

Rocket Newsletter

February 2026



Important Dates:

- February 9: Solo & Ensemble Contest
- February 9 - 13: SNOW WEEK!
- February 14: Snow Week Dance
- February 16 - 17: No School
- February 19: Dollars For Scholars Meeting
- February 21-22: Bemidji Jazz Festival
- February 23 - 27: National FFA Week!
- February 28: DECA State Tournament

Order Your Yearbook Today!

Yearbook preorders are now available!

To order your yearbook, click [HERE!](#)



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,

We are fully engaged in our second semester of the school year. This is the time where students switch to different electives, different peer groups in their classes, and new schedules. Teachers have prepared new units of study, assessments, and learning activities for the new semester. In our staff meetings this quarter we are focused on the relationship between inquiry and rigor as we work to understand the impact of the questions we ask and the level of learning our students can achieve.

SENIOR PARENTS: Planning for post-secondary is getting real. I would encourage you to consider college visits, career shadows, or military recruitment interviews over the long weekend (President's Day and RAS PD Day) or Spring Break. Most students need to make enrollment decisions by May 1st at the latest, but there may be additional financial aid or housing priority placement deadlines prior to that date. Please continue to check in with your child regarding their exciting next steps.

JUNIOR PARENTS: Your child is enrolled in at least one IB DP course (Language and Literature SL or HL) or more. Please know that they will begin to prepare for internal assessments. Some have already begun the process, others will start shortly, and all will be done before May. Support your children in their work, and make sure they try their hardest.

SOPHOMORE PARENTS: Our students registered for courses for next year, and they have now met with Mrs. Gordee if they are interested in participating in the IB DP or IB CP Diploma programs. Please speak with your child to ensure they are aware of the programs for which they registered (or might have missed). There is still time to meet with Mrs. Gordee and get our students set up for success for their 11th and 12th grade courses in order to meet their post-secondary goals.

FRESHMEN PARENTS: This is a month of significant adjustments for many, as our 9th graders recently received their first permanent grades ever. Students should be adjusting homework routines, study habits, goals for final grades, and priorities. Self-advocacy is a valuable skill for students to learn in high school. In particular, students should exercise their ability to speak with teachers when they don't understand something, when they fall behind, or when they need extensions. Our teachers are flexible if students demonstrate the initiative to communicate. For many reasons, this becomes difficult in early high school because of a perceived peer dynamic where they might look unintelligent, like they 'care too much', or appear to not be paying attention. Please help stave this stigma; we often hear from our upperclassmen that they wish they would've reached out more in 9th and 10th grade, but they have recognized the benefit of communicating with teachers is significant.

Go Rockets!

Sincerely,

Paul Menard
RHS Principal

RHS | Parent-Community News



Free Nutritious Meals
For Kids 18 And Under

Attention:

During the 2023 Minnesota Legislative Session, lawmakers signed into law the Free School Meals program for students, and this continues into the 25-26 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

Breakfast

- Adult/Second full Student Meal: \$2.50

Lunch

- Adult/Second full Student Meal: \$5.05

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

February 2026

Happy New Year!

As we begin 2026, we want to start with one simple but powerful message:

THANK YOU!

Your generosity, partnership, and belief in Rockford students continue to make an incredible impact. Because of our donors, sponsors, and community supporters, students across the district are experiencing innovative programs, hands-on learning, and opportunities that help them discover their passions and plan for their futures.

We are deeply grateful for your continued support and excited for what's ahead.

Funding Story Spotlight: Food Science

Thanks to the generosity of REF donors, Rockford high school students are benefiting from an exciting and growing career pathway: **Food Science, Restaurant, and Culinary Skills**. This program gives students the opportunity to explore nutrition, food systems, chemistry, and culinary techniques through meaningful, hands-on learning experiences.

Students are not just following recipes — they are learning how science applies to food production, safety, and nutrition while building practical skills used in professional kitchens and food-related industries. From understanding chemical reactions in cooking to exploring food sourcing and sustainability, this pathway connects classroom learning to everyday life in powerful ways.

Programs like this demonstrate how donor support fuels curiosity, increases engagement, and creates real-world learning opportunities that prepare students for future education and careers.



Upcoming Events



DONATE BETWEEN
February
1 - 14

Spread the LOVE to our Dedicated Teachers!

This Valentine's Day, show your appreciation for the incredible teachers and staff who go above and beyond for Rockford students by donating items from their **Classroom Wish Lists**.

Each year, teachers spend their own money to enhance learning in their classrooms. The Rockford Education Foundation has created wish lists for **all three schools** to make it easy for families to help support them.

