

Rocket Newsletter

June 2026



Important Dates:

- June 4th: Last Day of School

Looking to Next Year...

- August 26th : RHS Open House 4-7pm
- Sept. 1st : First Day of School and Picture Day
- Sept. 4th : No School - Labor Day
- Sept.. 7th : No School



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,
Congratulations! You've helped us reach the end of the 2025-2026 school year. In some ways, it feels like just a few days ago when I was preparing my September message and, yet, we've accomplished so much and celebrated so many success points in our students and staff. Please note: Rocket Block will be evolving to become even more responsive and proactive to student needs and enrichment opportunities. More details to come in the fall. For now, I hope you have a wonderful summer filled with sun, fun, family, and positive memories.

SENIOR PARENTS: It may be nostalgia that led to click on the link, or you may be wondering about diploma pickup which occurred earlier this week. If you believe your child forgot to turn in or pick up items, please reach out to the main office and we can confirm—we are down to 13 families left! Please note - If you student has not collected their diploma, we will be open this summer every Wednesday from 8:00 - 3:00 pm

JUNIOR PARENTS: This summer is all about having an open mind to your child's future plans. Please have an open ear, too. Ask them what they want to do after high school and, if possible, expose them to elements of that work, a campus tour, a shadow day, or online resources to be best informed and ready to transition into their senior year.

SOPHOMORE PARENTS: Your child may be taking courses with college-level content by way of our IB DP and CIS courses. Please discuss in detail their plans to manage the increased rigor and workload of junior year. If they haven't developed study skills, supports, or organizational management methods the time to start is this summer.

FRESHMEN PARENTS: Take a moment to reflect with your child on what went well in their first year of high school, what could be improved upon, what surprised you both, and how to prepare for sophomore year with eyes wide open.

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

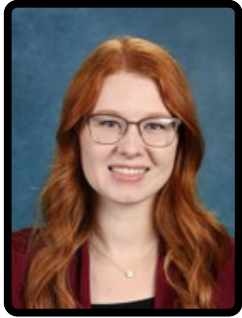
Option 4: Galaxy

Option 5: Launching Pad
Preschool



RHS | Counselor's Corner

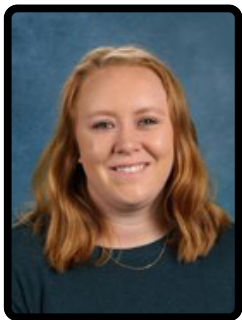
Meet The Counselors



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, ext. 3020

Ms. Samantha Bloom,
Rockford High School
Counselor at
samantha.bloom@rockford883.org or call
763-477-5846, ext. 3033

Helpful 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**
- [Wright County Resource Link](#)
- **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**
- **Change to Chill Resource Quiz** - <https://changetochill.org/resource-quiz/>

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!

109th Commencement Ceremony - Class of 2026

Rockford High School held it's 109th Commencement Ceremony on Friday, May 29th in the Rockford Community Center Field House.

120 seniors graduated as members of the Class of 2026, marking the culmination of years of hard work, dedication, and achievement.

Among this graduating class, seven students earned the International Baccalaureate (IB) Full Diploma, while ten students completed the IB Career-related Programme.

The graduating class selected English teacher Julie Merila as the faculty speaker. Co-Valedictorians Anna Feyen and Elisa Xhelilaj delivered an amazing class address.



Rockford High School is proud to be sending 84 students to two-year or four-year colleges and universities or specialized employment transition programs. An additional 10 students will attend trade schools or apprenticeships, 24 students will enter the workforce directly, and 6 students have committed to serving in the United States military.



To celebrate this milestone, graduating seniors participated in the annual Senior Salute, taking one final walk through the halls of Rockford Elementary Arts Magnet School, where many of their educational journeys began. We are incredibly proud of the accomplishments of the Class of 2026 and look forward to following their future endeavors.

RHS | Athletics & Activities

Amazing Ending to a Record Setting Year!

Rockford Track & Field Boys & Girls Conference Champions!

