



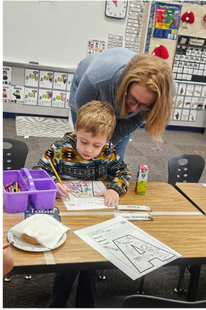
Renaissance Report

September 25, 2026



We loved starting our week off with so many of our families! Thank you for joining us for Donuts with Grownups. We are so thankful for all of our parents, guardians, and for our wonderful RPSA Parent Club for making opportunities like this possible.







THANK YOU PARENT CLUB!

Donuts With Grownups
September 2026



Poll Results

Thank you for taking a moment to complete the poll included in last week's newsletter. We will keep these results in mind for future parent event planning.

 Poll 1 **LIVE** (September 18th until October 2nd, 2026)

When would you be most likely to attend a parent event?	Percent	Votes
 Weekday evenings after 5:00pm	43	10
Weekdays right after school	26	6
Weekend Afternoons	17	4
Weekday mornings before 10:00am	9	2
Weekend Mornings	4	1
Total	100	23

#RAMSPRIDE SHOUT OUTS

Be Safe. Be Responsible. Be Kind. Work Hard.

We love celebrating our students when they're caught showing RAMS Pride. We look for students who are being safe, being responsible, being kind, or working hard and try to highlight them with a "Shout Out". Students receive a blue paper to bring home and show off to their families. Their names are also included in the weekly newsletter. The first time a student receives a shout out, they get to visit the book vending machine too!

We're excited to celebrate these amazing students who received a Shout Out this week!

Michael C.
Aryani H.
David J.



Grady D.
Catalina M.
Jackson F.
Olive F.
Justin K.
Milah N.
Amelia C.
Evangeline K.
Noah W.
Waylon R.
Brad M.
Adrienne M.
Clarke M.
Brendan L.
Kenza K.
Zayda K.
Archer H.
Eleanora C.
Tre C.
Lucas S.
Caleb K.
Jessie F.
Julian R.
Leira J.
Lillianna W.
Louen A.
Aarav G.
Oliver W.
Liam T.
Kavon T.
Alieyah R.
Katie G.
Ryla R.
Avery W.
Kira S.
Braylon A.
Maveryck W.
Kavon T.
Charlie A.
Judah H.

Breakfast & Lunch Menu, September 28th - October 2nd



	9/28/26	9/29/26	9/30/26	10/1/26	10/2/26
Breakfast	Cereal Strawberries Fruit Juice Milk	Blueberry Muffin Yogurt Fruit Fruit Juice Milk	Cereal Fruit juice Apple Sauce Milk	Cereal Apples Fruit Juice Milk	Donuts Berry Sorbert Apple Sauce Milk
Lunch	Ravioli Rolls Fruit Cup Milk or Chicken Salad	Taco sticks Salsa Sour Cream Peaches Milk or Chicken Salad	Dominos Cheese Pizza Broccoli Vegetable Juice Fruit Cup Milk or Chicken Salad	Teryaki Bites Dinner Roll Carrots Mandarin Oranges Milk or Chicken Salad	Chicken Corn Dogs Baked Beans Fruit Milk or Chicken Salad

Choice of White or Chocolate Milk Served Daily

USDA is an equal opportunity provider

[Download the school calendar and handbooks here!](#)

Important Dates

September 30th - Orange Shirt Day

October 3rd - CMU Homecoming Parade

October 6th - Picture Retakes

October 8th-15th Scholastic Book Fair

October 10th - Harvest Festival

October 13th - Musical Informational Meeting

October 15th - Student Led Conferences (no school for students)

October 16th - No School for All Students

October 26th - Parent Club Meeting

Reminders

Student Led Conferences

Student-Led Conferences are coming soon! At Renaissance, we believe students should have a strong voice in their learning, and conferences give them the opportunity to proudly share their work, reflect on their growth, and talk about where they want to go next. **Please be sure to sign up for a conference time and give your child the opportunity to take the lead! SLCs will take place on October 15, 2026 - there is no school for students this day.**

Why Student-Led Conferences Matter:

- Builds **student voice, ownership, and confidence**
- Encourages students to **reflect on their learning and growth**
- Provides an authentic opportunity to **share projects, learning, and accomplishments**
- Helps students identify their **strengths, challenges, and next steps**
- Develops important **communication and leadership skills**
- Gives families a deeper look at learning **through their child's perspective**
- Strengthens the partnership between **students, families, and teachers**
- Reinforces our belief that students are not just participants in learning—they are **leaders of their learning**

From the School Counselor

September SEL Focus

As part of our commitment to supporting students' social-emotional growth, our school uses The Zones of Regulation framework. Designed by Leah Kuypers, this curriculum helps children build emotional awareness, self-regulation skills, and problem-solving strategies.

