October 2025

Hawk News

From the Administrator's Desk

Dear Painted Rock Academy families,

As we move forward in the school year, I want to reflect on the importance of kindness in our community. A month ago, I witnessed a touching moment between two students in the front office. One student was having a hard time going to class and another student came along, gently encouraged them and walked them to class. It was a beautiful moment that reminded me that kindness doesn't require a grand gesture. Simple acts can transform our days. In this case, a helping hand, and a little encouragement from a friend made a difference.

As we head into and prepare for a busier time of the year, let's look for more of these small but meaningful opportunities to support each other. From my time as a classroom teacher, handwritten notes, student drawings, treats, and words of appreciation always brought encouragement and motivation for me.

Thank you for all the support you give to our teachers, staff, and students. Your kindness makes our school community special. I look forward to seeing you at some upcoming events in October.

Sincerely,
Mrs. Goshow

Upcoming Events

PROP Used Uniform Sales
Wednesday, October 1st & Wednesday, October 15th
PROP Meeting - 8:15 A.M.
Thursday, October 2nd
Spirit Day & Morning Assembly
Friday, October 3rd
8:15 A.M. - Families welcome
Scholastic Book Fair
October 3rd-10th
Fall Festival
Thursday, October 9th - 5:00-7:00 p.m.
No School - Columbus Day / Staff Development
Monday, October 13th
Report Cards - Quarter 1
Wednesday, October 15th - available on ParentVUE
Early Release—Parent/Teacher Conferences
Thursday, October 23rd & Friday, October 24th

Teachers have discussed kindness and how to stop bullying with their classes. This is an important step in teaching the students respect for oneself and for others.

NURSE'S NOTES

October is the start of flu season. Please remember that if your child has a fever that is 100 degrees Fahrenheit or greater, he or she will need to stay home from school until it has been 24 hours without a fever and without the use of fever reducing medication (acetaminophen, ibuprofen, naproxen). Keep in mind that some other common flu symptoms include body aches, headache, cough, sore throat, and fatigue. If your child is not feeling well, please keep him or her home from school until symptoms improve.

If your child needs medications while at school, a parent or guardian must bring the medication to the nurse's office and fill out a form. No medications should be in a student's backpack without specific permission. This includes over the counter medications and homeopathic medications as well.

Please keep an eye out for emails regarding missing vaccines as well as hearing and vision screening results. If your child does not pass a screening, follow up with a medical provider is recommended. If you do not receive an email regarding screening results, your child has passed or has not been screened. Not all grade levels will be screened.

Miss Rose, BSN RN - School Nurse

Lost and Found

Please label your children's personal items with their first and last name to prevent items being left in the Lost and Found. If items are not claimed in a month, they will be donated.

Pre-order your yearbook now!

Ordering online gives you two pages that are customized and printed only in your child's book. Include your own photos or a message from you. Order now and keep editing your custom pages.

Visit TreeRing to get started.

Grade Level teams will bring donations of new socks to go to One Small Step Inc.

- Preschool and Kindergarten
- 1st and 2nd grade
- 3rd and 4th grade
- 5th and 6th grade
- 7th and 8th grade

Donations will be collected in each classroom. Student Council will gather and count.

Classroom team winners will be announced early November.

Making Memories

Sixth grade focused on classifying beans and discovering how different plants grow and function.

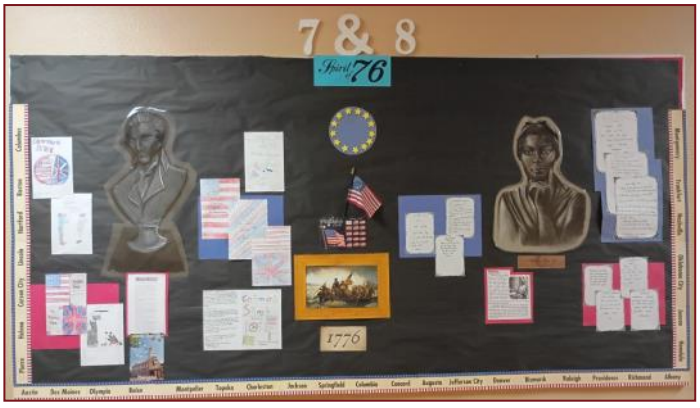
Mrs. Wood's first grade class performed a patriotic song at September 5th morning assembly.

