Rocket Newsletter

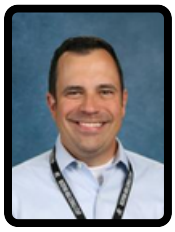
January 2025

Important Dates:

- January 16: Finals Day 1
- January 17: January Day 2
- January 20: No School

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 New Year! As we begin 2025 with hopes and aspirations, we should also look back at our goals when we started the school year: are we dedicating as much time to homework, studying, and applying what we've learned? Have we minimized distractions? Are we doing our best?

With a little over two weeks left in the first semester, our teachers are focused on maximizing the learning opportunities for our students, evaluating what students have learned through carefully crafted summative assessments, and giving every opportunity for students to showcase success as all courses move to a final grading period.

We had a much needed holiday break, and I hope you found the time with family and friends to be rejuvenating, motivating, and enjoyable. As we re-enter our weekly routines in the new year, let's help support our students to reintroduce work habits, routines, and thought patterns that will help them thrive in the new year.

In the coming months, we will launch the See Something, Say Something program from Sandy Hook Promise. This initiative teaches students to identify and report warning signs of potential safety concerns, such as threats or bullying, to a trusted adult or through a confidential system. By promoting awareness and communication, we aim to build a safer, more connected school community. More details will be shared soon on how families can support this effort.

Please continue to encourage your children to arrive on time, motivated, and ready to learn. We eagerly welcome our students back, and we look forward to closing the fall semester on a positive note.

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

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

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!

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

Please be sure that when you submit your photo, you ensure that your name is included in the file name (i.e. JaneDoe.jpeg). This will help ensure your student is correctly named in the yearbook.

Senior Hub

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*



RHS | Parent-Community News

Happy New year from the Rockford Education Foundation!

As we welcome 2025, we want to express our heartfelt gratitude to all the parents, donors, volunteers, and community members who supported REF in 2024. Together, we made a lasting impact on our schools, students, and teachers. Here are some highlights from an incredible year!

Key impact Stories of 2024:

- **26 Mini-Grants Awarded:** REF funded **$12,990** in mini-grants to support innovative classroom projects and enrich student learning.
- **IB Program and Career Pathways:** We provided critical supplies for the IB program and career exploration opportunities at Rockford High School, helping students prepare for their futures.
- **Trout in Classrooms:** At Rockford Middle School, students experiences hands-on environmental education through this engaging program.
- **Arts Experiences at REAMS:** Students enjoyed field trips to the *Children's Museum*, *Stages Theater*, and the *Children's Theater*, along with an inspiring Artist in Residency program.
- **Deep Portage:** Rockford Middle School students participated in this unforgettable outdoor environmental learning adventure.







RHS | Parent-Community News

Other Initiatives:

- **Gratitude Gifts:** In both spring and the holiday season, REF shared gifts to show appreciation for our teachers and staff.
- **Staff Appreciation Luncheon:** A small way to say thank you to those who dedicate themselves to our students.
- **Senior Signs:** Celebrating the graduating class with pride and recognition across the community.







A Successful Fall Event!

Our Passport to Travel themed Fall Event raised an incredible **$118,400** in support of Rockford Area Schools! A special thank you to all of our sponsors, donors, parent volunteers, and participants who made this success possible!

Thank You, Donors! We could not achieve this impact without the generosity of our entire REF community including:

- Fall Event Sponsors and Donors
- Rocket Launch & Employee Giving Members
- Parent Volunteers
- Families who supported fundraising initiatives like our catalog sales

RHS | Parent-Community News

Looking Ahead!

As we step into 2025, REF remains committed to our mission: *to support and enhance education, maximize students' potential, and inspire our community.* Together, we will continue to fund projects that enrich the educational experience for every Rockford student.



Thank you for being a part of this journey. Wishing you and your family a joyful and fulfilling New Year!

With gratitude,

Nikki Arvold

Executive Director, Rockford Education Foundation

Learn more, donate, or get involved: *www.rockfordfoundation.org*

Follow us on Facebook:
https://www.facebook.com/rockfordeducationfoundation





RHS | AVID®

AVID: What is it?

