

# Rocket Newsletter

March 2024



March

**March 4th**

Spring Sports

Meeting - 5:00 pm

**March 11th**

Spring Sports

Practice Begins

**March 14th**

Spring Conferences

3:30 pm - 7:30 pm

**March 22nd**

NO SCHOOL

**March 25th - 29th**

Spring Break - NO

SCHOOL



The mission of Rockford High School is to foster the development of a caring environment by prioritizing personal relationships and creating a collaborative culture that prepares all students to become inquisitive lifelong learners who act as compassionate global citizens.

## From the Principal



Greetings RHS Families,

March has arrived! It's not quite winter, and not quite spring, but we persevere through this second semester nonetheless. This time of year puts midyear goals to the test as our teachers have re-tooled instruction to better educate students now that relationships have been formed and realized, our freshman are beginning to understand the real demands of high school and personal accountability, our sophomores make final preparations for upper level courses, our juniors demonstrate their best work prior to college and career applications, and our seniors attempt to leave a positive legacy.

We've experienced an impressive level of families desiring to tour Rockford High School. I interpret this interest threefold: great teachers who are also great people, students who desire genuine connection, and the ability to establish a true identity in a small and vibrant school community. We cannot offer everything that large, industrial education factories can but I'm extremely proud of what we offer and what our students experience. I invite you to reach out to a friend; I'd like to offer them a tour and explain how Rockford High School might be an ideal learning environment for their children. Even the fact that our principal gives the tour is a major differentiator!

In this month's newsletter you'll learn about some exciting academic programming, athletic achievement, upcoming events for students, and parent-teacher conferences. I hope you'll take the opportunity to invest the appropriate level of involvement in your children's education. As you know, or are still learning, it's a delicate balance of supporting them and allowing them space to practice the student agency we've emphasized all year. We must let them practice these skills to truly be college and career ready. From personal experience as a student and during my time working in a University setting, it is truly best to learn such accountability and advocacy skills in high school with the safeguards we have in place.

Have a great month. Go Rockets!

Sincerely,

Paul Menard

RHS Principal

# RHS | Mark Your Calendars



## Spring Conferences

Spring Conferences are March 14th, from 3:30 to 7:30 pm! This is a great opportunity to check in with teachers on your child's progress and a time to make plans to help support your child's academic growth! We hope to see you there!

## Spring Break

Spring Break is right around the corner, March 25th - March 29th!

Reminder: If your student will be leaving prior to the start of Spring Break (2 or more days) or will not be returning until after Spring Break ends (2 or more days), they are asked to stop by the front office to collect a Pre-Excused Absence form that they will need to bring to all their teachers. Thank you & have a great break!



**The Class of 2025  
Presents: Old Hollywood!**  
Make sure to mark your calendar for  
this years prom!  
More information coming soon!  
Hope to see you there!

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

## K-12 Education Credit and Subtraction

### Save Your School Supply Receipts!

The Minnesota Department of Revenue offers two valuable tax benefits for parents who purchase school supplies for their K-12 students: The K-12 Education Credit and Subtraction. These benefits can reduce parents' taxes to increase their refund, but it is only available for those who keep their receipts. Purchases for most school supplies, field trips, and musical instruments for school band are eligible.



Most Minnesota parents qualify for *the K-12 Subtraction*, which reduces their taxable income. Parents under certain income limits may also qualify for *the K-12 Credit*, which can refund up to 75% of their costs- even for parents who do not owe any taxes. [Visit Revenue's website for details.](#)



### School Store March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Store Hours: 6:30p-8:30p V Boys 8B Section Game	5	6	7	8	9
10	11 Store Hours: 6:00p-8:00p 4th Gr Concert	12	13	14	15	16
17	18 Store Hours: 7:00p-9:00p HS Band Concert	19	20	21	22	23
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.

## School Store Hours

- March 4th:
  - 6:30 pm - 8:30 pm
- March 12th:
  - 6:00 pm - 8:00 pm
- March 19th:
  - 7:00 pm - 9:00 pm

## Catalog Fundraiser: March 14th - April 5th



### CATALOG FUNDRAISER PreK– 11th Grade



#### How participation will benefit your student:

PreK – 3rd Grade	REAMS Field Trips
4th Grade	Deep Portage Trip Proceeds deposited into student's 6th Grade Deep Portage account.
5th Grade	Deep Portage Trip Proceeds deposited into student's 6th Grade Deep Portage account.
6th & 7th Grade	RMS–CES Field Trips
8th Grade	RHS Band & Choir Trips Proceeds deposited into student's Band or Choir account.
9th – 11th Grade	RHS Band & Choir Trips Proceeds deposited into student's Band or Choir account.