How to Donate:

1. View Classroom Wish Lists – Click the link to choose items to donate
2. Include a Valentine Donation Card – Use one of our special cards (or your own!)
3. Deliver Your Donation – Drop items off at the school front office or directly to the teacher's classroom

Stay Connected

Follow the Rockford Education Foundation on Facebook, Instagram, or sign up for our newsletter to stay up to date on funding stories, upcoming events, and the incredible impact happening in our schools every day.



Thank you for being part of the REF community. Together, we are investing in students, supporting educators, and building strong futures for Rockford.

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/

Your Voice Matters!

LET US KNOW
WHAT YOU
THINK OF
SCHOOL
LUNCH



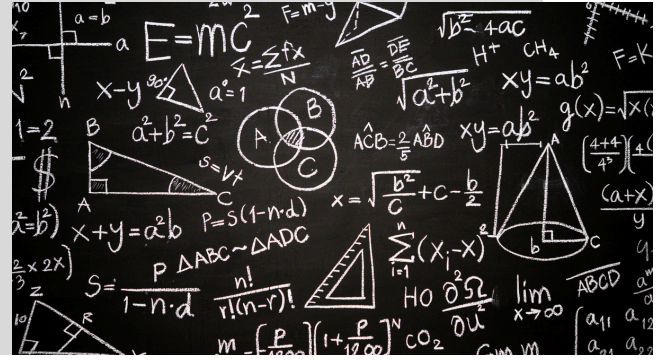
Survey:

<https://bit.ly/4rfH2p1>



TAHER
INC.

IN THE CLASSROOM: Mathematics



Mr. Vasseei

In 9th grade math, students are currently working on solving systems of linear equation.

In precalculus, students are transitioning from their 1st trigonometry unit to their 2nd unit.

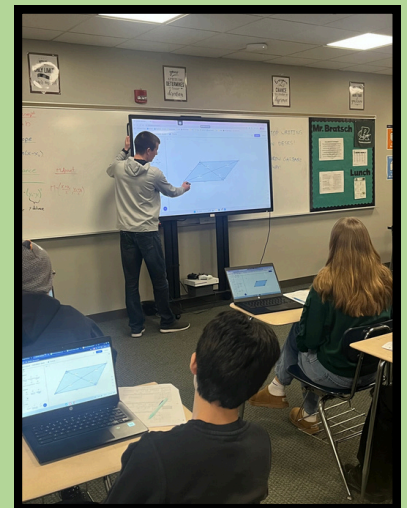
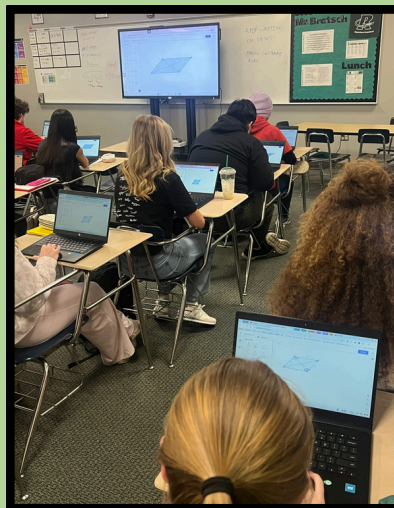
In calculus, students are working on derivatives and integrals of transcendental functions and using L'hopital's rule.

Mrs. Ulen

Seniors are writing their IB math exploration Internal Assessments, a major component of the IB mathematics curriculum. In this project, students collect their own data, analyze trends using mathematical techniques, and communicate their findings in writing. They reflect on their choices, methods, and results, helping them better understand how data analysis works in real-world contexts. This contributes to their overall IB score and can be used to earn college credit, while also building important skills.

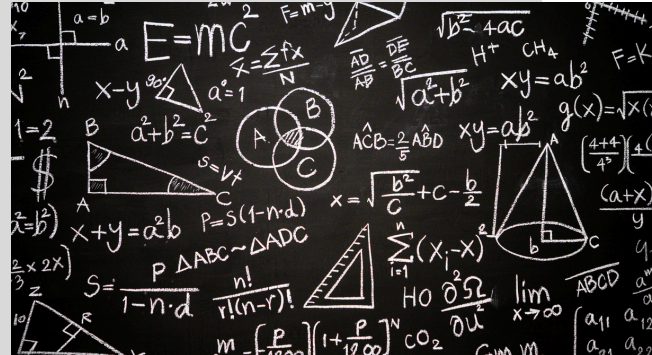
Mr. Bratsch

Students learned about relationships within triangles, including the circumcenter, incenter, centroid, and orthocenter. Using a program called GeoGebra, students investigated these points of concurrency and explored their properties through inquiry-based activities.