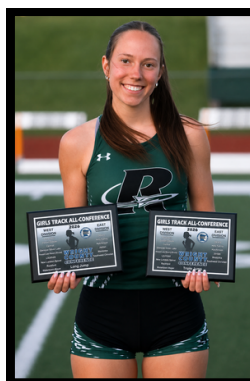
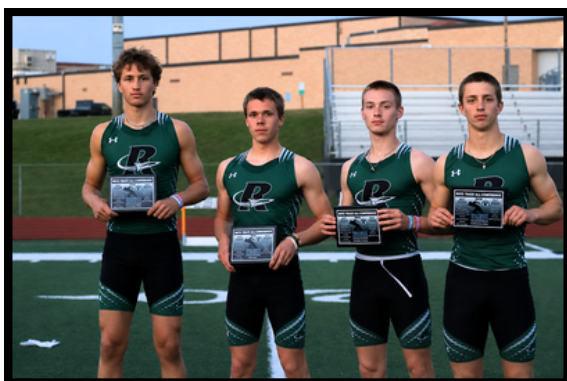
Congratulations to the Rocket T&F girls team on their 3-peat conference championship win at the WCC West Conference Championship meet in New London-Spicer. The Rockford girls have won 7 of the last 8 titles. And Congratulations to the Rocket T&F boys team on their 5 - peat conference championship win! The Rockford boys have won 6 of the last 7 titles.

Both teams scored points in EVERY event. Total team effort...Way to show up & battle Rockets! So proud.



Following are our Rockford WCC West individual event Champions:

- Adam Boerboom - Pole Vault, 4x200m relay,
- Riley Freed- Long Jump, Triple Jump
- Ethan Robran - 400m, 4x200m Relay
- Cora Larson - 100m, 200m, 400m
- Max Ladman - 4x200m Relay
- Simon Morgan - 4x200m Relay
- Lima Radach - Pole Vault



RHS | Athletics & Activities

Rocket Track & Field

Rocket Track & Field is in another exciting season of competition! At the Section True Team Meet in Willmar, our boys earned their spot to the True Team State meet (1 of 12 teams in Class AA) and finished 6th overall. Both the boys and girls teams secured WCC West Conference Championships! It was a 3-peat conference title for the girls who have won 7 of the last 8, and a 5-peat conference title win for the boys who have won 6 of the last 7. Congratulations to our individual event Conference Champions: Adam Boerboom (PV, 4x2), Simon Morgan (4x2), Max Ladman (4x2), Ethan Robran (400, 4x2), Riley Freed (TJ, LJ), Cora Larson (100,200,400) and Lima Radach (PV).

Most recently, after 2 days of Section 6AA competition, our boys took 2nd place (image attached), and we had 12 athletes qualify to represent Rockford at the MSHSL Class AA State Meet June 5-6 at STMA. Congratulations McKenna Evans (SP, DT), Riley Freed (HJ, LJ), Lily Fowler (HJ, LJ), Lima Radach (PV), Cora Larson (200, 400), Tessa Birznies (400), Kayden Terrell (DT), Ethan Robran (400, 4x2, 4x4), Simon Morgan (4x2), Max Ladman (4x2, 4x4), Adam Boerboom (PV, 110HH, 4x4), Wilmot Bemah (4x2, 4x4).

The following school records were set at the Section meets:

- Cora Larson – Girls 400m - 57.69 (image 2905 attached)
- Ethan Robran – Boys 400m - 49.79
- Will Czech – Boys 3200m - 9:47.23 (image 2461 attached)
- Simon Morgan, Wilmot Bemah, Max Ladman, Ethan Robran - Boys 4x200m Relay – 1:29.28
- Adam Boerboom, Wilmot Bemah, Max Ladman, Ethan Robran (image attached) - Boys 4x400m Relay – 3:27.09

... and we're not done yet. Good Luck at State June 5&6.

Let's see some Rocket fans in the stands!



Delano-Rockford Lacrosse

Girls Lacrosse earned a repeat Wright County Conference Championship, finishing undefeated in conference action and 12 - 3 overall! Both of Rockford's varsity players were the team's top scoring leaders. Senior Olivia Thomas broke the school record for assists in a single season, finishing with 25 assists. Thomas also had 25 goals this year, third on the team, finished her varsity career with 78 points!



Junior Captain Addilyn Dietman led the Tigers with 59 goals and was second on the team with 17 assists. Dietman has tallied 190 varsity points, putting her only three behind the current Delano/Rockford holder, Aspen Hanson, set from 2013 - 2015. Way to go!

Rockets Trap Team Season End

The Rockford High School Trap Team, which includes boys and girls in grades 7 - 12, completed its regular season in 2nd place for their Conference! While the team had some great shooting, they were inched out in the end by Robbinsdale. The team will be awarded the second-place trophy at the Minnesota State High School Clay Target League Championship in Alexandria on June 20th.



One shooter, eleventh grader Hunter Fitch, finished in 1st in the Conference for the regular season. Hunter also finished in the Top 100 in the state at 24th! This is quite the accomplishment since he is 24th out of over 8000+ students who compete in the league across the state. Hunter will be shooting in the State Championship Finals for individuals on Friday, June 26th. Good luck Hunter at State!

