October 2026

Hawk News

From the Administrator's Desk

Dear Painted Rock Academy Families,

Happy October! It is hard to believe we are already wrapping up our first two months of the school year. Students have settled into daily routines and are showing incredible growth.

Our campus is also full of after-school energy. Many of our clubs and sports teams are now fully underway, and it is wonderful to see our student athletes and club members back in action.

As we look ahead, Parent Teacher Conferences are happening this month. This meeting is a great opportunity to hear about your child's successes and academic progress.

To get the absolute most out of your scheduled session, we recommend a few quick steps to prepare:

- Talk with your child beforehand: Ask them what subjects they feel most confident in and which are more challenging.
- Prepare a few specific questions: This helps ensure we address any goals or concerns you may have regarding your child's progress.
- Review recent work: Take a quick glance at their recent assignments or gradebook so you can discuss specific areas with their teacher.

Our teachers look forward to talking and working with you to help your child succeed. Thank you for your continued commitment and partnership with PRA.

Sincerely,
Mrs. Goshow, M.Ed.
Principal, Painted Rock Academy

WHAT'S HAPPENING AT PRA?

October is going to be a busy one!

Be sure to mark your calendars so you don't miss out on all the exciting things happening this month!

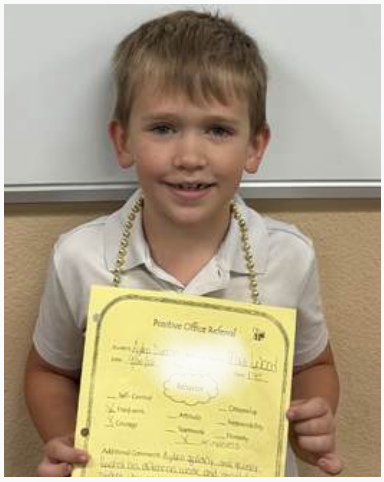
PROP Meeting • Thursday, October 1 • 8:15 A.M.
StuCo Fundraiser Begins • Sock-tober • Thursday, October 1
Spirit Day & Morning Assembly • Friday, October 2 • 8:15 A.M. - Families are welcome!
Literati Book Fair • Friday, October 2 - Friday, October 9
Fall Festival • Thursday, October 8 • 5:00 - 7:00 P.M.
NO SCHOOL • Columbus Day • Monday, October 12
Reports Cards Available on ParentVUE • Wednesday, October 14
High School Night at Valley Academy • Thursday, October 21 • 6:00 P.M.
EARLY RELEASE • Thursday, October 22 - 23 • Parent/Teacher Conferences
Fall Concert • North Canyon High School •Thursday, November 12th

Save the dates, PRA families! We can't wait for a fun-filled October!

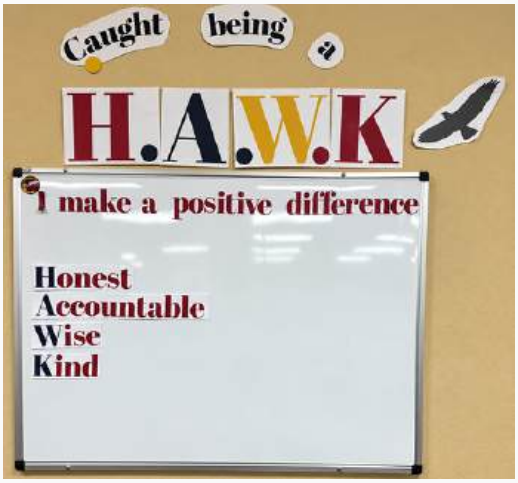
For more information, please visit our website at www.PaintedRockAcademy.com

Caught Being a H.A.W.K.!

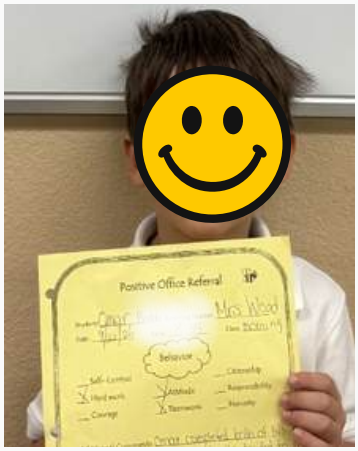
We love to “catch” students being a **H.A.W.K.** when they demonstrate these four important qualities! Students who are caught making a positive difference are recognized by Mrs. Nash. They are invited to pick a prize and have their picture taken in front of the **H.A.W.K.** Board.