Note: Proceeds for Deep Portage and RHS Band and Choir Trips are deposited into individual student activities accounts. High School students who are not in band or choir are welcome to sell. Those proceeds will go into the RHS Music Fund.

#### ★ PLUS – Earn college tuition!

It's never too early to start planning for college. Check out the flyer inside your packet for details on how to earn \$2,500 toward college tuition at over 440 private colleges and universities! (To earn your first \$500 you must register online and send 10 messages using the Clubhouse online system! This step must be done first in order to receive the additional \$2,000!)

This is not an ISD 883 sponsored event.

For more information, visit: [rockfordfoundation.org/catalog](http://rockfordfoundation.org/catalog)

Students Preschool through 11th grade have the opportunity to sell food and gift items to their family and friends to raise money for their schools.

**The Rockford Education Foundation** will be kicking off the *Spring Catalog Fundraiser with students on March 14th and 15th.* Families are welcome to make a donation in lieu of selling.

- March 14: Fundraiser kick off at REAMS & RMS
- March 15: Fundraiser kick off at RHS
- April 5: Order forms and money due/ online orders due.
- May 15: Delivery at REAMS Gym from 2:45 tp 6:00 pm

For Information about this fundraiser, visit: [www.rockfordfoundation.org/catalog](http://www.rockfordfoundation.org/catalog)

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



# RHS | Parent-Community News

## Attention:

During the 2023 Minnesota Legislative Session, lawmakers signed into law the Free School Meals program for students beginning in the 2023-2024 school year.



Free Nutritious Meals  
For Kids 18 And Under

All students will be eligible for one reimbursable breakfast and one reimbursable lunch per day free of charge. This is only for their first meal for breakfast and for lunch. A la Carte and anything extra still will add to your balance due.

### **Meal Prices for 2023-24**

#### Breakfast

- Adult/Second full Student Meal: \$2.25

#### Lunch

- Adult/Second full Student Meal: \$4.95

Milk \$0.60

## Food Service Reminder

Please note, per our School Board approved [School Meals Policy](#), Low Account Balance and Negative Account Balance email reminders will continue to be sent. Since Rockford Area Schools are not receiving additional meal funding at this time, it remains the parent(s) or guardian's responsibility to ensure adequate funds are available in the meal account.

## Attendance Line: 763-477-7525

Please call our attendance line to report your student's absence.



Option 1: REAMS

Options 2: RMS-CES

Option 3: RHS

Option 4: Galaxy

Option 5: Launching Pad Preschool

# RHS | In The Classroom



## What is the ADSIS Program?



Rockford is fortunate to be able to offer literacy intervention services through our [ADSI](#) program. Our [HS Program](#) is taught by Polly Trandahl who has a K-12 Reading License and is also our 9/10 AVID teacher at RHS. Students who receive ADSIS literacy support may work with our ADSIS teacher on a 1:1 basis or are enrolled in our Read+ course.

This is a new addition to our course listing to support our students who struggle with literacy skills in reading and writing. Students are identified for participation in ADSIS from our FAST benchmark testing done three times a year along with teacher observation and other academic data that shows a need for students to receive additional support. Along with receiving support at school, it's important that students are encouraged to do some reading outside of school.



A Google search on asking what percentage of students read a book after high school reported the following: 30% of U.S. high school graduates never read a book after high school, 80% of U.S. families have not purchased a book this year and 50% of books started are never read to completion.

Reading is a life skill and there are many choices of what one can read. Let's do more reading because reading leads to learning.



# RHS | In The Classroom

## IB Biology

Anatomy



**The IB Biology Seniors have been hard at work this past month on their individual investigations. As part of their final IB assessments, students design and carry out a research project of their own!**



Order

Family

Genus

# RHS | Counselor's Corner

## Meet the Counselors!



"My name is Samantha Bloom and this will be my fourth year as the school counselor at Rockford High School. I received my Master of Education Degree in School Counseling Pre-K through 12 from the University of Wisconsin Superior. "



"Hello! My name is Ellie Engstrom and this will be my first year at Rockford High School. I have been at Rockford Middle School - Center for Environmental Studies for the past year and a half. I graduated from St. Cloud State University with both my Bachelor's and Master's degree. In my spare time I love to be up north spending time on the lake. "



You can find more information  
on the Guidance Office Home  
Page Below!

