

# ROCKFORD HIGH SCHOOL

## IB WORLD SCHOOL



Congratulations to seniors *Ty Kulavik* and *Sarah Buchholtz*- **2024 Triple 'A' Award** representatives for Rockford High School!

The MSHSL Academics, Arts, and Athletics Award, commonly known as the Triple "a" Award, honors high school seniors throughout the state who have a 3.0 or higher-grade point average and who participate in League-sponsored athletic and fine arts activities.

**Congratulations Ty and Sarah!**



**Paul Menard**  
*Principal*  
Rockford High School-  
IB World School  
[menardp@rockford.k12.mn.us](mailto:menardp@rockford.k12.mn.us)

December 15th, 2023

Greetings RHS Families,

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

Next week is our final week of classes before Winter Break! While there is certainly much on the horizon to celebrate, this coming week can create stress, anxiety, moodiness, and a host of other things that can negatively impact us as individuals and collectively as a school community. I urge you to check in with your children to make sure they are aware of their workload, deadlines, directions, priorities, and responsibilities. Have them contact their teachers if they have any questions or concerns. We want to support one another and inspire each other to finish this stretch on a high note.

Our Curriculum Fair was a success this past week. It was a great opportunity for students to learn details on required and elective courses directly from the instructors in the department. I also enjoyed welcoming 8th grade families to their first official high school event

NEXT WEEK: Five days of classes, regular schedule. Have a great weekend. Go Rockets!

Sincerely,

Paul Menard  
Principal

# Important Dates

- **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](#)*



# Ready, Set, FAFSA Series

## **Ready, Set, FAFSA - Starting January 9th, 2024 @ 7:00 pm**

With upcoming 24-25 FAFSA changes, Ready, Set, FAFSA sessions will assist students and families with creating a Federal Student Aid (FSA) ID, completing the FAFSA or the MN Dream Act applications and understanding award letters. For 12th grade students and their families; four Tuesday evenings in January.

- Information for families about registering for the January series is available [HERE](#). Registration is open!
- All sessions will have simultaneous interpretation in Spanish, Somali, Hmong.
- Students who attend a session or watch one of the recordings will be eligible to win a **\$1,000 scholarship!** From our October series, two seniors won \$500 scholarships from ECMC - one from Farmington High School and one from Mounds View High School!
- These sessions are a collaborative effort between the Minnesota Office of Higher Education, Minnesota Department of Education, ECMC The College Place and Minnesota goes to College.
- *The Ready, Set, FAFSA Promotional Toolkit* includes social media posts, graphics for school newsletters and blurbs for school communications to families to quickly promote these events.

# 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.



# HAPPENING AT RHS NEXT WEEK!



## MERRY HOLIDAYS

DRESS UP DAYS 12/18-12/22

Monday- Christmas Socks

Tuesday- Sparkle in your Class Colors

Freshmen: RED

Sophomores: BLUE

Juniors: PINK

Seniors: BLACK

Staff: Green

Wednesday- Flannel

Thursday- Holiday PJs

Friday- Ugly Sweater



# Food Shelf

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

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**

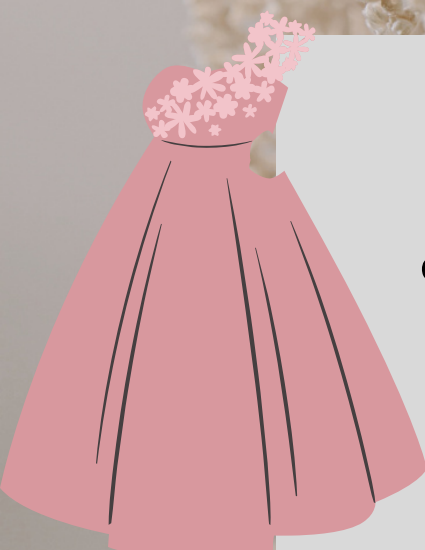
# DONATE



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



# *Snow Week & Prom Dress Donations*



Semi- Formal and Formal dresses filling your closet? Bring them to ours! RHS is accepting donations for Snow Week and Prom 2024. Bring items in good condition & on a hanger to: RHS Main Office (during school hours) between  
January 29-February 2



# 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 \*\**



# 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**

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

4.

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

4.

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

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Event\*\***