Ayden D. – 1st Grade
For being accountable and kind by finishing his work and helping a friend.

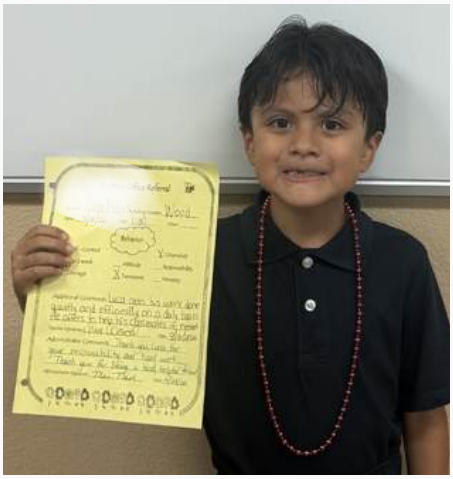


Our bulletin board celebrates students who make a positive difference by being Honest, Accountable, Wise, and Kind. We love catching our HAWKS doing great things!



Omar B. – 1st Grade
For being accountable and wise by finishing his morning work independently and then quietly enjoying a book.

Andra – 1st Grade
For being accountable and wise by finishing her morning work independently and then quietly enjoying a book.



Luca M. – 1st Grade
For being accountable and kind by finishing his work independently and then taking the time to help others.

Josiah G. – 4th Grade
For showing wisdom and kindness by offering to switch seats with a classmate.

The Month in Review

Our First Assembly Was an AMAZING START!

What a wonderful way to kick off our first assembly of the year! Our Hawks did an amazing job, and we were especially proud to see our 1st graders proudly stand and say the Pledge of Allegiance! We were also incredibly impressed by 5th grader Ruhi K., who confidently recited the Gettysburg Address.

PASSING DOWN THE TRADITION

Two of our 8th graders, Alcide F. and Grayson S., proudly taught 5th graders Gage S. and Porter R. how to properly fold the flags, passing down responsibility, leadership, and an important school tradition.

Great Skate was a HIT!

On August 28th, we kicked off our 8th grade fundraising with a fantastic night! Thank you to everyone who donated, skated, and supported our 8th graders.

The Month in Review

Picture Day was all SMILES!

Haven't ordered yet?
You can place your order on mylifetouch.com using Picture Day ID: EVT22RFQ8.
Retakes November, 3rd .

Constitution Day at Painted Rock!

A special thank you to our 7th Grade History teacher, Mrs. Wolpert, for organizing our fourth annual Constitution Day celebration on September 17th! Our 6th–8th graders welcomed Barry Williams, a Peoria attorney, who spent the hour exploring the Constitution, its framers, and its lasting impact. Students even received their own pocket-sized copies to explore the amendments! Thank you, Mrs. Wolpert, for making this an engaging and meaningful learning experience for our students!

Health Office

FLU SEASON REMINDER

October starts flu season! Please keep your child home if they are sick.

Fever of 100°F or higher? Stay home until fever-free for 24 hours without medication. Common symptoms include body aches, headache, cough, sore throat, and fatigue.

Medications: A parent/guardian must bring all medications to the nurse's office with the required form. No medications in backpacks without permission, including OTC and homeopathic medications.

Watch for emails: about vaccines and hearing/vision screenings. Follow up with a medical provider if your child does not pass a screening.

Ms. Chapman, L.P.N. — School Nurse

🍎 Let's Connect!

Parent-Teacher Conferences Are Coming!

October 22nd & 23rd are Early Release Days to accommodate conference schedules.

Preschool–Grade 2: **Dismissal at 11:30 a.m.**
Grades 3–8: **Dismissal at 12:15 p.m.**

For students in grades 7–8, conferences will be held on an "invitation only" basis. Parents who need to attend will receive an email invitation with information on how to sign up.

All parents with students in grades K–6 are required to attend a conference.

Xavier College Preparatory
Roman Catholic High School

September 2026

Mrs. Stella Goshaw
Painted Rock Academy
14800 N. 25th Drive
Phoenix, AZ 85023

Dear Mrs. Goshaw:

As Admissions Director, I have the great pleasure of observing the transformation of our "Baby Gators" from the time of their initial contact with Xavier as 8th Grade applicants to their first day at Xavier at Frosh Orientation in August to where they are now, at the end of the first semester. They have become fully integrated members of our community, and I see them actively engaged in daily life at Xavier. The changes in the last nine months are quite notable, and they are harbingers of all the growth that will come in the next few years along their journey toward adulthood. It is a striking experience to observe, and I find it impressive and captivating no matter how many times I have seen it.

