

Rota Community Schools Family♥Night

Social Emotional Wellness (SEW)

The process of establishing and maintaining positive relationships
as well as understanding and managing our emotions.

April 17, 2024

4:45

FREE DINNER

KIDS' FUN ZONE

PARENT SESSIONS

PTSA SCHOLASTIC BOOK FAIR

MWR FAMILY SHOW

DGF Multipurpose Building (MPB)



Resources, Education, Connections & Community
Rota Community Social Emotional Wellness Initiative

Rota Elementary School

STEAM

Science-Technology-Engineering-Arts-Mathematics

**CALLING ALL SCIENCE, TECH, ENGINEERING, ART,
AND MATH ENTHUSIASTS OF THE TORO
COMMUNITY!**

**Wednesday
May 1**

5:00 - 7:00 p.m.

Dive into a world where education meets imagination at the **4th Annual STEAM Expo Family Night!** Whether you're a budding scientist, a tech guru, an innovative engineer, a creative artist, or a math whiz, we want you to share your passion with the bright minds at Rota Elementary School.

No idea is too big or too small, and if you need a spark of inspiration or any assistance, we're here to help.

**Let's Ignite Curiosity and
Foster the Joy of Learning
Together!**

For participation and more information, reach out to danielle.strutton@dodea.edu.

**Don't Miss Out On This Night
of Discovery and Fun — Be
Part of the S.T.E.A.M. Dream
Team!**

#DoDEAMilKids Week

MONDAY

April 15th



SHARE A SELFIE

Add one of our MoMC frames to a photo with a #DoDEAMilKid to show your support of military-connected children!

TUESDAY

April 16th



PATRIOTIC DAY

From ribbons and bows to stars and stripes, the sky is the limit for this day! Show off your most patriotic attire.

WEDNESDAY

April 17th



PURPLE UP! DAY

Wear purple to show support and thank military youth for their strength and sacrifices.

#PurpleUpDoDEA

THURSDAY

April 18th



HERO DAY

Dress in your favorite hero look! Capes, combat boots, scrubs and more! What does a hero look like to you?

FRIDAY

April 19th



SPIRIT DAY

Show your DoDEA spirit! Wear your school colors, dress as your mascot or rock your school or class shirts.

dodea

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

S.T.E.A.M.

*Science*Technology*Engineering*Arts*Math*

January 29, 2024

Dear DGF Families,

Are you a Scientist? Tech-savvy? An Engineer? An Artist? A Mathematician?

Are you willing to share your talents with the DGF Elementary School children? We are looking for presenters to present a STEAM activity of your own creation to families at our 4th annual STEAM event on **Wednesday, May 1st**, from 5:00- 7:00 pm. Any presentations given during the STEAM Expo Family Night will not be judged.

Some fan favorites from **past presenters** include:

- A bubble-blowing station - where kids decide which solution is the best
- Building a Balanced Scale
- Who can build the best foil boat? Fill it with pennies until it sinks.
- Magnatite competition: Who can build the tallest structure with geometric shapes?
- Making colorful SLIME
- Build an Air Powered Race Car, and MANY more.

Come up with your own idea OR let us help you find one! Please email danielle.strutton@dodea.edu with questions/concerns.

Please let us know if you are able and willing to help us provide an excellent night of educational fun by filling out the portion below, and sending it back to school with your child.

THANK YOU!

THE DGF STEAM COMMITTEE

YES! I volunteer to present at STEAM night on **Wednesday, May 1st, 2024**.

My activity is based in: **(Please circle one)** Science Technology Engineering Art Math

Parent Name / Student name

Parent Email

ACTIVITY TITLE AND DESCRIPTION:

MENTAL HEALTH ROADMAP

Are you feeling stressed and need help, but don't know where to start?

START HERE

Command: Naval Station Rota



EXPANDED OPERATIONAL STRESS CONTROL

Navywide peer-to-peer stress control program that provides resilience education and training that promotes early recognition and mitigation of stress-related problems.

Contact your E-OSC Team Leader:
Contact your Command



COMMAND CHAPLAINS

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:
+34 956 82 2161 or 727 2161 / +34 639 101 864



MILITARY & FAMILY LIFE COUNSELING

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:
+34 624 368 371 / +34 722 144 636



INDEPENDENT DUTY CORPSMAN/GENERAL MEDICAL OFFICER

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions or duty determinations. They provide medical management for most mental health concerns and can communicate with CO and other providers.

Contact your IDC or GMO:
Contact your Command



MILITARY ONESOURCE

Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

Contact Mil OneSource:
800-342-9647 or live chat on
www.militaryonesource.mil



FLEET AND FAMILY SUPPORT CENTER

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact your FFSC:
+34 956 82 3232 / 727 3232



EMBEDDED MENTAL HEALTH

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

Contact your EMH:
Contact your Command



MILITARY TREATMENT FACILITIES

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

Schedule an appointment:
+34 956 82 3618 / 727-3618



EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others, or has become gravely disabled.



