



# Rockford High School

Paul Menard, Principal

Samantha Bloom, Counselor

Daniel Pratt, Activities Director

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7600 County Road 50 | Rockford, MN 55373

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[www.rockford.k12.mn.us](http://www.rockford.k12.mn.us)

Greetings RHS Families,

Overall it has been a good week at Rockford High School. Our students are continuing to (or beginning to) set plans to approach winter break eagerly anticipating some moments of rest while also laying out a gameplan to complete missing assignments, make up work, tasks for large projects, and end the semester successfully. If you believe your child has not practiced these advocacy skills, please have them contact their teachers so they can take advantage of the time away and set themselves up for success in the new year.

The conclusion of this week, culminating in a nationwide TikTok challenge, has been a stark reminder to us that our students need us (and you). No matter how old they are, their background, their abilities, their engagement in school—they need our full presence. The K-12 landscape is much more complicated than when we went to school. I attended a statewide webinar this morning on strategic response to school violence. It's an uncertain world for teens right now as politics and social media pressures weigh heavily on their hearts amidst the more traditional struggles of adolescence.

The main thing I picked up from the webinar is a focus on preparation (drills) and, more importantly, prevention (supports). I am encouraged that the cornerstone of our school community is the development of strong student-teacher relationships. We are truly fortunate to have students who value their teachers and teachers who value their students. One key strategy to prevention is ensuring students have one high quality connection in the school (teacher, coach, custodian, office staff, paraprofessional, administrator, etc.). This falls right in line with one of our School Improvement Plan (SIP) goals to ensure all students have a high quality connection. Currently we have approximately 65% of our students who have reported. We are hoping for wider participation to ensure all of our students have a trusted adult in whom they can confide during hard times and celebrate during triumphant times.

It is my hope that our families and staff can have a restful break, restore our bodies with strength and hope, and support one another during this holiday season.

Student Quote: "I'm looking forward to our [girls basketball] game tonight! I hope that we can get a lot of support from fans this season." -Ava Cusciotta

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.***

## RAS E-LEARNING DAYS:

Please read this [attachment](#) so you and your children understand expectations and are prepared for unexpected inclement weather days. These e-learning days ensure that we can reach our instructional minutes as required by the State of Minnesota without having to add days to the end of our calendar year.

### AROUND CLOUD TUTORS

Free, online tutoring for Rockford area students!

- K-12 tutors are available Monday-Friday for one-on-one online sessions covering reading, math, science, social studies, English/Language arts and Spanish.
- Tutoring is available in several languages, including for students with special needs or those seeking post-secondary advice.
- Sign-up at [AROUNDCLOUDTUTORS.ORG](http://AROUNDCLOUDTUTORS.ORG) to be matched with a tutor for the semester or one out or demand tutors to sign-up for a 30-minute session when you need it.



Project Cloud Tutors is an initiative of the Greater St. Cloud Development Corporation in partnership with the United Way of Central Minnesota, the Boys & Girls Clubs of Central Minnesota, College of St. Benedict/St. John's University, St. Cloud State University, St. Cloud Technical and Community College, and Bremer College Center.



### 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](#).

## QUARANTINE HOMEWORK:

If your child must quarantine, we have drafted procedures to assist them in remaining current with their work. Please [click here](#) for more information.

## HOST A FOREIGN EXCHANGE STUDENT:

When you welcome an exchange student into your family, you are not only fulfilling a young person's dream of studying English abroad, you are giving the student and your family the opportunity to see the world from different perspectives. Click [HERE](#) for more information.

## COPING WITH KIDS WHO REFUSE TO GO TO SCHOOL:

If your child is anxious about going to school, or refusing to go to school at all, [read our tips and advice](#) on how you can support them and work with their school.

## CHANGE TO CHILL:

You may feel stuck or unmotivated during the colder months of the year. Get out of this funk by practicing [mindful movement](#)! Mindful movement focuses on slowing down and taking time to hear or

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discover what we are thinking and feeling. Taking a minute to pause allows us to re energize and clear our mind. Whether you are looking to reduce anxiety, improve your athletic performance, or ignite gratitude, Change to Chill offers different poses and techniques to help us in our everyday lives.

## **NYSTROM EXERCISE AND MENTAL HEALTH:**

Here is the [monthly newsletter](#) from the School Based team at Nystrom and Associates.. This is a great resource for talking about and combating mental health!

## **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](mailto:holmm@rockford.k12.mn.us) with any questions.

## **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](#)

## **SCHOOL STORE:**

The school store hours can be found [HERE](#) and will be posted at the school as well.

## **FOOD SHELF MONEY DRIVE:**

Support our local food shelf for the holidays by donating money directly to them through a link!!! No cash needed! Last year we raised over \$800 district wide. We are currently at \$200. Let's see if we can match last year!

1. Go to [riverworksonline.org](http://riverworksonline.org)
2. Click on the DONATE tab in the upper right hand corner
3. Click on the DONATE ONLINE tab
4. Click on the FUND drop down menu
5. Select ROCKFORD SCHOOL THANKSGIVING FUND DRIVE

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## GRATITUDE GIFTS:

**This is not an ISD 883 Sponsored Event**

**Thank teachers or staff members with  
Gratitude Gifts!**

- \$10, \$20, and \$50 donation options
- Delivered to the school on December 21st.
- All donations support the [Teacher Mini-Grant Program!](#)

### Link to order:

<https://www.rockfordfoundation.org/gratitude-gifts/>

Deadline to order: **December 15 at Midnight**



## GIVE KIDS A SMILE:

**This is not an ISD 883 Sponsored Event**

Lake Sarah Dental will be hosting our annual Give Kids a Smile Event on Friday, February 4th, 2022 from 9 am - 1 pm. Click [HERE](#) for more information.

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