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Spartan Connection Parent Newsletter 9/6/2024

[Caroline Gonella](#) • 3 months ago • Friday, Sep 6 at 4:18 PM • Rio Mesa High School



Spartan Connection: RMHS Parent Newsletter | 9/6/2024

Important Dates

Friday, September 13th:

Collaboration Schedule

Grade-Level Assemblies for Students

Home Football Game vs. PHS

Thursday, September 19th:

Back to School Night! (6-8 pm)

Friday, September 20th:

Minimum Day (1:00 pm dismissal)

Spartan Kickoff: Celebrating a Fantastic Start to the School Year!

Hello, Spartan Families!

We're off to a great start with our first official Spartan Spirit Week and an exciting win at our first home game against ACHS! Our fun-filled Club Rush event featured 39 clubs, giving students a chance to get involved and explore their passions.

Principal's Message

Hello, Spartans!

We had a fantastic week 1 win against Camarillo High last Friday, with an amazing crowd cheering us on. Tonight, the Spartans play at Ventura High, and we're back home next week against Pacifica—come cheer them on! On Wednesday, 9/11, our Lady Spartans face Ventura in Flag Football at home—don't miss it!

ASB hosted a successful Club Rush this week, and we hope your child found a new club to join.

Extracurriculars are a great part of high school, so we encourage all students to get involved.

Mark your calendars for Back to School Night on Thursday, Sept. 19 at 5:30 p.m. We hope to see all families there!

-Mr. Peterson, Principal

It was a huge success! Here are some important updates and reminders:

- **Football Tonight:** Our Spartans take on Ventura High at Ventura. Don't miss it—buy your tickets and show your support!
- **Home Game Next Week:** On Friday, we face Pacifica at home. The theme is *Minions*, so dress in your best yellow gear! Only Rio Mesa and Pacifica students will be admitted, and don't forget to bring your school ID and a clear bag.
- **Homecoming Court Interest Meeting:** ASB will host an interest meeting on Sept. 11th at 1:15 p.m. in the ASB room. Candidates must meet school academic and attendance standards.
- **Upcoming Events:** Mark your calendars for *Back to School Night* on Sept. 19th at 5:30 p.m. in the quad.
- **Cross Country:** Good luck to our runners—stay hydrated!
- **Support ASB:** Students can purchase Lalo's Ice Cream Fridays after school!

Thank you for your continued support. Let's keep the Spartan spirit going and make this a fantastic year! Go Spartans!



Welcome to Spartan Wellness

Spartans are always encouraged to nurture their social-emotional health and wellness by visiting our ***Olympus Wellness Center*** in West Campus. Our Student Wellness Specialists, Mr. Castillo and Ms. Tomasetti, along with Wellness Technician Rodriguez, recently met with the Wellness Peers to outline plans and goals for the year. They discussed student ideas for wellness initiatives and held icebreaker activities. The Wellness Center also hosted a mindfulness session where students received journals to encourage reflective writing.

This week, the Wellness team Olympus partnered with HealthCorps for a lunchtime activity, and supported students with restorative interventions.

The Wellness team remains committed to providing a safe, supportive environment for all students. Check out the [Olympus Website](#) to learn more.

Announcements & Shout-outs!



- Ben Todd helped lead a county-wide Ethnic Studies presentation at VCOE that helped make a positive impact on many schools in our community.
 - Our amazing Counseling staff successfully met deadlines to put students in the correct classes while balancing teacher numbers.
 - Kim Rust has been hired as our newest special education teacher!!
 - Our new School Site Council Board met this week to begin discussing how best to use our SPSA Title I funding. We have an amazing group of students, faculty, and parents!
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