

Rocket Newsletter

October 2024



Important Dates

- October 16 - 18: No School
 - MEA Weekend
- October 21:
 - RHS Picture Day Retakes
- October 24:
 - Fall Conferences
- October 29:
 - Career Fair



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,

We are off to a wonderful start to the 2024-2025 academic year at Rockford High School! It's often exciting to see returning students a little taller and a little wiser, and we always look forward to welcoming our new students--eager to discover the positive contributions they can make to our school culture.

Our teachers have begun this year with an intentional effort to help students learn focused note-taking strategies, reasonable restrictions on personal technology, and instructional practices in a gradual-release model of teaching specific to block scheduling. What we have witnessed thus far, across the board, is a significant increase in student engagement, better time management, and a stronger bond between students and teachers.

For families who are new or attempting to increase their readership this year, welcome to the Monthly Rocket Newsletter. Every month we will feature happenings from in and outside the classroom, our slate of in-season activities, and other news. Please inform yourself of this information so you can best support your child in the coming weeks.

Thank you for choosing Rockford High School for your children's educational journey. We are excited to continue creating a solid foundation throughout the month of October in the hopes that they reach their full academic potential. As we enter the true fall season, I wish you and your family a wonderful month ahead.

Have a great summer. Go Rockets!

Sincerely,
Paul Menard

RHS Principal

RHS | Parent-Community News

Student Parking Permits

Rockford High School is pleased to offer our student drivers FREE parking during the school day! If your student drives themselves to school, they MUST have a parking pass to be able to utilize student parking.

For your student to receive a parking pass, their parent/guardian must complete the RHS Parking Permit Request Form (Students are NOT allowed to complete this form. It must be the parent or guardian). You can find this on the High School website. Under the Student Services tab, click on forms. On the [Forms Page](#), you will click on RHS Parking Permit Request form and follow the prompts. Once you have completed this, instruct your student to stop by the High School front office and collect their parking pass.



Locker Requests

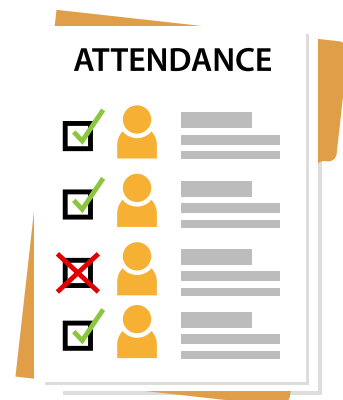
NEW THIS YEAR!

All 9th graders were assigned lockers in the 100 Hallway this year but NO OTHER GRADES were assigned lockers. If your student would like to request a locker, they will need to stop the front office and see Angel Swanson to have a locker assigned to them.

RHS | Parent-Community News

Attendance Policy and Procedures

Whether your student arrives late, leaves early, is gone for an entire day or will be gone for an extended period of time, we ask that you follow our attendance procedures and policies in a timely manner. Please utilize the attendance line for all absence notices.



Arriving Late: If your student is arriving late to school, please call into the school as soon as possible. While we ask you to call every time they are late, they will only be given an excused tardy if the reason is on our list of excused absences.

Leaving Early: If your student needs to be excused early (following our list of excused absences), please call the attendance line and leave a voicemail with the student's name, grade, what time they will need to be released from class, and what the reason for them leaving is. If you need your student released at the time of your call, please speak to the front office staff instead of choosing the attendance line so we can release the student immediately.

One Day Absence: If your student will be gone for a day (following our list of excused absences), please call the attendance line and leave a voicemail with the student's name, grade, reason for absence, and for what day.

Extended Absence: If your student will be gone for 2 days or more for a preplanned absence, they must stop by the front office and pick-up a Pre-Excused Absence form. Your student will need to take the form to all of their teachers and have them note what homework/classwork they will be missing (teachers will fill this out and sign). They will then need to take it home to have their parent/guardian sign, excusing their absence. Once it is signed, the student will need to turn it back in completed to the front office before the date of their extended absence.

RHS | Parent-Community News

Attention:

During the 2023 Minnesota Legislative Session, lawmakers signed into law the Free School Meals program for students, and this continues into the 24-25 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 2024-25

Breakfast

- Adult/Second full Student Meal: \$2.40

Lunch

- Adult/Second full Student Meal: \$5.00

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 | Parent-Community News

School Pictures are Ready!

Good news! School pictures are now available for parents/guardians to view and order online!

