Rocket Newsletter

December 2024

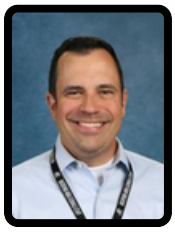
Important Dates:

- December 9th:
  - RHS Choir Concert @ 7 pm
- December 10th:
  - Curriculum Fair @4-7pm
- December 23rd - January 1st:
  - Winter Break- No School

Rocket Store Hours:

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,

Happy December! We are in the midst of preparing for winter holiday celebrations. Our musical was a huge success, our Fall sports celebrated many milestones, and other concerts and clubs showcased the incredible talents of our RHS students. Our winter activities are in full swing!

This is also a great time to connect with your high school children to review their grades, organizational methods, and academic habits including homework and test preparations. Research indicates that it takes 21 days to replace a habit. That means better habits may be developed by the time we ring in 2025! If your child seems to be working long, pay attention to frequent minor distractions such as changing music playlists, texting, or engaging social media. Smaller, focused chunks may be a wonderful replacement habit as students make a strong push to get the best permanent grades they can at semester end.

Our teachers have begun our next 90-day plan around 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, particularly 9th graders and seniors who are behind on credits, as they realize the permanence of high school credit earnings and GPA reporting.

Rockford High School continues to maintain and explore many ways to help students become career and college ready. Please consider attending our Curriculum Fair on December 10th from 4-7pm to learn more about IB DP college credit and scholarship options, IB CP career pathway certifications, and an opportunity to learn more about our course offerings from the teachers themselves!

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

GIVE BLOOD

Help save lives

Join us at The Spot by NutriSource
on **December 17** from
11 am – 5 pm
for a life-saving blood drive in collaboration with The Rockford High School National Honor Society!

Register Online!

Location:
The Spot by NutriSource
7600 69th Ave N,
Greenfield, MN 55373



Donors are needed to help ensure a steady supply of blood for local patients in need. Your single pint of blood can help save up to three lives!

Email any questions twindel@klnfamilybrands

RHS | Parent-Community News

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!

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

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***

Rockford Education Foundation Fall Event

Thank you to everyone who participated in our Passport to Travel Fall Event on Friday, November 22nd! It was a huge success, and we raised over **$118,898** to continue providing support for Rockford Area Schools, staff, and students.

The event highlighted Fund-A-Need projects for each school:

- REAMS Arts Experiences
- RMS-CES Environmental Experiences
- RHS 'Find Your Way' Career Exploration

If you would still like to contribute to one of these Fund-A-Needs, please visit: *https://secure.qgiv.com/for/2024fund-a-needdonation*

RHS | Parent-Community News

Gratitude Gifts



HOLIDAY GIFTS FOR ROCKFORD STAFF

With the holidays quickly approaching, are you looking for the perfect gift for the incredible staff at Rockford Area Schools? The Rockford Education Foundation has you covered! Order a Gratitude Gift and show your appreciation while supporting the Mini-Grant Program!

Gratitude Gift Details:

- **Donation Options:** $10, $20, and $50
- **Gift Includes:** A personalized gift card for the recipient (see example)
- **Delivery:** Gifts will be delivered to the school between December 17 - 19
- **Purpose:** All donations support the Mini-Grant Program!

Spread some holiday cheer to a teacher, para, custodian, bus driver, or any staff member who has made an impact on you or your student!

Order Your Gratitude Gifts Here:
https://www.rockfordfoundation.org/events/gratitude-gifts/



