Rocket Newsletter

November 2024

Important Dates

- November 4: No School
- November 4: Winter Sports Meeting
- November 27 - 29: No School
  - Thanksgiving Break

Levy Information

- Levy Presentation from the Superintendent - *Click Here*
- Levy Website: *Click Here*

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's hard to believe, but we are already closing out the first quarter of the 2024-2025 school year! Midterm grades will be finalized and published next week. As we look ahead to November, there are many things to be excited about.

Our teachers will close out the 90-day plan on focused note-taking and we will transition our efforts to tailored interventions to give students the opportunity to pass their first semester courses. We acknowledge that we can provide the opportunity, but it is up to the student to capitalize on said opportunity and realize the importance of earning credit and making adequate progress toward graduation. This can be quite the adjustment for students as they realize the permanence of high school credit earnings and GPA reporting.

As we turn the page to winter activities, I want to share how proud I am of our athletes and artists who gave our community an enjoyable fall season. I look forward to the entertainment that will be provided with our performing arts concerts, musical production, basketball, gymnastics, robotics, wrestling, speech, and more. Please also consider attending the annual Rockford Education Foundation Fall Fundraising Gala. It's an enjoyable evening and the proceeds benefit the student experience every day.

Rockford High School continues to be a great choice for teaching, learning, and making meaningful connections with peers, teachers, and college and career options. I am hopeful that your continued support will allow us to give students the best educational experience that we can afford to offer. Thank you for doing your part in making the beginning of the year a huge success! Reminder: no school on Monday 11/4 and Wednesday 11/27 (before Thanksgiving).

Go Rockets!

Sincerely,

Paul Menard

RHS Principal

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.



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

Cap & Gown Orders are Open!

Seniors can now order their cap & gown for the Class of 2025 Commencement Ceremony!

Cap & gowns are provided by Jostens and are free of charge for all students!

You can order you/your student's cap & gown by clicking on this link: *https://www.gradsmn.org/rockford-2025*

Please be sure to submit accurate information as this will help ensure you receive the correct size for your gown!

The order deadline for caps & gowns is 11:59 pm on December 13th, 2024. No late submissions will be accepted.

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 SUBMSSIONS 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



You can stay up to date on all things graduation on the Graduation homepage, under Student Services!

Click this link: ***Graduation Page***

You can also checkout the RHS Senior hub under the Guidance Office page. Here you will find College Resources, Senior Information, and Graduation information.

Click this link: ***RHS Senior Hub***

Support Prom 2025!

The Junior Parents have many activities underway to fund Prom 2025! You help by:

- **NEW** Order a fresh-baked pumpkin, apple, blueberry, or cherry pie (made by our local Green Rock Deli and Cafe) in time for Thanksgiving! Order here: https://forms.gle/bCgdSHympejQ2Aqc8 . Orders due by November 22.
- Supporting the 50/50 drawings at sporting events.
- Purchasing cookies sold at sporting events.

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

RHS | Parent-Community News

Passport to Travel Event - Tickets on Sale Now

Get ready for an unforgettable evening at our annual Rockford Education Foundation Fall Event on Friday, November 22nd themed "Passport to Travel!" Tickets are on sale now through November 15th. Join us for a fun-filled night aimed at raising essential funds for our students, teachers, and schools. Come for entertainment, auctions, and an opportunity to make a lasting impact. It's an event you won't want to miss!
Purchase your tickets today at *www.rockford24.givesmart.com* and prepare for a fantastic evening at Rush Creek Golf Course. Your attendance and support help us continue funding meaningful educational experiences for all students in the Rockford Area School District.

Can't attend? You Can Still Make a Difference!
If you're unable to join us at the event, you can still be part of the excitement by registering to bid on incredible auction items or by donating directly to one of our three fund-a-needs:

- **REAMS Arts Experiences** - Supporting artist in residency, field trips, visiting artists, and an All-School Song to foster creativity and expression in our youngest learners.
- **RMS-CES Environmental Experiences** - Funding unique indoor and outdoor learning opportunities, such as Trout in the Classroom, biomed and a hammock classroom for mental well-being.
- **RHS Find Your Way Career Exploration** - Creating and enhancing career pathway programs including construction, education and nursing, and funding an IB collaboration center.

Your contributions, whether through bidding or donating, will have a direct in our students' educational journey.

September Mini-Grants Awarded - Supporting Our Staff and Students!

Thanks to the incredible generosity of our donors, the Rockford Education Foundation awarded over $5,000 in 12 mini-grants to Rockford Area Staff members in early October. These grants will make a difference in classrooms across the district, enabling innovative projects and educational opportunities for our students.

