

Foundation Academy Newsletter



OCTOBER

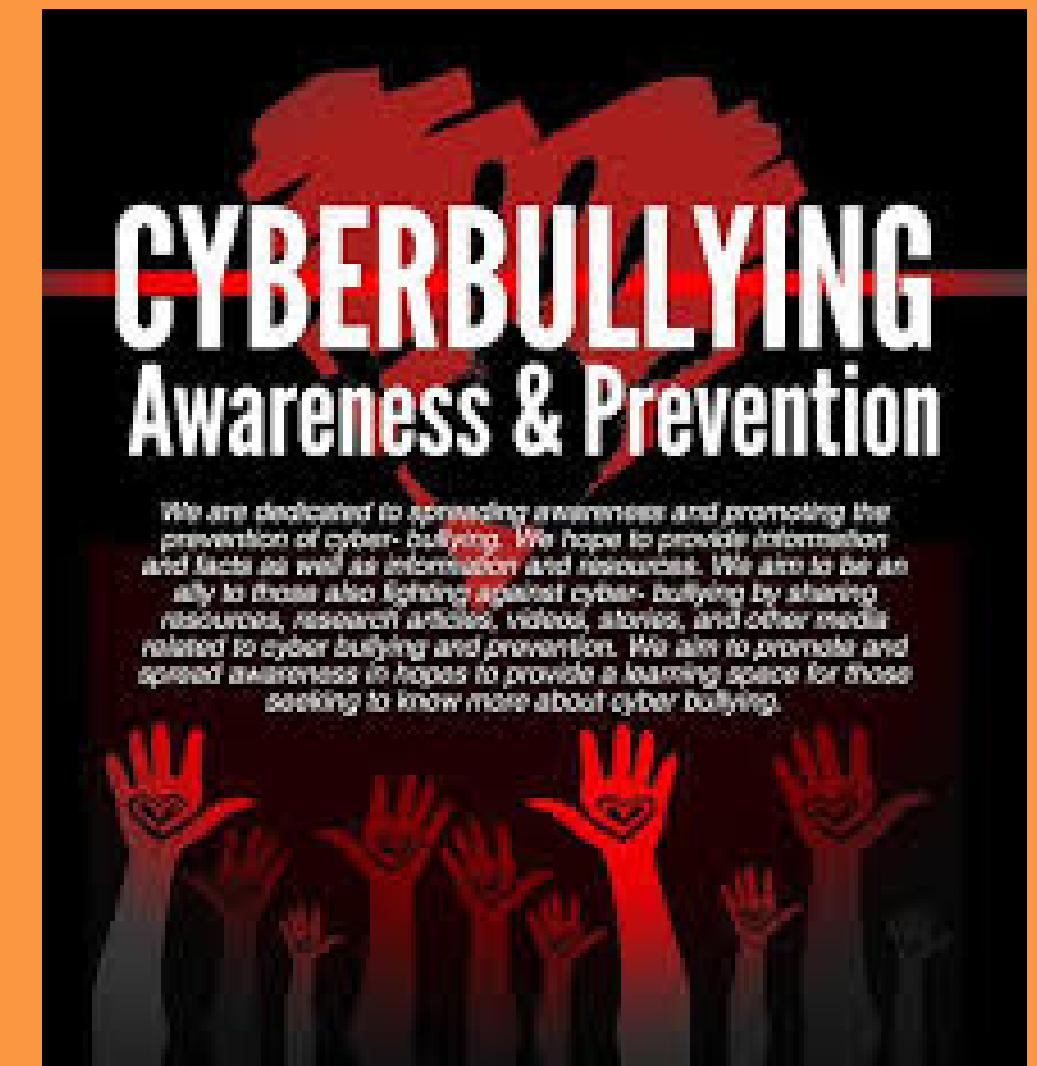


Make sure you are taking care of you! If you need help, reach out:

Mrs. Kelly (A-L) heather.kelly@rcsdk12.org

Mrs. Everts (M-Z) sabrina.everts@rcsdk12.org

SEL Social Emotional Learning *October is*



Quotes of the Week

"Blowing out
someone else's
candle
doesn't
make yours
shine
any brighter."

thisislifelifequotes.net

"I've learned that people
will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel."

Maya Angelou
1928 - 2014



IT'S OKAY TO
DISLIKE SOMEONE,
OR EVEN DISLIKE
SOMEONE FOR NO
REASON. BUT IT'S
NOT OKAY TO
DISRESPECT,
DEGRADE, AND
HUMILIATE THAT
PERSON

HPLYRIKZ.COM

CYBERBULLYING

is bullying. Hiding behind a pretty screen,
doesn't make it less hateful, written
words have power.

-Anon

@message.s365greetings.com

MEANNESS
IS A SIGN
OF
WEAKNESS

What is bullying?

Several
Times
One-sided,
Mean,
Purposeful



What is Bullying?

Bullying is an indirect or direct
act of
belittling someone,
or making them feel inferior.

It can be verbal, physical,
emotional, or cyber.

Bullying

Definition:

*"Bullying is **deliberately** hurtful
behaviour which is repeated **over a
period of time.***

*It is **difficult** for those being bullied
to stop the process."*



What is bullying?

Several
Times
One-sided,
Mean,
Purposeful

Wednesday Oct. 29th

Bullying is not just banter.

Bullying is intentional, it's done on purpose.

Bullying can happen face to face or online.

Bullying involves an imbalance of power.

Bullying is repetitive.
It happens again and again.



October 29TH WEAR ORANGE
TO SUPPORT UNITY



OCTOBER IS
**NATIONAL
BULLYING**
PREVENTION MONTH

Awareness to prevent childhood bullying
and promote kindness, acceptance, and
inclusion.

