PAGE 1 **NOVEMBER 202**



Rocky Mountain High School 1300 West Swallow Rd. Fort Collins, CO 80526

Main Office Number 970.488.7023

Attendance Number (24 hrs) 970,488,7002

Athletics Number 970.488.7016

Student Services Number 970.488.7032

School Resource Officer 970.488.7013

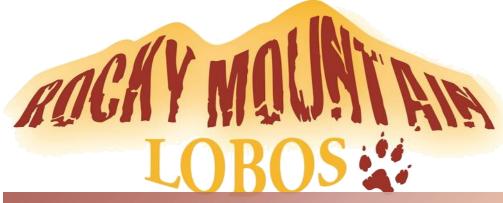
Media Center 970.488.7040

Website

http://eweb.psdschools.org/ schools/rockymountain/

Para infomacion en Español hablar con Cynthia Santos al: 970.488.7035





Important Dates for 2nd Quarter

Tuesday and Wednesday, November 9&10: Graduation orders on the Rocks Wednesday November 24th: No School: Thanksgiving Break

Saturday December 11th: Adopt A Family

	Thursday December 16th	Friday, December 17th
1st Period	9:00-10:30 am	9:00-10:30 am— FINAL
2nd Period	10:37 am -12:07 pm	10:37 -12:07 pm— FINAL
LUNCH	12:07 -12:53 pm	
3rd Period	12:53 pm-2:23 pm— FINAL	
4th Period	2:30 pm-4:00 pm— FINAL	

Friday December 17th: The afternoon on this date is set aside for make up finals for students that were absent for any finals or need make up work. Buses run on a normal schedule. Lunch is not served unless a special order is place with Food Services on Wednesday.

Monday December 20th: Winter Break- No School

Tuesday January 4th: Students back in session

Monday March 14th- Friday March 18th: Spring Break, RMHS Offices Closed Wednesday, April 6th: Senior/Parent Meeting on Graduation—6:30pm in RMHS Gym

Saturday May, 21st: RMHS Graduation; 1pm-Moby Arena



Your child's Well Care Visits help us address the following:









Click Here to Self-Schedule Your Child's Well Care Visit Today!

Rocky Mountain High School - Home of the Lobos

Page 2 NOVEMBER 2021

Administrators and Dean of Students

If you need assistance from any of our administrators, please feel free to call or email.

Principal
Craig Woodall
488-7015
cwoodall@psdschools.org

Office Manager Erin Murray 488-7015 emurray@psdschools.org

Assistant Principal Tim Bruell 488-7007 tbruell@psdschools.org

Assistant Principal Conrad Crist Athletics Director 488-7006 ccrist@psdschools.org

Assistant Principal Tyler Ann Nickel Activities Director 488-7009 tylert@psdschools.org

Assistant Principal
Karen Bennett
488-7008
bennett@psdschools.org

Dean of Students Russ Stapleton 488-7155 rstaplet@psdschools.org

Dean of Students Mike Ruffner 488-7192 mruffner@psdschools.org





Adopt a Family

Hi Lobos,

We are excited to send out this email to kick off the **26**th year of our Adopt a Family program!!! This school-wide service project was started by a Rocky student in 1996 and continues to be coordinated by students and staff members.



Homerooms and school organizations adopt a family and try to fill as many needs as possible on each family's checklist. Truly, everyone at Rocky gets involved in this project in one way or another. We even have some community organizations and alumni that volunteer to sponsor our families.

The families who participate have been referred to us by social workers, counselors and teachers at our feeder schools as well as several day care facilities located within Rocky's community. They are identified as those most in need and our assistance is very important. We will be adopting 43* families this year. Remember, we adopt families for a 2 year rotation so because all but 2 of these families are new referrals we aren't back to hosting 75-80 families yet (next year). In years past we estimate the food, clothing and household items collected were worth well over \$75,000. Teachers tell us that students who don't usually participate in school projects or activities are often motivated to help their "adopted" family.

If you would like to donate to this great cause, we accept donations of canned food and new or gently used winter coats, hats and gloves. Please NO shoe donations, except gently used children's snow boots. Financial donations are also greatly appreciated and can be made on-line through the school pay system or brought directly to the RMHS Front Office. Thank you!

If you have any questions, please contact our assistant principal, Tyler Nickel, at 970-488-7009.

Happy Holidays!

IMPORTANT DATES:

Thursday November 11th: Family checklists, directions, and empty boxes will be delivered to homerooms.

Friday December 10th: The great migration of donations from your homerooms to the commons.

Saturday December 11th: AAF 2021! Families come to pick up their donations. "The Best Day to be a Bo!"