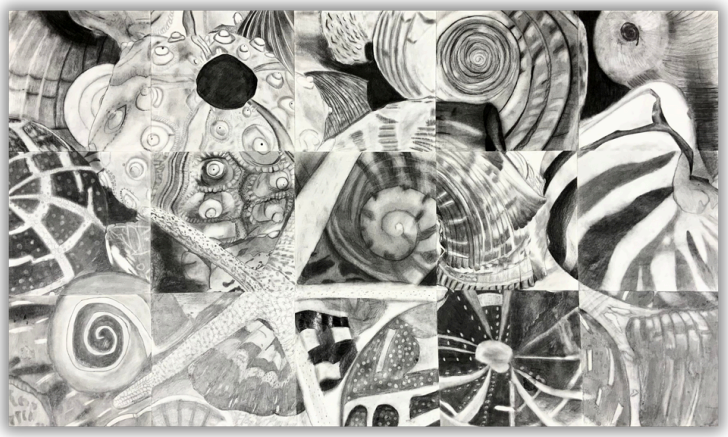
Deadline to order: December 13th at Midnight

Not an ISD 883 Sponsored Event

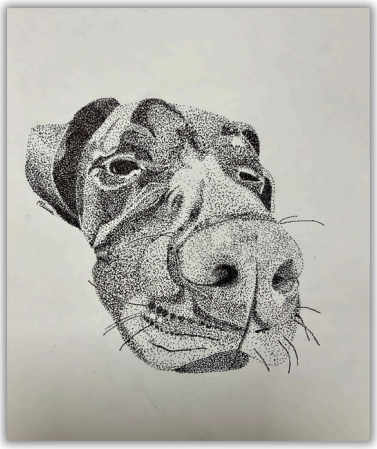
RHS | In the Classroom

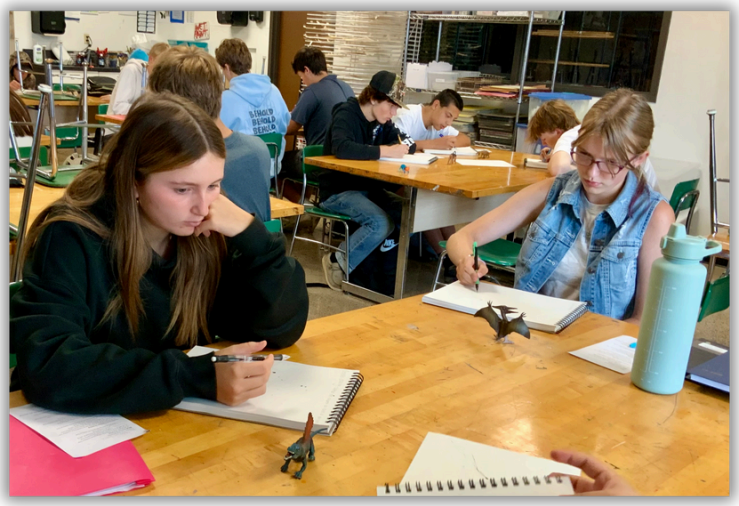
Students in the Drawing Class completed an amazing art display that was showcased through the month of November!
The class began with observation drawings using various contour line methods and continued to practice drawing techniques, experimenting with different media. At the end of the unit, students applied these techniques to a large collaborative piece!

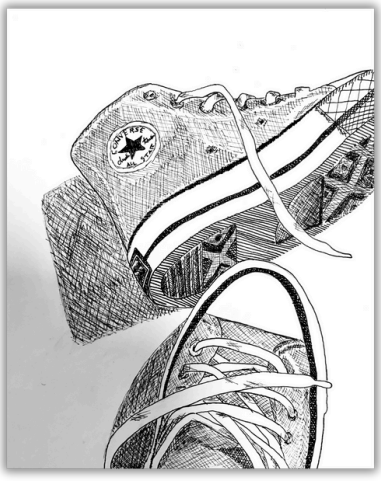














RHS | In the Classroom







Students in the DIY class learned the three components of concrete and then had the chance to mix their own concrete with their own ratios in an attempt to make the strongest concrete of the class. They made their own farms, mixed the cement and aggregate, added water and then poured them into the forms.

The Living Skills class has been studying what to do in a fire. On November 1th, the class got a tour of the Rockford Fire Department from Rockford's Fire Fighters! The learned all about fire safety and a lot about the equipment that our fire department uses.

The students were able to ask questions and gain valuable information to stay safe if they saw a fire. The highlight of the tour was being able to put on the firefighter gear. Thank you to the Rockford Fire Department for educating the class. The students had a blast!