AVID stands for Advancement Via Individual Determination which is a course that works on a variety of skills to prepare students for what is to come in their future and being career and college ready! Along with exposing students to colleges and careers, we also work on taking care of ourselves and setting self-care goals in order to be the best version of ourselves as high school students.

There was a lesson done recently where students had to identify the barriers and stressors that get in the way of being able to do their very best as students. Students traced their hands and on the fingers wrote words that stand for the cause of their stress.



Teens are stressed about driving on freeways, homework, their phone use, self-image, being disorganized, fears, money, high expectations from home, homework, procrastination and many more.



We then talked about what we can do to overcome and deal with stressors and they came up with things like music, time with friends, sleep, routines and walking just to name a few. It's important that students learn skills now and have tools to rely on to put in place a good self-care routine to help them through their stressful times as high schoolers and beyond.

RHS | In the Classroom

On Saturday, December 7th, 11 members of the Rockford High School band program performed at the Rockford Library for Crow River Christmas.

Instrumentalists in the ensemble included: *Olivia Kissner* (Clarinet), *Elisa Xhelilaj* (Clarinet), *Bailey Anderson* (Flute), *Elizabeth Millen* (Flute), *McKenna Evans* (Alto Saxophone), *Ashley Storz* (Alto Saxophone), *Aric Beardsley* (French Horn), *Levi Bartels* (French Horn), *Carter Moline* (Trombone), *Danny Luckett* (Trombone), and *Danielle Millen* (Tenor Saxophone).

Great job Musicians!





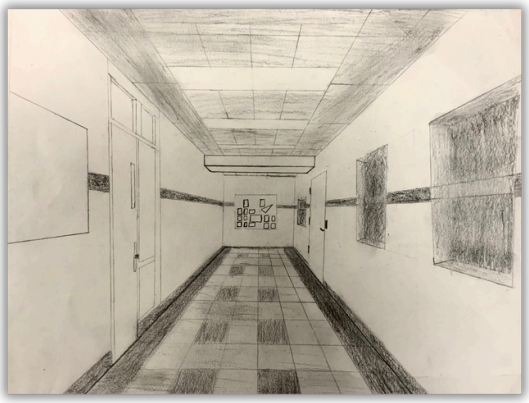




Students in Mrs. Weber's Drawing Class explore RHS to learn about interior perspective. Students select an area, locate the horizon level and vanishing point, determining the perspective.







RHS | In the Classroom

Holiday Door Decorating Contest

Classes competed in a door decorating contest for the holiday season! The classes all worked hard and showcased their talents, but our winner was Ms. Schoeller's Classroom! Mr. Kenady took 2nd and Mr. Pennings took 3rd! Congratulations!



2nd Place!

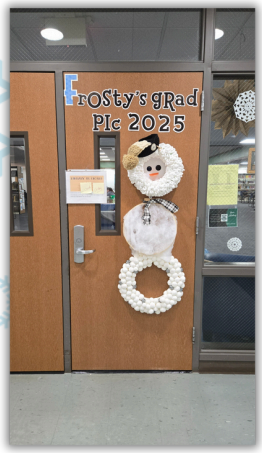


1st Place!