By categorizing feelings into four distinct color-coded zones, students learn that all emotions are natural and valid—while gaining the tools to navigate them effectively.

How Emotions Affect Energy in the Body

Our emotional states are directly tied to the level of energy in our minds and bodies. Recognizing these bodily energy shifts is often the first step for students to notice how they are feeling before an emotion becomes overwhelming.

💙 The Blue Zone: Low & Slow Energy

- How the body feels: Sluggish, tired, heavy, or down.
- Common emotions: Sad, tired, bored, sick, or lonely.
- Impact on learning: Body energy is running on low, making it hard to initiate tasks or stay engaged. Students in the Blue Zone may need a quick movement break, a glass of water, or a quiet moment to recharge.

💚 The Green Zone: Medium Energy & Ready to Learn

- How the body feels: Calm, focused, balanced, and in control.
- Common emotions: Happy, calm, focused, proud, or content.
- Impact on learning: This is the ideal state for classroom learning, social interaction, and problem-solving. Energy is steady, allowing students to pay attention and process information easily.

💛 The Yellow Zone: Fast & Elevated Energy

- How the body feels: Restless, wiggly, tense, or "buzzy."
- Common emotions: Frustrated, excited, anxious, nervous, or silly.
- Impact on learning: Energy starts moving faster, and focus begins to decrease. Students in the Yellow Zone need to recognize these warning signs and use proactive coping tools (like deep breathing or stretching) before energy gets too high.

❤️ The Red Zone: Extremely High Energy

- How the body feels: Overwhelmed, racing heart, explosive, or out of control.
- Common emotions: Angry, terrified, panicked, elated, or furious.
- Impact on learning: Energy is extremely high and feelings are intense. Clear thinking and learning are temporarily paused. When in the Red Zone, the focus shifts entirely to safety, taking a pause, and utilizing calming strategies to gradually return to Green.

How You Can Support at Home

1. Check in with Zones: Ask your child, "What Zone are you in right now?" or share your own zone (e.g., "I'm feeling in the Yellow Zone because traffic was stressful").
2. Normalize All Zones: Remind your child that it is okay to experience any zone. There are no "bad" zones—the goal is simply noticing where we are and knowing how to manage it.
3. Practice Regulation Tools: Help your child identify what helps them get back to Green, whether it's taking deep "balloon" breaths, taking a short walk, listening to music, or squeezing a stress ball.

If you have any questions about how we use the Zones of Regulation in our classrooms, please feel free to reach out to your child's teacher or Mrs. Schumacker.

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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From *The Zones of Regulation*® by Leah M. Kuypers • Available at www.socialthinking.com

Upcoming Events

Orange Shirt Day

ORANGE SHIRT DAY-SEPTEMBER 30TH



FREQUENTLY ASKED QUESTIONS ABOUT ORANGE SHIRT DAY

What is Orange Shirt Day and when does it occur each year? Orange Shirt Day, September 30th, is a day to honor and uphold Survivors and intergenerational Survivors of the Indian residential school system, and to commemorate those who didn't return home.

What does Orange Shirt Day symbolize and why?

Orange Shirt Day was created as an opportunity to discuss the effects of residential schools and their legacy. It honors the experiences of Indigenous Peoples, celebrates resilience and affirms a commitment that every child matters.

What is Orange Shirt Day in US?

September 30th is a day of recognition across the United States and Canada. Orange Shirt Day honors Indigenous children who were lost at residential and boarding schools. It also honors the legacy of survivors.

Is Orange Shirt Day only in Canada?

The event led to the annual September 30th Orange Shirt Day as a means of remembrance, teaching, and healing. In June 2021, the federal government declared 30 September a national statutory holiday to coincide with Orange Shirt Day.

How do you explain every child matters?

"Every child matters," became the motto of what soon became Orange Shirt Day, honoring even the wounded inner child within the adult survivors of Indian residential schools in Canada. It is an expression of the belief that all children are important, including the ones left behind at residential schools and adults who are still healing from the trauma they endured there.