UNITY DAY - SAY NO TO BULLYING

WEAR ORANGE

BULLYING

CAUSES SO MUCH MORE DAMAGE
BENEATH THE SURFACE



Lack of Confidence
Depression
Stress
Truancy
Low Self-Esteem
Self-Harm
Academic Issues
Social Problems
Loneliness
Mood Swings

CONFLICT vs BULLYING

Understand the difference

Conflict:

A Disagreement or Difference of Opinion
An Inevitable Part of Group Dynamics
Equal Power Between Those Involved
Usually an Isolated Incident/Occasional
All Involved Make An Effort to Resolve the Situation

Bullying:

Based on an Imbalance of Power
The Intent to Harm - On Purpose
Happens Repeatedly
Serious - Causes Physical or Emotional Harm
Does Not Stop When Asked
Should Always Be Reported

Cyberbullying Statistics

Mean, hurtful comments and spreading rumors are the most common type of cyberbullying



16%

of students in the U.S. report being cyberbullied



1 in 5

girls are cyberbullied



1 in 10

boys are cyberbullied



92%

teens online daily

Less than 1 in 5 cyberbullying incidents are reported to law enforcement

Only 1 in 10 teens tells a parent if they have been a cyberbully victim, or witnessed cyberbullying

americanspcc.org
The Nation's Voice for Child Sexual Abuse Prevention and Response

1 in 5 teens have posted or sent sexually suggestive or nude pictures of themselves to others

Are these something you take part in?



Are you ready to stop?





**[Click here](#) to meet the
students in the Video**

Tips for Staying Safe Online

1. Keep your Passwords Secret!

2. Don't talk to Strangers

Only talk to people you know personally

3. Don't Give out Personal Information

address, full name, phone number should be private

4. Tell an Adult

When you see something you don't like or find upsetting

5. Only Say/Share Nice things

Always be Kind

6. Know how to report Posts to the site

**7. Before you post, message, or respond
T.H.I.N.K.**



the SOTA scoop





7th Grade Happenings!

- **Genesee Country Village & Museum: 10/17 Periods 1-7**
- **Movie Night October 17th**
- **PSAT/SAT Days 10/21 & 10/22 : Periods 1-3**
10/21 Outdoor fun by the MAG
10/22 Drug Prevention and Bullying Prevention presentation



**8TH GRADE
FALL EVENTS**

OCTOBER 7TH & 8TH GRADE
MOVIE NIGHT 17 AT 5:30 PM
PERMISSIONSLIPSDUE THURSDAY, OCT 16TH

8TH GRADE
SENECA ZOO 21 DURING SCHOOL
PERMISSIONSLIPSDUE OCT. WEDNESDAY OCT. 15TH

8TH GRADE
WICKHAM FARMS 27 DURING SCHOOL
PERMISSIONSLIPSDUE FRIDAY OCT. 18TH

A festive autumn scene featuring a green pickup truck loaded with pumpkins and flowers, a wooden stand with pumpkins, and a barn in the background. The scene is decorated with sunflowers, pumpkins, and autumn foliage.

NO MORE
THAN 1 F



SOTA MIDDLE SCHOOL
PRESENTS FALL INCENT

MOVIE NIGHT

FRIDAY,
OCTOBER 17TH @ SOTA
DOORS OPEN 5:30 PM

6:00 PM

MOVIE CHOICE 1:
CORALINE (2009)
MOVIE CHOICE 2:
HAUNTED MANSION
(2003)

COST: \$2 ADMISSION
SELECT YOUR CHOICE
ON PERMISSION
SLIP
PIZZA, POPCORN
DRINKS, CANDY
FOR SALE



WEAR YOUR PAJAMAS!!

Letter Days

October 2025				
M	T	W	TH	F
		1 – D	2 – A	3 – B
6 – C	7 – D	8 – A	9 – B	10 – C
13	14 – D	15 – A	16 – B	17 – C
20 – D	21 – A	22 – B	23 – C	24 – D
27 – A	28 – B	29 – C	30 – D	31 – A

*What's Happening
at SOTA!*



STUDENT
CLUBS AND
ORGANIZATIONS

BOX OFFICE

Principal Tirre's
Fall Newsletter

INFO

SOTA
STREAM
NEWS

PARENT TEACHER
CONFERENCES

October 17th
5-7PM



*School
Of The
Arts*



Quarter End Dates

(4 report card periods)

2024-2025

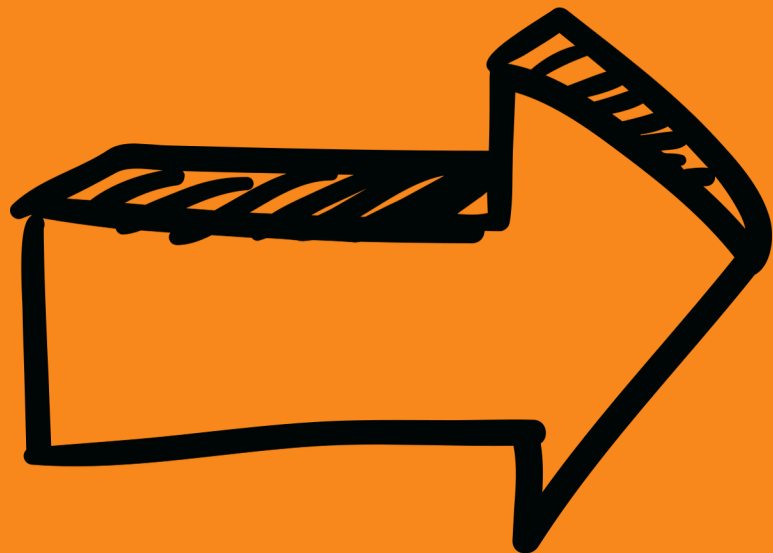
Q1 November

Q2 January

Q3: April

Q4: June

We have just passed the halfway mark for the first quarter. Students: Make sure you know what your grades are!