They then studied special quadrilaterals such as parallelograms, rhombuses, rectangles, and squares, constructing each one in GeoGebra to confirm their defining properties. Throughout these activities, students strengthened their inquiry skills and continued developing their ability to create accurate geometric constructions using technology.

IN THE CLASSROOM: Mathematics



Meet The Teachers!



Meet Mr. Vasseei!

Mr. Vasseei has been an educator at Rockford High School since 2016. A graduate of Eastview High School, he obtained a B.S. in Mathematics Education from Saint Cloud State University and a Masters degree in Education with an emphasis in curriculum design from Saint Mary's University.

Meet Mrs. Ulen!

Mrs. Ulen graduated from the University of MN, Morris with undergraduate degrees in mathematics and computer science in 1992. She later earned her Masters in Education from St. Mary's University in 1997. She started teaching at Rockford High School in 1993, teaching primarily Mathematics classes, but has also taught career explorations, computer courses, and the AVID elective. She is also active in extra curricular activities, announcing games, running scoreboards, and providing music.



Meet Mr. Bratsch!

Mr. Bratsch grew up in Glencoe, Minnesota and went to Glencoe-Silver Lake High School. His interests include playing amateur baseball for the Glencoe Brewers, die hard Minnesota Vikings fan and all Minnesota sports, golfing, home renovations, hunting, and spending time with family and friends. Mr. Bratsch graduated from the University of Minnesota, Mankato in 2017 with a degree in 5-12 Mathematics Education. His teaching career at Rockford High School then began in 2022.

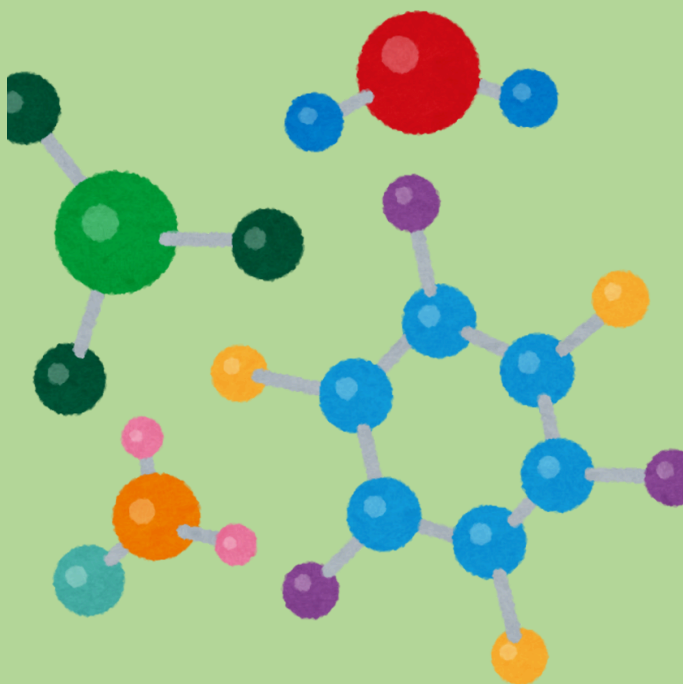


IN THE CLASSROOM: Science



Ms. Cosgrove

Students are learning about compounds and bonding. In the first semester, they studied atoms, their structure, and the different properties elements have. Now, students are exploring how atoms change and stick together through chemical bonds to form larger, more complex substances. As they do this, students are developing modeling and critical thinking skills by observing the properties of different types of compounds, modeling what those compounds look like at the atomic scale, and using molecular structures to explain or predict their properties.



Ms. Schoeller

DP Biology seniors have been developing independent investigations as part of their final IB assessment, which require them to formulate a research question, design a method to collect data, analyze the results, and evaluate their own experimental design. Through these investigations, students sharpen their ability to use the process of science to understand the world and experience firsthand the exciting—and challenging—world of research.



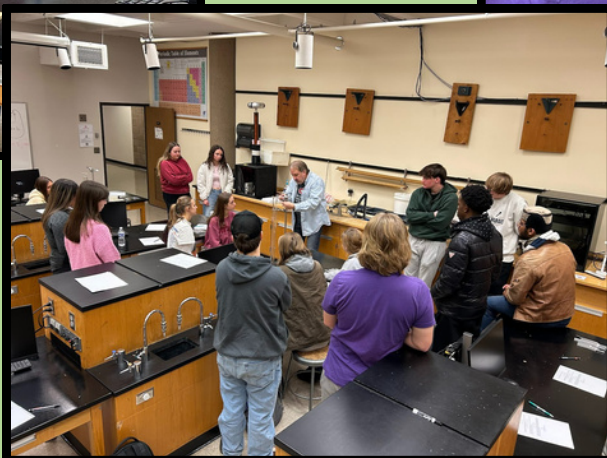
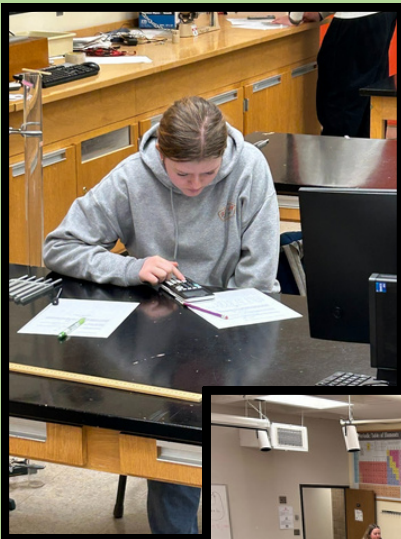
IN THE CLASSROOM: Science



