

ROCKFORD HIGH SCHOOL

IB WORLD SCHOOL



Have a Great
Winter
Break! -
Rockford
High School
Staff!



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December 22nd, 2023

Greetings RHS Families,

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

There were challenges and triumphs at Rockford High School this week, but one thing is for certain: everyone is looking forward to a much anticipated Winter Break. Festivities this week included a Rocket Block Door Decorating Contest, themed holiday dress up days, gifts being exchanged, and gratitude cards were distributed to all non-instructional staff members across the entire school district thanks to the efforts of our Student Leadership Team.

We are fortunate to have such a vibrant culture within our school community, and I'm grateful for your contributions to our culture as well. Please take some focused time to spend with your children, relax, enjoy each other's company, focus on the good, immerse yourself in the holiday spirit, and be well.

I am encouraged by all the hard work our teachers and students have demonstrated so far this year, and I am hopeful for an even more successful and positive 2024.

School resumes for all students on January 3rd. Have a great holiday season. Go Rockets!

Sincerely,

Paul Menard
Principal

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.

Classroom Donations!

With the cold and flu season upon us, classrooms are going through boxes and boxes of facial tissue faster than normal!

Please consider donating facial tissues for your child's classrooms. Any donations can be dropped off in the front office. Thank You!

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**

****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

Job Opportunity!

Apply online at

www.fourpointo.com

or call 763-477-6100!

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



FLEXIBILTY
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

4. APPLY ONLINE AT WWW.FOURPOINTO.COM
OR CALL 763-477-6100

ASK ABOUT A
\$1000
SIGN-ON
BONUS