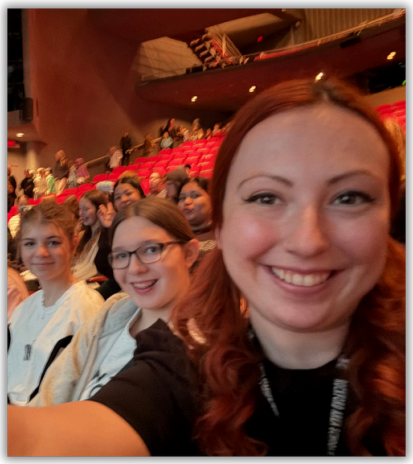
RHS | In the Classroom

Ms. Zastoupil's Spanish 1, 3 and 4 classes spent time learning about the Salsa dance and even learned the basic steps to the Salsa!



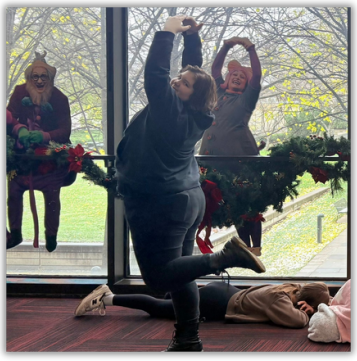












Ms. Ehleringer took her classes to go see How the Grinch Stole Christmas at the Children's Theater in Minneapolis! The students got to be immersed in the professional theater world, and got great front row seats! Many of the characters interacted with our students and they had a great time! Huge thank you to the Rockford Education Foundation for funding this opportunity and giving these students a once in a lifetime experience!

RHS | In the Classroom

A Portrait to Remember!

The drawing class just completed a unit on portraits. Students learned about techniques that go into portraiture such as: pose, lighting, acting natural, caught off-guard, and facial expressions. From this students looked at famous portraits by various artists such as: Leonardo da Vinci, Grant Wood, Vincent VanGogh, Freda Kahlo, Johannes Vermeer and Chuck Close.

After completing their own self-portrait, students created a group portrait inspired by the large scale work of Chuck Close. Both the Minneapolis Institute of Arts and the Walker Art Center house original works by Close and now Rockford High School has their own large scale portrait on display.

We welcome you to check out their latest work titled “Menard”.



“Frank” by Chuck Close
Minneapolis Institute of Arts

The Minneapolis Institute of Arts has “Frank” and we have “Menard”!





Large Group Portrait

By RHS Drawing Class

RHS | In the Classroom

Gustavus Adolphus: High School Theater Day!

Ms. Ehleringer took 5 of our high school theater students to participate in Gustavus Adolphus Colleges' High School Theater Day. The students had a unique opportunity to participate in different theater workshops, a tour of the campus, a delicious meal provided by the college, and a ticket to watch the Gustavus production of Our Town!









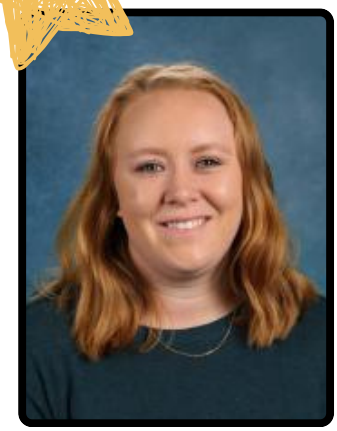






RHS | Counselor's Corner

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.

