

Rocket Newsletter

March 2025



Important Dates:

- March 13th: Spring Conferences
- March 17th: Spring Band Concert
- March 21st - 28th: No School
 - Spring Break!



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,

Welcome to March! Depending on when you're reading this, there is snow and ice blanketing the ground or it's 59 degrees and spring is fighting through. That statement, and our Minnesota weather, are symbolic of our turning point in the school year as well.

Our spring sports and activities began this week. Please make sure your children are registered and received information from coaches and advisors to be best prepared for the season.

Please consider attending spring conferences. This year it doesn't compete with March Madness, so I expect a huge uptick in attendance, right? Seriously, though, it's a great time to connect with teachers one-on-one to both convey how your student manages work outside of school and to learn how they are performing in the classroom. The best way to intervene is early and with multiple perspectives!

We have more than 10 new students who have started at Rockford High School since we began the spring semester. I am continually impressed with how welcoming our students are to newcomers as they learn to navigate a new school, new curriculum, and a new community.

Last month we launched our "Say Something" anonymous reporting system. We received a number of tips that helped us become more vigilant in certain spots at certain times, we became aware of concerns about a student's mental health, and we will continue to confer with the crisis center and our site team to make operational adjustments to help support students.

With Spring Break on the horizon, which coincides with our midterm grades (which are just a checkpoint), stress the importance of focus, grit, and determination before we reward ourselves with time off. As I said last month, and it bears repeating: 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

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

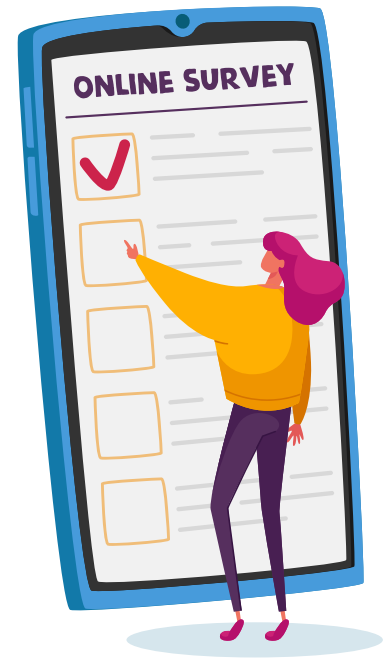
MAY 3RD, 2025
ROCKFORD PROM

Juniors and Seniors Only

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

LOOKING FOR YOUR FEEDBACK!

Please click [HERE](#) to fill out a few questions regarding our Monthly Parent Newsletter!



This will only take a few moments of your time!

We appreciate your feedback!

THANK YOU!

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

Celebrating Our Mini-Grant Recipients

Thanks to **generous donors like you**, we awarded **six mini grants** totaling **\$2,221.70** to staff across all three schools! These grants help create engaging learning experiences for students:

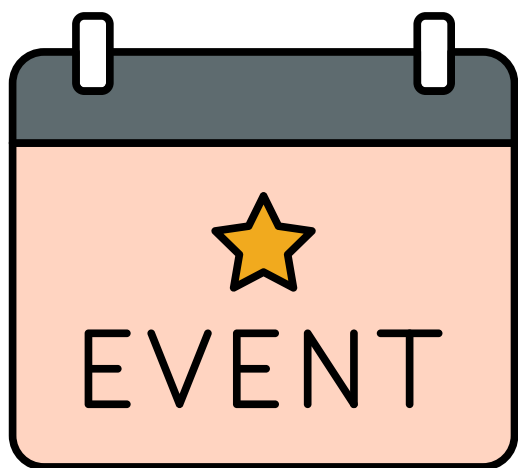
- **Cards & Games for RMS Lunchroom** - Enhancing student engagement during cold winter months while fostering teamwork and communication skills.
- **Doc Cam** - Boosting visual learning and helping students develop note-taking skills.
- **Boogie Board Writing Tablets** - Providing hands-on learning for young students to practice letters and phonetic words.
- **RMS Coffee Cart** - A student-run initiative in the special education program, teaching life skills like social communication, money management, and teamwork.
- **Storage Shelves for Rockee's Closet** - Organizing essential items for students in need, supporting the district's goal of a "healthy and supportive environment".
- **Ordway Theater Field Trip Tickets** - Giving theater students an opportunity to experience professional productions and deepen their appreciation for the arts.



RHS | Parent-Community News

Thank You for Supporting Our Schools!

A heartfelt **thank you** to everyone who participated in our **Classroom Wish List Drive**! Your generosity has made a real difference for our amazing Rockford Area School staff, and they truly appreciate the support. If you'd still like to contribute, you can do so anytime throughout the year. Wish lists can be viewed [here](#).



