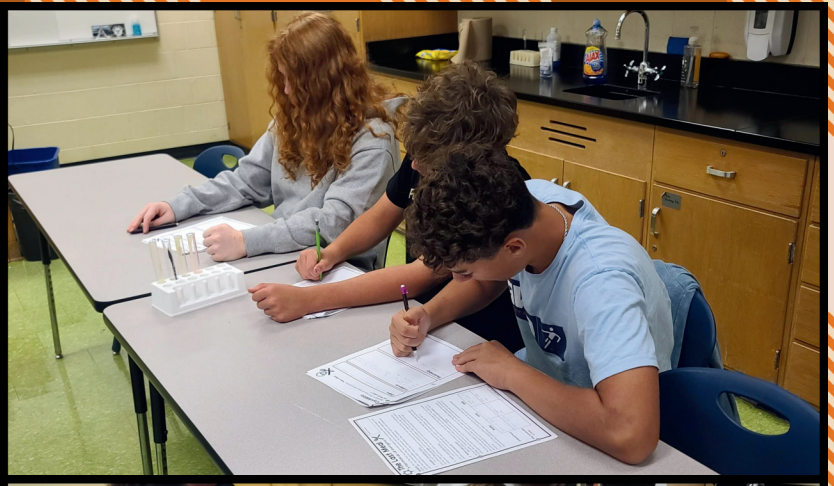
RINGGOLD HIGH SCHOOL NEWSLETTER

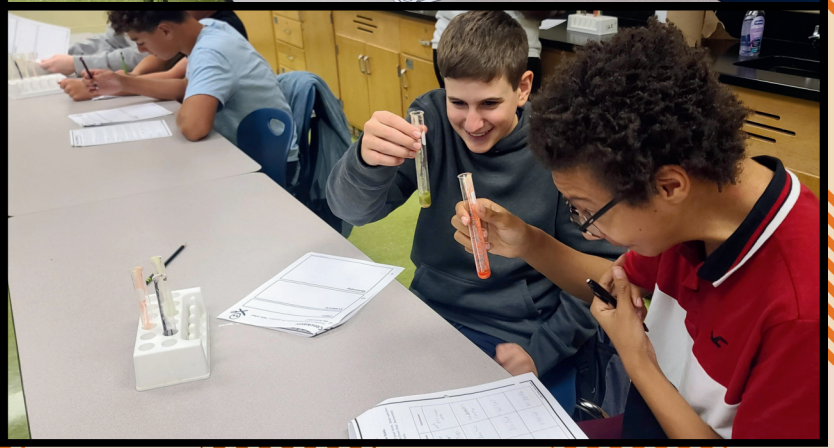
Principal: Dr. Tiffany Bevard
Assistant Principal: Dr. Heather Roman
Newsletter Editor: Mrs. Kristie Rygiel-DeBor
(724) 258-2200

Honors Biology Students Put Their Lab Skills to the Test









Who knew a meal could provide clues to solving a murder? Honors Biology students recently put their scientific investigation skills to the test during the "Murder Mystery and a Meal" laboratory activity. In this hands-on investigation, students became forensic scientists tasked with examining samples taken from the victims' stomach. Using chemical indicators, students tested the samples for the presence of carbohydrates (simple and complex sugars), proteins, and lipids. Each indicator produced a specific reaction when a particular macromolecule was present, giving students important evidence to analyze. Mr. Pfarr's students followed testing procedures, recorded their observations, and analyzed their results to determine what the victims had eaten. They then used the evidence collected from the tests to help piece together the mystery and determine what happened. The lab provided students with an engaging way to apply their knowledge of macromolecules to a real-world forensic science scenario. Rather than simply learning about biological molecules from notes, students had to use evidence, interpret data, and defend their conclusions. The "Murder Mystery and a Meal" lab combined biology, critical thinking, and a little detective work—and gave Honors Biology students a memorable way to investigate the chemistry behind the food we eat.

UPCOMING EVENTS

October 14: In-Service-No School
October 15: FAFSA Info/Completion Night
October 15: Homecoming Bonfire
October 17: Homecoming Dance
October 19: The Challenge Program Kick-Off
October 20: Fall Play
October 21: Senior Panorama Photo
October 21: Trunk or Treat-RHS Parking Lot
October 22: PSAT Make-Up



Career Exploration Holds Mock Fair

Students in Mrs. Trice-Kolar's Career Exploration class recently put on a mock Career Fair featuring careers in which they've shown interest. Students researched the careers and created posters and other visual aids to present their findings. Students took turns being "presenters" and "attendees," the latter asking questions so students could further display their knowledge of the career they researched.