10/13 No School

10/16 Parent Teacher
Conf. 5PM

10/31 Half Day for
Students

Fall Concert Series

OCTOBER 9th VOICE RECITAL 7PM

Ensemble Theatre

OCTOBER 16th BAND CONCERT 7PM

Allen Main Stage

OCTOBER 21st CHOIR CONCERT 7PM

Allen Main Stage

OCTOBER 24th ORCHESTRA CONCERT 7PM

Allen Main Stage

OCTOBER 28th ORCHESTRA CONCERT 7PM

Allen Main Stage

OCTOBER 29th JAZZ BAND CONCERT 7PM

Allen Main Stage

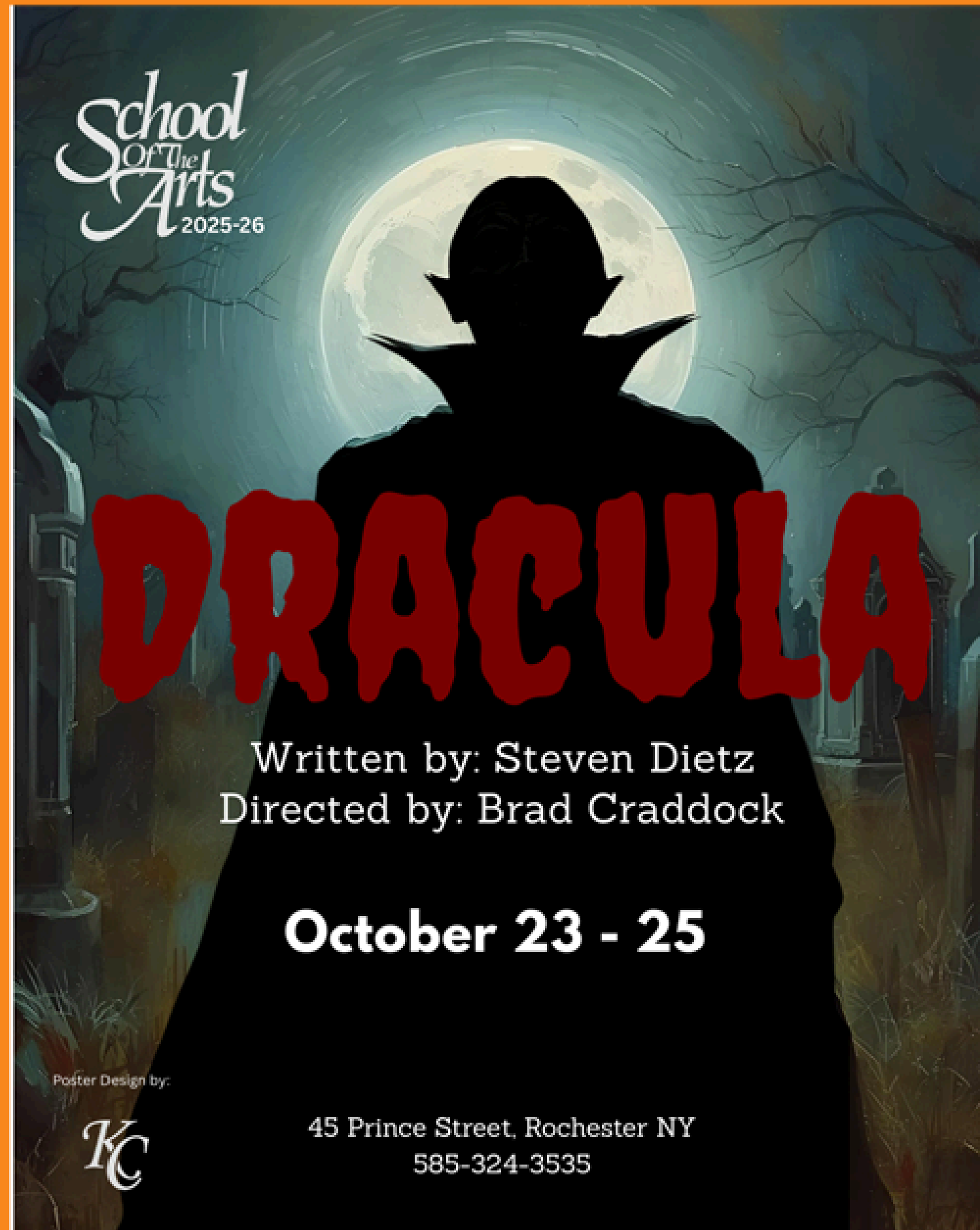
NOVEMBER 6th PIANO RECITAL 7PM

Ensemble Theatre

School
Of The
Arts

Save
the
Date

Do not
forget



YOU ARE INVITED TO...

ENTER THE RED RIBBON
WEEK CONTESTS...



DO YOU WANT TO CREATE A...

- A POEM?
- A SONG?
- A RAP?
- A POSTER?
- A DRAMA SKIT?
- A DANCE?

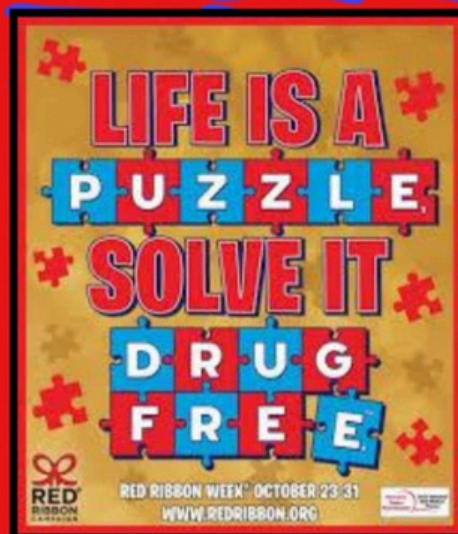
WINNERS WILL BE ANNOUNCED AT THE...