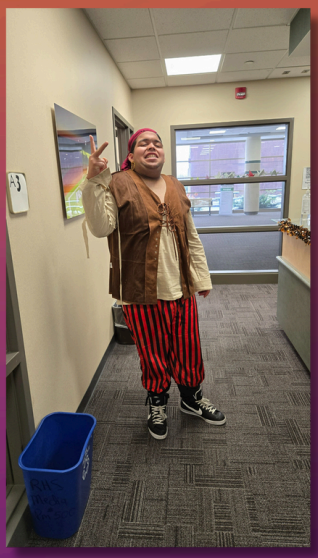
Stay connected and follow us on Facebook at *www.facebook.com/rockfordeducationfoundation* to see all the mini-grants awarded and learn more about projects we're supporting! Thank you for your continued support in helping us inspire, enhance, and maximize the potential of every student in the Rockford Area School District. We look Forward to seeing you at the Passport Travel Event!

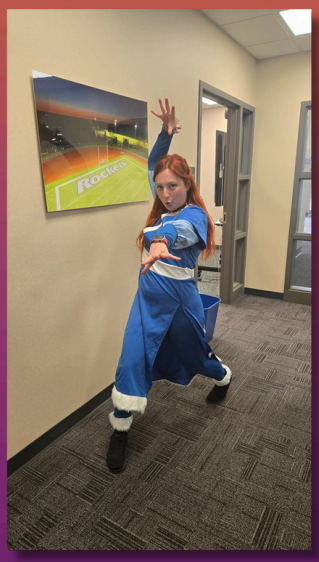
RHS | In the Classroom

HAPPY HALLOWEEN!

Staff and students had a spooky surprise this Halloween with the most dreaded weather report..... SNOW!!!











RHS | In the Classroom

Campus Cleanup

The Rockford High School National Honor Society teamed up with the 9th grade International Baccalaureate Middle Years Program to participate in a RHS campus-wide cleanup as part of a community project!

Students helped clean up the stadium as well as the student and RCC parking lots!
Way to represent Rockford Area Schools!











Guest Conductor

The Rockford High School choirs welcomed Professor Melissa Bergstrom from Anoka-Ramsey Community College.

Bergstrom worked closely with the Rocket, Chamber and Concert Choir to help them prepare for their fall concert that took place on October 28th.

She will return to Rockford High School after winter break to help students prepare for contest!

RHS | In the Classroom

Art of the Dog: A Pawsome Showcase

The Rockford High School Painting Studio students participated in a collaborative event with The Spot to take photos of dogs and paint them!

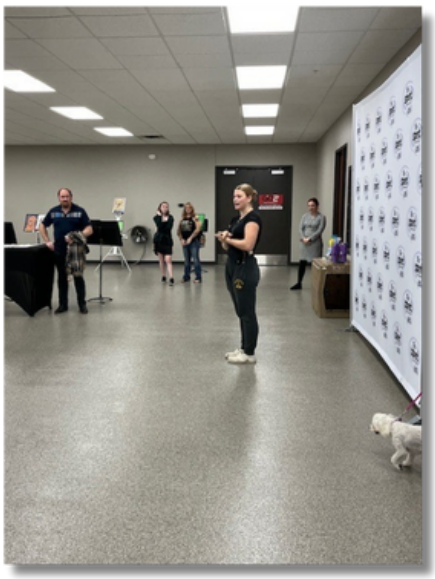
The Students put a value on their work to sell the event with 100% of the proceeds benefiting Soldier's 6, a remarkable nonprofit organization dedicated to supporting military veterans and first responders.

Local high school musician Elizabeth Kelly enchanted guests with her cello performance, creating a warm and inviting atmosphere.
The event was a huge success with every portrait being sold!















RHS | Career Fair Day

Rockford High School hosted its 3rd Annual College and Career Fair in October!

Students talked with various businesses in their areas of interest and learned about the many career pathways open to them. Students are also able to speak with admission reps from Minnesota, Wisconsin and Iowa two year and four year colleges, learning about degrees and educational opportunities that await them after graduation.

This year, Rockford's 8th grade students also attended the College and Career Fair! These students had completed several activities about personal interest and career paths prior to the fair, and were excited to seek out businesses and colleges that were in line with their interests. RHS continues to grow this event and includes new career pathways and colleges each year!









