Rocket Newsletter

June 2024

Important Dates

Have a great Summer!

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,

It is with a mixture of feelings that we officially declare the end of the 2023-2024 school year. We've experienced excitement, accomplishment, worry, dread, inquiry, and a profound number of new understandings as staff and students worked through the curriculum together and formed meaningful moments of learning and community building.

On the last day of school I look at the faces and body language of our students to gauge the success of the school year. This week I saw a lot of students hanging around a bit later, catching one another before beginning their summer, saying goodbyes, gifting and hugging teachers and staff members to thank them for helping to create a successful year.

On the last day that staff report I look at the faces and body language of our teachers, particularly those transitioning to other schools, navigating career changes, or pursuing further schooling. Each of our four teachers will sorely miss our positive culture, our supportive climate, and the close connections with students.

As I reflect on the end of the school year, I'm forced to notice that we have a distinct advantage at Rockford High School. Every adult knows their impact and they matter. Every student knows their potential and they matter. I hope all of our stakeholders, including you, have a summer filled with rejuvenation, relaxation, celebration, and fun.

Have a great summer. Go Rockets!

Sincerely,
Paul Menard



RHS Principal

RHS | Parent-Community News

Important Dates for the 2024 - 2025 School Year

It's FINALLY summer time! And while our students take this time forget about school and enjoy the sunshine, we want to give you a sneak peak look at the next school year!

- **RHS Open House:** *Wednesday, August 28, 2024 from 3:30 to 7:30 pm.*
  - This is a great chance for the incoming 9th graders and new students to the district to see the school and meet their teachers as well as ask any questions they may have in regards to their schedule.
- **First Day of School:** *Tuesday, September 3, 2024*
  - Start Time Reminder: Students in grades 10 - 12 will have a late start at 12:00 pm. If your student would like lunch, they will need to arrive at 11:30 am.
- **Picture Day:** *Tuesday, September 10, 2024 from 7:30 am to 12:30 pm*
- **Picture Retake Day:** *Monday, October 21, 2024 from 7:30 am to 12:30 pm*
- **Homecoming Week:** *September 23 - 27*
  - The RHS Pep Fest and Coronation will be held on *Friday, September 27* followed by the Homecoming Football game that night. Students can then dance the night away on *Saturday, September 28* at the Homecoming Dance!
- **RHS Fall Conferences:** *Thursday, October 24, 2024 from 3:30 pm to 7:30 pm*



RHS | Parent-Community News

Welcome Summer from the Rockford Education Foundation!

Thank you for an amazing year!

Your contributions, including donations, time and effort have made it possible for us to enhance and support education, maximizing the students' potential. What an amazing year! To date, $93,048 has been funded for the 2023 - 2024 school year! This includes $55,483 for the RMS-CES Media Center updates, $9,786 for the REAMS Theater Stage and $3,278 in supplies for the new RHS CNA classes!

Don't Miss Out!

Stay up-to-date on all the incredible projects you helped fund and what's coming in 2024 - 2025 by following us on *Facebook* or joining our *mailing list*.

School Supplies for 2024 - 2025!

Get ahead on your back-to-school to-do list by ordering prepackaged school supplies through School Supply Toolbox. It's a breeze!

- Order here: *https://schooltoolbox.com/school-supplies/*
- Find our school, and select your child's grade.
- Each supply box matches the teacher's approved list, with the option to customize as needed.
- Ships directly to your home.
- Best of all, it supports the Rockford Teacher Mini-Grant Program!

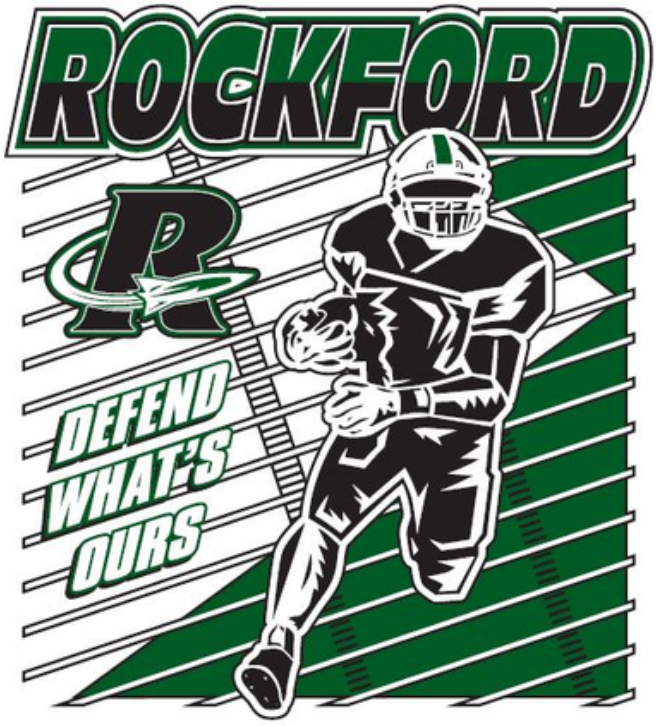
New Executive Director for 2024- 2025

Starting July 1, 2024, Nikki Arvold will be stepping into the role as Executive Director for the Rockford Education Foundation.