Page 3 NOVEMBER 2021





Welcome to the kickoff to our Winter Sports Season. Official beginning of the Winter Athletics is Monday, November 15, 2021. Orange permit cards are being issued. Please register on the sports engine page, have a current physical and pay your fee before going to the Athletic Department for your Orange Card. Reminder a physical is good for 365 days and there can be no gaps between physicals per CHSSA guidelines. Follow the steps on www.rockyathletics.org, online registration tab. ALL STEPS MUST BE COMPLETED BEFORE ORANGE CARDS WILL BE GIVEN. Orange cards are not needed for pre-season workouts but MUST be turned into the coach prior to tryouts.

Sports being offered are:

Boys Basketball: Coach Jeff Gallegos, 970-481-4966, jgallegos@psdschools.org

Girls Basketball: Coach Justin Vallejo, 303-906-8315, 30coachv@gmail.com or jvallejo@psdschools.org

Girls Swimming and Dive: Coach Karin Roh, 720-299-1212, karin.roh@madwire.com

Boys Wrestling: Coach Brad Daniels, 970-492-5221, middlebear8@gmail.com

Nordic Skiing: Sponsored by Poudre High School, Coach Kyle Steitz, 970-846 -4565, coachkylesteitz@gmail.com

Girls Wrestling: Sponsored by Poudre High School, Coach Desiree Kendall, 970-817-0157 dkendall@psdschools.org

Ice Hockey: Sponsored by Fort Collins High School, Coach Riley Nelson, rileyn@psdschools.org

Go to <u>www.rockyathletics.org</u> under the sports offered/info tab, find your sport for more information or contact the coach directly.

If you have any questions, please contact Gina-Athletic Assistant at 970-488-7016 or gharris@psdschools.org

Page 4 NOVEMBER 2021





Hey Rocky fans beat the long lines and pre-purchase your tickets on our new digital ticketing system. You can purchase before you arrive and jump a head of the LONG lines and get straight into the games. Below is the link for the digital tickets!!

https://events.ticketspicket.com/agency/7b23c1cd-0681-4d8a-abe9-0aed2d545775

ROCKY STUDENTS-are you tired of standing in the LONG lines at our home Basketball games. You too can jump a head and get right into the game by simply purchasing your student activity pass for only \$30. Go to the fee window, purchase the activity pass then you will get a sticker added to your student ID. Bring your ID to the games and head right on in.

WINTER ATHLETICS WILL BE STARTING UP SOON!!!

Go to www.rockyathletics.org and to each winter sport for information regarding preseason workout. The coaches contact information if found under each winter sport folder.

We are to handing out ORANGE CARDS as of Monday, October 25th.

The orange card process: found on www.rockyathletics.org under online registration tab.

- 1. Register on sports engine prior to coming to get your orange card
- 2. Pay the athletic fee-bring receipt to athletic office.
- 3. Turn in physical for to athletic office.

Have your online sports engine and fee completed before coming to get your orange card. You WILL NOT receive your card until all elements are taken care of. SO,

avoid a long line and have it completed prior to coming to get your orange card.

No physical paperwork/orange cards are need for any skill sessions.

*Athletes not enrolled in RMHS please see information regarding registering online on the www.rockyathletics.org, "homeschool, charter, other school students info for registration"

If there are any questions please contact Gina at 970-488-7016



Page 5 NOVEMBER 2021



Athletics/ Mountain Biking



Rocky Mountain High School Lobos had a great State championships in Durango Colorado, finishing fifth of the 80 teams that participated! Last year the Lobos placed second place in division two. With the growth of the team Rocky is now a division one team and are super happy to be in the top five!

The racing started off Saturday morning with Jake McDill winning in the freshman boys race. That afternoon Mary Alice continued Rockies podium placement by taking fourth in the junior

varsity girls race. Gunner Johnson and Kade Shortridge took seventh and eighth out of the 155 junior varsity boys!

On Sunday Cole (Scout) McGinnis Took fourth place for the Lobos in the boy's sophomore race. Gianna DeFazio had won her last two races and the conference championship. She had also gotten a cold on Monday and fight courageously to take hold onto a 9th place in the sophomore girls race Sunday. That afternoon Kade Kreikemeier continued our communities podium run taking forth in the varsity boys race. Kade is one of our Ciclismo Racing riders and is racing independent for the high school season.