RHS | Athletics & Activities



The team had a lot of additional success in the conference. Senior Owen Jeatran finished 2nd in the conference. Hunter and Owen will receive their individual awards at the Alexandria event. Others reaching top honors at the Conference level include; Colton Kettenacker in 6th, Grant Usher in 7th, Sam Bidwell in 17th, Jaxon Delaney in 22nd, and Isaac Staggemeyer in 22nd. For females, Mackenzie Fitch came in 6th, Taylor Eickholt in 7th, Abigail Ketcher in 11th, Ashley Storz in 17th and Bethany Dougherty in 22nd. We are very proud of ALL of our shooters this year!

The trap season continues into the summer with three more events. On Tuesday June 2nd the team took on Delano High School at the Annual Crow River Shoot-off, followed by the Minnesota State High School Clay Target Championship on June 29th. This is the state championship to determine which teams advance to the State Finals. The team is also sending 8 shooters to the Nationals High School Clay Target League Championship in Mason, Michigan July 10 - 12.

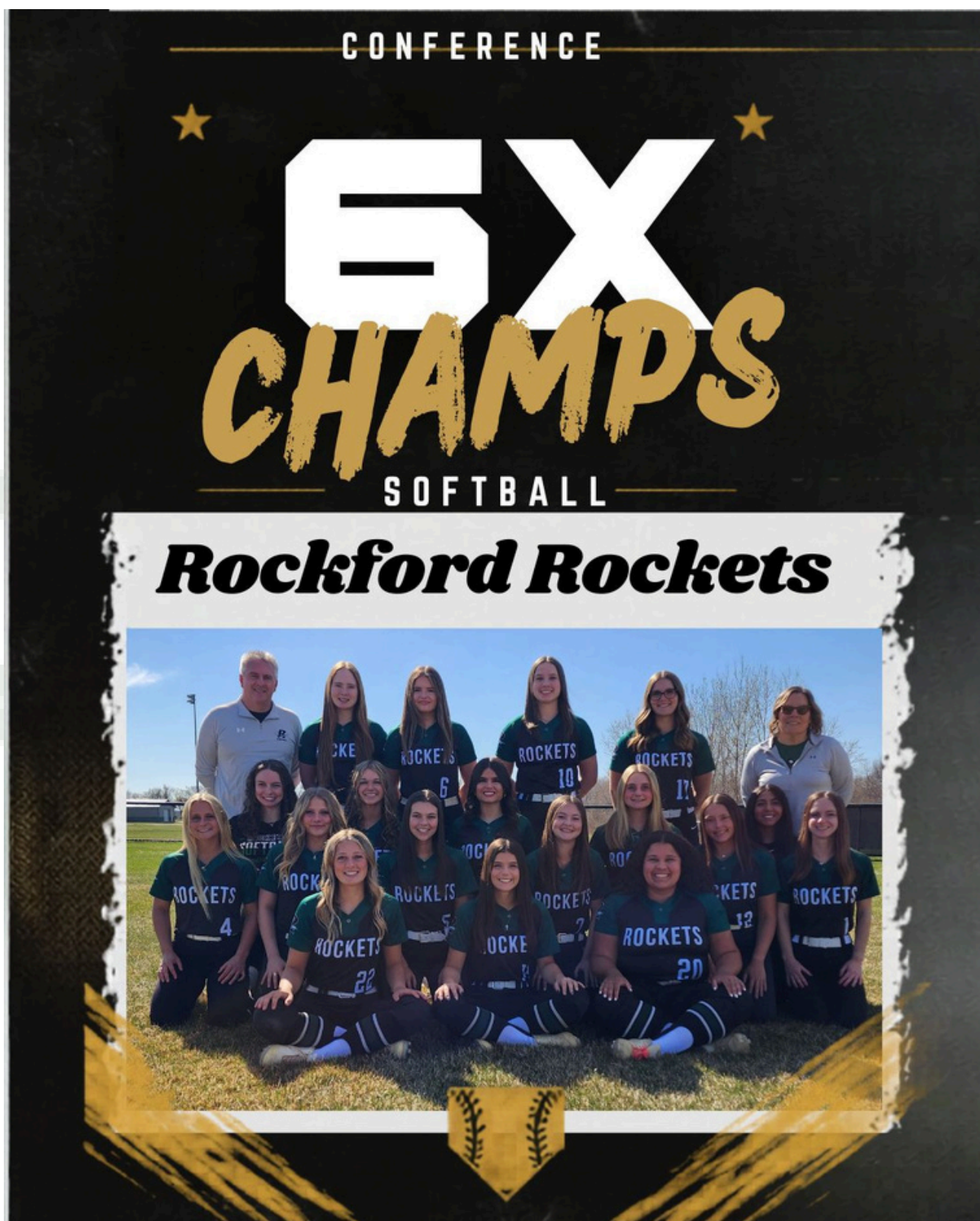


The Nationals team (5) includes Sam Bidwell, Hunter Fitch, Owen Jeatran, Colton Kettenacker, and Grant Usher. Jaxon Delaney and Owen Daughenbaugh will be alternates and Lyle Wotrang will shoot as an individual. Wishing the team and shooters much success as they represent Rockford High School. The Trap will also be hosting a summer fundraising event! The team is holding a big event at Billy's in Rockford on Friday, June 16th from 4:00 - 8:00 pm. Come out and support the team!

Go Rockets!

Taking Home the Title and State-Bound

Congratulations to the Rockfor Rockets Softball team as they once again take home the Wright County Conference Championship title.... making this their SIXTH YEAR IN A ROW!



ROCKFORD ROCKETS FOOTBALL T-SHIRT PRE-ORDERS

The Rockford Rockets football team is selling apparel again this year to help support their team. The choices this year include short sleeve t-shirts (Dri-fit available), long sleeve t-shirts (Dri-fit available), sweatshirts, and hoodies. Choice of a women's cut is available on some items. Apparel comes in five different colors - forest green, white, black, grey or light pink. If you are interested in ordering, please click the link below. If you have any questions, please contact Coach Houghton at dan.houghton@rockford883.org.

