Rocket Newsletter

May 2025

Important Dates:

- May 6th: Jazz Concert
- May 13th: Senior Checkout
- May 14th: NHS Induction Ceremony & Senior Award Night
- May 15th: Deadline for Summer School Registration
- May 26th: No School
- May 28th & 29th: Senior Finals
- May 30th: 2025 Commencement Ceremony
- June 3rd & 4th: Semester 2 Finals
- June 4th: Last Day of School
- June 9th: Summer School Starts

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 May! It's hard to believe that we have entered our final full month of the school year in many ways, but when I take a moment to think about all our students have accomplished, the learning our teachers have supported, and the strategic goals we've made progress on, we've also done a lot this year.

SENIOR PARENTS: Please review the senior letter sent home with students and shared with you directly via messenger. The letter highlights key dates and details to help prepare your child to finish high school successfully and fully participate in closing events. Senior checkout is 5/13; students will be asked to pay all outstanding fees, return school-owned items, and receive their cap and gown. Please have your student take the cap and gown out of the bag and try it on, then steam it. Also, please remember that each senior receives 8 tickets for family and friends the morning of graduation immediately following rehearsal. If you desire more tickets, please work with other families.

JUNIOR PARENTS: Please pay close attention to your child's grades. If they are attending college or applying to a job that requires transcript information, this year's grades will reflect the last complete school year at the time of application. Additionally, please review your child's academic planner in Infinite Campus to confirm they have completed (or have registered for) all local and state required courses needed to graduate.

SOPHOMORE PARENTS: Please confirm with your children that they have a completion plan for each course, particularly those required for graduation. If students need to retake courses, their schedules become extremely tight and limit several elective options as they enter the upper grades of high school. Additionally, if you haven't already, visit their academic planner in Infinite Campus and discuss their desired level of involvement in both the Diploma and Career Programs (both of which start in the fall of their junior year) and ensure their course selection aligns with those desires.

FRESHMEN PARENTS: Your child learned a LOT this year about how high school works (and, potentially what habits and approaches don't work). Please have a conversation about ending the year strong and preparing for sophomore year--which is all the fun of 9th grade without the stress of everything new. Help get them excited for the future!

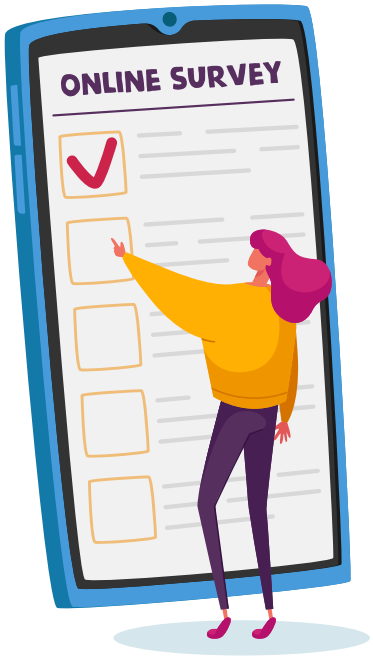
Go Rockets!

Sincerely,

Paul Menard
RHS Principal

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.



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

REF News & Updates

May 2025

Funding Highlights

In the past month, the Rockford Education Foundation proudly funded several impactful initiatives across the district, including:

- **Various Upcoming Field Trips:**
  Stork House Field Trip - RMS
  Ordway Center Field Trip - 4th Grade
  Stages Theatre Field Trip - 3rd Grade
  Three Rivers Park Field Trip - 2nd Grade
  Minnesota Zoo Field Trip - 2nd Grade
- **RHS Band Spring Awards:** supporting an end of year celebration that honors student musicians for their dedication, growth, and achievements throughout the year.
- **Seeds for RMS STEM Showcase:** RMS students educated, created, and distributed seed packets to highlight the native garden in the greenhouse lot and the native prairie restoration.





COMMUNITY EVENTS



Thank you to those who came out for our Family Bingo night in April. It was so much fun seeing our community come together for a night of laughter, prizes, and friendly competition.

Stay in the know on other upcoming events by following us on Facebook

Upcoming Events

SPRING GRATITUDE GIFTS

Available to order May 1 - 18

ORDER HERE



Celebrate spring and wrap up the school year with a **Gratitude Gift** for our incredible Rockford staff! Your donation will **directly support REF's Mini-Grant Program**, funding creative and impactful projects for students. For the **2024-2025** school year, we have awarded 20+ mini-grants totaling over $9,000 to enhance student learning.

Donation Options: $10, $20, or $50 and each donation includes a gift card for the recipient.

ROCKFORD SCHOOLS
Staff Appreciation Lunch

STAFF APPRECIATION LUNCHEON - WE NEED YOUR HELP

The Rockford Education Foundation is hosting a Staff Appreciation Luncheon on **Wednesday, May 7th** to celebrate our incredible Rockford School staff!

Food will be catered by the River Inn. We are looking for:

- Monetary donations to help pay for food and supplies
- Volunteers to help during the event
- Beverages (water, soda, sparkling water, etc)
- Desserts

DONATE

Sign up to Donate Food or Volunteer

Catalog Fundraiser Delivery Date

Thank you to those who participated in the Spring Catalog fundraiser! We raised over **$13,000** toward Arts and Environmental Experiences and Deep Portage for REAMS and RMS-CES.