Upcoming Events

- Family Bingo Night - April 11 (sign up link coming soon)
- Spring Catalog Fundraiser Kick-Off - April 7
- Staff Appreciation Luncheon - May 7
- Spring Gratitude Gifts - Starting May 1

Stay Connected!

We're always working on **fun and meaningful ways** to support our students and staff. Stay connected by **following us on** [Facebook](#) or signing up for our newsletter at <https://www.rockfordfoundation.org/family/> !



Thank you being a vital part of our Rockford Education Foundation community!

RHS | Parent-Community News

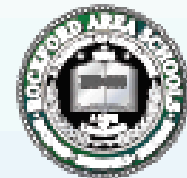
Rockford - Greenfield COMMUNITY EXPO

Saturday, March 15th • 9am - 12pm

Rockford Community Center, 7600 County Rd 50, Rockford

SPONSORED BY

R&G
CHAMBER
of COMMERCE



TOP REASONS TO ATTEND:

**FREE
Admission!**



Win Door Prizes!

Each booth is giving away an awesome door prize

60+ local businesses on site including cash and carry vendors!



**Baseball/Softball
Batting Cages**
swing for a small fee!

Remote control race car track

\$5 for 15 minutes or
\$10 for 30 minutes



Try a **FREE POUND® Fitness Class!**

Starts at 11am in the Dance Studio



Meet our local
**Fire Department
Heroes!**

**Chamber
Bingo!**

Fill your
card for
a chance to
win a prize!



Entertainment on Stage:

- Jazz Band
- Dance
- Fitness Class Demos
- The Star-Spangled Banner
- Dojo Karate Demo



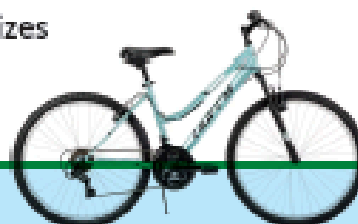
**Buy
Rockford
Gear**



Win Amazing Raffle Prizes!

Tickets \$1 each for 7 prizes
Drawing at 12pm

**Do not need to be present to win*



RHS | In the Classroom

Health, Wellness, and Goal Setting!

In health class, we have just taken our first test covering the 7 Dimensions of Health, SMART Goals, Self-Image and Social Media, and Relationships and Communication units. This first portion of the class is designed for students to reflect on their own health and the many different ways that their actions can enhance or hurt their wellbeing. One of the other more exciting projects of the class is also tied into the SMART Goals unit but will last for the rest of the semester.

The SMART Goal project is designed for students to practice good goal setting skills by putting their own goals into action. Each student sets their own individual goals for the semester that can be related to anything they so choose to do. As a class, we take time every 2 weeks to reflect on the progress of the goals and make adjustments to the goal as needed in order to make sure that they will be successful by the time the end of the semester arrives. One of the good goal practices that we talk about is telling other people your goals so that they can be supporters and motivate you to continue to chase your goal, so if they haven't told you about it yet be sure to ask your student what their goal is!



Guest Conductor:

Sponsored by Schmitt Music



On Wednesday, February 26th, guest conductor Anders Rahkola visited Rockford High School to work with the High School Wind Ensemble as they prepare for large group band contests.

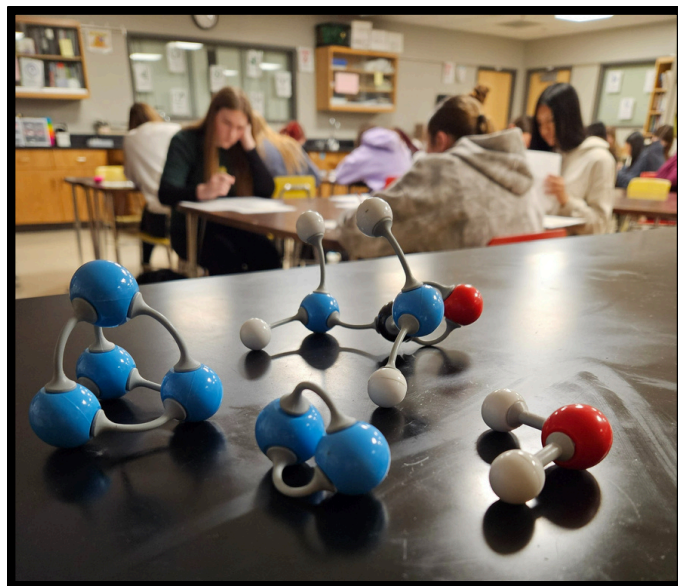
Large group band contests take place on Wednesday, March 5th at Dassel-Cokato High School. Mr. Rahkola's visit was sponsored by Schmitt Music



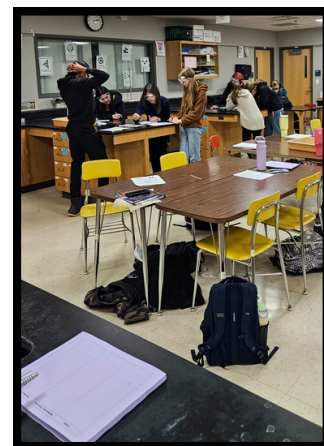
RHS | In the Classroom

Compounds and Bonding

Why doesn't oil mix with water? What holds DNA together in its classic double helix structure? How can you identify unknown substance when they look the same? These are some of the questions students explored in chemistry throughout February while completing the Compounds and Bonding Unit. In this unit, students learned different ways that elements can combine and how variations in compound structure and bonding characteristics on the atomic scale can affect the function and properties of the compounds on the human scale.