Varsity boys: 4 Kade Kreikemeier, 11 Andrew Morris, 15 Trace Fondy, 19 Tristen West, 62 Andrew Patella (passing 28 riders)

JV Girls: 4 Mary Alyce Collins, 79 Maya Staires

JV boys: 7 Gunner Johnson, 8 Cade Shortridge, 15 Jackson Menand, 33 Gavin Pollock

Sophomore Boys: 4 Cole McGinnis, 16 Brodie Morrison, 24 Michael Delgadillo II, 58 Oliver Roberts, 69 Ryan Seymour, 92 Soren Campbell, 96 Carsoon Mead, 103 Perry Anderson

Freshman boys: 1 Jake McDill, Michael Jacob Griffiths, 37 Sawyer Campion, 57 Leo Foot, 105 Ronan Pollock, 131 Isaac Brennan



Page 6 NOVEMBER 2021



National School Psychology Week

Let's Get in GEAR: National School Psychology Week 2021

Here at Rocky, we want our kids to reach their potential and develop skills to thrive in school and in life. This year, students and staff will be participating in National School Psychology Week, November 8-12, the theme of which is "Let's Get in GEAR". We grow together, we engage critical systems, and we advocate and rise together. Our hope is to highlight how getting in GEAR can help lead us to positive growth. Just as we continue to grow and develop as people and with our skills, sometimes with support from others, we can develop resilience beyond stressful circumstances.

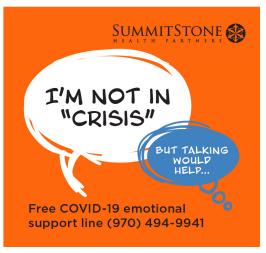
Getting in GEAR together can help us set goals for growth, engage in action steps, advocate for needs, and raise our voices in discussions to create the connections necessary for students to develop critical academic and social-emotional skills. School psychologists are particularly skilled at assisting students and staff in seeing possibilities and developing positive change to thrive in school and life.

About School Psychologists

Our Rocky school psychology team is made up of Dr. Melanie Potyondy, Dr. Brad Reimers, and UNC practicum student Toni Thomas. School psychologists are members of school staff who support students' ability to learn and teachers' ability to teach. They apply expertise in mental health, learning, and behavior to help children and youth succeed academically, socially, behaviorally, and emotionally by providing direct support to students, such as individualized learning and behavioral assessments to identify students' strengths and needs, academic and behavioral interventions, counseling, and social skills training. We also consult with teachers, families, and other educators to improve support strategies and school-wide practices and policies. We are in a unique position to ensure students' success every day, including both small and big accomplishments. More information is available at www.nasponline.org







Page 7 NOVEMBER 2021



National School Psychology Week



How to Get in Gear at Home

- 1. Encourage goal setting and mapping out a plan for achieving the goals. Talk with your children about steps they have taken, what worked and what didn't, and what they might do next. Explain that learning and growing require trying new things and that success comes from small steps to a long-term goal.
- 2. Help your children develop positive relationships with peers and adults, and model respectful, caring behaviors with others.
- 3. Praise attempts, as well as success, and make sure that you focus on the effort or hard work put into the success. Emphasize the importance of deliberate practice and talent grows over time through skillful practice.
- 4. Help your child work through setbacks, or lack of self-confidence, by helping to identify how they can overcome a setback. As a parent, you can help children see what the small steps are and how rising above obstacles is a part of succeeding. Help your child realize that setbacks are not permanent or all-encompassing.
- 5. Seek out support systems available in the community to help your children learn new skills and thrive, such as tutoring or mentoring programs. Encourage your children to participate in community activities that may help them to develop positive behaviors. In particular, volunteer activities may encourage the development of positive behaviors. Consider participating in community events yourself as a role model.





Page 8 NOVEMBER 2021



Rocky Mountain FCCLA (Family Career Community Leaders of America)

STUDENTS: Want to make a difference in your own life, family, school, and community? Want to compete in various events and go to conferences? Then check out FCCLA, Family Career Community Leaders of America (FCCLA). We will be meeting **on Wednesdays in room 338.** Add our Google Classroom and join Remind to get updates on meetings this semester.

Contact Mrs. Blaho with any questions. kblaho@psdschools.org

FCCLA Website:

https://sites.google.com/psdschools.org/frhsfccla/what-is-fccla?authuser=0

FCCLA interest form:

https://forms.gle/YHJet4DFLkmDikLS8

Remind Link (get text message reminders for FCCLA):

https://www.remind.com/join/rmhfccla

Google Classroom Code (get updates and find materials here): xyfxuyt

https://classroom.google.com/c/NTQzNjc2NjA3NTla?cjc=xyfxuyt





Page 9 NOVEMBER 2021

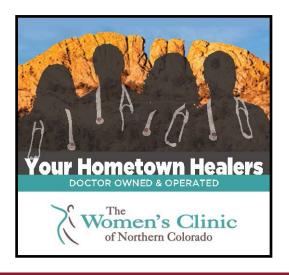


Parents and students in an AP class this semester,

The deadline for students in a <u>Semester 1</u> AP (Advanced Placement) class to sign up for their AP exam is **11/10/2021**. After that date, you can still sign up for an AP exam, but it will be an additional \$40 on top of the \$98 it costs for an exam. There are 2 websites you need to use to sign up for an exam. To avoid the added \$40 fee, please get **BOTH** of the following steps done by 11/10!!!