**CLICK HERE**





# RHS | Counselor's Corner Cont.

## Mental Health Resources

- **Crisis Text Line- Suicide Prevention Resource for Teens:** Text “MN” to [741741](https://www.crisistextline.com/)
- **Hennepin County Mental Health Crisis Response Line:** [1-612-348-2233](https://www.hennepin.org/mental-health/crisis-response) (adult)
- **Wright County Mental Health Crisis Response Line:** [1-800-635-8008](https://www.wrightcountymn.gov/mental-health/crisis-response)
- **Trevor Project for LGBTQ Youth in Need:** Text “start” to [678-678](https://www.thetrevorproject.org/) or call [1-866-488-7386](https://www.thetrevorproject.org/)
- **National Sexual Assault Telephone Hotline:** [800-656-4673](https://www.rainn.org/)
- **PrairieCare- Assessment and Intake Team:** [952-826-8475](https://www.prairiecare.org/)
- **Nystrom & Associates:**

Rockford High School, in partnership with Nystrom & Associates, Ltd., offers mental health therapy services directly on-site at school for students struggling with emotional, mental, relationship, attention, academic, and conduct issues. Referrals for these services are made through and by our counselors, the teachers, and other staff when concerns beyond the typical adolescent high school experience present themselves. Please note that these services are covered by most major insurance plans, including medical assistance and prepaid medical assistance plans.

*Contact information for referrals:*

*Ms. Samantha Bloom, Rockford High School Counselor at [blooms@rockford.k12.mn.us](mailto:blooms@rockford.k12.mn.us) or call 763-477-5846, ext. 3003*

*Ms. Ellie Engstrom, Rockford High School Counselor at [engstrome@rockford.k12.mn.us](mailto:engstrome@rockford.k12.mn.us) or call 763-477-5846, ext. 3020*



# RHS | Counselor's Corner Cont.

## Scholarships

### It's Scholarship Season!

Any seniors who are thinking of pursuing post high school education should be checking out the local and national scholarships being posted!

Scholarships are posted on the Guidance Google Classroom page and outside the RHS front office. A link to local and national scholarships can also be found on the Rockford High School website [HERE](#).



#### Local Scholarships Include:

- Buffalo Hospital Health Care Scholarship
- Hanover Athletic Association Scholarship
- Hanover Lions Club Scholarship
- Rockford Star Lodge #62 Scholarship
- Amy Nicolle Johnson Memorial Scholarship
- Corcoran Lions Club Scholarship
- Minnesota American Legion Foundation Scholarship
- EAA 878 Aviation Scholarship

\*Eligibility Requirements and deadlines vary by scholarship\*

#### Dollars For Scholars Scholarships

Seniors have attended two meetings with the Dollars For Scholars representative and should be finalizing their profile and applying to scholarships.

*The deadline for DFS Scholarships is April 5, 2024.*

It's not too late to start! Information for applying for scholarships through DFS can be found [HERE](#).

#### Military Scholarships

Students whose post high school plans include a branch of the military should also check out the scholarship board for additional scholarships!



#### College Specific Scholarships

Many colleges and universities offer student scholarships to incoming freshmen students. If your senior has some colleges in mind, be sure to check into available scholarships offered directly through the school they are considering.

# RHS | Athletics-Activities



## Activities Scheduler

Activities schedules can be found on the activities homepage.

Schedules update daily. Click [HERE](#) for the Activity Scheduler.

## Spring Sports Registration

### Spring Activities Registration opened last week!

- Go to the Activities Homepage.
- Click on Registration.
- Here you will find the registration form on the right side (when open) as well as the Eligibility statement, health questionnaire and physical examination form.



## Spring Sports Meeting

Families in grades 7-12 are invited to a meeting with the coaches on **Monday March 4th at 5:00 pm at RHS.**

Coaches will provide information about their program/sport including practice times/locations and player expectations.

For meeting locations, please click [HERE](#).

*\*Please note, the Boys Lacrosse parent meeting will take place March 5th at 7:00 pm at the Delano High School\**

## Athena Award Winner!

### Congratulations!

Congratulations to senior Ellen Gordee who was named the 2024 Athena Award Recipient for Rockford High School!



The Athena Award recognizes female athletes based on excellence in individual sports or for participation and accomplishments in team sports. Its focus is on athletic accomplishments, with other achievements being secondary. 60 schools participate in this program and only one female student athlete from each school is selected.

Ellen will be recognized as Rockford's Outstanding Female Athlete at the 52nd Annual Athena Awards Banquet on May 3rd, 2024.

Ellen participates in soccer, basketball and softball with tremendous leadership skills. She leads with a quiet presence and her competitive spirit is contagious.

Congratulations Ellen!