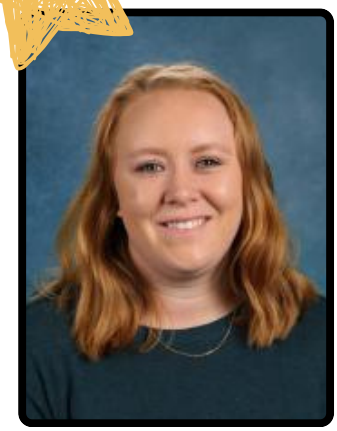






RHS | Counselor's Corner

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
- **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 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, ext. 3033
Ms. Ellie Engstrom, Rockford High School Counselor at engstrome@rockford.k12.mn.us or call 763-477-5846, ext. 3020

From the Counseling Office...

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.

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**.

Earn College Credit in High School
November 12, 2024 at 7:00 pm

Learn about the different ways high school students can earn college credit while in high school. They will discuss Advanced Placement (AP) and International Baccalaureate (IB) courses and explain the differences between Postsecondary Enrollment Options (PSEOA) and College in the High School. They will provide some benefits of the different programs and courses, eligibility requirements, and how to access these options. Register with Minnesota Goes to College using **THIS LINK**.

If you missed the October FAFSA webinars, the recordings are available using **THIS LINK**.

RHS | Athletics-Activities

Mark Your Calendars

- **November 4th:** The Winter Sports meeting with coaches is at 6:00 pm
  - *Please note: There will not be a family meeting prior to the coach meetings.*
- **November 22-23**: RHS Musical @ 7 pm
- **November 24**: RHS Musical at 2 pm



Robotics Team

The Rockford Robotics team had the opportunity to create several new teams to kick the season off: FTC for 9th grade and FLL for 5th & 6th graders!

THE FTC (7th & 8th graders) had their first practice meet on the 25th of this month and were able to successfully pick up a game piece!

FTC 9th grade and FLL teams will have their first scrimmages on November 9th.

Way to go everyone and good luck on your season!