3rd Place Not Pictured







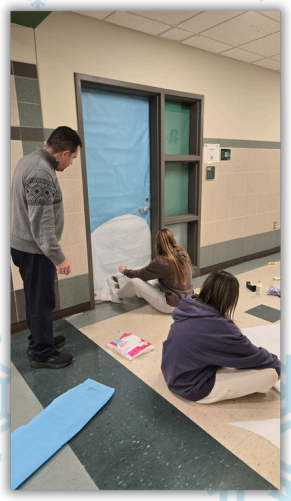






RHS | In the Classroom

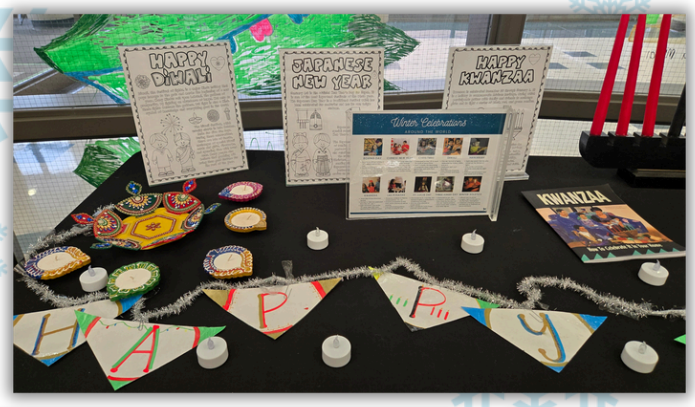
Winter Spirit Week!

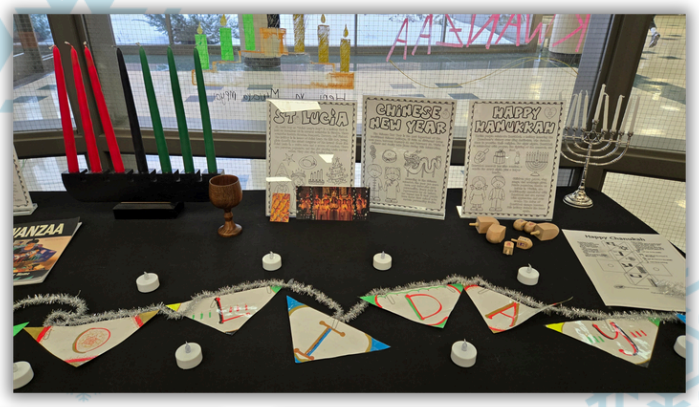











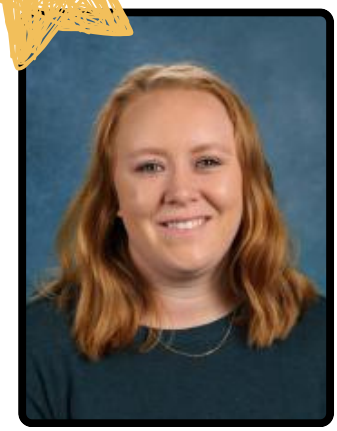






RHS | Counselor's Corner

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

RHS | Athletics-Activities

Triple 'A' Award Representatives



Congratulations to seniors Tyler Mager and Evelyn Engebretson - 2025 Triple 'A' Award Representatives for Rockford high school! The MSHSL Academics, Arts and Athletics Award, commonly known as the Triple 'A' Award, honors high school seniors throughout the state who have a 3.0 or high-grade point average and who participate in League-sponsored athletic and fine arts activities. Congrats Tyler and Evelyn!

FFA State Leadership Event



Rockford FFA once again had great representation at the State Winter Leadership Summit. We had students from freshmen to seniors qualify for state and they put in their best efforts. Thora Binsfeld completed in Creed speaking, McKenna Bernard in Extemporaneous speaking, and Danny Luckett, Alex Bombard, Josey Frank, Mary Poppler, Thora Binsfeld, and Eliza Kartak competed in Parliamentary Procedure. After 2 years of making it to state our Parliamentary procedure team finally made it to finals and placed in the top 6 in the State! The Rockford FFA now turns its attention to our Spring State Convention and is preparing teams for contests like, Forestry, Marketing Plan, and Floriculture.

Rockets

RHS | School Store

School Store Hours

School Store
January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Store Hours: **5:30p-8:30p** **Girls & Boys BB**	8	9	10 Store Hours: **5:30p-8:30p** **Girls & Boys BB**	11
12	13	14	15	16	17	18
19	20	21	22	23 Store Hours: **6:00p-8:00p** **3rd Gr. Concert**	24	25
26	27	28	29	30 Store Hours: **5:00p-7:00p** **Wrestling Meet**	31	

Dates and times subject to change based on event changes. Any changes will be updated and posted on our social media platforms.

https://www.rockfordboosters.org/