

Rocket Newsletter

April 2025



Important Dates:

- April 8: Choir Concert
- April 10: MCA Reading/Math Testing
- April 16 & 17: MCA Science Testing
- April 17: Senior Meeting
- April 18: No School
- April 25: Band Concert



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,

I hope your April is off to a fantastic start! We never know what the weather will bring this time of year, and we hope to be pleasantly surprised; we have the same uncertainty and hopes within American schools today! However students arrive, we hope to find them ready to learn and succeed each and every day.

Our 4th quarter has begun. This is a pivotal time for students to attempt to lock in, stay motivated, and do their best as we approach permanent grade marks at the end of this term. Of course, that is easier said than done. Consider just some of the competing forces: nice weather, spring activities, work schedules, interviewing for summer jobs, walking pets outside, well-established relationships with teachers at this point in the year (or not), avoidance, navigating bad habits they've built up over the past several months, and more!

Just as a cast and crew, music ensemble, or sports team enters a grueling stretch of their run and have to gear up to do their best in performance, production, or playoffs, teachers and students also have to dig deep this time of year with depleted energy, entrenched beliefs, and deadlines abound in order to finish strong when it matters the most.

In light of all of this, you play a critical role in helping to support us all during the 'playoffs' of the school year. Please encourage your child to stay on-task, complete work and turn it in, proactively communicate with teachers so as not to create the 'bottleneck' at the end of the year; please offer teachers grace, benefit of the doubt, and the shared belief that we are always trying to do what is best for students--even if it isn't easy, immediately gratifying, or tests them on skills still under development.

I appreciate your continued support--particularly being 'super fans' of our teaching and learning in the playoffs of the school year.

Go Rockets!

Sincerely,

Paul Menard

RHS Principal

Save the Date!

Class of 2025 Commencement

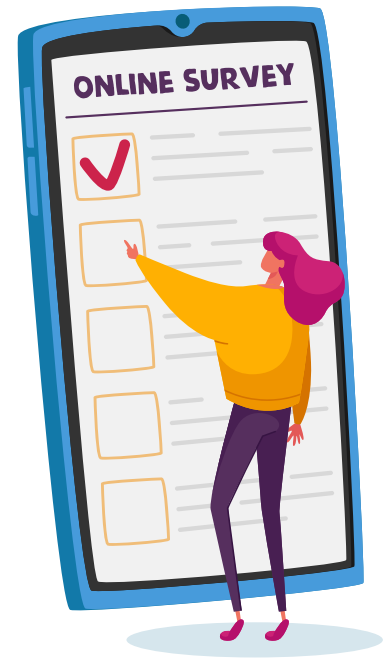
Friday, May 30th 5:00 pm - 6:00 pm
(Doors open at 4:30 pm)

Rockford Community Center Field House
Ticket Required for Entry



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

A NIGHT UNDER THE STARS

ROCKFORD PROM

MAY 3RD, 2025

LAFAYETTE CLUB

2800 NORTHVIEW RD
MINNETONKA BEACH

GRAND MARCH - 4:30 pm
IN THE AUDITORIUM

BUSSING TO AND FROM VENUE



REGISTRATION IS DUE 4/14
**NO LATE REGISTRATIONS WILL
BE ACCEPTED!** SCAN OR CLICK
THE QR CODE TO REGISTER

VENMO @RHS2026 OR WRITE A
CHECK TO THE ROCKFORD
BOOSTERS AND TURN IN TO THE
FRONT OFFICE

HOSTED BY THE CLASS OF 2026 *Not an ISD 883 Sponsored Event*

RHS | Parent-Community News

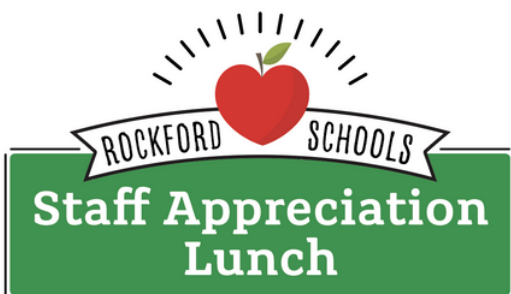


Family Fun BINGO Night - Friday April 11th

Looking for a fun family night out? Join us for a FREE evening of bingo, prizes, and community fun!