RHS | Athletics-Activities

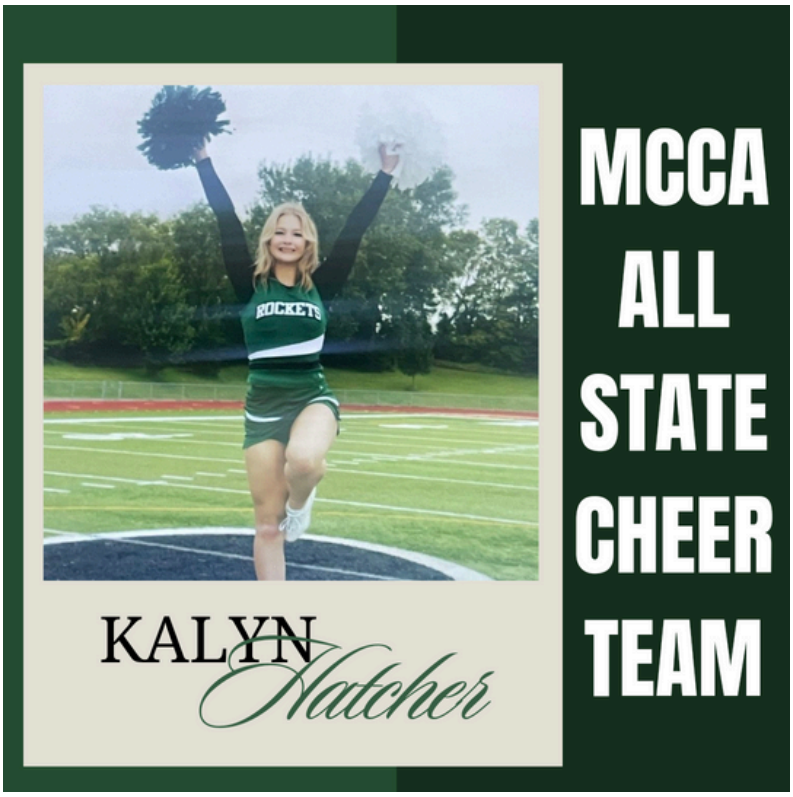
MCCA State Competition

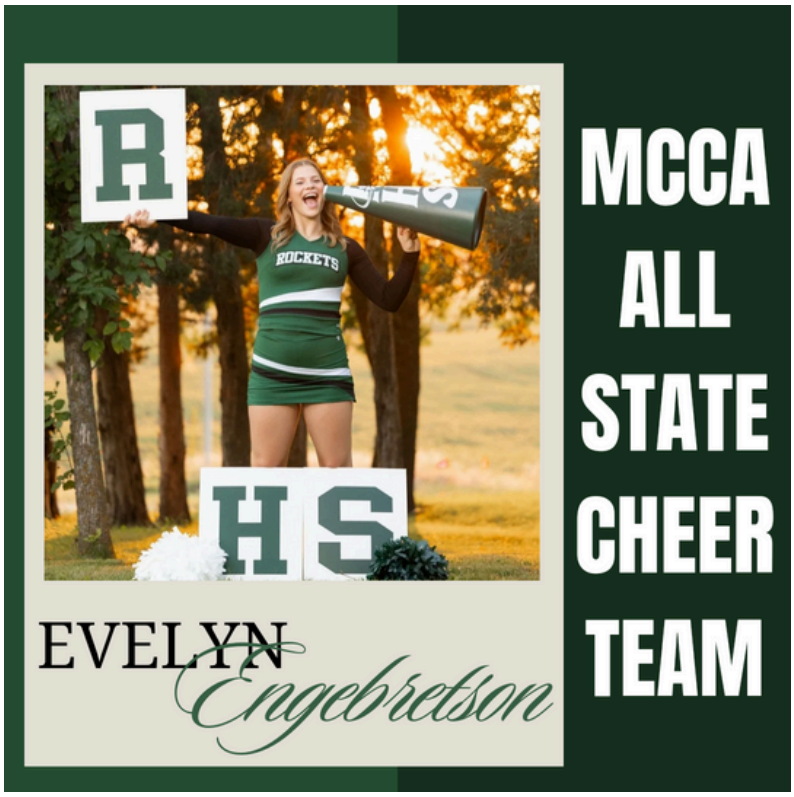
Winter Cheer Registration

Registration for the winter cheer season is now open for grades 7 - 12! Students interested in joining can register here: https://www.rockford883.org/activities/registration

This year, our fall cheer team had five of our cheerleaders tryout for the MCCA ALL STATE Sideline Team on October 5th.

Congratulations to Evelyn Engebretson & Kalyn Hatcher who made the team!
This is Evelyn's second time and Kalyn's first time receiving this honor. Evelyn and Kalyn will perform at the MCCA State Competition on February 1st, 2025!





RHS | Athletics-Activities

Cross Country State Qualifiers

The Rockford boys continued their school record breaking 2024 run by finishing second at yesterday's Section 6AA Championship at Gale Woods Farm in Minnetrista, MN. The boys second place finish qualified them for the Class AA State Meet on Thursday.

After winning the Wright County Conference last Tuesday for the first time since 1995 and earning 5 individual All-Conference honors the boys have continued their season of excellence. Pacing the Rocket point scorers (Top-5 runners) at the 6AA Championship was Sophomore Will Czech (4th place, 16:23), Senior Grady Dawson (9th place, 16:56), Sophomore Connor Ellos (16:56), Junior Cayden Ellos (18, 17:17), and 7th Grader Colton Ellos (21, 17:26). Other Rocket Varsity finishers were Senior Tyler Mager (29, 17:46) and Junior Legend Mendenhall (39, 18:25). This is the first appearance for the Rocket boys at the state meet since 1999 (which was the last of Rockford's 7-straight trips to state from 1993-1999) and any cross country team from Rockford since 2003 (Rocket Girls).

Additionally, Freshman Maiya Roelofs (10th, 20:29) qualified for the state meet as an individual for her first state meet appearance.

The MSHSL State Meet is held this Saturday, November 2nd at Les Bolstad Golf Course on the Univ. of MN campus. Class AA Girls race at 10:00am, Boys at 10:45am.

















RHS | Athletics-Activities

Get your Rockford Wrestling apparel to cheer on your Rockford Wrestling Team for the season!

The Apparel Shop will be open until November 7th at 10:00 pm.

Note: *Production takes up to 3 weeks after the stores closes.*

Please pay close attention to sizing charts as there are no exchanges or refunds on customized items

Click the button below to order today!

ORDER

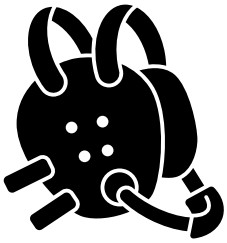
Rockford Wrestling

Wrestling starts November 18th and the teams first event is at Howard Lake-Waverly-Winsted on November 27.

The team has several section placers returning and many varsity wrestlers. Many of the wrestlers have been attending Grynd Wrestling to prepare for the season!

During the summer, the team hosts a pre-k through 6th grade skills camp for 4 days where our wrestlers helped young kids develop a passion for wrestling and help hone their skills! This year's camp hosted 31 kids! *Way to go!*

The coaches are very excited for the season and hope to have even more wrestlers punch their ticket to the State Tournament!







WRESTLING