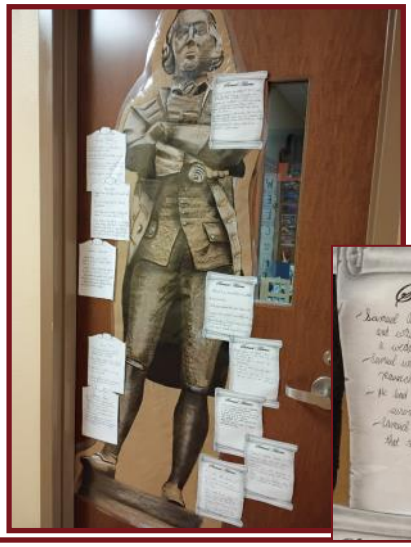
Library had a donut party for the classes who answered trivia questions correctly.

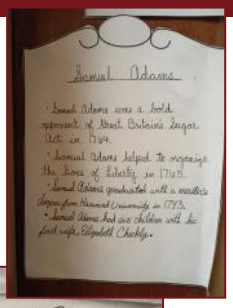
How many amendments to the Constitution are there? What even is a Constitution and why do we need one? Sixth, seventh, and eighth grade students explored these key questions during our third annual Constitution Week presentation. This year marks the 238th anniversary of the U.S. Constitution, and we were honored to welcome Barry Williams, an attorney from Peoria, as our guest speaker. Mr. Williams spent about an hour guiding students through the ins and outs of the Constitution, sharing insights about its framers and the document's enduring impact. As part of his presentation, he provided each student with a pocket-sized copy of the Constitution for easy reference. He was thrilled to see how quickly students dove into the document, eager to explore the amendments for themselves.

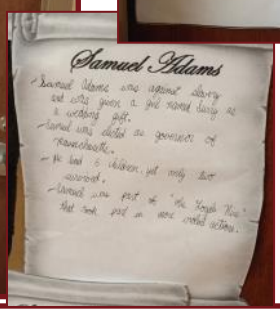
Creative Bulletin Boards

Celebrating the excellent work students are doing in the classrooms!









Sports - Meet Our Coaches

Girls' Volleyball

Coach Uhlving: I was born and raised right here in Phoenix, Arizona and I absolutely love it here. I used to work at Painted Rock Academy when it first opened in 2012. I worked there for eight years, three years as a general aide and five years in the preschool room. During those five years I also helped coach our volleyball team then! Volleyball has always been one of my favorite sports including football and hockey. I love coaching because it gives me a chance to get to know the girls on a different level, playing and having some fun! My favorite shoes are my Adidas slides. I am all about comfort! I think my favorite life lesson is that life is always teaching something new to you. Everything you do in life is a lesson and you should be able to learn from it.

Coach Yellowman: I was born in Belleville, Illinois, but my family moved to Arizona when I was just three months old — a stressful move for my parents, I'm sure, but one I am forever grateful for, as Arizona has become home. I've been part of the Painted Rock Academy community since 2016, starting as an aide in Boulder Club and working my way up. I earned my B.A. in Elementary Education with an emphasis in STEM, and I've loved being in the classroom ever since. Painted Rock has always been a special place for me — when the school opened in 2012, my little sister started here in 6th grade, and I volunteered until I was old enough to officially join the staff. Some of my favorite memories are from helping with volleyball when Coach Uhlving and my mom ran the team.

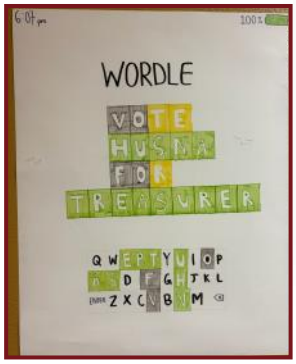
Volleyball has always been one of my favorite sports, and coaching is truly rewarding because I get to watch players grow — not just in skill, but in confidence and passion for the game. My favorite life lesson is this: "Skill gets you started, but effort and attitude keep you in the game." That's the mentality I try to build in my players — work hard, stay positive, and the rest will follow. Go Hawks!