**RED RIBBON
WEEK TALENT
SHOW CONTEST**



Sign-up sheets are in ALL the
house offices until OCT 10, 2025

WHEN: OCTOBER 31ST
WHERE: ENSEMBLE THEATRE
TIME: 4TH PERIOD -DISMISSAL



Red Ribbon Week



From the Prevention Office...



Puzzle of Praise

This years **RRW** theme is "Life is a puzzle," so we are going to create **A PUZZLE OF PRAISE**, by honoring someone in your life and sharing it on a puzzle piece. **SOTA STAFF TOO!** See me in the 4th flr house office for your puzzle piece...

Did you know?

108,313 overdoses that ended in death were due to Fentanyl.

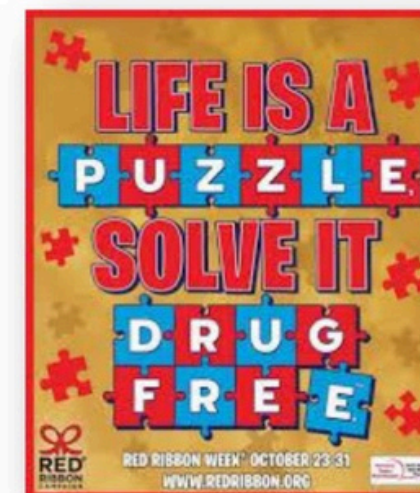
5 out of every 10 pills gotten from the street have a lethal amount of Fentanyl. The only safe pills (medications) to take are the ones given to you by your doctor and taken exactly as your doctor has told you to.



How to deal with peer pressure:
Stick with your bestie- always have a friend you can trust when going places.
Avoid, avoid, avoid -walk away when others start using a drug. Remove yourself from the area completely.
Be the sober one- choose to be the "designated friend."
Stick to your script- in other words keep telling yourself and others you are drug-free and will remain that way.



Red Ribbon Week is
October 23-31
Stayed tuned for the events taking place...



OCTOBER 2025 NEWSLETTER

Life's puzzle can be tough, but the right choices fit perfectly. Choose wisely. Choose drug-free
#redribbon2025 #lifeisapuzzlesolveitdrugfree
#staydrugfree

2024-2025 PERFORMANCE CALENDAR

OCTOBER

10/9	Hispanic Heritage Celebration	7PM
10/10	Readers Theatre	7PM
10/11	Readers Theatre	7PM
10/16	Fall Choir Concert	7PM
10/22	Fall Jazz Concert	7PM
10/24	Foundations I & II Art Opening	6PM
10/24	Fall Orchestra Concert	7PM
10/24	The Play That Goes Wrong	7PM
10/25	The Play That Goes Wrong	7PM
10/26	The Play That Goes Wrong	2PM
10/26	The Play That Goes Wrong	7PM
10/30	Fall Band Concert	7PM

NOV

11/06	Fall Piano Recital	7PM
11/21	Fall Coffeehouse Reading	7PM

DECEMBER

12/04	Holiday Voice Recital	7PM
12/12	Scrooge!	7PM
12/13	Scrooge!	7PM
12/14	Scrooge!	7PM
12/14	Scrooge!	2PM
12/17	Holiday Choir & Orchestra Concert	7PM
12/18	Holiday Jazz Band Concert	7PM
12/19	Holiday Band Concert	7PM

JAN

1/9	Seniors Group I Art Opening	6PM
1/14	Winter Piano Recital	7PM

FEBRUARY

2/06	Seniors Group II Art Opening	6PM
2/06	The Curious Incident of the Dog in the Night-Time	7PM
2/07	The Curious Incident of the Dog in the Night-Time	7PM
2/08	The Curious Incident of the Dog in the Night-Time	2PM
2/08	The Curious Incident of the Dog in the Night-Time	7PM
2/11	Black History Concert	7PM

MARCH

3/07	Seniors Group III Art Opening	6PM
3/07	Dance Concert 2025	7PM
3/08	Dance Concert 2025	2PM
3/08	Dance Concert 2025	7PM
3/13	Spring Orchestra Concert	7PM
3/13	Playwright's Festival	7PM
3/14	Playwright's Festival	7PM
3/18	Piano Recital	7PM
3/19	Spring Voice Recital	7PM
3/20	Spring Band Concert	7PM
3/25	Spring Choir Concert	7PM
3/27	Spring Jazz Concert	7PM

APR

4/04	Grade 11 Art Opening	6PM
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MAY

5/01	Foundations I and II Art Opening	6PM
5/01	Mamma Mia!	7PM
5/02	Mamma Mia!	7PM
5/03	Mamma Mia!	2PM
5/03	Mamma Mia!	7PM
5/12	Senior Piano Recital	7PM
5/13	Senior Theatre Showcase	7PM
5/14	Senior Voice Recital	7PM
5/15	Senior Instrumental Recital	7PM
5/16	Senior Dance Showcase	7PM
5/21	Choreography Showcase	7PM
5/27	Final Piano Recital	7PM
5/28	Finale Art Opening	6PM
5/28	Spring Choir Concert	7PM
5/29	Spring Coffeehouse	7PM

JUNE

6/05	The Wonderful Wizard of Oz	6PM
6/06	The Wonderful Wizard of Oz	6PM
6/07	The Wonderful Wizard of Oz	2PM
6/07	The Wonderful Wizard of Oz	5PM
6/12	Year End Concert & Food Truck Rodeo	4PM

Scan for Tickets!