To order:

- Visit <https://shop.jostenspix.com/login>
- Sign in or create an account if you do not already have one.
- You will need the following information-
 - Event Code: FE18124
 - Student First & Last Name
 - School Name: Rockford High School
 - Infinite Campus Student ID

Order Your Yearbook Today!

Yearbook preorders are now available!

Order now and get your Yearbook at a discounted price!

To order your yearbook, click [HERE](#)!

You can also customize your students yearbook!

- Custom Text/Name to yearbook cover - \$10.00
- Personalized Icons (Up tp 4) - \$6.00 each
- Color Autograph Section - \$6.00
- Clear Protective Cover - \$6.00
- Photo Pockets - \$6.00

ATTENTION SENIORS!

Senior Portrait submissions are now open!

Senior Portraits are due by 11:59pm on February 7, 2025. **NO LATE**

SUBMISSIONS WILL BE ACCEPTED!

Please submit your Senior Portrait using this link:

<https://images.jostens.com/ImageShare/upload>

If you are using a professional photographer for the portraits, please share this link and information with them so they will be able to submit the photos on time!

You also have the option to order specialized ads for graduating student!

You can order a yearbook ad through this link:

<https://www.jostens.com/apps/store/customer/1062202/Rockford-High-School/>

- Senior Recognition Ads - Starting at \$25.00 (For an 1/8 Page)
- Senior Baby Ads - Starting at \$25.00 (For an 1/8 Page)

Recognition and Baby Ads are due February 7, 2025. **NO LATE**

SUBMISSIONS WILL BE ACCEPTED. NO EXCEPTIONS.

Congratulations to the Class of 2025!

RHS | Parent-Community News

FUNDRAISING!

Support Prom 2025!

The junior parents have many activities underway to fund Prom 2025! You can help by:

- Supporting the 50/50 drawings at various sporting events
- Purchasing cookies sold at various sporting events
- Looking out for information about upcoming wreath sales and pie sales (in time for Thanksgiving season)



If you are a parent, family member, or guardian of a Rockford junior and would like to know more about the prom planning activities or volunteer to assist, please join our Facebook page (Rockford, MN Class of 2026) for the most up to date details!

Feel free to reach out to **Jessica Lappe (763-203-4925)** with any questions. Thank you for your support!

Prom Committee - Class of 2026

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

RHS | Parent-Community News

Welcome Back to School!

As the school year kicks off, the Rockford Education Foundation (REF) is excited to support another year of educational opportunities for our students. We're proud to continue our mission of fostering innovation and enhancing the academic experiences of students from PreK to 12th grade in the Rockford Area School District. In the past year we have funded items such as:

- **REAMS Theater Program (staging and curtains)**
- **Various field trips for REAMS and RMS**
- **IB Career Path Supplies and Exam Fees- CNA, Vet Tech, Landscaping and Design**
- **And so much more!**

Here's to a successful and inspiring year ahead!

Rockford Education Foundation



RHS | Parent-Community News



Show Your Rockford Spirit!



School Store October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Store Hours: 5:30pm-8:30pm C/JV/V Volleyball	8	9	10	11 Store Hours: 6:30pm -End of Half *at field V Football	12
13	14 Store Hours: 5:30pm-8:30pm C/JV/V Volleyball	15	16 Store Hours: 6:30pm -End of Half *at field V Football	17	18	19
20	21	22	23	24 Store Hours: 4:30pm-7:30pm RHS Conferences	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.



RHS | Parent-Community News

PASSPORT TO TRAVEL



FLIGHT 883 / FIRST CLASS Invitation



Save the Date: Passport to Travel Fall Event – November 22, 2024

Mark your calendars for our highly anticipated Fall Event, Passport to Travel! This year's event will be held on **November 22, 2024**, at Rush Creek Golf Course. We look forward to celebrating with our community and raising funds to support vital educational programs.

Calling All Sponsors!

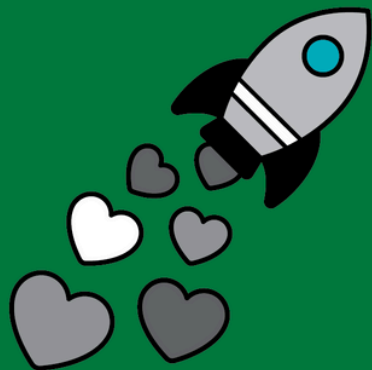
We invite local businesses and community members to join us as sponsors. Your support is crucial in making this event a success. For details on sponsorship opportunities, visit our website at <https://www.rockfordfoundation.org/events/fall-event/>

General Admission Tickets

Tickets for Passport to Travel go on sale starting **October 25th**, so stay tuned for more information and secure your spot early!