Mr. Merila

DP-SL/HHS Physics students had the opportunity to visit Saint Cloud State University for an on-campus lecture and lab provided by department chair Dr. Kevin Haglin. The essential question tied to the lecture and lab was “Can resonance be used to calculate the speed of sound in air?”. The students were engaged throughout the background lecture, and had the opportunity to use closed tube resonance to calculate the speed of sound in air.

The students used tuning forks of a known frequency to produce a sound wave that would resonate at different points along a closed at one end air column. Based on where the adjustable closed air column resonated, students were able to calculate the wavelength of the sound wave produced by the fork, and later using the relationship $\text{velocity} = \text{wavelength} * \text{frequency}$, were able to measure how fast sound was traveling in the room that day.



IN THE CLASSROOM: Science



Meet the Teachers!



Meet Ms. Cosgrove!

Mrs. Cosgrove graduated from the College of St. Benedict with a BA in Chemistry in 2010. She spent a few years performing chemistry research on biodegradable plastics as a graduate student at the University of Minnesota before earning her teaching license in 2015 from the College of St. Scholastica. She completed her Masters of Science in Teaching through St. Scholastica in 2016. Mrs. Cosgrove has been teaching science at Rockford High School since the fall of 2015. She currently teaches MYP Chemistry 10 and other science elective classes.

Meet Ms. Schoeller!

Ms. Schoeller started teaching science at Rockford High School in 2023. She earned a Master's of Science degree in Integrated Biosciences from the University of Minnesota in 2013, and a Bachelor's of Science in Biology and a Bachelor's of Arts in Environmental Studies from the University of St. Thomas in 2009.

Ms. Schoeller currently teaches General Biology and IB Biology HL at RHS. Previously she taught General Chemistry, Chemistry in the Community, General Biology and HP Biology at Maple Grove High School. She began her career at Brooklyn Middle School teaching 7th grade Life Science in 2013.



Meet Mr. Merila!

Mr. Merila has had the pleasure of teaching in Rockford since 1998. He currently teaches MYP Science 9, MYP Physics 10 and DP-SL/Huskies in the High School (through Saint Cloud State University) Physics. Mr. Merila graduated from Saint Cloud State University with a B.S. in Physical Sciences with a Physics Emphasis and earned his Masters in Learning Technologies from St. Thomas University.

IN THE CLASSROOM: Business



Mr. Westgaard

As the semester wrapped up, students in our Business courses are finishing up some exciting, hands-on projects that bring classroom learning into the real world.

In Introduction to Business, students are creating a business profile and presenting on a local business, learning how ownership structure, operations, and community impact shape how organizations function.

In Sports and Entertainment Marketing, students are developing a full marketing plan for a school-based event, focusing on target markets, promotion strategies, and fan engagement. In Hospitality and Tourism, students are stepping into the role of travel agents by designing and pitching a vacation package to one of 30 different client profiles, each with unique interests and budgets.

These projects emphasize creativity, communication, and practical problem-solving while giving students a realistic look at careers in business, marketing, and hospitality.



Meet The Teacher!

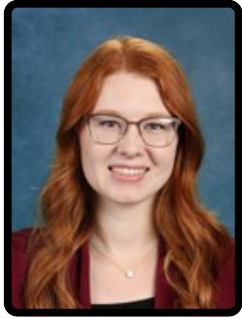


Mr. Westgaard teaches Business Education at Rockford High School. He and his family moved to Rockford in 2023. He is a graduate of Big Lake High School, holds degrees from Luther College and St. Cloud State University, and is currently pursuing an MBA in Sports Administration. Mr. Westgaard is passionate about helping students develop real world skills in leadership and decision making while connecting classroom learning to practical, real life applications.

