

# ROCKFORD HIGH SCHOOL

## IB WORLD SCHOOL



# Welcome December



**Paul Menard**  
*Principal*  
Rockford High School-  
IB World School  
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December 8th, 2023

Greetings RHS Families,

FOR A QUICK, EASY TO READ VERSION CLICK [HERE](#).

We are two weeks out from Winter Break! Teachers are preparing assessments, students are studying, and completion plans are being created to ensure students are in a good spot with their classes before break. Please touch base with your children about where they stand in their classes. Encouraging an early push before break creates a much better experience near the end of the semester (the first three weeks of January).

Please consider attending our annual Curriculum Night on Tuesday, December 12th. This is a great opportunity to meet our teachers across all disciplines, have casual or in-depth discussion about our course offerings, and learn about IB/CIS opportunities to best prepare our children for post-secondary college or career readiness. As the exclusive IB high school west of I-494, we pride ourselves on developing student agency, ownership of learning, and relevant learning experiences that translate into college credit, "ready to work" career certifications across multiple pathways, and the character traits necessary to feel confident and capable of succeeding in the real world. I'm so proud of what we are creating for our kids here at Rockford High School; come for a visit and learn more!

NEXT WEEK: Curriculum Fair, 12/12 from 4-7pm. Have a great weekend. Go Rockets!

Sincerely,

Paul Menard  
Principal

# Important Dates

- **December 12th:** Curriculum Night
- **December 25th - January 2nd:** Winter Break



## MASE President's Scholarship

Each year, the President of MASE has the privilege of honoring a graduate of the district(s) they serve with a \$1000 scholarship.

The recipient should be a student from a MAWSECO member district who's graduating from high school in the current school year majoring in a special education field (special education teacher, school psychologist, speech and language pathologist, etc).

If your student has an interest in any of these careers, please see the link below for the application!

*[MASE President's Scholarship Application](#)*



# Find Balance this Holiday Season

The holiday season can be one of the most joyful (and stressful) times of year. Working to create balance for yourself amidst competing priorities can help reduce stress.

- Seasonal celebrations sometimes lead to disagreements and family drama. Setting boundaries and practicing active listening can help.
- Understanding your values can help you determine how best to spend your time and stay grounded in what matters most.
- Consider volunteering this holiday season and bringing joy to others in your community.
- Try to reduce your screen time as a family and find ways to be more deeply connected with one another. You can do this by maximizing mealtime conversation or taking a noticing walk in nature.
- Many individuals and families have annual holiday traditions which can help strengthen connections. Consider sharing photos and stories, exchanging holiday recipes, or creating a connection capsule to keep the holiday spirit alive year round!
- Remember to incorporate sleep, movement and other healthful habits into your busy schedule.
- The holiday season also coincides with flu season, among other illnesses. Make sure to wash your hands and maintain good hygiene.
- Remember that the holidays can be challenging for many people, especially those experiencing grief and loss. Check in with those who might be dealing with loneliness this holiday season to offer support as you are able.

# Gratitude Gifts



## HOLIDAY GIFTS FOR ROCKFORD STAFF

It is time to **THANK** teachers, paras, principals, office staff and so many others for giving it their all each day for our Rockford students! You can do it with Rockford Education Foundation's Gratitude Gifts! Staff love these gifts that support their classrooms with grant opportunities. PLUS, they get a gift card to treat themselves!

### Gratitude Gift Details:

- \$10, \$20 and \$50 donation options
- All gifts include a gift card for the recipient - see [example](#)
- Gifts are delivered to the school between Dec 20-21
- All donations support the [Teacher Mini-Grant Program!](#)

### ORDER GIFTS HERE:

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

**Deadline to order: December 12th at Midnight**

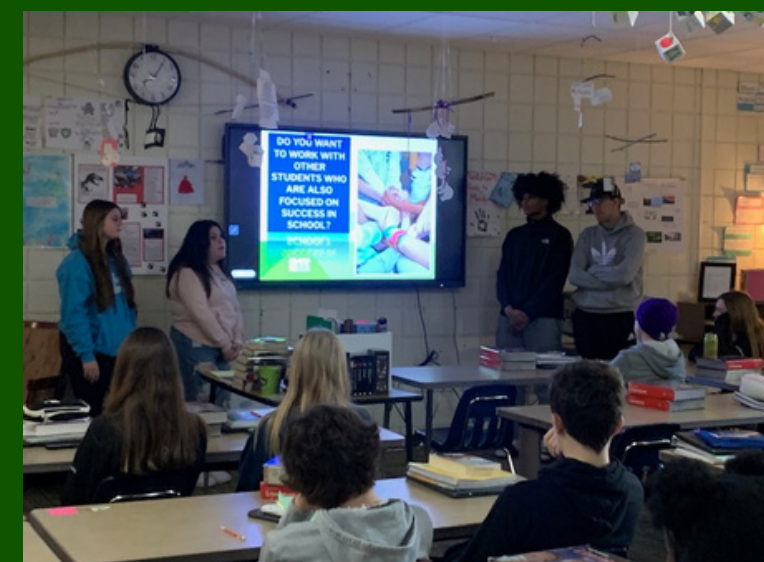
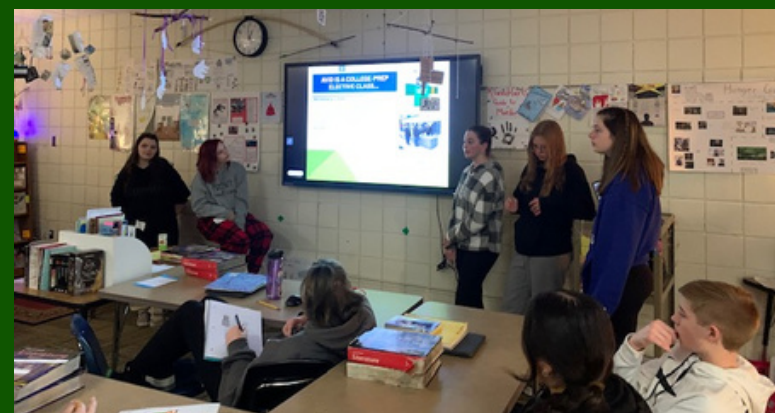
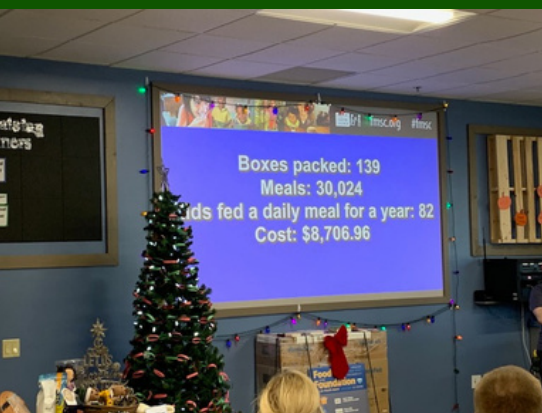
Questions: Email Kelly Grimm,  
[kelly@rockfordfoundation.org](mailto:kelly@rockfordfoundation.org)