These young women are fortunate to have had the support and guidance of many teachers and mentors to prepare them for this Xavier experience. To acknowledge the often-overlooked contributions of their middle school teachers, Xavier is happy to sponsor the **Golden Gator Awards**, which were inaugurated during the 1992-93 school year, the year of our "Golden" 50th anniversary. The Award is our way to recognize the teachers who have guided our students on their path to success.

Every freshwoman was given the opportunity to nominate a 7th or 8th grade teacher who had inspired her and significantly helped her along her academic route. We are grateful to these teachers for the confident, dedicated, enthusiastic and well-prepared members of the Class of 2030.

It is with great gratitude that we inform you that the teacher(s) listed below have been selected as recipients of the **Xavier College Preparatory Golden Gator Award for Excellence in Teaching**

Brandon Hicks

A certificate and congratulatory letter have been mailed to the teacher(s) under separate cover to the school.

We are thankful to you and your faculty. As we approach our next round of admissions for the Class of 2031, please know how grateful we are for the time you and your staff spend completing the letters of recommendation, school report forms, and the submission of school records for Xavier applicants, all of which are invaluable in our process.

Sincerely,

Jennifer Jones
Director of Admissions

U.S. Department of Education National Blue Ribbon School – 1991 | 1996 | 2013
Accreditation Western Catholic Educational Association and AdvancED

4710 North Fifth Street, Phoenix, AZ 85012 | 602.277.3772 | www.xcp.org

A Special Shout-Out to Mr. Hicks!

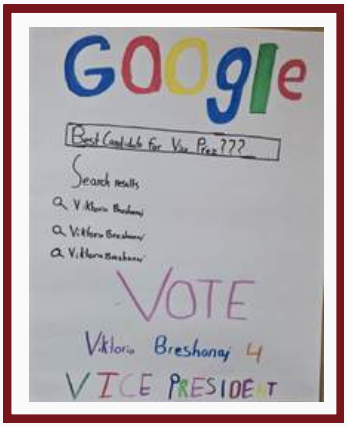
We are so proud to celebrate our 7th Grade Language Arts teacher, Mr. Hicks, for being recognized by Xavier College Preparatory with their Award for Excellence in Teaching!

Mr. Hicks has been part of the Hawk family since 2015, and his dedication to his students, passion for literature, and commitment to making a difference in the classroom continue to make an impact every day.

Congratulations, Mr. Hicks!

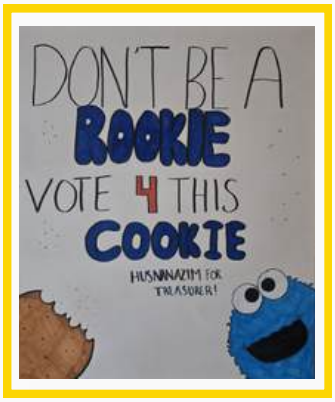
We are so lucky to have you as part of our Hawk family!

STUDENT COUNCIL



The Student Voice

Students in 4th-8th grade developed plans to be voted into Student Council positions on September 24th. Creativity abounded in the halls as each created posters and talked with their classmates.



Congratulations

to our new StuCo officers

President- Aaron

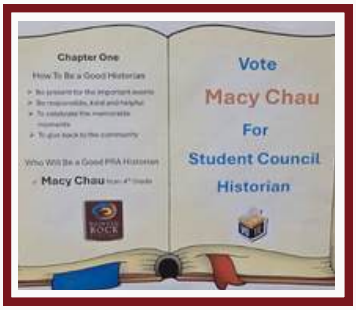
Vice President- Lucy

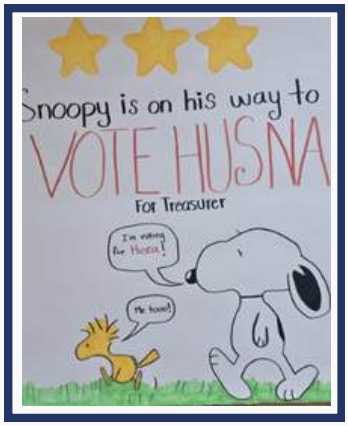
Secretary- Hudson

Treasurer- Husna

Historian- Rhythm

We are proud of ALL who ran for office!