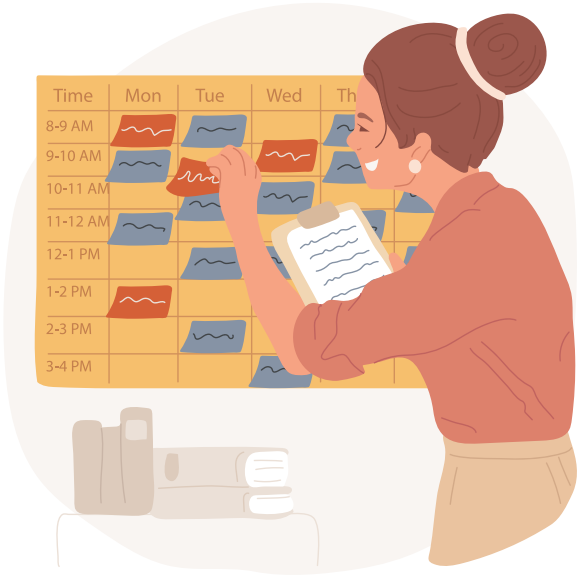
Mental Health Resources

- **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 samantha.bloom@rockford883.org or call 763-477-5846, ext. 3033
Ms. Ellie Engstrom, Rockford High School Counselor at ellie.engstrom@rockford883.org or call 763-477-5846, ext. 3020

From the Counselor's Office



High School Curriculum Fair

When: Tuesday, December 10th from 4:00 pm to 7:00 pm

Where: Rockford High School

All Parents, Guardians and Students in grades 8 - 11 are invited!

Curriculum Fair By Department - 4:00pm to 7:00 pm

Teachers from all departments will be available to provide information and answer questions about classes and academics at RHS. Learn about the curriculum and courses offered within each department. Learn about our IB Career Pathways and IB Full Diploma Program.

Welcome for 9th Grade Students (RHS Auditorium) - 4:15 to 4:45 OR 6:15 to 6:45

Welcome/Introduction from Mr. Paul Menard, RHS Principal, & Ms. Ellie Engstrom, HS Counselor (grades 9 - 10)

College Credit Options Presentation

Presenters: Ms. Bloom, School Counselor, Ms. Jill Gordee, IB Programme Coordinator

This presentation will provide an overview of our International Baccalaureate Program (IB) and how to earn college credit in high school. Topics will include Full Diploma Programme (DP), Career-related Programme (CP) pathways, CIS and Articulated Credits, and Postsecondary Education Options (PSEO).

Ongoing throughout the Night

Tours of RHS will be provided by our Link students at 4:15, 5:15, and 6:15 pm.

The Rocket School Store will be open!



Course Registration

High School Course Registration for the 2025 - 2026 school year will begin in December!

High School students in grades 9 through 11 will begin registration on Friday, December 6th and 8th grade students will begin the registration process on Wednesday, December 11th. Registration will close Friday, December 20th.

Students will be attending registration meetings with the high school counselors and the IB Coordinator during the registration process, and materials are posted on the RAS website under the High School Student Services section



SENIORS! FAFSA is now Open!

The 2025 - 2026 Free Application for Federal Student Aid (FAFSA) and MN Dream Act forms is now open! We encourage anyone who plans to attend college in the 2025 - 2026 academic year to apply now.



If you would like more information and guidance on the FAFSA process, the MN Office of Higher Education offers students and families information through the *Fall Ready, Set, FAFSA!* series. These live and recorded sessions cover a variety of financial aid topics. Ready, Set, FAFSA! live sessions are Tuesday nights starting in January. You may register using the link above!

RHS | Counselor's Corner Cont.



How to stay healthy and hopeful this holiday season.

December is a month of holidays. Hanukkah, Kwanzaa, Christmas, and the New Year are primary festivities. While the month may be filled with activities, family and friends, it may also be overwhelming. This month, be sure to ground yourself in the things that are most meaningful to you. Doing so will help you maintain your mental well-being while sustaining social connections.

- Use a *Values Circle Chart* to reflect on what brings you comfort and joy. Think about where you want to focus your attention to create hope and balance this month.
- While gatherings with friends and family should be about love, connection and joy - sometimes disagreements and drama bubble up. Find out how you can *avoid disagreements with family members this month.*
- Not all gifts need to be expensive material items. *A connection capsule can be a gift* that keeps on giving, When you fill a box or bag with special items such as photos of past event, written memories, or song lists, the recipient can reflect back on your meaningful relationship.
- Sometimes holidays can be reminders of things that are lost - dreams, special location or loved ones. *If you're finding yourself lonely this year* or *grieving the loss of something important*, be sure to take care of yourself to maintain your social and emotional wellness.
- For fun and inexpensive activities, consider trying some *DIY crafts* or making some *healthy snacks* with your family.
- As we move into a new year, it's a good time to consider adding some healthy habits to promote social and emotional well-being. Consider becoming a more *mindful eater* or *finding new ways to cope.*

change to chill™
SCHOOL PARTNERSHIP

RHS | Athletics-Activities

Cross Country 2024 Season - Record Breaking!