APRIL 2024

Month of the Military Child (MOMC)

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Quarter 4 Begins	2	3	4	5	6
7	8	9	10	11	12 MOMC Event Bingo Night	13
14	15 Book Fair	16 Book Fair	17 Purple Up! Day MOMC Event Family/SEW Night Book Fair Night	18 Book Fair	19	20
21	22 No School (Teacher Training)	23 EOY Assessment (Math)	24 EOY Assessment (Math) Administrative Assistant's Day	25	26 EOY Assessment (Math)	27
28	29	30				

APRIL 2024

ROTA ELEMENTARY LUNCH

MONDAY 1

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Pasta w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

MONDAY 8

- (1) Chicken Tenders w/ Roll OR
- (2) Lasagna w/ Roll

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

MONDAY 15

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Pasta w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

MONDAY 22

No School

MONDAY 29

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Pasta w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

TUESDAY 2

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 9

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 16

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 23

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 30

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

WEDNESDAY 3

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 10

- (1) Chicken Burrito Rice Bowl OR
- (2) Hotdog

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 17

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 24

- (1) Chicken Burrito Rice Bowl OR
- (2) Hotdog

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

THURSDAY 4

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sunbutter & Jelly Sandwich

Variety of Fruits

Seasoned Green Beans

Mashed Potatoes

Choice of Milk

THURSDAY 11

- (1) Nachos Supreme OR
- (2) Grilled Cheese

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 18

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sunbutter & Jelly Sandwich

Variety of Fruits

Seasoned Green Beans

Mashed Potatoes

Choice of Milk

THURSDAY 25

- (1) Nachos Supreme OR
- (2) Grilled Cheese

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

FRIDAY 5

- (1) Pizza OR
- (2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Baked Potato

Choice of Milk

FRIDAY 12

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Baked Potato

Choice of Milk

FRIDAY 19

- (1) Pizza OR
- (2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Baked Potato

Choice of Milk

FRIDAY 26

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Baked Potato

Choice of Milk

MAKE A COMPLETE MEAL:

Entrees: Choose One

*Fruit: Choose One OR Two

*Vegetables: Choose One OR Two

Milk: Choose One

Must Choose a Fruit OR Vegetable

NOTE: Students are permitted one complete meal. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

Menu subject to change based on availability

APRIL 2024

SURE START LUNCH

MONDAY 1

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 8

Lasagna w/ Roll
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 15

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 22

No School

MONDAY 29

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

TUESDAY 2

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 9

Ham and Cheese Croissant
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 16

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 23

Breakfast for Lunch
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 30

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

WEDNESDAY 3

Cheese Quesadilla w/ Spanish Rice
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 10

Hotdog
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 17

Cheese Quesadilla w/ Spanish Rice
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 24

Hotdog
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

THURSDAY 4

Sunbutter & Jelly Sandwich
Variety of Fruits
 Seasoned Green Beans
 Mashed Potatoes
 Choice of Milk

THURSDAY 11

Nachos Supreme
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

THURSDAY 18

Sunbutter & Jelly Sandwich
Variety of Fruits
 Seasoned Green Beans
 Mashed Potatoes
 Choice of Milk

THURSDAY 25

Grilled Cheese
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

FRIDAY 5

Pizza
Variety of Fruits
 Romaine Side Salad
 Baked Potato
 Choice of Milk

FRIDAY 12

Italian Meatball Sub
Variety of Fruits
 Romaine Side Salad
 Baked Potato
 Choice of Milk

FRIDAY 19

Pizza
Variety of Fruits
 Romaine Side Salad
 Baked Potato
 Choice of Milk

FRIDAY 26

Macaroni + Cheese
Variety of Fruits
 Romaine Side Salad
 Baked Potato
 Choice of Milk

2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

Sure Start lunch is served family style

Family Style Means:

- Children eat in their classrooms
- Everyone eats the same food
- Children Serves themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills
- Sharing

DGF Rota Elementary School | 2023-2024 CALENDAR

	No School
	Early Release @1105
	Key Date

14-18 Teacher Work Week (No School)
21 First Day of School (1st-5th)
28 First Day of School (K/PSCD)

AUGUST '23						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY '24						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

16 Q3 Staff Training (No School)
19 Presidents' Day (No School)
23 End of Sure Start Trimester 2
26 Sure Start Teacher Workday

04 Labor Day (No School)
07 First Day of School (Sure Start)
18 Teacher Training

SEPTEMBER '23						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MARCH '24						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

13 Teacher Training
21 End Quarter 3
22 Teacher Workday (No School)
25-29 Spring Recess (No School)

09 Columbus Day (No School)
10 Q1 Staff Training (No School)
19 End Quarter 1
20 Teacher Workday (No School)

OCTOBER '23						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL '24						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

22 Q4 Staff Training (No School)

06 Parent Conferences
07 Parent Conferences/ Teacher Training
08 Parent Conferences/Teacher Training
10 Veterans Day (No School)
22 End of Sure Start Trimester 1
23 Thanksgiving Day (No School)
24 Fall Recess (No School)
27 Sure Start Teacher Workday

NOVEMBER '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY '24						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

14 Teacher Training
27 Memorial Day (No School)
29 Last Day of School (Sure Start)
30 Sure Start Teacher Workday
31 HS Graduation

04 Q2 Staff Training
18-29 Winter Break (No School)

DECEMBER '23						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE '24						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

05 End Quarter 4
06 Teacher Workday (No School)

01 New Year's Day (No School)
11 End Quarter 2
12 Teacher Workday (No School)
15 MLK Day (No School)
16 Semester 2 Begins
24 Parent Conferences/Teacher Training

JANUARY '24						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

CONTACT INFORMATION

Phone: 34-956-824-185/187
DSN Phone: 314-727-4185/4187

CHECK US OUT AT

<https://www.dodea.edu/RotaES/>

<https://www.facebook.com/RotaDGFes/>



NOTE: Every Thursday students are dismissed at 1:45 p.m. for teacher focused collaboration.

Revised -August 13th, 2023.