Rockford Football 2026-27 Spirit Wear now available for ordering.

Orders due by June 7, 2026.

[Click here to be directed to the Online Team Store](#)



ROCKFORD ROCKETTES GYMNASTICS TEAM TRY OUTS!

THE ROCKFORD ROCKETTES COMPETITIVE
GYMNASTICS TEAMS ARE LOOKING FOR NEW
TEAM MEMBERS FOR NEXT SEASON!

TRY OUT FOR MINI ROCKETTES (NON-COMPETITIVE),
PRE TEAM OR MAGA!



JUNE 2, 2026

REGISTRATION 4-4:30PM

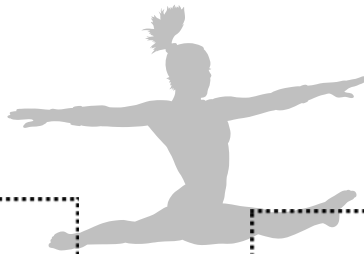
4:30PM-6:30PM



ROCKFORD MIDDLE SCHOOL - DOOR 5
6051ASH STREET | ROCKFORD, MN

MINIMUM AGE 6 | COACHES DISCRETION

PRE TEAM



MAGA



Summer - Options available!
Season - September - March (tbd)
Spring - x1 or x2 days per week

Summer - Options available!
Season - September-March
Spring - x2 days per week

Practice Day/Time -
Mondays 5:30-7:30pm
and Wednesdays 5:30-7:30pm

Practice Day/Time -
Monday, Tuesday & Thursdays
6:00-8:00pm
Occasional Fridays 5:30-7:45pm

Meets - Three meets in November
through March (tbd)

Meets - Six meets in November
through March

Transportation -
On your own to practice and
meets

Transportation -
On your own to practice and
meets

Cost
Monthly tuition

Cost
Monthly tuition

*What Else?
Volunteer at home meets,
fundraisers, spirit wear,
booster club...*

Team Members Expectations:
Good attitude. Focused. Hard working.
Kind to others. Respectful. Good
sportsmanship, etc!

*Extra Costs -
Warm Ups, Grips,
Fire ups...*

Our
non-competitive
team!

Mini Rockettes Gymnastics Team!

A non-competitive team where athletes
learn a routine on each event and
perform for fans at a later date!!

FALL & SPRING TEAM!



SUMMER PLAN

What happens after tryouts?

Current Team Members

All current athletes of the Mini
Rockettes, Pre Team or MAGA
Team must "apply" to be
considered for next season.
Please follow instructions sent by
Coach Averì.

Coach will reach out following their
application.

New Athletes

Coach will reach out
following their tryout and
will recommend a team to
join or to continue with
community education
gymnastics!



IF THERE ARE OPEN SPOTS
WE MAY HOST ANOTHER
TRYOUT IN AUGUST!