Delivery Date: May 21st

Delivery Day is Wednesday, May 21st at REAMS Gym from 2:45 - 6:00pm

REAMS Parking:
2:45 - 3:30pm - you must use parking lot in front of Door #1 (main office)
3:30 - 6:00pm - you may park near Door #35 (REAMS gym)

Get Involved - We Need Volunteers!

As REF expands its community events and fundraisers, we need volunteers to help bring these opportunities to life! **Sign up to volunteer:** www.rockfordfoundation.org/get-involved/

RHS | The Senior Section

Upcoming Dates and Deadlines

RHS seniors will participate in "Senior Check Out" (an RHS tradition) in the media center on Tuesday, May 13th during LUNCH PERIODS.

Please Note: *OJT students should complete Senior Check Out before leaving that day. PSEO students who are not in the building on that day should complete their check out on Friday, May 16th between the hours of 8:00am-3:00pm in the guidance office.*

What to Know:

- At check out, seniors complete surveys, return media center materials, request their final transcript, finalize graduation details, and pay any outstanding district fees and lunch fees. Any senior with an outstanding detention will need to have served their minutes prior to checkout to receive their cap and gown.
  - ***Please note***: Unpaid fees for sports and activities through the rSchool Activity Registration have been transferred to your student's Infinite Campus account. If all items are complete, your student will receive their graduation cap and gown, along with the graduation day agenda and parking map. *Please log on to your parent portal to ensure all fees have been paid.*

Graduation Rehearsal: Friday, May 30 - 10:00

- All Seniors participating in graduation are REQUIRED to attend the rehearsal. No exceptions.
- Please be sure your student brings their cap and gown to rehearsal.
- After the rehearsal, students will march through the halls of Rockford Elementary
  - Students will receive their physical tickets after the rehearsal is complete, which are required to enter the ceremony. Please ensure your student attends so they can collect these ticket.

RHS | The Senior Section

Senior Recognition Signs

As we head towards Graduation day, we want to share our pride for our graduates! That's why the Rockford Education Foundation continues its tradition in providing Senior Yard Signs for all graduating seniors, free of charge!



If you would like a yard sign for your senior, please fill out the form linked below. Order Deadline is May 5th!
Senior Yard Sign Form

Thank you to the Rockford Education Foundation and their Sponsors for supporting our Rockford High School Seniors!

Not an ISD 883 Sponsored Event

SENIORS!

YOU'RE INVITED TO:

SENIOR BREAKFAST

When: Friday, May 30th
8:00am – 9:30 am

Where: Lions Park

Cost: Free to all Seniors!

Food: Eggs, pancakes, bacon, sausage, juice, fruit and more.

BE SURE TO CHECK OUT THE PHOTOBOOTH!

HOSTED BY: PARENTS OF SENIOR CLASS

Not an ISD 883 Sponsored Event

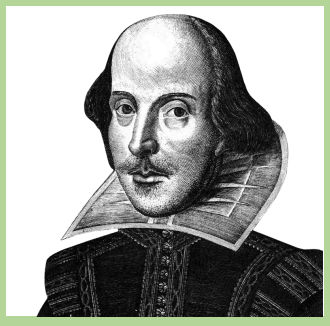
RHS | In the Classroom

RHS ENGLISH



9th Grade

In Mr. Kenady's class, students are reading *Romeo and Juliet*. The work requires them to bring together the analytical skills they've been developing throughout the year.



10th Grade

In 10th grade classes, students are considering how perspective, structure, and purpose create meaning. Classes are also exploring the nature of truth. They'll show their understanding through a year-end project.



11th Grade

11th grade classes complete a 15 minute oral speaking assessment that requires them to analyze a literary work and a non-literary body of work. The process requires study skills that transfer to many subjects in school and speaking skills that will be useful in different life situations.



12th Grade

Some 12th grade classes are working on choice unit reading. They have hundreds of books to choose from. Other classes are focused on IB assessments.



Project Highlight



Created by Kate Mueller in Honors MYP English 10
Based on "Dreams" by Langston Hughes

RHS | In the Classroom

SOCIAL STUDIES



IB European History - Year 2

This month, students in Year 2 of our IB European History class have been preparing for the IB examinations. The exams ask students to demonstrate their understanding of three major periods in world history and three major periods in European history.



Students have some choice in selecting the periods they feel best prepared to discuss on exam day, but the questions are not provided in advance. Each exam requires a 5 - 8 paragraph essay on each period, so by he time history exams are complete, students have written a substantial body of work.



Students practice for the exam by reviewing the eras we've studies over the course and identifying key themes of past exams. Students spend several weeks preparing and writing practice exams (timed, and handwritten to match examination conditions). They receive feedback on accuracy, opportunities for improvement, and time management.

Last year every student who took the History Exam passed with a "4" or better, scores which earn them college credit at all MNSCU schools. Private and out of state schools frequently accept a score of 4 for credit as well. Students and families can check the transfer rules at the schools they are interested in by creating a Transferology account (link in their Guidance Google Classroom) or by visiting the "transfer credit" pages of most college websites.