Students learned more chemistry language by practicing how to name compounds and write their chemical formulas. They synthesized some simple ionic compounds using precipitation reactions and exercised math skills while balancing charges in ionic chemical formulas. Students also learned how to model the structure of simple molecules on paper and with molecule modeling kits and explored how differences in molecule structure can affect surface tension.



In 2nd semester, students also reflect weekly on their progress in the course, including the quality of their notes and their assignment completion to build self-management and organizational skills.

We are looking forward to a lot more learning and many more experiments throughout the rest of the year!

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 Star Ledge #62 Scholarship - Deadline April 1
 - Amy Nicolle Johnson Scholarship - Deadline April 4
 - Hanover Athletic Scholarship - Deadline April 5
 - Corcoran Lions Scholarship - Deadline April 11
 - Rockford Alumni Scholarship - Deadline April 15
 - Hanover Lions Scholarship - Deadline May 5
 - Allina Health/Buffalo Hospital Healthcare Scholarship - Deadline March 14



DEADLINE

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

Dollars for Scholars!

The final Dollars for Scholars meeting is scheduled for April 3rd with the scholarship deadline of April 4th. Seniors should be finalizing their profiles and applying for scholarships during the month March.

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 | Counselor's Corner

Mental Health Resources

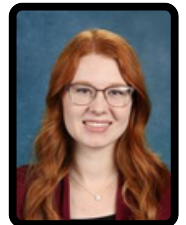
- **Crisis Text Line- Suicide Prevention Resource for Teens:** Text “MN” to [741741](https://www.crisistextline.org/)
- **Hennepin County Mental Health Crisis Response Line:** [1-612-348-2233](tel:1-612-348-2233) (adult)
- **Wright County Mental Health Crisis Response Line:** [1-800-635-8008](tel:1-800-635-8008)
- **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 | Counselor's Corner

Upcoming Testing Dates:

Exam and Testing Season is here! Mark your calendars for these testing dates!

March

- **March 5th** - ACT Exam (for registered students only)

IMPORTANT

April

- **April 10th** - MCA Reading and Math Testing
- **April 16th and April 17th** - MCA Science Testing
- **April 21st and April 22nd** - MCA Science Testing (continued)
- **April 29th** - DP Physics IB Exam
- **April 30th** - DP Physics IB Exam (continued) and DP Business Mgmt IB Exam



Test-Taking Tips

- Don't cram for a test the night before. Studies show you are less likely to retain information and increase your stress.
- Make sure to get plenty of sleep the night before testing.
- Have a healthy breakfast on test day.
 - This includes whole grains, protein, fruits/veggies and dairy.
- Read the directions carefully and listen to any and all instructions.
- Avoid scheduling trips, medical/dental appointments, or early pick-ups on testing day.

RHS | Athletics & Activities

Spring Sports Registration is 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.

- On the registration site, you have the option to pay by credit card or choose “Pay Later” and drop off payment of cash/check to the Activities office. *Please note that activity fees need to be paid prior to the first practice*



Athena Award Winner

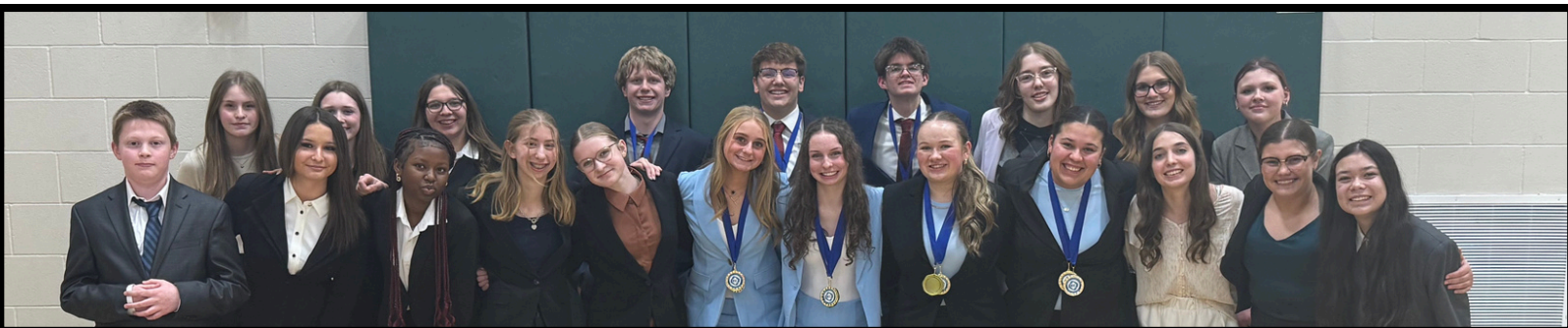
Congratulations to senior McKenzie Perry who was named the 2025 Athena Award Recipient for Rockford High School!