- 1. The first is Total Registration. https://user.totalregistration.net/AP/060588
 2This is the website students/parent will pay with a credit card online.
 Once you complete this step you will even receive the Join Code which you will use for step 2 below. This Join Code is also something students may have received from their teacher.
 3
- 2. The second website is: https://myap.collegeboard.org/login
 This is the site students will need to input their "join code." When they first "join" the class through their MyAP account (same as their College Board account in terms of sign in info) it should automatically show they are signed up to take the AP exam.
- Here is video that goes through the above steps: https://youtu.be/
 XBFAQF5vb8g
- · For more info about AP exams, please go to the Rocky AP website: https://sites.google.com/psdschools.org/rmhsassessment/ap-exams-sign-up-info
- · If you need a Join Code, please reach out to the teacher. If you have other questions, please direct those to Tim Bruell thruell@psdschools.org





Page 10 NOVEMBER 2021



Yearbook information

Students are back at school making new memories with their friends! Make sure to order the one book that captures the activities, spirit, and unique qualities of their school. Visit www.jostensyearbooks.com to order the 2022

Senior recognition (baby) ad information can be found at theyearbookcompany.com

ALL GRADES: To use a credit/debit card, please purchase a yearbook online at https://www.jostens.com/yearbooks/students-and-parents/about-yearbooks

If you prefer cash or check, please see Mrs. White. Checks must be made payable to Jostens.

All these details are available on the Rocky yearbook website:

https://www.rockyyearbook.com/

Thank you for supporting our yearbook program!





NOVEMBER 2021 Page 11



College & Career



Work-Based Learning

POUDRE SCHOOL DISTRICT

CAREER TOURS ARE BACK! Sign Up Today!





- Transportation included
- Limited Spots!





SCAN THE CODE TO GET REGISTERED OR SEE ME PAPP IN THE COLLEGE AND CAREER CENTER FOR MORE INFO

NOW HIRING Apprentices in Fort Collins and Windsor! **PRODUCTION TECHS MAINTENANCE TECHS** *©*tolmar **QUALITY TECHS** \$14.25/hr , 16 years + to Apply, School Credit, 3-Year Program Looking for students who are dedicated, detail-oriented, eager to learn and ready to work! Tolmar is a pharmaceutical company that develops and produces drugs for cancer and dermatology. Opportunities exist for advancement. January 2022 start! Set up a student profile with a resume to start the application at: https://www.careerwisecolorado.org/en/. Email Mr. Papp with questions: rpapp@psdschools.org

NOVEMBER 2021 Page 12



College & Career



ACE MENTOR PROGRAM

architecture • construction • engineering

engage excite enlighten www.acementor.org

HOW ACE WORKS

- Meet before school on Thursdays (JAN APRIL) in Person at the Futures Lab.
- Counts as an Internship students can earn school credit!
- 9th-12th Graders can apply
- Work with a student team to design and create a local project
- Compete at state competitions and earn scholarships
- Mentorship from professionals at local companies

APPLICATION LINK AND CONTACT INFORMATION

Application Deadline: November 9th

Check your Xello email for the application link

Get more info from Mr. Papp in the College and Career Center

ASVAB Test

(Armed Services Vocational Aptitude Battery) at RMHS rescheduled for November 10 at 8:00 AM



Students in grades 10-12 may register at https://tinyurl.com/RMHS-ASVAB21

(must be logged in to your PSD account)

As an aptitude test, the ASVAB measures your strengths, weaknesses, and potential for future success. The ASVAB also provides you with career information for various civilian and military occupations and is an indicator for success in future endeavors whether you choose to go to college, vocational school, or a military career. Information for students & parents can be found at www.asvabprogram.com

NOVEMBER 2021 Page 13



College & Career

NOW HIRING In Fort Collins PRODUCTION TECH APPRENTICESHIP

\$12.35/hr, 16+ years to apply, 3 year Program

The apprentice will operate CNC router to cut materials, assessing shop drawings to make cut lists and cut parts, fabrication of letter sets and cabinets, paint preparation, and wiring illuminated signs