Talk about a crowd! Our StuCo speeches had the room PACKED with students, staff and parents ready to listen, cheer, and support their classmates!

Hawk Sports News & Updates

🏆 Athletics & Activities

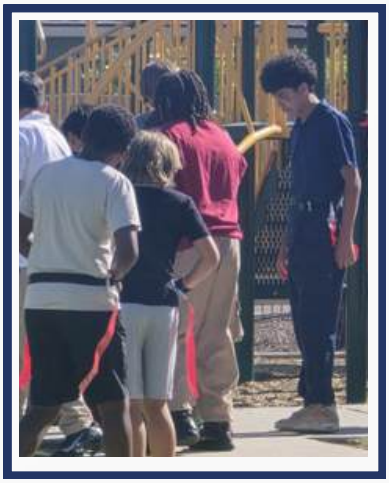
At Painted Rock Academy, we believe in helping students grow both inside and outside the classroom. Our sports and activities help students build teamwork, confidence, responsibility, character, and good sportsmanship while having fun and building friendships.
Academics come first! Students must meet our high academic standards to participate and are held accountable for maintaining those standards throughout the season.

Our Fall Sports
Girls' Volleyball, Co-Ed Flag Football, & Cheer
Winter: Girls' & Boys' Basketball & Cheer
Spring: Co-Ed Soccer

We would love to see our Painted Rock families in the stands cheering on our Hawks!
Come support our teams, show your school spirit, and enjoy the games together.
Check out our game schedule and come cheer us on!

🏈 FLAG FOOTBALL TRYOUTS WERE A HUGE SUCCESS!

Over 20 boys and girls came out to try out for our Flag Football team! The energy, enthusiasm, and talent on the field were incredible. We're so proud of everyone who stepped onto the field, worked hard, and gave it their all!
Way to go, HAWKS! 🦅🏈



Fundraising Corner

Student Council
presents our annual fall

SOCK-tober
FUNDRAISER

Student Council is leading a school-wide sock drive! We're keeping track to see which grade-level team can collect the most NEW socks to donate to One Small Step Inc., a local nonprofit providing free clothing, hygiene items, and basic necessities to children and families in need.

FUN SOCK FRIDAYS!
Students and staff are invited to wear a variety of school appropriate fun, silly, colorful, or mismatched socks every Friday this month only!

How it works:
Bring NEW socks to your classroom and help your team climb to the top!
Student Council will collect, count, and keep track of all donations.
WHO WILL TAKE HOME THE WIN?!
The winning grade-level team will be announced in early November!
Let the Sock Showdown begin!
Bring the socks.
Make a difference!

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.

Discover Your High School Options

Customize Your YEARBOOK!

Order your student's Painted Rock Academy

yearbook before

Mar 22

You can also customize
2 free pages for your student

- Add photos from your computer, Facebook, Google Drive and more
- Answer fun memory questions to help remember the year
- The 2 custom pages are free and are printed only in your book. Want more pages? Each additional 2 pages are just $1.99.

To purchase your yearbook, use the QR code below, or:

10% OFF Purchase by October 31

Must be a parent or student 13 years or older

1. Go to: treering.com/validate
2. Enter your school's passcode:

1015375557154465

Deadline: **Apr 19**

Hardcover: **$30.65**

Softcover: **$25.04**

*Does not include sales tax, if applicable

Painted Rock Organization of Parents

Monthly Meetings

Snacks and Socialize at 8:00 A.M.

October 1st • 8:15 A.M.

Parent Room

We had a great time coming together, sharing ideas, and making things happen! Want to be part of the fun? Join us at our next meeting!

Looking for more ways to support our school while you shop?

Enroll in the Fry's Community Rewards Program! Simply log in to your Fry's account, navigate to "My Account," then "Community Rewards." Search for "Painted Rock Organization of Parents."

A portion of each purchase will help support PRA at no additional cost to you!

Join the Fun—We Need Volunteers!

Our Book Fair is HERE!

This year, we're excited to partner with Literati to bring even more amazing books to our students and families! We're looking forward to growing a love of reading throughout our school community,
and we'd LOVE your help!

Shop Online: **Now through October 9th**

Shop In Person: **October 2nd–9th**

Encourage a love of reading

CLICK HERE to Volunteer at the Book Fair

Check out our teachers' wish lists and help build their classroom libraries! Every book makes a difference, and every volunteer helps make our Book Fair a success.