We would like to express our deep gratitude to Kelly Grimm for her outstanding service over the past 10 years. Under Kelly's leadership, the Foundation has grown significantly, making a lasting impact on our community. Thank you Kelly, for your dedication and hard work!

RHS | Parent-Community News

Football T-Shirt Preorder



The Rockford Rockets Football team is selling apparel again this year to help support the team!
If you are interested in ordering, please click the link at the bottom of the page!

Choices this year include:

- Short Sleeve T-Shirts (Dri-Fit Available)
- Long Sleeve T-Shirts (Dri-Fit Available)
- Sweatshirts
- Hoodies
- Apparel comes in five different colors - Forest Green, White, Black, Grey or Light Pink

Choice of a women's cut is available on some items

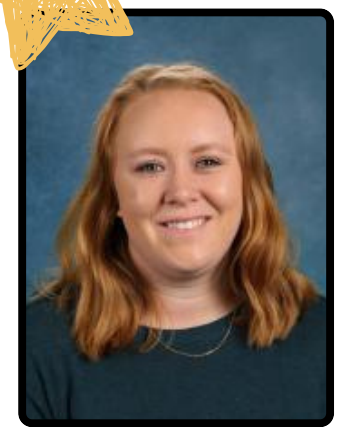
Rockford Football 2024 -2025 Spirit Wear is open now for ordering! Orders are due by June 9th, 2024.

Click here to be directed to the Online Team Store

If you have any questions, please contact Coach Houghton at houghtond@rockford.k12.mn.us

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
- **Hennepin County Mental Health Crisis Response Line:** 1-612-348-2233 (adult)
- **Wright County Mental Health Crisis Response Line:** 1-800-635-8008
- **Trevor Project for LGBTQ Youth in Need:** Text "*start*" to 678-678 or call 1-866-488-7386
- **National Sexual Assault Telephone Hotline:** 800-656-4673
- **PrairieCare- Assessment and Intake Team:** 952-826-8475
- **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 re 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 or call 763-477-5846, ext. 3033
Ms. Ellie Engstrom, Rockford High School Counselor at engstrome@rockford.k12.mn.us or call 763-477-5846, ext. 3020

RHS | Counselor's Corner Cont.

CTSS

Opening November 2023

Children's Therapeutic Services + Supports Program

What is CTSS?

We are here to help youth unleash their inner greatness. CTSS is individualized treatment for children and young adults managing mental health conditions. Our team of licensed psychotherapists and mental health practitioners provide services ranging from 3-5 hours weekly. We are representative of the communities we serve to ensure our youth receive culturally responsive clinical care. We serve youth in the Twin Cities metro area.

Treatment Goals

Decreased mental health symptoms
Decreased oppositional behavior
Reduced out-of-home placements
Reduced juvenile court involvement
Improved academic performance
Improved peer relationships

CTSS is available for youth & young adults

Ages 4-21 years
Diagnosed with a mental health condition
MA approved provider
Accept most major insurances

KWST
Behavioral Development Group
333 N. Washington Ave. Suite 302
Minneapolis, MN 55401

For inquiries or referrals

612-349-2748
ksaffold@kwstbdg.org
kayeann@kwstbdg.org

RHS | Class of 2024 Commencement

Class of 2024 Graduation Rehearsal and Senior Salute!





















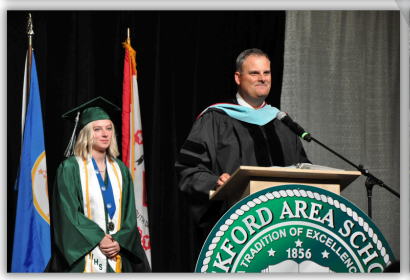

RHS | Class of 2024 Commencement

Class of 2024 Graduation Ceremony


























RHS | Class of 2024 Commencement



Full Diploma Cand.

This year we have eight students who are pursuing the Full Diploma. The Full Diploma is a rigorous program & the students who are pursuing it have to complete additional requirements outside of school. The 2024 Full Diploma Candidates are Gwen Keller, Milayna Boulton, Ana Jankowski, Sarah Buchholtz, Eli Von Holtum, Elise Dieter, Brenda Ebba, and Mae Weiss.

Career Pathway

This year we had our inaugural group of five students who are pursuing the Career Pathway Certificate through the International Baccalaureate program. All of them chose to do the Certified Nursing Assistant certification.

The Career Pathway candidates are Ellen Gordee, Jade Ashfeld, Alayna Buttke, Annie Pennings, and Meghan Roggankamp.



RHS | Athletics-Activities

Conference Champions!

Our Rockford Rocket Spring Sports are raking in the Conference wins!