Clip and post this calendar for quick and easy reference. **Admission fees are charged for all events listed in bold;** all other events are open to the public.

Please Note: Dates are subject to change without prior notification.

VISUAL ARTS

SOTA's Visual Arts Department proudly presents the 2024-2025 season of art exhibits. Each exhibition reflects the talents, imagination and artistry of the SOTA's Visual Arts majors. Join us as we celebrate another exciting aspect of the arts at School of the Arts.

DAVID SILVER GALLERY

Opening Receptions – 6 PM

10/4	Faculty Artist Showcase
10/24	Foundations I and II Opening
1/9	Seniors Group I Art Opening
2/6	Seniors Group II Art Opening
3/7	Seniors Group III Art Opening
4/4	Grade 11 Art Opening
5/1	Foundations I and II Art Opening
5/28	Finale Art Opening

CREATIVE WRITING DEPT

Reader's Theatre

October 10th & 11th 7PM

Fall Coffeehouse

November 21st 7PM

PLAYWRIGHTS' FESTIVAL

March 13 & March 14

Spring Coffeehouse

May 29th 7PM

MUSIC DEPARTMENT

10/16	Fall Choir Concert	7PM
10/22	Fall Jazz Concert	7PM
10/24	Fall Orchestra Concert	7PM
10/30	Fall Band Concert	7PM
11/6	Fall Piano Recital	7PM
12/4	Holiday Voice Recital	7PM
12/17	Holiday Choir/Orchestra Concert	7PM
12/18	Holiday Jazz Band Concert	7PM
12/19	Holiday Band Concert	7PM
1/14	Winter Piano Recital	7PM
2/11	Black History Concert	7PM
3/13	Spring Orchestra Concert	7PM
3/18	Spring Piano Recital	7PM
3/19	Spring Voice Recital	7PM
3/20	Spring Band Concert	7PM
3/25	Spring Choir Concert	7PM
3/27	Spring Jazz Concert	7PM
5/28	Choir Concert	7PM
6/12	Food Truck Rodeo	4PM

SENIOR ARTS CELEBRATION

5/12	Senior Piano Recital	7PM
5/13	Senior Theatre Showcase	7PM
5/14	Senior Voice Recital	7PM
5/15	Senior Instrumental Recital	7PM
5/16	Senior Dance Showcase	7PM
5/29	Spring Coffeehouse feat. Class of '25	7PM

School
of the
Arts



Breakfast





BREAKFAST

OCTOBER 2024

RCSD Middle School Breakfast Menu

RCSD is an equal opportunity employer. Menu items are subject to change at any time.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Maple Waffle w/Chicken Sausage Sandwich	2 Turkey Ham, Sausage Cheese & Egg Breakfast Flatbread	3 French Toast Sticks	4 Ultimate Breakfast Round
7 Oatmeal Apple Cinnamon Bar	8 Breakfast Pizza	9 Breakfast Burrito Egg, Sausage Potato & Cheese	10 Eggo Froot Loop Waffles	11 Cherry Vanilla Yogurt Blueberry Pomegranate Granola Bar
14 Indigenous Peoples' Day (All facilities closed)	15 Breakfast Bagel w/Mozzarella & Eggs	16 Egg & Cheese on English Muffin	17 Buttery Maple Snack'n Waffles	18 Ultimate Breakfast Round
21 Oatmeal Apple Cinnamon Bar	22 Turkey Sausage Egg & Cheese Breakfast Pocket	23 Breakfast Pizza	24 Peach Pancake Bowl	25 Cherry Vanilla Yogurt Blueberry Pomegranate Granola Bar
28 Banana Chocolate Chip Bar	29 Maple Waffle w/Chicken Sausage Sandwich	30 Turkey Ham, Sausage Cheese & Egg Breakfast Flatbread	31 French Toast Sticks	

Items Offered Daily:

Choice of: Milk: Skim, 1%, Fat Free Chocolate, Fat Free Strawberry.