Let's make this Book Fair one to remember, HAWKS!

October 2026

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 8	Fall Sports Season -August -November Girls Volleyball/Co-ed Flag Football			1 PROP Mtg. 8:15 a.m. Sock-tober Kickoff 4	2 Spirit Day Morning Assembly 8:15 a.m. PROPsicles Book Fair Set-up 5	3
4 Week 9	5 6	6 1	7 PROP Used Uniform Sales 7:30-8:15 A.M. 2:00-3:30 P.M. StuCo Mtg. 3:30-4:00 P.M. 2	8 Fall Festival 5:00p.m. -7:00 p.m. 3	9 End of 1st Quarter Caught Being Good 4	10
11 Week 10	12 NoSchool-Columbus Day	13 5	14 Report Cards ParentsPortal 6	15 NJHS Mtg 3:30 -4:15 p.m. 1	16 1st Quarter Honor Roll Ice Cream 2	17
18 Week 11	19 3	20 4	21 PROP Used Uniform Sales 7:30-8:15 A.M. 2:00-3:30 P.M. Combined PRA/VA H.S. Night @Valley 6 P.M. 5	22 Parent/Teacher ConferencesEarlyRelease EarlyRelease W/Specials 6	23 EarlyRelease W/Specials 1	24
25 Week 12	26 2	27 Yearbook Meeting 3:30-5:00. 3	28 4	29 5	30 6	31

Literati Book Fair

October 2026

What's for lunch?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A LA CARTE Served daily **Sides** - Mini Chocolate Chip Cookies - GoGo Squeez Apple Sauce - Salad Bar and Fruit - PB&J, Salad and Fruit - No Drink - Yoplait Go-Gurt - Uncrustable - Grape or Strawberry - PB&J -Lays Chips - Oreos (6 count) **Drinks** - Apple Juice Box - One Milk - Capri-Sun – variety flavors **Breakfast Day Add-ons** - One Egg Patty - One Hash Brown - One Sausage Patty			1 - EGGO Mini Waffles EGGO Mini Pancake: - Confetti OR Maple Syrup -Pancake & Sausage on a Stick -Cereal – Kix or Cocoa Puffs	2 - Mini Cheese Pizza - Mini Pepperoni Pizza - Cheese OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket
5 - Grilled Cheese & Fries - Chicken Nuggets & Fries -Chicken Tenders & Fries	6 - Mini Cheese Pizza - Mini Pepperoni Pizza - Cheese OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	7 - Buttery Noodles - Pasta Marinara & Meatballs - Pasta w/ Marinara Sauce	8 - EGGO Mini Waffles EGGO Mini Pancake: - Confetti OR Maple Syrup -Belgian Waffles -Chicken and Waffles - Cereal-Cocoa Puffs or Kixs	9 - Corn Dogs & Fries - Hot Dog & Fries - Grilled Cheese & Fries
12 No School Columbus Day	13 - Mini Cheese Pizza - Mini Pepperoni Pizza - Cheese OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	14 - Buttery Noodles - Chicken Nuggets & Macaroni & Cheese -Chicken Nuggets & Chips	15 - EGGO Mini Waffles EGGO Mini Pancake: - Confetti OR Maple Syrup -Pancake & Sausage on a Stick -Cereal: Kix or Cocoa Puffs	16 - Grilled Cheese & Fries - Chicken Tenders & Fries - Chicken Nuggets & Fries
19 - Hamburger & Fries -Chicken Sand. & Fries - Grilled Cheese & Fries	20 - Mini Cheese Pizza - Mini Pepperoni Pizza - Cheese OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	21 - Bean Burritos - Bean Tacos - Nachos: Tortilla Chips & Nacho Cheese	22 Early Release	23 Early Release
26 - Grilled Cheese & Fries - Chicken Nuggets & Fries -Chicken Tenders & Fries	27 - Mini Cheese Pizza - Mini Pepperoni Pizza - Cheese OR Pepperoni Stuffed Crust Pizza Slices - Pepperoni Hot Pocket	28 - Cheese Quesadilla - Chicken Quesadilla Nachos: Tortilla Chips & Nacho Cheese -Bean Burritos	29 - EGGO Mini Waffles EGGO Mini Pancake: - Confetti OR Maple Syrup -Pancake & Sausage on a Stick Cereal- Cocoa Puffs & Kix	30 - Grilled Cheese & Fries - Chicken Sandwich & Fries -Hamburger & Fries