



Rockford High School

Paul Menard, Principal

Samantha Bloom, Counselor

Daniel Pratt, Activities Director

Jill Gordee, IB Coordinator

7600 County Road 50 | Rockford, MN 55373

Ph. 763-477-5846 | Fax 763-477-6123

www.rockford.k12.mn.us

Greetings RHS Families,

We returned to classes this week after a fun-filled Homecoming Week, which culminated in our dance on the turf. Thankfully, the rain ended and we had a beautifully crisp fall evening where students danced (or stood) the night away. We are seeing student performance increase as they continue to get used to the full throttle of a more normal school year, which is encouraging.

Please continue to remind your children to be respectful to the building and property, use Rocket Block study time to their advantage, practice advocacy skills to prepare for productive adulthood, and come to Homework Help on Wednesdays if they are in need and able. I'm getting into classrooms more conducting fall observations of new and returning staff. They are giving work time to students, truly, and it is up to our students to use that productively.

It's a joy to be your child/ren's principal. I've enjoyed getting to know our students more fully in the hallways, lunchroom, media center, subbing in classrooms, and more. We will continue to motivate these great young people into adulthood through community building, support, and challenging academic experiences.

Our fall conferences are coming up toward the end of the month. Please consider attending. Whether there are academic concerns, getting used to full-on school, social/emotional barriers or more conferences (now more than ever) are a critical way that the school and family can get on the same page.

Have a great weekend and Go Rockets!

Student Quote: "I'm looking forward to taking 'blackout' pictures when we hang a [section championship football] banner!" -Caleb Richards

Sincerely,
Paul Menard
Principal

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COVID MESSAGE FROM NURSE:

As we get back into the swing of things and spend more time together, there are going to be cases of COVID, especially with the Delta variant making its way through. In order to not inundate you with emails, we will not be sending a general notification letter to an entire grade level after every positive case of COVID. We will be alerting you if your child is a close contact of a positive case of COVID. *Please be vigilant in monitoring your child for symptoms and keep them home if any present.*

SOCIAL MEDIA CONTACT:

This is a great school, close-knit community, and we offer a world class IB program. I want so many people to know the wonderful things happening in and out of the classroom. I can no longer contain my excitement. Please consider following me on social media and look for the occasional boast post about our fantastic kids!

Instagram: @MrPaulMenard883

Twitter: @MrPaulMenard883

DONATION OPPORTUNITY:

The high school is in need of tissues and bottled water or reusable water bottles. Any donations would be greatly appreciated and happily accepted!

WINTER SPORTS:

The 2021-22 school year is in full swing and that means that fall activities are winding down and the start of winter activities for students in grades 7-12 is rapidly approaching! Links on the Activities section of the district website contain information about the following:

- Save the date for the [Winter Sports Meeting](#) October 25, 2021 at 6:00pm, RHS Auditorium
- Now open: [Registration for Winter Activities](#)

Please note: Practice for dance team and middle school girls basketball begins on October 25, 2021. Your child's registration must be completed prior to this date to be eligible to participate. If you have registration questions, please contact the Activities office:

- Dan Pratt, Activities Director: pratt@rockford.k12.mn.us
- Stacey Larson, Activities Coordinator: larsonst@rockford.k12.mn.us

GOOD EATS FOOD TRUCK:

This is not an ISD 883 sponsored event.

Summer may be done, but FOOD TRUCK season is not! On **Saturday, October 9th**, the Good Eats Food Truck will be by BankWest (corner of Hwy. 55 and Main Street) to serve their famous burgers, corn dogs and fries. Please invite your family and friends for some fair food from 11:30am-6pm! This event is hosted by the RHS Prom Committee.

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VOLLEYBALL T-SHIRT QUILT RAFFLE:

The prom committee is raffling off a volleyball tshirt quilt at the volleyball home games now through October 14th. Click [HERE](#) for more information.

CHANGE TO CHILL:

Next week is Change to Chill week at the high school! This event will be sponsored by the CTC School Partnership. CTC is a free, online mental well-being program offered by Allina Health. Each day we will have themed activities, challenges and resources for the students. The partnership with CTC supports school-wide efforts to create and nurture a culture of mental well-being among students and staff.

Watch this [VIDEO](#) to learn more about Change to Chill!

ORDERING PICTURES/PICTURE RETAKE DAY:

School pictures have arrived. Please remind students to stop by the front office to pick up their pictures. Photo packages can still be ordered online using this [LINK](#). Picture retake day is Oct 28.

YEARBOOK COMMITTEE:

Yearbooks are on sale NOW! Please follow this [link](#) to purchase a Yearbook for \$65! SENIORS - use the same [link](#) to upload your senior pictures! SENIOR FAMILIES - use the same link to upload your baby picture and purchase the ad space! Senior pictures are due by November 30. Access code: rockets

COLLEGE IS KNOWLEDGE MONTH:

This week we are looking at [Ways to Pay for College](#). This video has some great resources and ideas for families.

The college search process can be stressful, especially when it comes to finances. The **College Planning Workbook** can help students organize their options when it comes to paying for college.

Here is the link to make your own [Workbook](#).

Don't miss out on the free application weeks for Minnesota Colleges and Universities. Check [The List](#) for schools you want to apply to.

Last Week we featured FAFSA information - refer to last week's Parent Bulletin if you missed it!

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DIRECTORY INFORMATION:

Rockford High School occasionally receives requests to share student directory information with third party vendors to advertise businesses, share correspondence, or for other purposes. This is a fairly common practice, but with the increase of activity and sharing of digital information online over the past years I wanted to call special attention to this request.

I ask that if you would not like your children's directory information to be shared (including, but not limited to, name, address, phone number, email address) to any outside vendor, business, or representative of other agencies please inform Ms. Chalupsky in the main office by Friday, October 8th at 3:00pm. Thank you.

PUBLICITY PHOTOGRAPHS:

Throughout the year, photographs and videos are taken in classrooms and at school activities. Some of these may be published in local newspapers, on the local cable station or in Rockford Area Schools' publications and websites. Parents may request that their child's photograph and identifying their name not be published in district productions or websites. The request must be made in writing and sent to the Rockford Area Schools District Office Attn: Annie Mickelburg, at 6051 Ash Street, Rockford, MN 55373. (This does not apply to pictures of school events taken by the news media.)

EVERY MEAL WEEKEND FOOD PROGRAM:

The Every Meal weekend food program is back! This is different from the RAS lunch that is available for students on week days. The Every Meal Program is free for all families, there are no qualifications, and your privacy is protected. Families can enroll at ANY time throughout the school year. You are in the program once you fill out this [FORM \(English\)](#) or [FORM \(Spanish\)](#). Food bags will be available for pick up at your student's school on Thursday and Friday's. Contact Madison Holm at 612-567-0114 or at holmm@rockford.k12.mn.us with any questions.

HOMEWORK HELP:

Homework Help is back for the 21/22 school year! Homework Help is each Wednesday from 3:00pm-4:15pm. This is a great opportunity for students to work on homework and get help from their teachers. Transportation will not be provided at this time and students will need to arrange for transportation at 4:15. Online Tutoring is also now available through [Around Cloud Tutors](#).

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