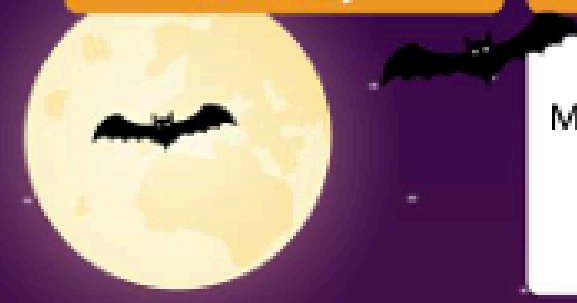




 BREAKFAST

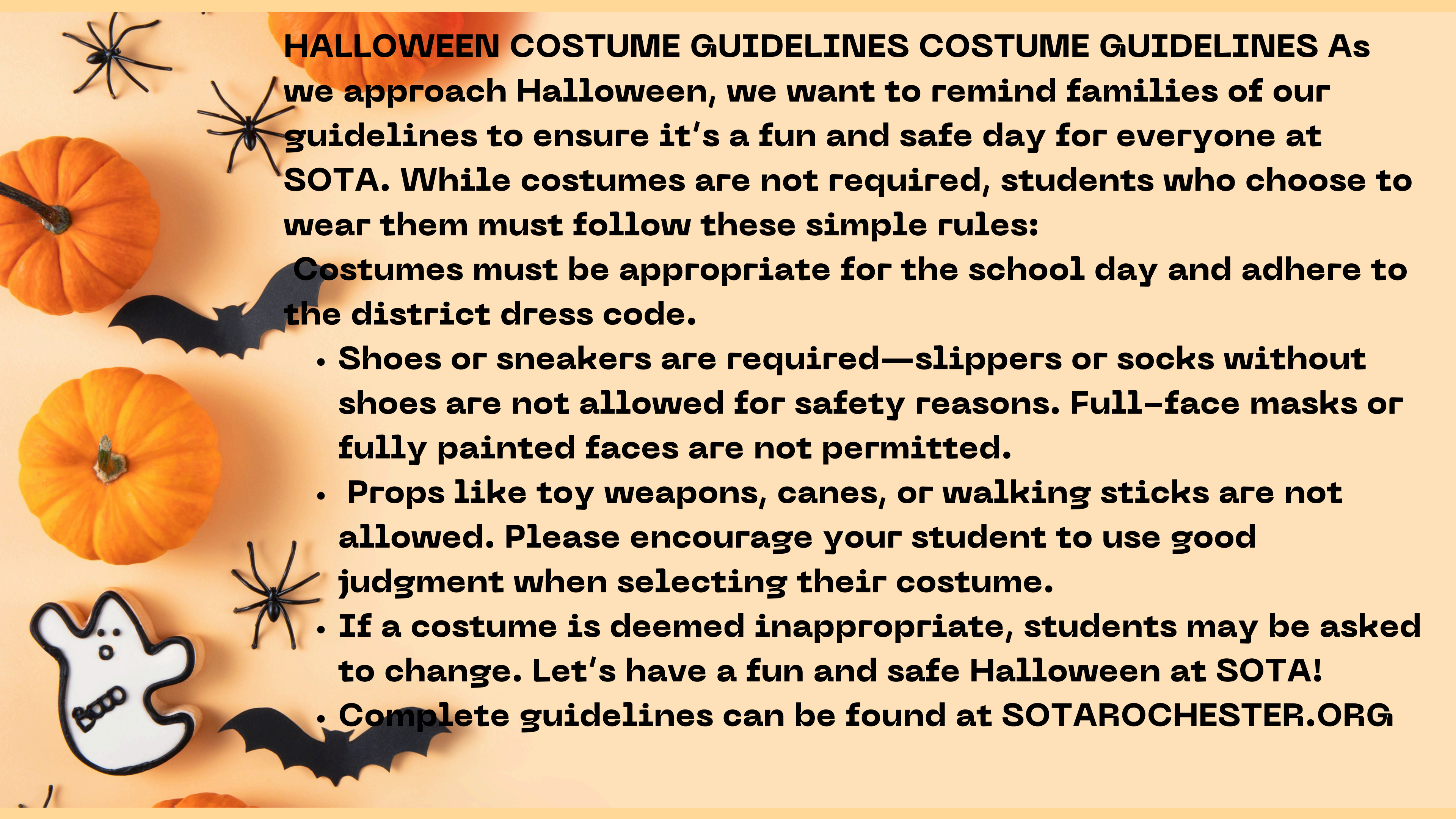
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Items Offered Daily:
Choice of: Milk: Skim, 1%, Fat Free Chocolate, **Fat Free Strawberry.**
Fruit. Assorted Whole Grain Cereal. **New Items.**

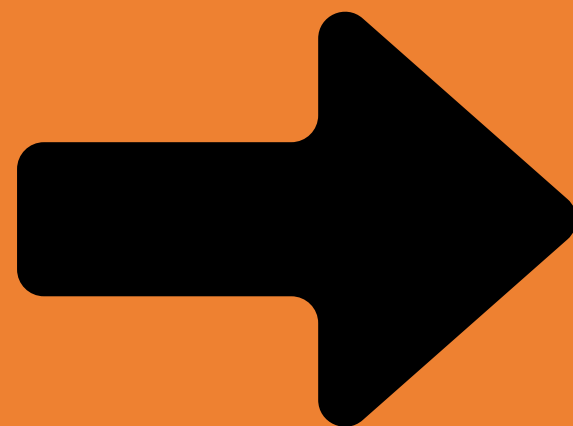
The background of the slide is decorated with various Halloween-themed items. In the top left, there are two small orange pumpkins and two black plastic spiders. On the left side, there is a larger orange pumpkin and a black paper bat. In the bottom left corner, there is a white ghost-shaped cookie with black icing details and another black paper bat. The text is centered on the right side of the slide.

HALLOWEEN COSTUME GUIDELINES **COSTUME GUIDELINES** As we approach Halloween, we want to remind families of our guidelines to ensure it's a fun and safe day for everyone at SOTA. While costumes are not required, students who choose to wear them must follow these simple rules:

Costumes must be appropriate for the school day and adhere to the district dress code.

- Shoes or sneakers are required—slippers or socks without shoes are not allowed for safety reasons. Full-face masks or fully painted faces are not permitted.**
- Props like toy weapons, canes, or walking sticks are not allowed. Please encourage your student to use good judgment when selecting their costume.**
- If a costume is deemed inappropriate, students may be asked to change. Let's have a fun and safe Halloween at SOTA!**
- Complete guidelines can be found at SOTAROCHESTER.ORG**

CHECK THIS OUT



Stop by Adaptt Rochester for
a Clothing "Free for All"
Monday, October 6th
Monday, October 20th
2 pm - 7 pm

Clothes for women, men, children, shoes, household items,
home decor, and some food will be available



1425 Mt. Read Blvd
Suite 15 (lowest level)

Bring some bags and "SHOP" til you drop!
email: adaptt.rochester@gmail.com with questions



October 2025



Food for You

Incarnate Word Lutheran Church

(597 East Ave. on the corner of East Ave. and Goodman St.)