If you would like to schedule a meeting with Mr. Westgaard, the best times are during his prep period or before school between 7:20 and 8:00 a.m. Please feel free to speak with him in person or contact him at Josh.Westgaard@rockford883.org with any questions.

RHS | Counselor's Corner

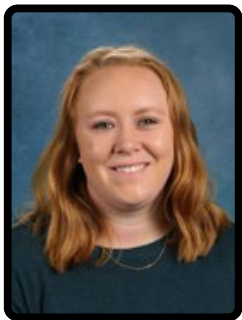
Meet The Counselors



Ellie Engstrom: 9th & 10th Grade

Hello! My name is Ellie Engstrom and I've been at Rockford High School since 2023. I have also been at Rockford Middle School - Center for Environmental Studies since 2022.

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.



Samantha Bloom: 11th & 12th Grade

My name is Samantha Bloom and I have been at Rockford High School as a Counselor since 2020. I received my Undergrad in Psychology from St. Scholastica, and my Master of Education Degree in School Counseling Pre-K through 12 from the University of Wisconsin Superior. In my free time I enjoy reading and spending time on the lake.

Contact Us!

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

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

Helpful Resources

- **Crisis Text Line- Suicide Prevention Resource for Teens:** Text "MN" to [741741](tel:741741)
- **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)
- [Wright County Resource Link](#)
- **Trevor Project for LGBTQ Youth in Need:** Text "start" to [678-678](tel:678-678) 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)

CARING FOR YOUR CHILD'S MENTAL HEALTH!

Transformational Therapy Services now offers in-school mental health at all Rockford Schools!

At Transformational Therapy Services (TTS), we know how much you want your children to feel happy, confident, and supported—both in school and at home. That's why we've partnered with Rockford Schools to bring mental health and wellness services directly to your family's fingertips.

How We Can Help Your Child:

- School-based therapy for anxiety, depression, ADHD, trauma, and behavioral challenges
- Medication management with a skilled psychiatric team when needed
- Social Emotional Learning (SEL) sessions to build resilience, emotional awareness, and healthy coping skills
- Family therapy and supports to strengthen relationships and communication at home

Signs Your Child May Need Extra Support:

- Sudden changes in mood, sleep, or appetite
- Trouble focusing or declining grades
- Withdrawal from friends or activities
- Big emotional reactions or frequent meltdowns
- Persistent worry, sadness, or irritability

If you've noticed any of these, early support can make a lasting difference!

Services are available in-school or in-clinic. Your child can access support during their school day or after school in office in Rockford. We make the process simple and confidential.

Let's Take the Next Step Together

Email us: info@transformationaltherapymn.com

Visit us: www.transformationaltherapymn.com

or

Ask your child's teacher about a referral for school-based therapy.

Early support changes lives—and we're here to make that happen for your family!

Even in a test-optional world, scores still matter.

Why risk your results?

Maximize your scores by ZAPPING!® the test.

Your ACT® scores can help you:

- Jump ahead of students who don't submit scores
- Qualify for certain scholarships and grants
- Submit an application to a school that requires test scores
- Take classes in your first year that count towards graduation

Doorway to College helps you navigate standardized testing.

Improve your scores.

Register and attend our seminar!

You'll be glad you did!

I can't wait to see my test scores. I learned so much from my ZAPS!® seminar!

Visit Your Community Education website and REGISTER NOW!

Rockford Community Education is partnering with us to bring ZAPSACT Test Prep to your student!

Receive the Nation's Best Test Strategy Prep at a special price of only \$99.00!

**ACT Test Prep Seminar
Rockford Community Center**

Room 804

Sunday, February 22, 2026

Time: 12:30 to 6:00 PM

Your Seminar: \$99.00

Secure a space for your student:

Register and pay by credit card by phone : 763-477-4563

**Online at: <https://rockford.ce.eleyo.com/course/1155/winter-24-25/act-test-prep-seminar>
or in person at the RCC front desk.**



**Doorway
to College**
Foundation



IN OUR SEMINAR, YOU'LL LEARN...

- Effective time management so you can use your time productively and pace yourself during the test.
- Strategic answer elimination to increase your chances of selecting correct responses.
- Anxiety management so you can stay calm and focused during the exam.
- Critical thinking skills to approach challenging questions with confidence and accuracy.

ZAPS[®]
FOCUSED TEST PREP



WHAT STUDENTS HAVE SHARED WITH US

"I took a month-long class last year, and I thought that this one seminar was as useful and productive, if not more so, than the month-long class."

—Matthew,
Arvada H.S., CO

"I found this seminar very useful! I appreciate the time and enthusiasm that was put into the presentation, and now feel 100 times more confident about testing. Thank you!"