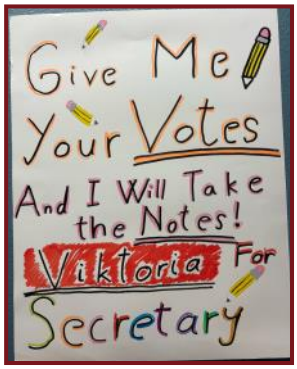
Co-ed Flag Football

Coach Brace:

I have lived in Scottsdale, AZ my whole life.
Ad for my sports background, I played competitive chess all through elementary school. I played football as a kid but had a bad (non-football related) injury, so I stopped playing and just watched from then on. I used to be an ultra-endurance athlete. I have finished three Ironman Triathlons, run 62 miles (100 km) in a single day twice, and completed a 165-mile single-day bicycle race, among many, many other shorter events.
I have my undergrad in Philosophy and an MBA. I graduated from Mesa Community College with my AA, American Military University with my BA, and AMU again for my MBA. I dropped out of four different colleges/universities before graduating with my first degree. Failure isn't final.
My favorite sports team is the Arizona Rattlers (Indoor football). I root for all Arizona teams and only for Arizona teams.
I have been volunteering to coach football for three years now at PRA. Before that I had kids in the school for several years as well.
One thing I've learned in life is that I never regretted building something. I build furniture, businesses, professional organizations, football teams, my family, etc. Looking back on life I have never spent time building something and thought it was a waste of time. I have failed at building things, or built some things that weren't very good, but even in those experiences I would do it again.

Student Council



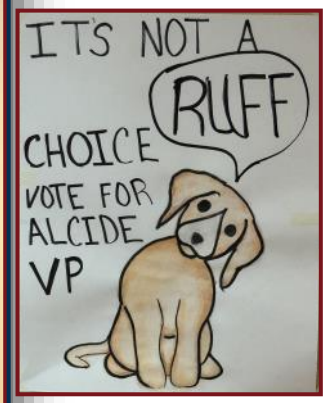


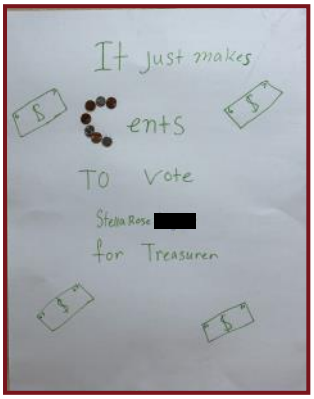
Students in 4th-8th grade developed plans to be voted into Student Council positions on September 18th. Creativity abounded in the halls as each created posters and talked with their classmates.

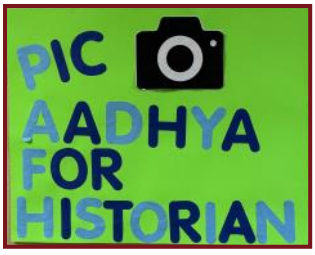
Student Council
Left to Right: Alcide, Amaya, Lucy, Hudson, Zoe

Congratulations for being elected!

We are proud of ALL who ran for office!







Painted Rock Organization of Parents

Monthly Meeting

Thursday, October 2nd

Join us in the Parent Room at 8:00 a.m. for coffee and greetings.

The meeting will begin at 8:15 a.m.

Used Uniform Sales

Visit the Parent Room to purchase gently used uniforms on the first & third Wednesdays of every month.

Next Sale Dates: October 1st & 15th
Before school: 7:30 - 8:15 a.m.
After school: 2:15 - 3:30 p.m.

Shirts: $2
Bottoms, Jumpers: $3
Sweaters: $3

Donate 2 clothing items, get one free.

Fall Festival

October 9th, 5:00 p.m.—7:00 p.m.

Join us at the school for fun with the whole family! There will be food for sale, games, raffles, a gorgeous gourd contest, and the Book Fair! Flyers will be coming home soon!

Shop the Book Fair!

Friday, October 3rd — Friday, October 10th

Before School: 7:35 a.m. — 8:15 a.m.

After School: 3:15 p.m. — 4:00 p.m.

Fall Festival: Thurs, Oct. 9th 5:00 p.m. — 7:00 p.m.

Mark your calendars for other upcoming events:

10/23: Staff Appreciation Luncheon– donations needed

10/27: Kick-off for our Annual Fundraiser

11/7: "Movin' Through the Ages" Move-Athon Fundraiser

VOLUNTEERS ARE NEEDED

Watch for flyers and emails with more detailed information on all the events above along with links to Volunteer!

Did you know?

Painted Rock Families are requested to volunteer at least 3 hours per month per family.
PROP always has volunteer opportunities! We love when parents play an active role in their child's school. Come to our next PROP Meeting to find out what's going on. Watch for emails with Signup Geniuses or email volunteerPROP@gmail.com to be added to our database!

