://kidshealth.org/en/parents/allergy.html>

Warmer weather is the time when children often spend the most time outdoors. Playing outside is a great way to stay active, however Spring and Summer are big seasons for allergies. One of the largest seasonal allergies of Spring is grass. Grass produces pollen that affects outdoor allergies and can be easily brought indoors by wind, people, and pets. Sometimes grass allergies can be easy to identify based on the series of symptoms that follow exposure to the substance. But it can also be more subtle and difficult to pinpoint the exact cause of your child's symptoms.



produces pollen that affects outdoor allergies and can be easily brought indoors by wind, people, and pets. Sometimes grass allergies can be easy to identify based on the series of symptoms that follow exposure to the substance. But it can also be more subtle and difficult to pinpoint the exact cause of your child's symptoms.

When to Suspect an Allergy

Here are some common indicators that could lead you to believe your child may have an allergy.

According to the American Academy of Pediatrics, "repeated or chronic cold-like symptoms that last more than a week or two, or that develop at about the same time every year." These could include:

Runny nose
Nasal stuffiness
Sneezing
Throat clearing

Sniffling
Snorting
Itchy, runny eyes
Nose rubbing

Also, the American Academy of Pediatrics states that itching and tingling sensations in the mouth and throat typically suggest an allergy to a substance. Itchiness is not usually a complaint with a cold, but it is the hallmark of an allergy problem.

Controlling Grass Allergy Symptoms

- Keep the grass in your yard short.
- Use air conditioning, when possible, to reduce the exposure to pollen in both your home and car.
- Work with your child's pediatrician for treatment. It is important to make sure your child's possible allergies are correctly diagnosed and properly treated. <https://myalliancepediatrics.com/grass-allergies/>