Location: REAMS Gymnasium - Door 35

Doors Open: 6:00 PM | **BINGO Begins:** 6:30 PM



Staff Appreciation Luncheon - May 7th

In honor of **Teacher Appreciation Week**, REF will be hosting a **Staff Appreciation Luncheon** to thank our dedicated Rockford educators and staff who make a difference every day.

We will be seeking **monetary donations, desserts, beverages, and volunteers** to help make this event extra special! Stay tuned for more details on how you can contribute!

Spring Gratitude Gifts - Show Your Appreciation!

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 \$8,000 to enhance student learning.

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

Gifts will be available starting **May 1st**.

RHS | Parent-Community News



Get Involved - We Need Volunteers!

As REF expands its community events and fundraisers, we need volunteers to help bring these opportunities to life! Whether you can help at an event, join a committee, or share your skills, we'd love to have you! Sign up to volunteer:

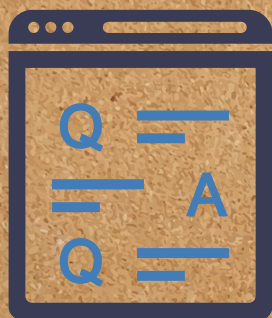
<https://www.rockfordfoundation.org/get-involved/>

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!



Rockford Pride Mentality Questionnaire

As you know, school climate plays a crucial role in fostering a positive and supportive environment for both students and staff. We believe that gathering feedback directly from those who experience the school climate firsthand could offer valuable insights into areas for improvement.

In an effort to solidify the identity of our school within the community, we are working with an outside expert to aid us with this process. Thank you in advance for answering the following questionnaire. The questionnaire will be available until Friday, April 11th. We look forward to communicating the results of our work with you!

Click this link to complete the Questionnaire: [School Identity Questionnaire](#)

RHS | Counselor's Corner

Mental Health Resources

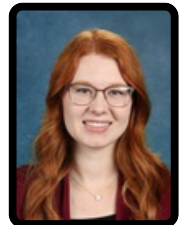
- **Crisis Text Line- Suicide Prevention Resource for Teens:** Text “MN” to [741741](https://www.crisistextline.org/)
- **Hennepin County Mental Health Crisis Response Line:** [1-612-348-2233](https://www.hennepin.org/mental-health/crisis-response-line) (adult)
- **Wright County Mental Health Crisis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

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

Upcoming Testing Dates:

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



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 Management IB Exam

May

- **May 2nd:** DP Business Management IB Exam
- **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 | 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
 - Hanover Athletic Scholarship - Deadline April 5
 - Corcoran Lions Scholarship - Deadline April 11
 - Rockford Alumni Scholarship - Deadline April 15
 - Hanover Lions Scholarship - Deadline May 5

DEADLINE

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

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 | Athletics & Activities



MINNESOTA BASKETBALL COACHES ASSOCIATION

Our Rockford Boys Basketball Team has been named the Section 5AA Team Academic Champion! And a special congratulations to senior Grant Kloss who was recognized as an Individual Academic All-State performer!

Class AA	School	Coach
Section 1:	Pine Island Randolph	Jim McNamara Cameron Quade
Section 2:	Lake Crystal-Wellcome	Logan Manska
Section 3:	Montevideo	Derek Webb
Section 4:	St. Croix Lutheran	Drew Kock
Section 5:	Rockford	Michael Tauber
Section 6	Melrose	Ryan Dusha
Section 7:	Pillager	Jim Bentson
Section 8:	Warroad	Vichita Ounchith

Winter Activities Wrap-Up!

At the March School Board Meeting, representatives from various winter activities presented to our Board and community members about their how their season went!

We are constantly proud of our Rockford Students for their dedication to their activities and representing Rockford Area Schools. Go Rockets!



RHS | School Store



School Store Hours



School Store April 2025

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

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](#)