McKenzie has demonstrated exceptional leadership, dedication, and commitment to empowering others in our community. Through her hard work, passion, and unwavering support for those around her, she truly embodies the spirit of the Athena Award.

McKenzie will be recognized as Rockford's outstanding female athlete at the 53rd annual Athena Awards luncheon on May 2nd, 2025!

RHS | Athletics & Activities

DECA Conferences



In January, the Rockford Chapter of DECA competed at the District 5 Conference and 17 members qualified for the State Career Development Conference in the following events:

- Apparel & Accessories Marketing - *Frannie Wachholz*
- Community Awareness Project (Team Event) - *Emma Mueller, Josephine Peterson & Eve Thelen*
- Entrepreneurship Team Decision Making (Team Event) - *Emma Mueller & Eve Thelen*
- Franchise Business Plan (Team Event) - *Anna Feyen & Frannie Wachholz*
- Innovation Plan (Team Event) - *Julia Jensen & Khloe Hunter*
- International Business Plan (Team Event) - *Marcus Dietman, Parker Bode & Sawyer Egbert*
- Personal Financial Literacy - *Keira Brooks & Aida Soebbing*
- Principles of Hospitality and Tourism - *Bennett Jeatran*
- Sales Demonstration-General/Home Service Lines - *Khloe Hunter*
- Sales Demonstration-Soft Lines - *Anna Feyen & Julia Jensen*
- Start-Up Business Plan (Team Event) - *Danica Menth & Quiana Larson*
- Travel & Tourism Team Decision Making (Team Event) - *Danica Menth & Quiana Larson*

1st Place Winner at Districts:

- Sales Demonstration-Hard Lines - *Ashley Storz*

Gold Status and Entry into the International Career Developments Conference in Orlando, FL:

- School Based Enterprise-Retail (Team Event) - *Olive Yonak & Eve Thelen*

RHS | Athletics & Activities

Rockford Dance Team

The Rockford Dance Team had a fantastic year and grew as a program! The team hopes to continue to grow and encourages anyone interested in joining the dance team to connect with the coaching staff (information can be found on the Activities Coach Contact page on the high school website) or meet the captains to find out how much fun the team is! Off-season training begins in June to get a jump on technique and strength trainings for the winter season. No previous dance team experience is needed to join the summer training!



National FFA Week

The Rockford FFA chapter attended the FFA Day at The Capitol on February 25th with 6 high school students. They had the opportunity to tour the House Floor, listen in on committee hearings, and take in all the sights at the Minnesota State Capitol. The students were able to meet with Rep. Kristen Robbins who represents the Rockford School District as well. Rockford FFA students then presented information about current bills being discussed at the state level and how they can impact the FFA to the Rockford City Council. The students had a wonderful experience discovering Agricultural Advocacy at not only the State level but the City level as well!



RHS | Athletics & Activities

End of the Season



The Rockford Wrestling Team ended their seasons at Sections this year. Their highest finisher was River Freshour who placed 4th at sections! Jesse Broen and Isaac Stagemeyer placed 5th and Marcus Dietman placed 6th. The season was filled with ups and downs with illnesses and injuries. The team will work hard in the off season to improve and prepare for next year. Despite the all this, the team has a great core and know what they need to do to break through to the next level.

State Gymnastics Journey!

Senior Captain Lydia Schmatz placed 3rd on Vault with an 8.9 at the Section 5A Gymnastics Tournament this past month, qualifying her for the State Tournament!

Schmatz performed at the State Tournament on February 22 at Roy Wilkins Auditorium and placed 30th in the Individual Class A State Vault Competition!

We are incredibly proud of everything Lydia has accomplished the season. Way to represent Rockford High School!



RHS | Athletics & Activities

School Store Hours



School Store March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Store Hours: 5:30-8:30pm Spring Sports Meeting	4	5	6	7	8
9	10	11 Store Hours: 6:00-8:00pm 4th Grade Concert	12	13	14	15
16	17 Store Hours: 6:30-8:30pm RHS Band Concert	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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

To visit the Rocket Boosters Website, click [HERE](#)

