



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

Greetings RHS Families,

Happy New Year! As we begin 2022 it is my sincere hope that this year finds you health, happiness and much success. I hope the same for our students as well. They will be busy over the next few weeks finishing projects, essays, and assessments in preparation for final exams. As they approach finals, please ensure that you are helping them organize their workload, checking Infinite Campus grades, and communicating with classroom teachers if there are questions or areas of concern.

As one area of focus on this year's school improvement plan, student self-advocacy is a skill we continue to build in your children. We have taken some significant steps forward in comparison to last year, but some of our students continue to struggle to gain their learning stamina and self-advocacy skills. Please know that your child has Rocket Block an average of two times per week for a total of 180 minutes. This is a great time to pre-arrange meetings with teachers, make up assignments and tests, and get extra help to improve grades. Each student also has a school assigned email address they can utilize to ask questions of teachers via email or exchange messages via Google Classroom.

We were excited to welcome back our students from Winter Break this week. It was great to see them eager to return as well! For me, it was a reminder that they appreciate contributing and reaping benefits from our amazing school community of students and staff who care for each other—so much so that being absent for a time presents a longing for them that is fulfilled when they return. Please know that you are also an integral part of our community and we appreciate your involvement and investment in our teaching and learning.

Student Quote: "The girls basketball team is excited to travel to New London-Spicer and avenge our previous losses!" —Cassia Cady

Sincerely,  
Paul Menard  
Principal

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## Health

### COVID UPDATE FROM NURSE: (No longer contact tracing)

Things are changing rapidly in regards to COVID. The Omicron variant is spreading rapidly throughout the world and within our community. As a District, we've continued to contact trace and alert those who were close contacts. It is important for you to know, with the contagiousness of Omicron, contact tracing is already becoming overwhelming and inaccurate as exposure becomes more widespread, inside and outside our buildings. As always, the nurses in the school health offices want to be able to provide a high quality of care for the students who need us...[Click for the complete letter from our district nurse.](#)

***Please continue to be vigilant in monitoring your child for symptoms and keep them home if any present.***

### 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.

## Preparing for Inclement Weather

### 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.



## Finals/Homework Help

### FINALS:

Finals are just around the corner and students' schedules have been modified to allow time for all final exams to be conducted. Click for each week's modified schedule.

[Jan 17-21](#)

[Jan 24-28](#)

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## 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 advising.
- Sign-up at [AROUNDCLOUDTUTORS.ORG](http://AROUNDCLOUDTUTORS.ORG) to be matched with a tutor for the semester or use our on-demand tutors to sign-up for a 30-minute session when you need it.



Around 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 Ancker 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](#).

## MENTAL HEALTH

### NYSTROM:

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

### 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.

### THREE GOOD THINGS:

Don't have a New Year's Resolution yet? No problem, we've got you covered! Make the [Three Good Things](#) worksheet a goal of yours as you are heading into the new year. The activity intends for you to take a step back and write down three good things from the day. This may help you find happiness in the little parts of life.



### 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 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

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reduce anxiety, improve your athletic performance, or ignite gratitude, Change to Chill offers different poses and techniques to help us in our everyday lives.

## Other News/Opportunities

### 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.



### 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.

### 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 for January & February can be found [HERE](#) and will be posted at the school as well.

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## **SKI CLUB:**

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

A group of students are trying to form a ski club for RHS students to ski at Powder Ridge on Thursdays (1/13, 1/20, 1/27, 2/3, 2/10, and 2/17). Only 4-5 more students are needed to meet the 25 student minimum. Anyone interested in joining Ski Club should click [HERE](#) for more info and registration forms. If you have any questions, please contact Sophie or Tracy Bremel at 763-242-1216.

## **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 4 th , 2022 from 9 am -1 pm. Click [HERE](#) for more information.