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

RHS | Parent-Community News



ROCKET LAUNCH — MONTHLY GIVING —

Rocket Launch – Thank You to New and Current Members!

A huge thank you to our new and returning members of the **Rocket Launch Monthly Giving Program**. Your ongoing support ensures that REF can continue funding long-term educational projects and respond quickly to emerging needs in our schools. Your contributions make a lasting impact on the students and families in our district!

DEADLINE FOR THE SIGNATURE WHITE YETI HAS BEEN EXTENDED UNTIL OCTOBER 16TH

First Monthly Giveaway Drawing – October 7th

As a member benefit, the first monthly drawing will be held on **October 7th**. Don't miss out!

Follow us on **Facebook** (www.facebook.com/rockfordeducationfoundation) for updates and announcements.

Thank you for being part of our journey to enhance education in Rockford. Together, we're making a difference!

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

RHS | In the Classroom

Art of the Dog Showcase

The painting studio and scenic design class is working in collaboration with Tuffys to take photos of their dogs and create painted portraits of these adorable puppies. The students had a blast getting to meet the models! These portraits will be used in an auction to raise money for the training of service animals and there will be an art exhibit to showcase their work.



“Art of the Dog: A Pawsome Showcase” will be on Tuesday October 29th, from 6:30-8:30 pm at The Spot by Nutrisource (7600 69th Ave N, Greenfield MN 55373). Stop on by to see all their hard work!



RHS | Counselor's Corner

Meet the Counselors!



"My name is Samantha Bloom and this will be my fifth 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 second 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. "



[CLICK HERE](#)



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



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 or call [763-477-5846](tel:763-477-5846), ext. 3033

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

OCTOBER IS COLLEGE KNOWLEDGE MONTH



2024-25 RHS Senior Welcome Letter

October is College Knowledge Month at RHS! Students will meet with their counselor to review the college application process, how to request a letter of recommendation, how to request their transcript, scholarships, and more. Please read through our [Welcome Letter](#) for all the exciting things going on in October for our seniors.

College Applications

Most Minnesota colleges and universities waive application fees in the month of October. See the full list [HERE](#).

Direct Admissions

RHS participates in the Direct Admissions program through the Minnesota Office of Higher Education. As students begin planning for their future, we want to make sure they know they have options for education and training after high school. In October, students will receive their Direct Admissions letter which, based on their academic record, will let them know which colleges and universities in Minnesota they have met the admissions criteria for and have direct admission to. Direct Admission also eliminates the application fee and streamlines the admissions process for those schools. *This is not a commitment from students to attend.* The list of participating schools can be found [HERE](#).

FAFSA- Free Application for Federal Student Aid

Ready, Set, FAFSA is a series of FREE zoom sessions created specifically for students and families to help them prepare for the financial aid process, college applications, scholarships, and more! Sessions are on Tuesdays at 7:00pm during the month of October. For a list of sessions, and to register, use the [LINK HERE](#).



RHS | Points of Pride

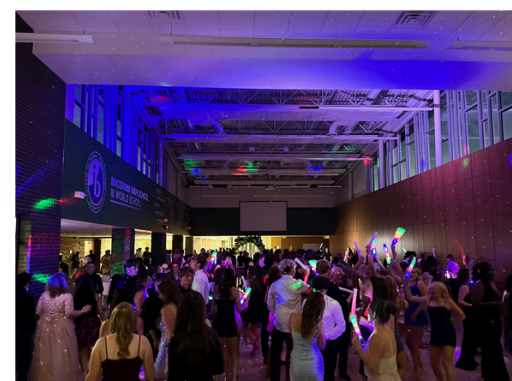
POW/MIA Performance

On Friday, September 20, two members of the Rockford band program performed at the National POW/MIA Recognition Day held at Greenfield Park. Eve Thelen (Sophomore Trumpet player) and Josie Peitz (Sophomore Trumpet Player) performed “Echo Taps” for this event.

This event is in it’s 11th year. POW/MIA Recognition Day is a designated day to remember members of our military that are still considered missing in action or prisoners of war.



RHS | Homecoming Week



HOCO
2024

RHS | Homecoming Week



RHS | Homecoming Week