Examples of the position duties include:

- · Basic metal fabrication including welding, sheering, routing, forming, and use of adhesives
- · Wiring low voltage LEDs illumination
- Final assembly and crating of products

Set up a Student Profile with resume to start the application at: https://www.careerwisecolorado.org/en/. Email Mr. Papp with questions: rpapp@psdschools.org

NOW HIRING APPRENTICES IN LOVELAND

COMPUTERS, ACCOUNTING, **BUSINESS APPRENTICES**

\$13.00/ hr., 16+ years to apply, school credit, 3-Year Program January 2022 Start







Set up a Student Profile with resume to start the application at: https://www.careerwisecolorado.org/en/. Email Mr. Papp with questions: rpapp@psdschools.org

Page 14 NOVEMBER 2021



COLLEGE AND CAREER CENTER ANNOUNCEMENTS

Look for "new in blue" announcements!

College Rep Visits—learn more about colleges! College rep visits are a chance for students to meet with an admissions representative from a college in a small group or one-on-one setting (right at RMHS!) to learn an overview about the college and get your questions answered about academic programs, culture, campus life, financial aid, admissions policies, etc. Most of the time, these visits are in the RMHS College & Career Center and include 15-30 minute presentation followed by questions and answers. If you will miss class, please work with your teacher ahead of time about make up work. Check scrolling announcements at school--more colleges are scheduling now!

Friday, November 5 New York Film Academy virtual at 1:00

Friday, November 5 Lynn University (FL) at 3:30

Tuesday, November 9 **University of California**, **Davis** virtual at 11:00

Tuesday, November 9 <u>Hobart William Smith Colleges</u> (NY) virtual at 10:30

Wednesday, November 10 Colorado State University at 11:00





Page 15 NOVEMBER 2021



Graduation Dates and Senior Events



Graduation cap/gown and announcement orders plus Senior Sweatshirt orders will be taken on Tuesday, November 9 and Wednesday, November 10, 2012.

Graduation is planned for Saturday, May 21, 2022; 1:00 pm at Moby Arena, CSU.



Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.



Advertise with The School Newsletter Company
Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com

Page 16 NOVEMBER 2021







Page 17 NOVEMBER 2021





Vendor Information

Date of Craft Fair: Saturday, November 20th

Location of Craft Fair: Rocky Mountain High School

Time: 9 a.m. – 2 p.m.

Set- up / Take Down Hours: 7 a.m. – 9 a.m. / 2 p.m. – 4 p.m.

Booth Sizes: 10' x 10' (\$40.00) 10' x 20' (\$75.00)

Extra Costs: \$5.00 per table \$10.00 for electricity needs (outlets are limited, first

come - first serve)

Make checks payable to Rocky Mountain High School (To receive a refund, cancellations must be made 3 days before the date of show.) (There will be an additional \$25.00 fee for all returned (NSF) checks.) Please submit payment by Friday, November 5th to guarantee a spot!

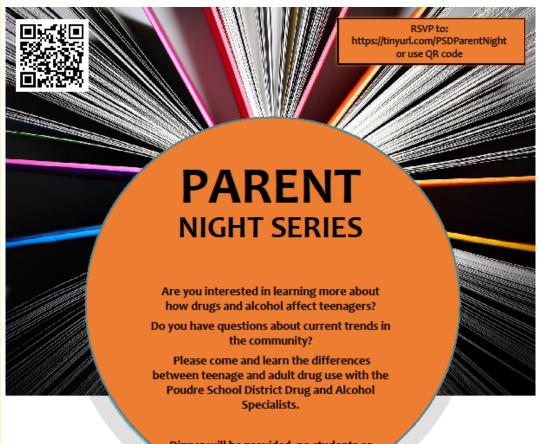
- * Absolutely NO alcohol or tobacco products allowed on school grounds.
- * We require all vendors to stay set up for the entire duration of the event 9am -2pm.



Page 18 NOVEMBER 2021



Parent Night Series-Drugs and Alcohol



Dinner will be provided, no students or children please.

Hosted at Fort Collins High School 6p-7p

3400 Lambkin Way - Fort Collins, CO

November 17th – Prescription Drug Misuse & Abuse December 1st – Marijuana, Vaping, and Trends December 15th – Alcohol

A staff member will be at the South Entrance (by The Tower) from 5:45-6:05p letting people in, all other entryway doors will be locked without someone to let you in.



Disclaimer: Poudre School District does not endorse or take responsibility for programs/activities sponsored by other organizations.