—Olivia, Divine Savior
Academy, FL

"Most test practice seminars are very boring and not that helpful. This one is the first where I learned valuable tips and information, and, I actually can say I enjoyed."

—Jillian,
Batavia H.S., IL



Help Your Student Even More

Checkout other helpful prepresources available on our website:

www.DoorwayToCollege.org/shop



**Doorway
to College**
Foundation



877-927-8378



prep@doorwaytocollege.org



Doorway to College



@Doorway2College



www.DoorwayToCollege.org

Neither Doorway to College Foundation nor ZAPS![®] is in any way associated or affiliated with ACT[®] or The College Board[®]. Score increases are not guaranteed. Student test scores are outside of our control and cannot be guaranteed, but with 40 years of ZAPPING![®] experience and feedback, we know that most students see improvement when they learn and use our tips and strategies.



Minnesota Goes to College

Spring College Planning Series is Underway

The Minnesota Department Of Higher Education hosted their first session of the spring College Planning Series!

Session 1: Earn College Credit in High School

The first College Planning Series session was all about earning college credit in high school. The session covered the main programs available to students (IB, AP, PSEO, concurrent enrollment), general eligibility information, key considerations for each program, and more. You can find the recording and session materials on the MN Goes to College [website](#) now.

Spring College Planning Series Schedule



Encourage your students, families, and broader network to register for upcoming sessions! Registered student attendees will be entered into a drawing to win one of two \$1,000 scholarships!

Thank you to ECMC The College Place for their generous sponsorship of the scholarship drawing.

Jan. 20 - Earn College Credit in High School (PAST SESSION, recording available now)

Feb. 3 - Scholarships 101

Feb. 10 - FAFSA 101

Feb. 17 - Understand Your Financial Aid Offer

Feb. 24 - Understanding You Transfer Credit

Apr. 21 - Key Conversations Before College Begins

Each session will have live interpretation in Spanish, Hmong, and Somali.

Important Dates to Know!

- **Thursday, March 26th - RB1**
 - FINAL Dollars for Scholars Meeting - Deadline March 27th
- **Thursday, April 16th - Time TBD**
 - Senior Meeting with Mr. Menard - Information about Graduation and Senior Checkout
 - All Seniors should plan on attending (Including PSEO and OJT Students)
- **Tuesday May 12th - Lunch Periods**
 - Senior Checkout Day - Wrap Up, Pay Fees, Graduation requirements, collect your Cap & Gown!
- **Thursday May 28th - Senior Last Day**
 - Finals and Chromebook Check-In
- **Friday, May 29th - Graduation Rehearsal and Graduation Ceremony**
 - Rehearsal is at 10:00 am in the RCC Fieldhouse. ALL SENIORS are required to attend rehearsal (With Cap & Gown).
 - Ceremony begins at 5:00 pm. Seniors in Commons at 4:30 pm.

Attention Seniors!

It's Scholarship season!

Local and National Scholarships are being posted on your Guidance Google Classroom page

The 2nd Dollars for Scholars Meeting was on Thursday, February 5th during Rocket Block 1. Seniors began finalizing their Dollars for Scholars profile and began applying for scholarships.

The DFS scholarships opened on February 1st. **The dead line to apply is March 27th!**



Setting Wrestling Milestones!

Congratulations to 2 of our wrestlers for setting AMAZING personal records!

Bradley Graunke won his 85th match and Roman Morgan won his 75th match on Saturday, January 17th.

The Rockford Varsity wrestling team is currently sitting at 16 - 2.

Way to go Rockets!



Triple 'A' Awards Ceremony

Congratulations to seniors Ashley Storz and Peter Thomas - 2026 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 of Minnesota who have a 3.0 or higher grade-point average and who participate in League-sponsored athletic and fine arts activities.

Congratulations Ashley and Peter!



RHS | Athletics & Activities



Dance All-State Team

Congratulations to 4 members of the Varsity Dance: High Kick and Jazz teams for making the MN All-State Dance Teams!

- Amber Tessman (Senior) Varsity Kick
- Karsyn Notermann (Sophomore) Varsity Kick
- Sophia Misuraco-Janish (Sophomore) Varsity Jazz
- Emma Misuraco-Janish (Freshman) Varsity Jazz

DECA State Qualifiers

Congratulations to the following DECA members for qualifying for the State Conference competition March 1st - 3rd (Pictured from Left to Right):

- Khloe Hunter
- Keira Brooks
- Addi Louwagie
- Julia Jensen
- Ashley Storz
- Anna Feyen
- Frannie Wachholz
- Eve Thelen
- Emma Mueller
- Shreshta Modadugu



Not Pictured: Josephine Peterson and Aida Soebbing

Congratulations to our amazing students!