Rockford's Cross Country team had a phenomenal season and broke many long standing records for the school!

Academic Achievements:

- Boys & Girls Team achieved Gold Status
  - Boys cumulative unweighted GPA - 3.848
  - Girls cumulative unweighted GPA - 3.822
- 9 of our grade 10 - 12 athletes were awarded All-Conference Academic.

All-Conference Achievements:

- 7 total athletes achieved All-Conference Honors.
  - Ruby Gifford, Maiya Roelofs, Will Czech, Grady Dawson, Cayden Ellos, Colton Braun, Connor Ellos
  - This ties the All-Conference Boys record from 1997!
- Boys team won the Wright County Conference Championship for the first time since 1995 and first overall boys Conference Championship since 2009!

Section Qualifiers and State Achievements:

- The boys team finished second overall at the Section 6AA meet and qualified for the State Meet for the first time since 1999!
  - The boys team placed 10th overall at the state meet out of 16 teams
- Freshman Maiya Roelofs placed 10th at the Section 6AA Championship, qualifying for her first State Meet.

Additional Achievements:

- 5 seniors were honored with a 6-Year participation award for participating in cross country for all 6 years (grades 7 - 12).
- Ruby Gifford set the school record with her 6 All-Conference Individual Awards!
  - Ruby also holds the school record 5k time at 19:04 and was voted MVP for the 3rd time in her cross country career at the year-end banquet!

RHS | Athletics-Activities

Football Awards 2024-2025

Congratulations to the winners of this year's Football Awards!

2024 Team Awards



- Most Valuable Defensive Lineman - Dalton Larson
- Most Valuable Linebacker - Patrick Binnebose
- Most Valuable Defensive Back -Will Luckett
- Defensive Player of the Year - Bradley Graunke
- Most Valuable Offensive Lineman - Jaden Kolhei
- Most Valuable Offensive Back - Grant Kloss
- Most Valuable Receiver - Braden Blanchard
- Offensive Player of the Year - Tim Houghton
- Most Improved Player Offense - Riley Moran
- Most Improved Player Defense - Owen Dornsbach
- Special Teams Player of the Year - Will Luckett
- Scout Team Player of the Year - Ian Faber



District Awards

- All District - 1st Team Tim Houghton & Sean Asangwe
- 2nd Team - Braden Blanchard & Bradley Graunke
- All District Player: Mid-Northwest District White Quarterback of the Year - #9 Tim Houghton

Section Awards

- All Section - Patrick Binnebose & Dalton Larson
- Academic All District Awards - Braden Blanchard, Parker Bode, Max Edwards, Grant Kloss, Jaden Kolhei, Riley Moran, Aiden Rund, Ryan Schuman, Charlie Brun, Benton Blanchard, Max Ladman & Ethan Robran

RHS | Athletics-Activities

Early Signing Day!

On Wednesday, November 13th, senior Will Haas signed his commitment letter to play Division 1 baseball at the University of Tennessee!

National Signing Day is one of the most unforgettable moments in an athlete' recruiting journey. Congratulations Will!



Wrestling Kick-Off!

On Wednesday, November 27th, the Varsity Wrestling team went to HLWW for an individual tournament. It was the first competition of the season!

Isaac Stagemeyer and River Freshour won all of their matches! Bradley Graunke only lost one match. The team did an amazing job for their first event of the season! December will be a busy month for the team, with 2 tournaments coming up shortly!

The Rockford High School Wrestling team welcomed it's first female wrestlers as well as several new middle school wrestlers.