# RHS | Athletics-Activities Cont.

## Congratulations!

A big congratulations to Senior **Nathan Woodward** (Pictured: 3rd from the right) on placing 2nd in the heavyweight class at the Wrestling sections and qualifying for the Wrestling State Championships! Woodward will be competing at the State Championships this Friday and Saturday at the Xcel Energy Center in St. Paul. Congratulations and good luck this weekend at State! **GO ROCKETS!**



The Rockford High School Girls Varsity Basketball team put up an amazing fight on Monday, February 26th, defeating Howard Lake Waverly-Winsted, 58 to 52! Congratulations on your amazing win! **GO ROCKETS!**

# Congrats!



# RHS | Points of Pride

## Construct Tomorrow



Rockford High School students attended the Construction Tomorrow event at the Earle Brown Heritage Center on February 14th.

This interactive experience featured over 18 trades and unions, showcasing hands on real-life skill building, virtual learning, and information about career pathways and prospects .



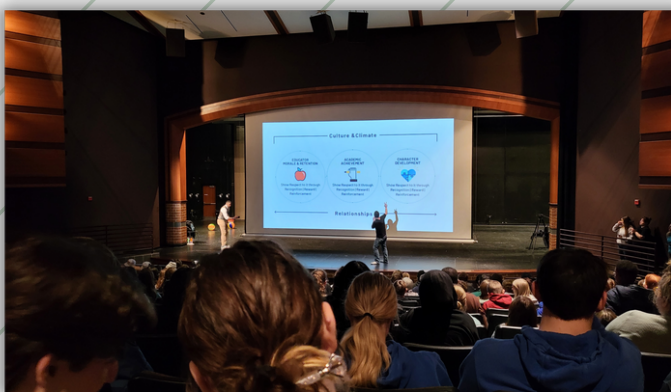


# RHS | Points of Pride

## Jostens Renaissance Conference



On February 15th, members of the RHS Yearbook Club and the Student Leadership Team attended the Jostens Renaissance Conference at Shakopee High School. Jostens Renaissance is a framework for building a culture where teachers love their job and students thrive in school. Students had a chance to listen to Gian-Paul Gonzalez, an inspirational speaker, Chaplain of the New York Giants, founder of the Hope & Future Foundation and a 9th grade social studies teacher from Union City, New Jersey along with Dr. Phil Campbell, a veteran educator and a Jostens Renaissance Ambassador. In addition to the speakers, students and staff engaged in team building exercises and had a chance to see how Jostens Renaissance can be implemented in schools.

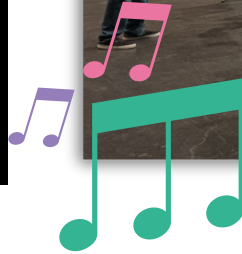




# RHS | Points of Pride

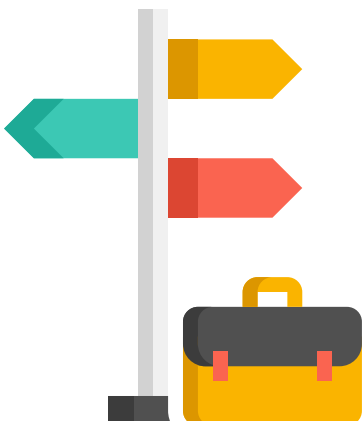
## Bemidji State University Jazz Festival

On February 10th, the Rockford High School Jazz Band I performed at the Bemidji State Jazz Festival. Rockford's performance was followed by comments from the professional trumpet player Rex Richardson. The festival concluded with a final concert featuring Rex Richardson performing with the Bemidji State University Jazz Band.



## “What’s Next?” Career Fair

The AVID II/I2 class attended the “What’s Next?” Career Fair and Conference at Hennepin Technical College on February 9th. At the event, students attended 5 different career sessions, which included information about STEM, Entrepreneurship, which concluded with a campus tour!



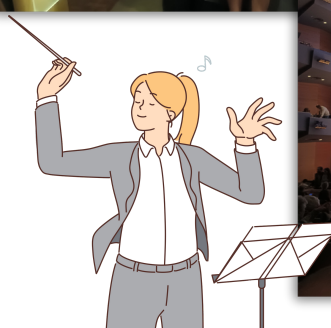


# RHS | Points of Pride

## All-State Band

RHS Band members Auryn Rayller (flute), Elise Dieter (trumpet) and Chase Evans (tuba) concluded their All-State Band experience by performing at Orchestra Hall on Saturday, February 17th.

Students are selected in the spring and participate in a week-long camp in August before a performance and recording sessions.



## Chef's Cookie Crew

Rockford High School students hand made and decorated special Valentine's Day cookies and passed them out during lunch on February 14th along side with our paraprofessionals, teachers, RHS Principal Paul Menard and Superintendent Dr. Jeff Riddlehoover!