Students "Shop" Pop-Up During Lunch

Recently, the RHS Lighthouse Committee held its first Care Closet pop-up! The event featured warm clothing and accessories to help students prepare for the upcoming cooler weather.

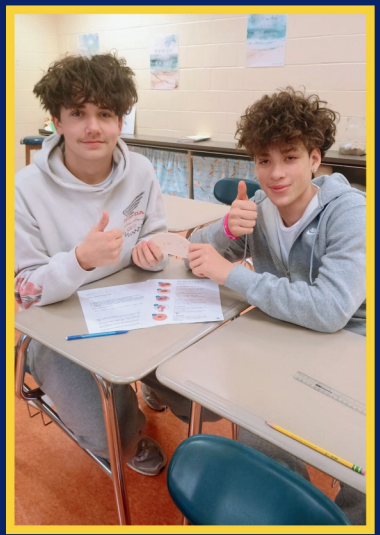


Vulcan Visits RHS

Last week, Barry Bilitski visited RHS to speak with interested students about the admissions process and programs offered at PennWest University.

Health Class Learns Detection Techniques

Students in Mrs. Lutska's Health class recently learned how to detect skin cancer using the Asymmetry, Border, Color, Diameter, and Evolving (ABCDE) method.





Where: RHS Auditorium

When: Thursday, October 15th from 6:00–8:00

This event is for seniors and their families who would like more information about obtaining financial aid for college or assistance completing the FAFSA. You'll get to meet PHEAA representative Abby Gabner, who can answer any FAFSA questions you have. From 6:00–7:00, Abby will share a presentation full of FAFSA information. From 7:00–8:00, she will help students/parents complete the FAFSA. If you plan to participate in the application, you will need to have both student and parent studentaid.gov accounts already created. You will also need to bring a laptop/tablet. If you have any questions, contact Mrs. Rygiel-DeBor at krygiel@ringgold.org.

OCTOBER IS

DOMESTIC VIOLENCE

AWARENESS MONTH

THE COUNSELING DEPARTMENT IS HOLDING A

Donation Drive

WASHINGTON COUNTY WOMEN'S SHELTER

ITEMS TO BE COLLECTED INCLUDE-

- Postage Stamps
- Sponges
- Hand Soap
- Tall Kitchen Trash Bags
- Gift Cards to Target, Walmart, or Giant Eagle
- Lip Balm
- Journals
- Fun-Shaped Erasers
- Adult Coloring Books

Students can win Donuts and a Gift Card Raffle!

Please bring donations to Dr. Brownfield **IN THE COUNSELING OFFICE.**

AN AVERAGE OF 20 PEOPLE ARE PHYSICALLY ABUSED BY AN INTIMATE PARTNER EVERY MINUTE IN THE UNITED STATES, WHICH ADDS UP TO MORE THAN 10 MILLION VICTIMS ANNUALLY.

INTIMATE PARTNER VIOLENCE ACCOUNTS FOR 15% OF ALL VIOLENT CRIME NATIONWIDE.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING DOMESTIC VIOLENCE, PLEASE DO YOUR BEST TO...

LISTEN WITHOUT JUDGMENT

If someone confides in you, offer a safe, non-judgmental space to share their experience.

REACH OUT TO PROFESSIONALS

There are support hotlines, shelters, and legal resources that provide immediate help.

OFFER RESOURCES

Provide information about counseling services, local shelters, and support groups.

BE AN ALLY

Stand against abusive behavior, both publicly and privately, and encourage others to seek help.

FOR MORE INFORMATION ON DV, PLEASE VISIT: https://www.peacefromdv.org/

2026-2027 RINGGOLD HIGH SCHOOL YEARBOOK

IT'S MORE THAN A YEARBOOK

It's a collection of moments that define your year.



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Contact Ms. DelBiondo at RHS at ldelbiondo@ringgold.org with questions about your order/purchasing.

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Ringgold High School

SHOW YOUR STUDENT HOW PROUD YOU ARE

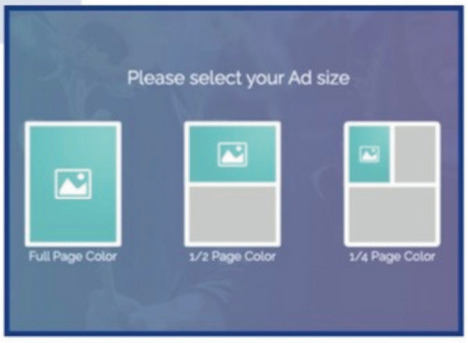
Families of Seniors at RHS! Create a yearbook ad to celebrate your Senior student's remarkable journey.
Proceeds from ad sales help support our school's yearbook program. We appreciate your contribution!