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Fall Sports Season continues! Co-ed Flag Football, Girls' Volleyball, and Cheer!		1 PROP Used Uniform Sales 7:30-8:15 a.m. & 2:15-3:30 p.m. Student Council Mtg. 3:30-4:00 p.m. 3	2 PROP Meeting 8:15 a.m. 4	3 **Spirit Day** **Morning Assembly 8:15 a.m.** PROPsicles Book Fair Open 5	4
5	6 6	7 1	8 2	9 Fall Festival 5:00-7:00 p.m. 3	10 End of 1st Quarter 4	11
12	13 **No School** Columbus Day	14 5	15 Report Cards on Parent Portal PROP Used Uniform Sales 7:30-8:15 a.m. & 2:15-3:30 p.m. 6	16 1	17 Caught Being Good Q1 Honor Roll Ice Cream 2	18
19	20 3	21 4	22 5	23 Parent / Teacher Conferences **Early Release** 6	24 **Early Release** 1	25
26	27 Annual Fundraiser Kick-off 2	28 3	29 4	30 5	31 6	

Scholastic Book Fair 3rd-10th
Daily ~ 7:30-8:15 a.m. / 3:15-4:00 p.m.

October 2025

What's for lunch?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A LA CARTE- Served daily **Sides** - GoGo Squeez Apple Sauce - Salad Bar and Fruit - PB&J, Salad and Fruit - No Drink - Mother's Circus Animal Cookies - Uncrustable - Grape or Strawberry - Mini Chocolate Chip Cookies - Knotts Berry Farms Strawberry Cookies - PB&J - Lays Chips - Doritos Nachos - Mini Oreos Snack Bag - Yoplait Go-Gurt **Drinks** - Apple Juice Box - Capri-Sun - Ono Milk **Breakfast Day Add-ons** - Ono Egg Patty - Ono Sausage Patty - Ono Hash Brown		1 - Buttery Noodles - Chicken Nuggets & Macaroni & Cheese - Macaroni & Cheese	2 - Pancake & Turkey Sausage on a Stick - EGGO Mini Waffles EGGO Mini Pancake: - Confetti OR Maple Syrup	3 - Mini Cheese Pizza - Mini Pepperoni Pizza - Chesse OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket
6 - Grilled Cheese & Fries - Hamburger & Fries - Hot Dog & Fries	7 - Mini Cheese Pizza - Mini Pepperoni Pizza - Chesse OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	8 - Cheese Quesadilla - Chicken Quesadilla - Beef Chimichanga - Chicken Chimichanga	9 Breakfast Sandwich: - w/ OR w/o Cheese EGGO Mini Pancake: - Confetti OR Maple Syrup	10 - Chicken Tenders & Fries - Grilled Cheese & Fries
13 No School Columbus Day	14 - Mini Cheese Pizza - Mini Pepperoni Pizza - Chesse OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	15 - Bean Tacos - Nachos: Tortilla Chips & Nacho Cheese - Rolled Up Beef Taquitos - Rolled Up Chicken Taquitos	16 - French Toast (3 sl.) - French Toast & Egg (Cheese OR Bacon) Bites EGGO Mini Pancake: - Confetti OR Maple Syrup	17 - Corn Dogs & Chips - Grilled Cheese & Chips - Hot Dog & Chips
20 - Chicken Nuggets & Fries - Chicken Sandwich & Fries - Grilled Cheese & Fries	21 - Mini Cheese Pizza - Mini Pepperoni Pizza - Chesse OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	22 - Buttery Noodles - Pasta Marinara & Meatballs - Pasta w/ Marinara Sauce	23 Early Release	24 Early Release
27 - Chicken Nuggets & Fries - Grilled Cheese & Fries - Teriyaki Chicken & Fries	28 - Mini Cheese Pizza - Mini Pepperoni Pizza - Chesse OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	29 - Bean Tacos - Nachos: Tortilla Chips & Nacho Cheese - Rolled Up Beef Taquitos - Rolled Up Chicken Taquitos	30 - Belgian Waffles Chicken & Waffles: - 4 Tenders & 3 Waffles - 3 Tenders and 2 Waffles	31 - Mini Cheese Pizza - Mini Pepperoni Pizza - Chesse OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket