

Rocket Newsletter

February 2025



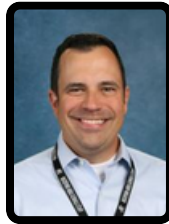
Important Dates:

- February 17: No School
- Feb. 18 - 21: Snow Week
- February 22: Snow Week Dance



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 February! We are already wrapping up our third week of the spring semester in the 2024-2025 school year. Your children have been encouraged to reflect on their experiences and performance from first semester and set bold new goals for the new semester.

Our teachers are fully engaged in our current 90 day focus. As we convene the second semester, my emphasis has been on one of the foundational aspects of AVID's College and Career Readiness Index--support students and build student agency. I consider this part of the school year a tremendous opportunity to reset, re-approach, and redefine the strategies we use to support large groups and individual student needs.

We are also working through meaningful intervention strategies, how to respond when students do not understand concepts the first time, and how we can encourage students to motivate themselves to succeed.

Please reiterate with your children that final semester marks are permanent (as in forever). Sometimes it takes a semester in order to find out the level of effort it takes to succeed at the high school level, and that is okay. Now is the time for students to define their goals and discover their true potential. If they are willing to put in the work, we stand ready to support to the fullest extent possible.

This month our students will be introduced to "Say Something", which will serve as our new anonymous reporting system. The safety of our students remains our highest priority.

I spoke with many parents near the conclusion of the first semester. I'd like to remind you that the beginning of the semester is a critical time to ensure you are monitoring your child's progress at a developmentally appropriate level. Please check the parent portal, reach out to teachers with questions, and help set your children up for continued success. May is too late; now is the time!

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.



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

Spread Some Love This Valentine's Day!



Rockford Area teachers and staff often spend their own money to support our kids. This Valentine's Day, let's show them how much we care by donating items from their classroom wish lists. It's a small gesture that makes a big difference!

Steps to Donate:

1. **View Classroom Wish Lists:** Click [here](#) to view Classroom Wish Lists and choose items to donate.
2. **Valentine Donation Card:** Use one of our special Valentine donation cards to send along with your gift (or feel free to use your own card).
3. **Delivery Options:**
 - a. Drop off your donation at the school's front office.
 - b. Have your student bring it directly to the recipient's classroom. **Note:** If ordering from a staff member's Amazon wish list, please ship to your home first, then bring the item to the school with your donation card.

Donation Window: February 1 - 14

Let's spread the love and make this Valentine's Day unforgettable for our hardworking teachers and staff!

About the Rockford Education Foundation

REF is a 501(c)3 nonprofit with a mission to enhance education, maximize students' potential, and inspire the community. We couldn't do it without the incredible support of our donors, volunteers, and this amazing community. Thank you for making a difference! Learn more at www.rockfordfoundation.org and follow us on Facebook at <https://www.facebook.com/rockfordeducationfoundation>.

Get Involved

Interested in volunteering or learning more about how you can support REF? Reach out to Nikki at nikki@rockfordfoundation.org. Together, we can do so much more!

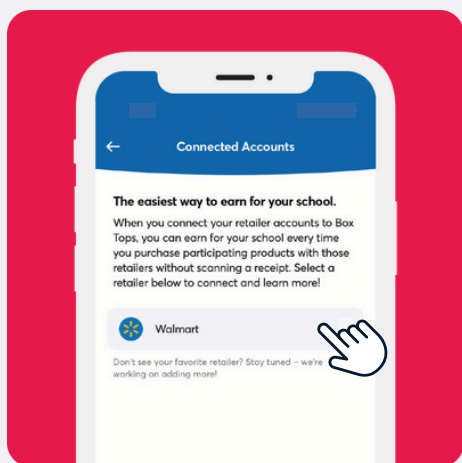


EARN FOR YOUR SCHOOL WITHOUT SCANNING!



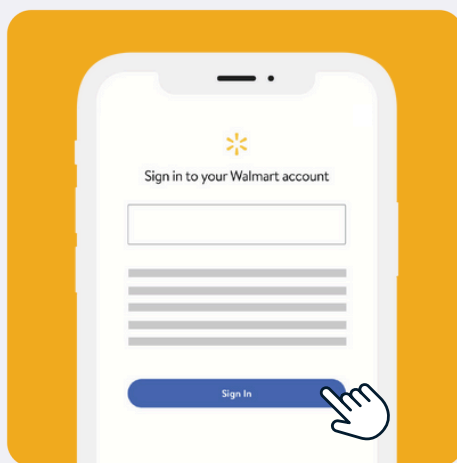
Now you can earn cash for your school every time you buy Box Tops products at Walmart — no scanning required! Just follow these simple steps to connect your Box Tops and Walmart accounts.

HOW IT WORKS:



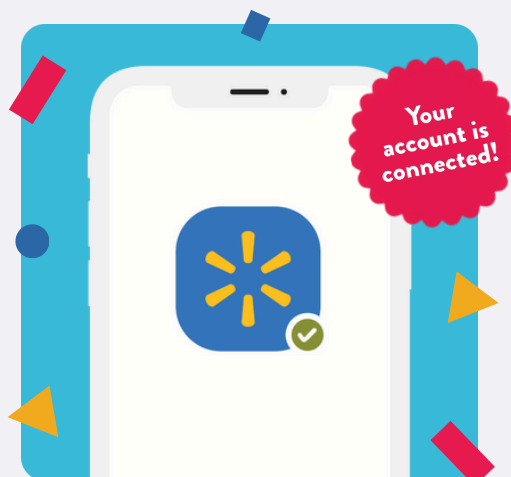
STEP 1

Download the Box Tops app or update to the latest version. In the app, go to your profile, then tap on “Connected Accounts” and select “Walmart.”



STEP 2

When prompted, sign in to your Walmart account, (If you don't have a Walmart account, you'll be prompted to create one). Make sure to save a payment method to your Walmart account.



STEP 3

Your Walmart account is now connected to Box Tops, so your qualifying purchases made in-store and online with a saved payment method will earn for your school! Box Tops will be credited after you receive your Walmart items.

DON'T HAVE THE BOX TOPS
APP YET? GET IT AT [BTFE.COM/APP](https://btfe.com/app)

CONNECT YOUR ACCOUNTS NOW
FOR THE EASIEST WAY TO EARN



NOW HIRING!

WE ARE HIRING

SPECIAL EDUCATION PARAPROFESSIONAL

- Enthusiastic about student learning.
- Compassionate
- Team player
- Demonstrated interest and respect for the unique needs of students and families.
- REAMS & RMS Openings

APPLY ONLINE TODAY!

Rockford883.org



RHS | Parent-Community News

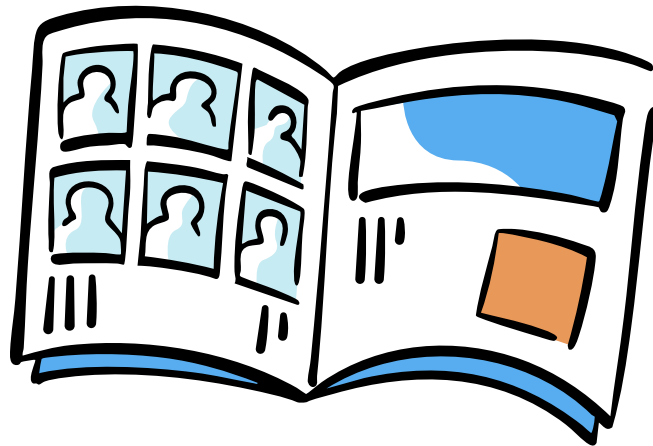
Order Your Yearbook Today!

Yearbook preorders are now available!

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



Mark Your Calendars!

Save the Date! Class of 2025 Commencement

Friday, May 30th 5:00 pm - 6:00 pm
(Doors open at 4:30 pm)

Rockford Community Center Field House
Ticket Required for Entry



A NIGHT UNDER THE STARS

SAVE THE DATE
MAY 3RD, 2025
ROCKFORD PROM

Juniors and Seniors Only

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

More Information to Come!

RHS | The Senior Section

It's Scholarship Season!

Rockford High School seniors have access to both local and national scholarships!

WHAT are they and WHERE do you find them?

- Scholarships are posted on the Senior Guidance Google Classroom page
- Scholarships are posted on the RHS website under Student Services
- Local Scholarships are also posted outside the high school front office

Rockford seniors typically receive over \$52,000 each year in scholarships which are awarded at Senior Award Night in May.



Dollars for Scholars scholarships will open in February!

Seniors are scheduled to attend the 2nd Dollars For Scholars meeting to continue applications and begin applying for scholarships on Thursday, February 27th during Rocket Block. The final meeting and deadline to apply for Dollars For Scholars Scholarships is Friday, April 4th

Senior Hub

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

Click this link: [Senior Information 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 | In the Classroom

Guest Performer Visits RHS!

On Friday, January 10th, Rockford High School hosted professional flutist Sandra Sheih. Ms. Sheih is an internationally known performer and gave recitals to the band and choir program in the Auditorium. Ms. Sheih is also an educator and gives private lessons out of her home in Plymouth. Her studio has included Auryn Rayller and Elizabeth Smith who both graduated from Rockford last spring.



One Act Play: "Tracks"

Theater enthusiast students at Rockford High School worked hard to prepare for the One Act Competition in January. Rockford competed in the 4A competition at Providence Academy on Jan. 25th and proudly took 3rd place in their site!



RHS | In the Classroom

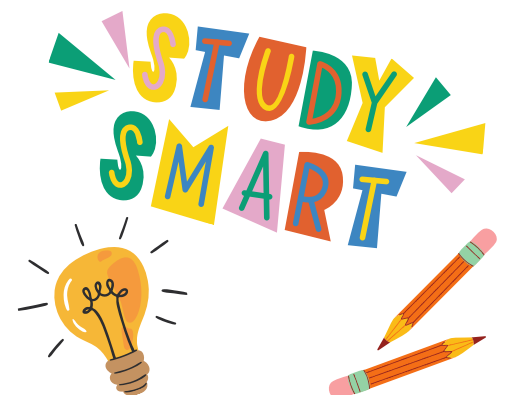
Mrs. Weber's Drawing Class

Mrs. Weber's drawing class completed the semester learning about color theory, schemes, media, techniques, and artists who use color in unique ways. Students were inspired by the large-format paintings by Georgia O'Keeffe who used vivid colors and unique perspectives.



Semester 1 Finals

Our RHS students worked hard preparing for their final exams and projects. Congratulations for completing your first semester of the year!



RHS | In the Classroom

Wright County Honor Band & Choir

On Saturday, January 11th, 9 members of the Rockford band program and 5 members of the choir program were selected to this year's Wright County Conference Honor Band and Choir. The event was held at Delano High School. The day included morning and afternoon rehearsals and concluded with a final concert. In all, 13 schools in Wright County were represented. Students were selected by director recommendation.



Pictured for Band: Danielle Millen (Oboe), Hailey Henrich (Baritone), Elizabeth Millen (Flute), Olivia Kissner (Clarinet), Laura Ickes (Flute), Max Thornton (Trumpet), Levi Bartels (French Horn), and Aric Beardsley (French Horn).

Not Pictured: Elisa Xhelilaj (Clarinet)



Pictured for Choir: Ryelee Ash (Soprano), Vanessa Lee (alto), and Anna Stoffers (tenor).

Not pictured: Quiana Larson (soprano) and Audrey Potter (alto).



RHS | Counselor's Corner

Mental Health Resources

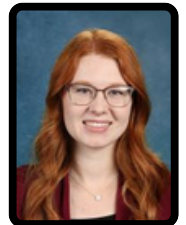
- **Crisis Text Line- Suicide Prevention Resource for Teens:** Text “MN” to [741741](https://www.crisistextline.org/)
- **Hennepin County Mental Health Crisis Response Line:** [1-612-348-2233](tel:1-612-348-2233) (adult)
- **Wright County Mental Health Crisis Response Line:** [1-800-635-8008](tel:1-800-635-8008)
- **Trevor Project for LGBTQ Youth in Need:** Text “start” to [678-678](https://www.thetrevorproject.org/) or call [1-866-488-7386](tel:1-866-488-7386)
- **National Sexual Assault Telephone Hotline:** [800-656-4673](tel:800-656-4673)
- **PrairieCare- Assessment and Intake Team:** [952-826-8475](tel:952-826-8475)

Contact information for referrals:

Ms. Samantha Bloom, Rockford High School Counselor at
samantha.bloom@rockford883.org or call [763-477-5846](tel:763-477-5846), ext. 3033



Ms. Ellie Engstrom, Rockford High School Counselor at
ellie.engstrom@rockford883.org or call [763-477-5846](tel:763-477-5846), ext. 3020



CLICK HERE



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



RHS | Counselor's Corner



Rockford High School is excited to welcome Mrs. McKayla Kent as our new Nystrom Counselor!

Mrs. Kent is available to work with students before, during and after school hours on Wednesday and Thursday from 7:30 am to 5:00 pm.

Sessions last anywhere from 45 minutes to 60 minutes and, unless needs require otherwise, are held weekly. Sessions will never take place during core classes.

On occasion, sessions involving parents and students are required as part of the therapeutic process to ensure that the family dynamics that may contribute to student behaviors addressed as well.

What is Nystrom & Associates School-Based Therapy?

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.

RHS | Athletics & Activities

Spring Sports Registration Now Open!

Registration for spring sports/activities is now open for all enrolled students in grades 7 - 12!

You can find the registration link, coach contact information, and practice start dates posted on the district website:

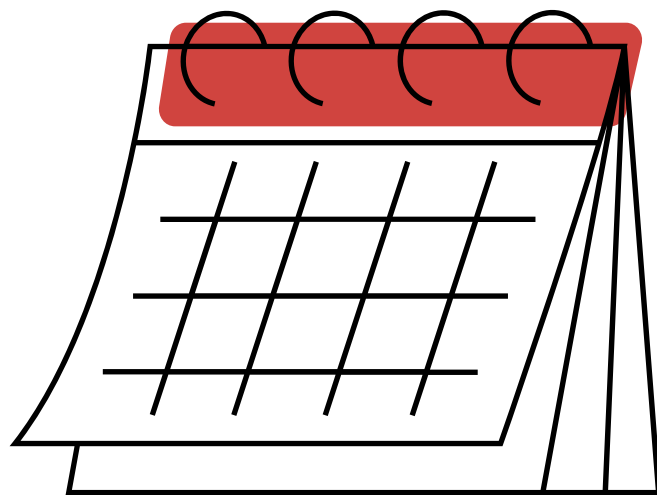
<https://www.rockford883.org/activities/registration>

The registration link can be found under the Required Registration Forms Section.

Save the date!

Students and Parents have the opportunity to meet the coaches on **Monday, March 3, 2025 at 6:00 pm at Rockford High School.**

Each activity/sport will meet in different locations throughout the high school.



Coaches will provide information about their programs including practice times, practice location(s), event schedules, equipment needs and player expectations. Parents and athletes are encourage to attend, but if you are unable to attend, please contact the coach for information.

RHS | Athletics & Activities

Breaking Records at Rockford High School!



Congratulations!

Boys Basketball Coach Mike Tauber reached 400 career wins in their game against Watertown-Mayer on February 4th, 2025!



Congratulations McKenzie Perry!

Delano-Rockford senior hockey player McKenzie Perry has been breaking records for the team! Earlier this season, Perry broke the record for the most goals in season with 25 goals (and 8 more games still to play at that time) and has since climbed up to 37 goals and the season STILL isn't over! She also set the new career goal mark at 65 goals. Congratulations McKenzie!



RHS | Athletics and Activities

2025 Athena Award Candidates

Rockford High School has started the selection process for the 2025 Athena Award - an award based on athletic accomplishments. Head coaches of the female sports were asked to submit two names of seniors deserving of the award.

The following senior athletes received the most nominations and are candidates for the Athena award: Evelyn Engebretson, Ruby Gifford, McKenzie Perry, Kaycie Roggenkamp, and Maggie Thompson. Candidates will submit an “athletic resume” which will be sent to all head coaches and district administration to vote for the winner of the award. The recipient of Rockford’s 2025 Athena award will be named later this month.



School Store Hours



School Store February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
					Store Hours: 5:00p-8:30p Girls & Boys BB	
16	17	18	19	20	21	22
		Store Hours: 5:00p-8:30p Girls & Boys BB		Store Hours: 6:00p-8:00p JV/V Girls BB	Store Hours: 6:30p-8:30p C/JV/V Boys BB	
23	24	25	26	27	28	

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/>