RHS | Athletics & Activities

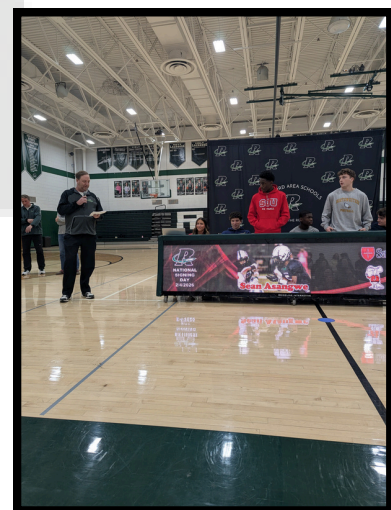
National Signing Day!

Rockford High School held it's annual Signing Day event on Wednesday, February 4th, 2026.

National Signing Day is a thrilling and memorable event in an athlete's recruiting journey. Rockford staff, students, family and fiends celebrated the athletes committing to play at the collegiate level next year.

Congratulations to the following student athletes (Pictured left to right):

Livi Thomas (lacrosse), Cayden Ellos (cross country & track), Sean Asangwe (football), Wil Bemah (track), Jet Gish (football) and Kaden Terrell (track & field)



National FFA Week!

National FFA week is an annual celebration that takes place in February for the National FFA Organization to highlight agricultural education, leadership and community service, showcasing the impact on members and promoting agriculture careers through chapters events. **National FFA will take place February 21st- 28th .**

Rockford FFA will be hosting various events throughout the week so please check in on the [Rockford FFA social media page](#) for more information!

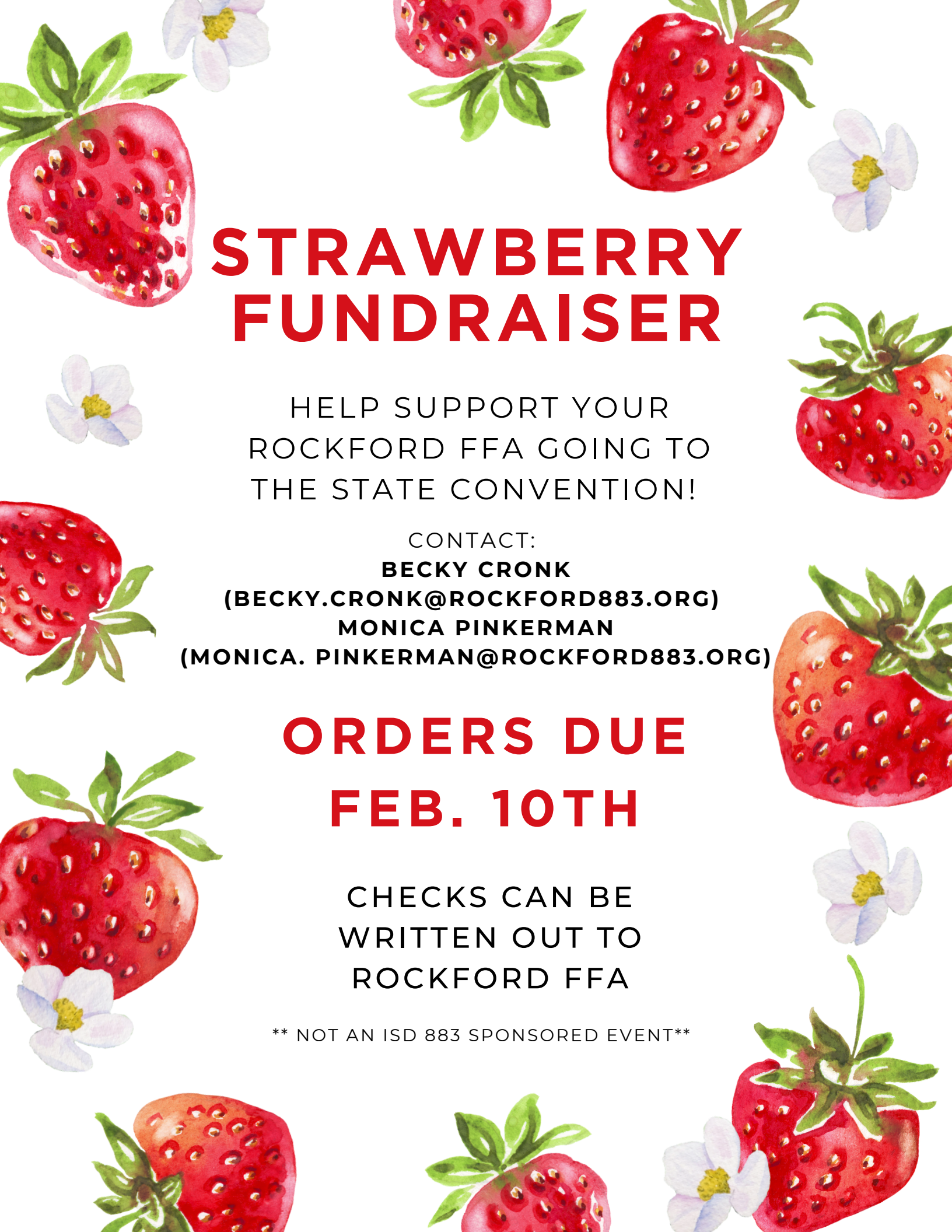
You can look forward to various giveaways, events and a dress-up week this year! Help us celebrate our amazing FFA Members!



