



# RIVER HAWK

## UPDATE

October 20, 2022

Your Word is Truth

Volume 1, Number 11

### From Mr. Muncy

Pastor Trevor taught us how we can trust the Bible to be the truth that we are building our foundation on. Thank you Pastor Trevor for reminding us of this truth. Well, it happened! Kamryn won the drawing to choose the color of my beard, and she chose PINK! Seriously, thank you all so much for your support for this fundraiser. We raised around \$4k! Way to go, Valley!



## CONGRATULATIONS

Students of the Month



Josiah Panther, Adelaide Sowers, and  
Bell Trudell

### Now you know...

A bat can lower it's heart rate from 200-300 beats per minute to 10 beats per minute, and can go several minutes without taking a breath in order to conserve energy during hibernation. In this state of "torpor" bats are experts in high energy efficiency!

Fall  
**BREAK**  
OCT 21 AND 22

**Red Ribbon Week**  
**Oct 25-28**

- 25th - Pajama Day - wear your favorite pjs!
- 26th - Twin Day - dress up with your friend
- 27th - Spots or Stripes - Are you team Spots or team Stripes?
- 28th - Character Day - dress up as your favorite book character



RaiseRight

Formerly ShopWithScript

Our code: F447BF3D61623

### Important Dates

- Oct 20 | Parent Teacher Conferences 4-7pm
- Oct 21/24 | Fall Break
- Oct 26 | Spirit T-shirt order forms due
- Oct 26 | Chapel with Spensor Kilgore
- Oct 25 -28 | Red Ribbon Week
- Nov 1 | Awards Assembly 1:30 (1-6) and 2:15 (7-12)
- Nov 3 | Valley @Trinity Catholic Jr. G/B Basketball Game
- Nov 4 | Valley @CMA JR. G/B, VB

### Ephesians 4:15

...Speaking the truth in love, we are to grow up in all aspects into Him who is the head, that is, Christ.