HEALTHY HOT MEAL

Mustard Seed Kitchen

In-House Full Service Dining
(Last Saturday of the Month)

Served 5:00 – 6:00

October 25, 2025 Menu

Barbequed Chicken, Parslied
Potatoes, Peas, Cornbread, Salad,
Dessert, & Fruit

Free Bag of Groceries
Provided by
Loop Ministries



Food Pantry Open Loop Ministries



ONE GROCERY BAG
for each **HOUSEHOLD MEMBER**
Available once per month
(*proteins, canned fruits &
vegetables, bread, pasta, & more*)

Open Each Tuesday and Thursday
Distributing 10:00 – 12:00

LAUNDRY LOVE

**Third Wednesday
of the Month**

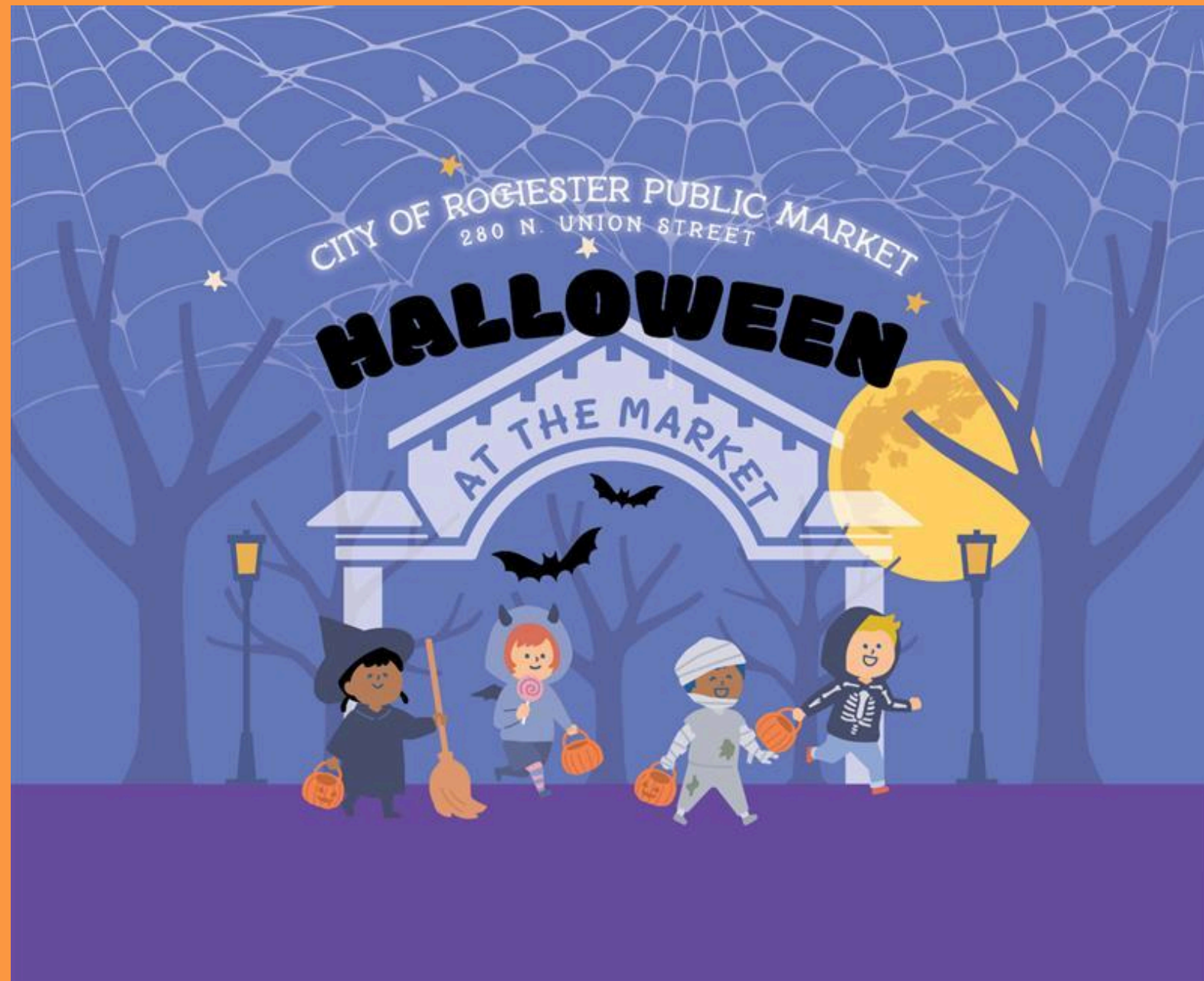
5:00 – 8:00

October 15
November 19
December 17

Bright Bubble Laundromat
458 Monroe Avenue



- ✦ Free Wash & Dry Service
- ✦ Detergent Provided
- ✦ Individuals: Wash & Dry 3 Loads
- ✦ Families: Wash & Dry 5 Loads



Costumes, candy, community!


The City of Rochester Public Market hosts Halloween at the Market on the Sunday before Halloween each year for children and families. Visitors to Halloween at the Market will find vendor sheds filled with community organizations with trick-or-treating opportunities (wear your costume), interactive activities, performances, live entertainment, arts and crafts, and much more — including valuable information about the host organizations' programs and services!

Event Details

Image

The City of Rochester Public Market hosts Halloween at the Market on the Sunday before Halloween each year for children and families.

Visitors to Halloween at the Market will find vendor sheds filled with community organizations with trick-or-treating opportunities (wear your costume), interactive activities, performances, live entertainment, spooky arts and crafts, and much more!



FREE Soccer SKILL TRAINING

WITH NICOLE HERCULES

Top-notch training program for soccer players (ages 4 through 13) who want to further develop their skills, and foster teamwork.