Upcoming FFA Events

- February 19th: FFA Chapter Meeting
 - 6:00 pm in the Ag room (Room 603)
- February 21st -28th : National FFA Week
- February 23rd - 27th : FFA Dress-up Week
 - More information to come on the social media page
- March 7th: FFA Banquet
 - 5:00 pm in the High School Commons and Auditorium



The background of the poster is decorated with several watercolor illustrations of strawberries and small white flowers with yellow centers. The strawberries are in various sizes and orientations, some showing the green leaves. The flowers are scattered around the text.

STRAWBERRY FUNDRAISER

HELP SUPPORT YOUR
ROCKFORD FFA GOING TO
THE STATE CONVENTION!

CONTACT:

BECKY CRONK

(BECKY.CRONK@ROCKFORD883.ORG)

MONICA PINKERMAN

(MONICA.PINKERMAN@ROCKFORD883.ORG)

ORDERS DUE FEB. 10TH

CHECKS CAN BE
WRITTEN OUT TO
ROCKFORD FFA

**** NOT AN ISD 883 SPONSORED EVENT****

Rockford High School Trap Team Kicksoff 2026 Spring Season!

As the spring sports season approaches, the Trap Team is encouraging any boys or girls in grades 7-12th who are interested in shooting trap to reach out to **Coach Kyal Klawitter** at [612-250-3895](tel:612-250-3895) or Kyal.Klawitter@rockford883.org.

Coach Klawitter can explain the prerequisites and costs associated with the sport and any other questions you may have. He will also be at the HS Spring Sports meeting on March 2nd to cover all the fun things planned for the upcoming season.



The team is currently holding Dry Fire sessions at Buffalo Gun Club each Tuesday and Wednesday nights from 5:30-8:00pm, now until March 4th. Dry Fire is a fun simulated trap session that works on hand-eye coordination and shooting skills in an indoor (warm!) setting using your own gun and aim tracking technology. It's a great way for current team members to refresh their skills in advance of the season and for any potential team members to come try out the sport. No cost!

On Tuesday, March 10th at Buffalo Gun Club, the team is holding an Open Shoot (outdoor live trap session), which is open to all shooters and family members who would like to come out. (There is a small fee for each round you shoot.) This is another great opportunity for any new shooters who want to try out trap.

To learn more about this high school sport and to see the impeccable safety record (no reported injuries since 2001), you can check out the Minnesota State High School Clay Target League website: <https://mn.usaclaytarget.com/>. You can also check out our team on our Facebook page: <https://www.facebook.com/rockfordhighschooltrapteam>.

Central Minnesota Band Directors Honor Band

On Saturday, January 17th, 11 members of Rockford's band program performed in the Central Minnesota Band Director's Association Honor Band at Elk River High School. Three students from Rockford's 8th grade band performed in the grade 6th - 8th band and 8 students from the high school program performed in the grade 9th - 10th band.



The students from Rockford included: Vance Bodey-Phillips on flute, Douglas Stark on bass clarinet, Ephraim Nyerkeh on baritone, Olivia Larson on clarinet, Elijah Schuck on alto saxophone, Brady Schuck on alto saxophone, Veronica Ferdig on tenor saxophone, Cade Kaszubowski on trumpet, Theophilus Nyerkeh on trumpet, Kenny Yang on french horn, and Lucy Zednik on trombone.

*Brendan Buchholtz on trombone was also selected but could not attend due to injury. Congratulations to our terrific musicians!!

**Want to come support your
Rockford Rockets?
Checkout our Activity
Scheduler for the list of daily
activities and events!**

CLICK HERE



RHS | Athletics & Activities



SCHOOL STORE

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Store Hours 5-8pm	11	12	13 Store Hours 5-8pm	14 Happy Valentines Day!
15	16	17	18	19	20	21
22	23	24 Store Hours 5-8pm	25	26	27 Store Hours 5-8pm	28

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