Order by: 11/30/2026

COLOR AD	
Full Page	$305.00
1/2 Page	$185.00
1/4 Page	$130.00
1/8 Page	$90.00



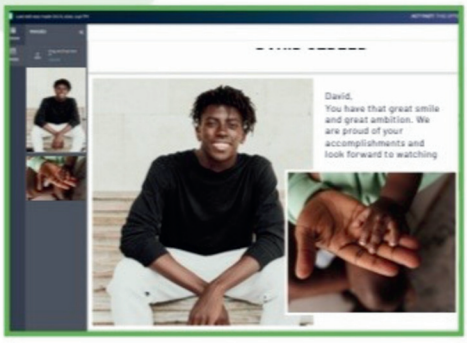
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2. Add your favorite photo(s) from your personal archive.



3. Write a meaningful message for all to see.



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We reserve the right to edit ads per our guidelines. Please ensure all submitted materials are appropriate for school publication.

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PENN STATE

There's a reason Penn State consistently ranks among the top universities in the world. Across multiple campuses and an online World Campus, our 90,000 students and 20,000 faculty and staff know the real measure of success goes beyond the classroom—it's the positive impact made across the world.

Meet with the admissions counselor to find out more!

WHAT WILL YOU FIND OUT?

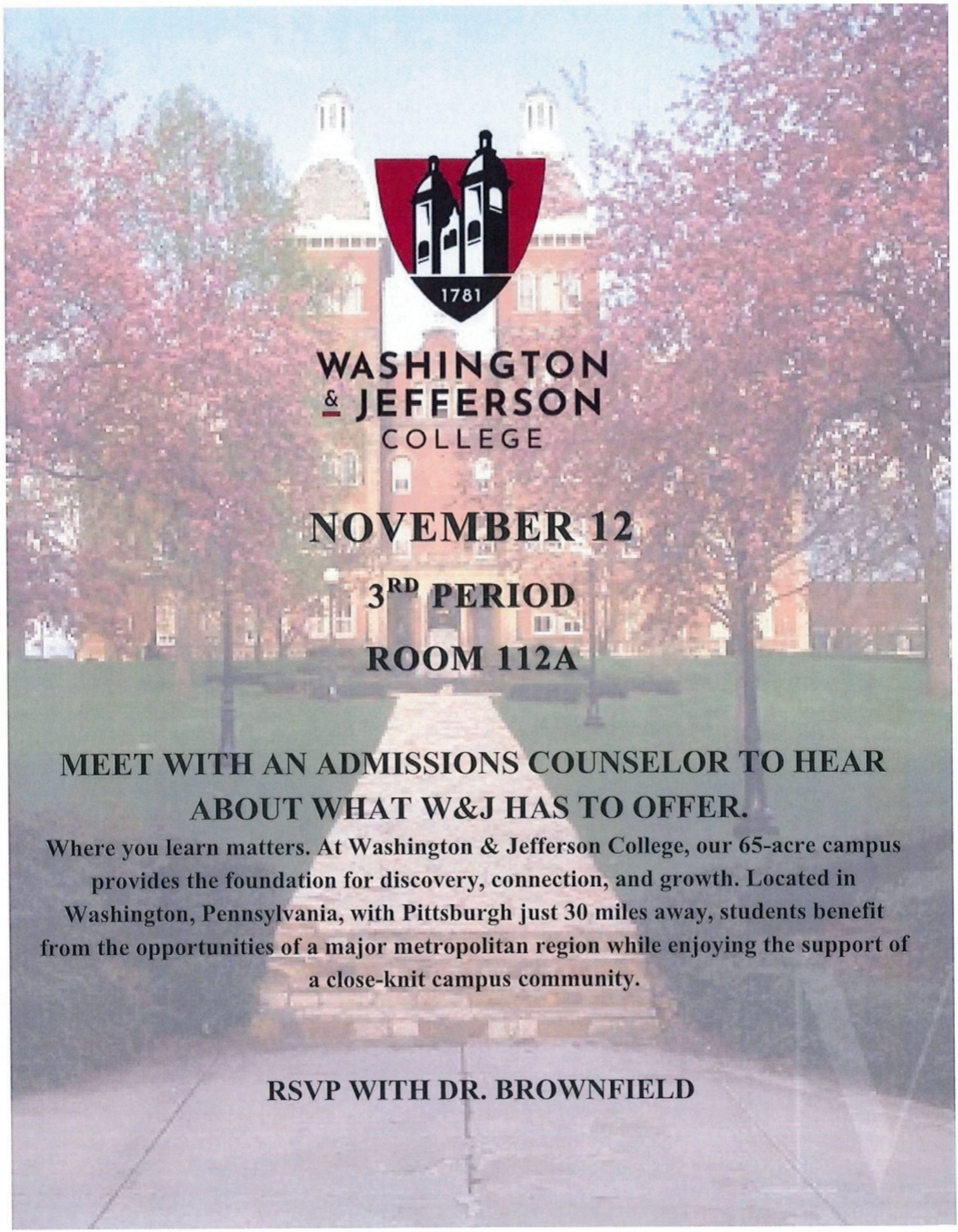
- Information on academic programs
- Tuition and costs
- Admission Requirements
- Information about the University

