



**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 informacion en Español hablar con Reina Robles al:**  
 970.488.7035




## Important Dates for 3rd Quarter

**February 15: NO SCHOOL**  
**March 10 & 11: Finals Schedule**


	Wednesday, March 10	Thursday, March 11
<b>1st Period</b>	9:00-10:32 am FINAL (A Group)	9:00-10:32am - FINAL (B Group)
<b>2nd Period</b>	10:37am-12:09pm - FINAL (A Group)	10:37am-12:09pm - FINAL (B Group)
<b>LUNCH</b>	12:09-12:51 PM	12:09-12:51 PM
<b>3rd Period</b>	12:51-2:23pm—FINAL (A Group)	12:51-2:23pm—FINAL (B Group)
<b>4th Period</b>	2:28-4:00pm—FINAL (A Group)	2:28-4:00pm—FINAL (B Group)

*\*\*Friday, March 12th is set aside for make-up finals for students that were absent for any finals or need to make-up work. If make-up work or finals are needed, arrangements must be made with the individual teacher(s).*


**March 12: 3rd Quarter ends**  
**March 15-19: Spring Break-NO SCHOOL**




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## Week of Feb. 15-19

### 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](mailto:cwoodall@psdschools.org)

Office Manager  
Erin Murray  
488-7015  
[emurray@psdschools.org](mailto:emurray@psdschools.org)

Assistant Principal  
Tim Bruell  
488-7007  
[tbruell@psdschools.org](mailto:tbruell@psdschools.org)

Assistant Principal  
Conrad Crist  
Athletics Director  
488-7006  
[ccrist@psdschools.org](mailto:ccrist@psdschools.org)

Assistant Principal  
Tyler Ann Nickel  
Activities Director  
488-7009  
[tylert@psdschools.org](mailto:tylert@psdschools.org)

Assistant Principal  
Karen Bennett  
488-7008  
[bennett@psdschools.org](mailto:bennett@psdschools.org)

Dean of Students  
Russ Stapleton  
488-7155  
[rstaplet@psdschools.org](mailto:rstaplet@psdschools.org)

Dean of Students  
Mike Ruffner  
488-7192  
[mruffner@psdschools.org](mailto:mruffner@psdschools.org)



Monday Feb. 15<sup>th</sup> is a collaboration day for staff. There will be no students on campus on that day. ***Instead*** the A group will come in person on Friday, Feb. 19.

That week will look like this:

***Monday 2/15: Staff collaboration, no students on campus.***

***Tuesday 2/16: B group in school***

***Wednesday 2/17: A group in school***

***Thursday 2/18: B group in school***

***Friday 2/19: A group in school***

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[www.columbinehealth.com](http://www.columbinehealth.com)

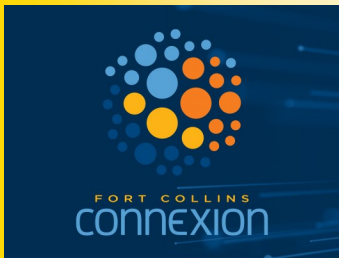


# Lobo Brag Board



Members of RMHS state championship Rocket League team, from left are Kyle Papp, Grady Bartran and Cameron Gartzka. To read the full story featured in the Coloradoan, please follow the link below:

<https://www.coloradoan.com/story/sports/high-school/2021/01/22/esports-colorado-rocky-mountain-high-school-wins-chsaa-state-title-plays-rocket-league/4189880001/>



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## Club News

### Climate Action in Fort Collins Club



*Climate Action  
in Fort Collins*

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”  
- Margaret Mead*

#### **What is this club?**

We are a student-led club educating the community about the Climate Crisis. We help individuals initiate meaningful ideas to mitigate and adapt to the Climate Crisis.

#### **How can I help improve the Climate Crisis?**

Closing your curtains at night and leaving them opening during the day helps keep your house warm, but it also helps with the harmful light pollution that pours out of our houses. This pollution is incredibly harmful to the animals, particularly the bugs, that live in our neighborhoods.

**Join the club!** Contact Hazel Scherbarth at [hazel.scherbarth@gmail.com](mailto:hazel.scherbarth@gmail.com) for info.

### **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](mailto:SchoolNewsletterCompany@gmail.com)





## From the Health Office

With COVID-19, things are tough for everyone.

Colorado Spirit has you covered when you need to talk with an understanding voice who can connect you with resources, or just be there to listen.

**(970) 221-5551**



SUMMITSTONE  
HEALTH PARTNERS

We are still working to make sure that all Rocky students are compliant with their immunizations. If you have signed an exemption in the past, and plan to do so again, please check and be sure that you signed a new one for this year. If your student has received immunizations, please update their health record at school. We are happy to check your student's records at school and let you know if he/she is compliant.

Mary Lou Devlin, RN, MSN, NCSN

School Nurse - Harris, Centennial, Rocky Mountain H.S.

970-556-5902





# Athletics

Would you like to manage stress or worries better?

TEENS 14-18 YEARS ARE INVITED TO

participate in a group aimed at lessening stress and anxiety.

**6-WEEK GROUP**  
The mindfulness group, which will teach stress reduction strategies, will meet ONLINE once per week for 6 weeks.

**3 FAMILY VISITS**  
Once before and twice after the group program, two parents and the teen will be asked to answer questions about health and relationships.