*\*\* Not and ISD 883 Sponsored Event\*\**



# Happening at Rockford!

Rockford High School Students from the DECA Program and the Full Diploma and Career Related Pathway programs participated in service learning at Feed My Starving Children on November 30th!



RHS students from *AVID* 10, 11, & 12 classes presented to our RMS 8th grade students this past week on *AVID*, which stands for **Achievement Via Individual Determination**. Each of the students spoke about their experiences in the class and how student can benefit from being part of *AVID*.

For more information on the AVID program, please contact [gordeej@rockford.k12.mn.us](mailto:gordeej@rockford.k12.mn.us)

# DECA Date Night

Are you interested in having a well deserved kid free Friday night? If so, then DECA Date Night is for you! Our high school DECA Business program is holding our 2nd DECA Date Night! On **December 16th, from 5-9 pm**, parents will be able to drop their kids off at the elementary school and have the night to themselves or even get some Christmas shopping done! Dec has games, movies, Christmas crafts, and dinner planned!



When: Saturday,  
December 16th

Time: 5-9 pm

Price: \$20 per child  
for pre-registration.  
\$25 at the door for  
walk-ins.

You can pre-register  
[HERE!](#)

Any Questions? Email  
Grace Feyen at  
[feyengrace@gmail.com](mailto:feyengrace@gmail.com)

*\*\* Not an ISD 883  
sponsored event \*\**



# Rockford High School Choir Concert

High school choir students are performing their annual winter/holiday concert on Monday, December 11th at 7:00 pm in the high school auditorium.

This concert is free for all to come and enjoy songs of the season with our Concert Choir and Chamber Choir.



## Food Shelf

Every year, we partner with Riverworks Food Shelf to help support our community before the holiday season. Last year we raised over \$500 thanks to all of the generous donation!

As we plan our upcoming celebrations, we at Rockford Area Schools are asking that you take time to think of others who are less fortunate.

Please consider making a donation that works for your family to help relieve the stress of others during this time. If you are unable to donate, we are asking families and staff to donate money on-line directly to Riverworks.

With the financial support, they will be able to purchase the food to fill their shelves. Please follow the directions below to donate. Any dollar amount helps!

Thank you for supporting our community and partnering with Rockford Area Schools. Happy Holidays!

### **Here's how to give:**

1. Go to <https://bit.ly/3FOGRLY>
2. Click on the FUND drop down menu
3. Select **ROCKFORD SCHOOL HOLIDAY DRIVE**

# School Store Schedule

\*\* Not an ISD 883 Sponsored Event\*\*



## School Store December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Store Hours: 5:30p-8:30p JV/V Girls BB		Store Hours: 5:30p-8:30p Girls & Boys BB		
10	11	12	13	14	15	16
		Store Hours: 3:30p-8:30p Curriculum Fair & C/JV/V Boys BB		Store Hours: 5:00p-7:00p JV/V Wrestling & 1 <sup>st</sup> Gr Concert	Store Hours: 5:30p-8:30p C/JV/V Boys BB	
17	18	19	20	21	22	23
					Store Hours: 5:30p-8:30p C/JV/V Boys BB	
24	25	26	27	28	29	30
31						

Dates and times subject to change based on event changes. Any changes will be updated and posted on our social media platforms.

## Job Opportunity!

**STOP**  
the kids  
really need  
you!

**FLEXIBILITY**  
**NO SUMMERS**  
**NO EVENINGS**  
**NO WEEKENDS**  
**PAID TRAINING**  
**NO EXPERIENCE NEEDED**

Transportation is needed for kids to attend school, after school activities, and sports. Call or stop in to take a drive in a bus and see if you are a fit! It's a great opportunity for any teachers, coaches, paraprofessionals, retired individuals, and parents that want to support their children's educations.

**Help Your Community**  
**DRIVE THE FUTURE OF ROCKFORD**

APPLY ONLINE AT [WWW.FOURPOINTO.COM](http://WWW.FOURPOINTO.COM)  
OR CALL 763-477-6100

ASK ABOUT A  
**\$1000**  
SIGN-ON  
BONUS

Apply online at  
[www.fourpointo.com](http://www.fourpointo.com)  
or call 763-477-6100!

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