What is reconciliation in simple words?

Reconciliation is a situation in which two people or groups of people become friendly again after they have argued: It took hours of negotiations to bring about a reconciliation between the two sides. It is the process of making two opposite beliefs, ideas, or situations agree. Reconciliation is about making & accepting apologies.

-courtesy of SCIT Tribal Observer

Parent Club Harvest Festival



HARVEST *Festival*

HOSTED BY THE RAMS PARENT CLUB!

SATURDAY OCTOBER, 10TH

2:00 - 5:00 P.M.

RPSA PLAYGROUND AND FIELD



- GAMES
- FACE PAINTING
- MAZE
- CARAMEL APPLE BAR
- PUMPKIN PAINTING
(WHILE SUPPLIES LAST)



CMU Homecoming Parade

RPSA is walking
and riding on a
float in the...

CMU

**Homecoming
Parade!**

Saturday, October 3rd.

Parade starts at
11:00am, participants
will meet up before the
parade begins.

Interested in
joining? Make
sure to fill out
the Google Form
right away!



Our amazing Rams Parent Club is helping to make this opportunity possible! All staff, and students in grades 3-8 are invited to join!

Please complete this form if interested in walking in the parade:

[RPSA Walks in the CMU Homecoming Parade-2026!](#)

RPSA Walks in the CMU Homecoming Parade-2026!

Want to join the Rams Parent Club and walk in the CMU Homecoming parade on Saturday, October 3rd?

Students and parents will walk beside the RPSA float and some will join Renny the Ram on the float in the parade and we'd love to have you join us! Participation is open to staff, students in grades 3-8 (and their siblings). If you and your child would like to join us, complete the registration form below by **8:00 am, Friday, October 2nd, 2026**. The first 25 who sign up will be able to join!

Information regarding drop of location and time is communicated in the document. Students and families walking in the parade should plan to wear RPSA gear. The parade will take place from 11:00-12:30pm, but parade participants will be asked to arrive before this.



Musical Information Night

Ram's players presents:

FROZEN JR

AUDITIONS
DECEMBER

◀ 7.8.10.11 ▶
3:30-6:30

NEW THIS YEAR:
WORK SHOPS
AND
PRODUCTION
CLUB

Grades 3-8

INFORMATION
MEETING
OCTOBER 13TH
6PM
PRESENTATION
SPACE



Please reach out to Fia at
froebuck@renaissancepsa.com
with any questions

Parent Club



RAMS CARD SALES OFFICIALLY END WEDNESDAY 9/30/26

If you have cards checked out
or money to return, please do
so as soon as possible

**THANKS SO MUCH FOR THE
SUPPORT AND SALES!**

Questions?



ramsparentclub@renaissancepsa.com

Picture Retakes

Picture retakes will be October 6, 2026. All students will have their photo taken for the yearbook. Parents will receive an email from Guys and Dolls Photography after picture day is complete with information for ordering picture prints.



Picture Day FAQs With Student ID Number.pdf

[Download](#)

37.7 KB



School Price Guide.pdf

[Download](#)

12.0 MB

Attendance Matters

At Renaissance, some of the most meaningful learning happens through **inquiry, collaboration, hands-on projects, and experiences that simply can't be recreated when a student misses school.** Building strong attendance habits at home—consistent bedtimes, morning routines, and making school attendance a priority—helps ensure students are here, ready, and excited to take part in each day's learning.

We have been tracking our attendance already this school year and we are off to a great start. Our schoolwide goal is 95% average daily attendance. During the first 4 weeks of school we've hit that goal 3 out of 4 weeks!

Be here. Be curious. Be a Ram!



ATTEND TODAY.
ACHIEVE TOMORROW.

Good attendance today leads to more **learning**, more **growth**, and more **opportunities** for tomorrow.

 ☒ Be here.
☒ Be ready.
☒ Be your best.

STRIVE FOR FEWER THAN **5**
ATTENDANCE MATTERS!

 Renaissance Academy
RAMS

A young boy with blonde hair and a blue shirt is holding a book titled "Mummies, Pyramids, and Pharaohs" by Chris Madden. He has a surprised or excited expression on his face. The book cover features illustrations of pyramids, mummies, and ancient Egyptian figures.

Mrs. Nix

School Leader

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