OCTOBER 26
PD 3

RSVP TO DR. BROWNFIELD

More Information

The Pennsylvania State University | Penn State


1781
WASHINGTON
& JEFFERSON
COLLEGE
NOVEMBER 12
3RD PERIOD
ROOM 112A
MEET WITH AN ADMISSIONS COUNSELOR TO HEAR ABOUT WHAT W&J HAS TO OFFER.
Where you learn matters. At Washington & Jefferson College, our 65-acre campus provides the foundation for discovery, connection, and growth. Located in Washington, Pennsylvania, with Pittsburgh just 30 miles away, students benefit from the opportunities of a major metropolitan region while enjoying the support of a close-knit campus community.
RSVP WITH DR. BROWNFIELD



SLIPPERY ROCK
DECISION DAY

November 19th
Period 2
Room 112



WHAT DID YOU GUYS GET?

- Hear information about the admission process!
- Information about academic programs
- Meet with an admissions counselor
- Get an instant acceptance to Slippery Rock

REGISTER FOR EARLY DECISION-ACCEPTANCE

SIGN UP OUTSIDE OF DR. BROWNFIELD'S OFFICE

The Hospital + Healthsystem Association of Pennsylvania

IN PARTNERSHIP WITH

Pennsylvania hospitals and health systems

VIRTUAL HEALTH CAREER EXPLORATION

Thursday, November 12, 2026 | 9-9:45 a.m. EST
Thursday, November 19, 2026 | 9-9:45 a.m. EST

Featured careers:

NOVEMBER 12

- Nursing
- Emergency Medical Technician (EMT)

NOVEMBER 19

- Medical Assistants
- Pharmacy Technicians
- Sterile Processing Technician
- Physical and Occupational Therapists and Therapist Assistants



You will:

- **Connect** directly with professionals working in high-demand health care careers.
- **See** what a typical day looks like in both entry-level and advanced health care careers across a variety of settings.
- **Explore** different education and training pathways.
- **Hear** firsthand advice from professionals about preparing for a future.

REGISTER NOW

Ringgold High School

After School Tutoring

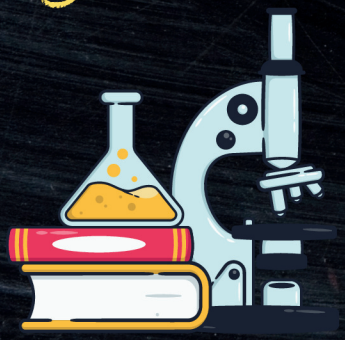
English



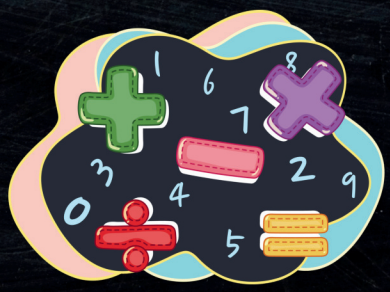
Social Studies



Science



Math



Tutoring takes place every Tuesday and Thursday from 2:30-3:30 in the Media Center.

Special sessions for other subjects, such as Career Exploration, will be announced throughout the year.

BUY TICKETS
ONLINE

USE THE QR CODE BELOW, OR
VISIT GOFAN.CO & SEARCH
RINGGOLD SENIOR HIGH SCHOOL