RHS | Counselor's Corner

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

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



CLICK HERE

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

RHS | Counselor's Corner



Attention Juniors and Seniors!

Rockford High School participates in the Direct Admissions Program for our seniors. This program notifies seniors of which colleges and universities in Minnesota they have already met the admissions requirement for; taking worry out of wondering if you will be accepted to over 50 MN schools.

Check out this video so you can see what you have to look forward to in the fall!
You Are College Material

Upcoming Testing Dates:

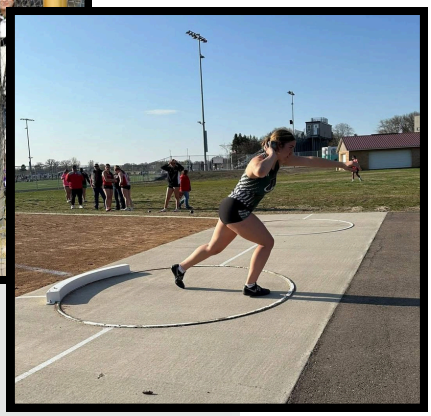
Exam Season is here! Mark your calendars for these testing dates!

- **May 5th - 9th**: HL IO's
- **May 5th & 6th:** DP Euro History IB Exam
- **May 8th & 9th:** DP Lang & Lit HL/SL IB Exam
- **May 12th & 13th:** DP Biology HL IB Exam
- **May 14th:** DP Spanish B SL IB Exam
- **May 15th:** DP Spanish B SL and DP Math A&A/A&I IB Exams
- **May 16th:** DP Math A&A/A&I IB Exams
- **May 20th- 23rd:** HL IO's
- **May 21st:** DP Math A&A IB Exam
- **May 27th:** SL IO's

RHS | Athletics & Activities

Track & Field Highlights!





Congratulation to Sophomore Jordyn Lark on breaking two school Track & Field records already this season!
On April 15th, she threw discus 117-07 to break a 27 year old record! (Kjome 1998, 114'4"). As if that wasn't enough, a week later she broke her sister Jayden Lark's shot put record of 36' (set in 2021) with a throw of 36' 6.5"! Congratulations Jordyn!

On Friday April 25th, 6 Rockford Track & Field athletes qualified for the Hamline Elite Meet hosted at Hamline University. The meet pools together the best of the best in high school track and field across the state of MN, regardless of class (A, AA & AAA combined).





Congratulations to the following:

- Pole Vault - Junior **Adam Boerboom** (phot credit: Aggergaard Photo)
- 4X400m Mixed Relay-
  - Senior **Tanner Michlitsch**
  - Senior **Maggie Thompson**
  - Sophomore **Ethan Robran**
  - Freshman **Addison Modrow**

Meet results are available online at https://www.athletic.net/TrackAndField/meet/572450/results
We are now entering championship meet month! True Team, Conference and Sections with many hopefuls for a state run. Thank you to all who supported our team fundraisers, and who have come out to watch or help work our meets the year. Go Rockets!

RHS | Athletics & Activities



DECA Nationals

At the End of April, six of our outstanding students were able to attend the International Career development Conference (ICDC) in Orlando Florida!
This prestigious event brought together top students leaders from around the world to compete, learn, and grow.

Eve Thelen and **Emma Mueller** competed in the School Based Enterprise competition along with teams from 700 other schools!
Anna Feyen, **Khloe Hunter**, **Julia Jensen** and **Josephine Peterson** attended the Thrive Academies where speakers, networking activities and challenges focused on helping DECA members develop essential leadership, communication, and teamwork skills.



It was a great experience for them and they are truly grateful for the support from the community in helping them be able to attend.

RHS | Athletics & Activities

2025 Minnesota State FFA Convention

The Rockford High School FFA Chapter had a successful 2025 State FFA Convention this year! With the chapter placing top four in the state, we had several students with huge accomplishments!











This year there were two State Degree candidates, **Josey Frank** and **Eliza Kartak**, and Josey Frank also placed top two in her Equine Science Placement Proficiency. Our social sciences agri-science team also placed first in their division and are moving on to Nationals!

The Middle Schoolers also had great accomplishments such as gold ranked chapter and a top two finish for the Marketing Plan team! A year of wins for the Rockford FFA and we are looking forward to next year!

Congratulations!


ROCKFORD FFA
PLANT SALES
OPEN:
3:30-5:00 MAY 7TH-9TH
10:00-12:00 MAY 10TH
ROCKFORD MIDDLE SCHOOL GREENHOUSE

RHS | Athletics & Activities



ROCKFORD DANCE TEAM

2025 DANCE TEAM SPRING CLINIC

Join the RDT Coaches for a spectacular spring clinic!

MAY 12-14, 2025

ROCKFORD HIGH SCHOOL GYM

Work on dance skills and techniques used by the RDT, while learning two fun and high-energy combos. After the clinic, on May 14th, there will be a parent/dancer meeting where a season overview, summer camp options, and tryout information will be discussed.

REGISTER NOW

ROCKFORD DANCE TEAM