A huge congratulations goes out to our Boys and Girls Track & Field, our Softball AND Baseball Teams, and our Rockford Trap Shooting Team (not pictured) for clinching Conference Championship titles!

This marks the 2nd consecutive year for baseball and the 4th consecutive year for softball as conference champs!









RHS | Points of Pride





National Police Week

Senior Sarah Buchholtz along with Officer Eric Burleigh attended National Police Week Memorial in Minneapolis honoring those who have lost their lives in the line of duty. Sarah was invited to sing the National Anthem at the memorial service.





RHS | Points of Pride









Reading & Rocket Buddies

REAMS and our AVID 11 class partner up every month to read with some of our REAMS buddies! Student go the chance to enjoy the warm weather while encouraging students to develop a love of reading while our Rocket Buddies group got a chance to head out to the turf, get introduced over the PA and run through a tunnel of their “Big Buddies” onto the field!



RHS | Points of Pride

Fries-Day!

In celebration of all the hard work our DP/CP students put in to studying and completing their DP/CP exams, the students were given a pass to come get fries from the Food Truck on the track while also enjoying the warm weather!











RHS | Points of Pride

Fries-Day Part 2!

Along with out DP/CP Students, our 9th grade students who participated in completing their Personal Projects, also received some well deserved fries!















RHS | Points of Pride

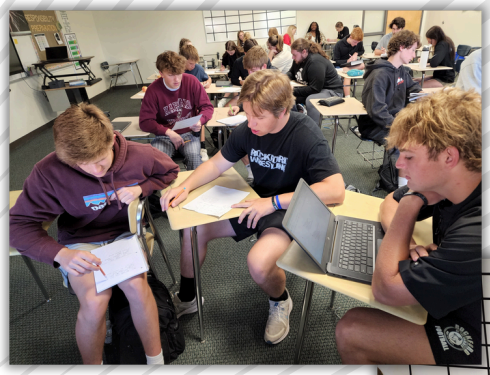


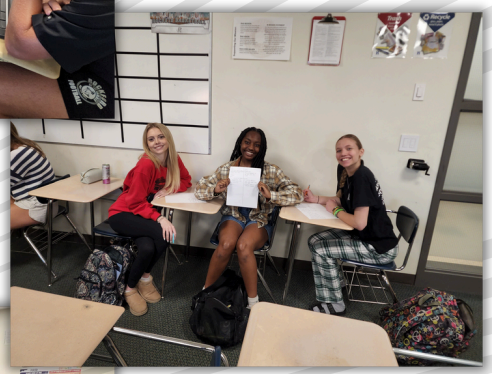
DP Spanish Letters

Students in our DP Spanish (Year 2) wrote letters to an elected official in Spanish about something they are passionate about as well as in English and were mailed out to the officials!

DP A&SL Math

After completing IB exams, senior math students studied the history of credit cards and the pros/cons and risks of owning a credit card. Students took a side for/against having a card, carrying a balance, and whether or not teens should have a credit card.







RHS | Points of Pride

International Superstar!

One of our amazing math teachers Derek Bratsch was featured in an Italian newspaper with one of our foreign exchange students Eleonora Caspani!



IL GRAFFITO - Pagina 4

ANCHE L'AMERICA TIFA GROSIO

L' US Grosio sbarca negli Stati Uniti e ora è conosciuto anche oltreoceano. La nostra compaesana Eleonora Caspani "Pedröl" sta frequentando il quarto anno a Rockford, Minnesota, presso la Rockford High School. Nella foto Eleonora è in compagnia del suo prof di matematica Derek Bratsch che non vede l'ora di visitare il nostro paese.

Ringraziamo l'Unione Sportiva, in particolare il suo direttore Roberto Caspani, per aver cortesemente fornito le magliette e il gagliardetto.

Let's go Grosio!

MOMENTI DI POESIA

ELOGIO DELLA MODERNITÀ



IL GRAFFITO

ELEZIONI COMUNALI, SFIDA A DUE

GROSIO È FUTURO

GROSIO, UN BENE COMUNE





IB Leadership Award

Paul Menard, principal of Rockford High School, has received the 2024 International Baccalaureate Leadership award. This award is given to an administrator of an IB school who not only promotes the values of an IB program, but assists in sustaining and growing the program. We are so proud to have Mr. Menard lead our school!

RHS | Points of Pride

New to Rockford High School: The Certified Nursing Assistant Program







During the 2023 - 2024 school year, Rockford High School implemented the Certified Nursing Assistant (CNA) Career Pathway through the International Baccalaureate program. The students take the CNA course for eighteen weeks and learn to care for residents in long term care facilities and patients in hospitals. Each student will take their CNA exam (paid for by the IB Grant) and if they are able to pass it obtain employment as a Certified Nursing Assistant. This course is taught by our District Nurse Becca Morgan, and Phy Ed/Health teacher Alayna Maher.

RHS | Thank You

Have a Great Summer Break!

From the staff of Rockford High School, thank you for your hard work this school year and have an amazing summer break!