NOVEMBER 8 - DECEMBER 20

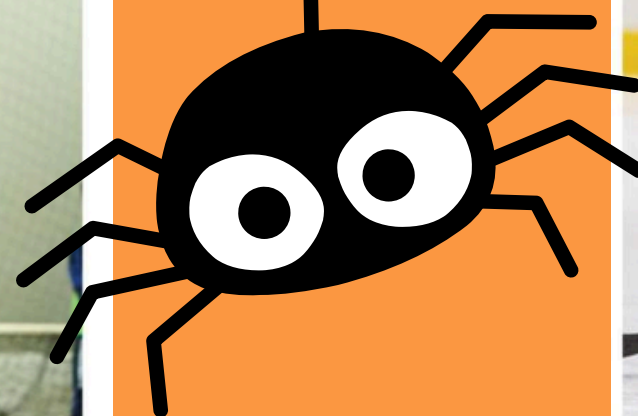
10 A.M.	Youth ages 4-6	Rochester Community Sports Complex 460 Oak St.
11 A.M.	Youth ages 7-9	
12 P.M.	Youth ages 10-13	

LEARN MORE: Jamar.Gray@cityofrochester.gov

Use the Rochester Community Sports Complex tab to register for each session you would like to attend. Membership is required. Visit CityofRochester.gov/R-Central

CITY of ROCHESTER
Malik D. Evans, Mayor

SPORTS
CITY OF ROCHESTER
Athletics and Aquatics



All guests will use sleds. Equipment provided.



SLED HOCKEY
Clinics Everyone can play!

TEAM: **ROCHESTER SLED HAWKS**

SATURDAYS from 1:45 – 2:45 p.m.

OCT. 25	NOV. 22	DEC. 13	JAN. 10	FEB. 28
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TRY IT CLINICS: Open to all ages, with or without disabilities.

- Intro to sled skating
- Learn about the game
- Learn to shoot a puck
- Skill development

Genesee Valley Sports Complex Skating Rink
131 Elmwood Ave.

For more information call: **(585) 428-7888**

CITY of ROCHESTER
Malik D. Evans, Mayor

SPORTS
CITY OF ROCHESTER
Athletics and Aquatics



STEM Explorers

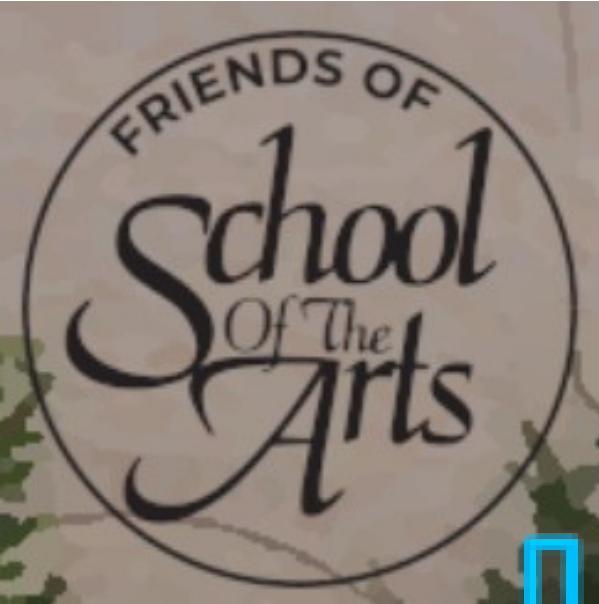
Program

**Tuesday, October 7,
2025 - 5 p.m.**

Every 12 weeks

**Tuesday 4 - 5 p.m.
until Tue, Dec 30,
2025**

Parent and student resources



NERCSD



Update
Contact Info



PowerSchool

**PLEASE UPDATE
STUDENT CONTACT
INFORMATION HERE...**

Track daily attendance, review academic progress and communicate directly with teachers and district staff as well as get the latest news updates, social media posts, notifications and more, all from your mobile device. Download the **PowerSchool app to any Android or Apple device to access these many helpful tools anytime, anywhere. For additional login information and/or assistance, [click here](#).**

Community Resources

211 Resources for food, clothing, employment, shelter

Mobile Health Crisis Support

RCSD Support Services

Community Mental Health Resources

Center for Youth Services (271-7670) **provides over-the-phone support, Safe Place locations and referrals for additional community supports.

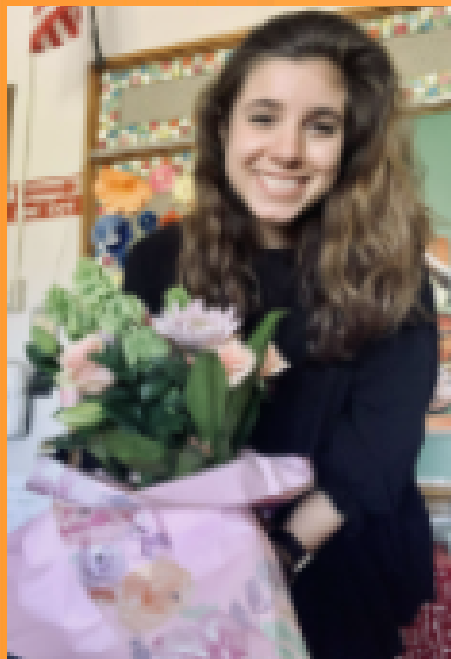
Text "Got5" to 741741 for free, 24/7 confidential crisis support by text

Meet your SOTA School Counselors



Mrs. Heather Kelly
Grades 7-8 Last Names A-L
heather.kelly@rcsdk12.org
(585) 242-7682 X 4320

What is the Role of the School Counselor? The SOTA School Counselors provide Academic Counseling and assist with Career and Post-Secondary Planning and Social-Emotional development for ALL students.



Mrs. Everts
Grades 7-8 Last Names M-Z
sabrina.everts@rcsdk12.org
(585) 242-7682 X 4240