**EARN UP TO \$105**  
If you participate in each element of this study, your family can earn up to \$105!

**TIME NEEDED**  
Total approximate time commitment for parents is 8-9 hours and for adolescents is 18 hours.

**CONTACT**  
To see if your family is eligible:  
m2m@colostate.edu 970-491-5129

Season B athletic activities are competitive cheer, competitive dance, girls basketball, boys basketball, unified basketball, unified cheer, ice hockey, girls swimming/diving, wrestling and girls wrestling. is in full swing.

Per Larimer County & PSD mandates, **no spectators are allowed at any event until further notice.** Only coaches, teams and "essential personnel" will be allowed to be in the gym for any gym events.

The good news is, all of our home events in the main gym (V & JV games) will be streamed on the NFHS network (<https://www.nfhsnetwork.com/>). Subscriptions can be purchased annually for \$69.99 or monthly for \$10.99. This will include streams of all events in the main gym of RMHS **all year** (boys basketball, girls basketball, wrestling, volleyball...).

Events in the aux gym or small gym will also be streamed on Facebook live ([www.Facebook.com/rmhslobos](http://www.Facebook.com/rmhslobos)) brought to you by our Student Council. All home lower-level basketball games for boys and girls basketball will be streamed on this Facebook page, as well as wrestling matches that occur outside of the main gym. To get onto Facebook, go to the address above and "like" (👍) the page. Once you do that you just have to return to that page on Facebook before any event you want to watch to find the live stream.

Unified Events can be found on Facebook live.

Informational Links:

1. CHSAA Sports Calendars: <https://chsaanow.com/tools/calendars/2020-21/>
2. CHSAA Sports Bulletins (sport specific information): <https://chsaanow.com/bulletins/>
3. Rocky Mountain Sports Information/Calendar: <https://www.rockyathletics.org/>

~~~~~  
Rocky girls, interested in playing high school soccer this Spring?

There's a Google Classroom for that! The code is: **uesjvsb**

There you will find a form to fill out for sign ups, as well as the date, time and link for our pre-season info meeting on February 11.

Questions? [rclark@psdschools.org](mailto:rclark@psdschools.org)





# Athletics

## WHEN DO SPRING/SEASON C SPORTS BEGIN?

Official start of the season for practice/tryouts is March 8.

### SEASON C

| Sport                                                                                                                                                                                                      | Practice | Contest | Max Contests | End Regular Season | Postseason begins                 | State finals |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|--------------|--------------------|-----------------------------------|--------------|
| Field Hockey                                                                                                                                                                                               | 3/8      | 3/15    | 10           | 4/22               | 4/26                              | 4/27         |
| Football                                                                                                                                                                                                   | 3/4      | 3/18    | 6            | 4/24               | 4/30                              | 5/13-15      |
| <i>Football practice dates</i><br>No protective equipment, except shoes, jersey & helmets: 3/4-6<br>Full protective equipment and uniform permitted; no player-player contact: 3/8-9<br>Full contact: 3/10 |          |         |              |                    |                                   |              |
| Gymnastics                                                                                                                                                                                                 | 3/8      | 3/15    | TBD          | TBD                | TBD                               | TBD          |
| Boys Soccer                                                                                                                                                                                                | 3/8      | 3/15    | 10           | 4/17               | 4/20                              | 5/1          |
| Unified Bowling                                                                                                                                                                                            | 3/8      | 3/15    | 6            | TBD                | TBD                               | TBD          |
| Girls Volleyball                                                                                                                                                                                           | 3/8      | 3/15    | 14           | 4/24               | Regionals completed by 5/1 by 5/8 |              |

Please note that RMHS has already completed their football season last fall. Football dates above do not apply to RMHS.

We highly recommend athletes get their orange cards for season C after Feb. 15.

### WHAT IS THE REGISTRATION/ORANGE CARD/SPORTS ENGINE PROCESS?

Please visit <https://www.rockyathletics.org/> for the complete orange card process. Once there hover mouse over the Tab of REGISTRATION/ORANGE CARD/SPORTS ENGINE..drop menu down ONLINE REGISTRATION

Important notes: Athlete must always have 3 classes while participating in a sport, and have earned at least 25 credits last semester! Athletes must have 3 days of practice before participating in an event.

### WHERE DO I FIND WINTER/SEASON B SPORTS TEAM SCHEDULES?

<https://www.rockyathletics.org/page/5409/mn>

Once on this page, find your sport and open the page to find out general info. Once schedules have been inputted, they can be found on the left side of the page under "Quick Links." Team schedules are separated out per team level (i.e. Varsity, JV, C or D).

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## PAC News

### PAC

The Parent Athletic Club

Currently, proceeds are used to:

- Assist in purchasing athletic AWARDS- letters, plaques, pins and certificates
  - Assist in purchasing awards for Rocky's honor athletes
    - Host the Homecoming Tailgate
    - Assist in purchasing athletic equipment
- Supplement additional athletic costs at the discretion of the RMHS PAC

\*Welcome class of 2024!\*

PAC has big news!

We have an online store now available to purchase your Rocky spirit wear.

<https://sport-about.printavo.com/merch/rmhs-pac>

If you have questions or need to shop by appointment please contact us.

Karen Cho at [rmhspace@gmail.com](mailto:rmhspace@gmail.com) or 970-219-1970 Brenda Roach 970-217-7008







## Black History Month

### Rocky's School Psychologists Celebrate Black History Month

February is Black History Month and our Rocky school psychology team, Drs. Melanie Potyondy and Brad Reimers and school psychology extern Candice Pedroza, is taking advantage of this time to celebrate the accomplishments and contributions of Black Americans. We are also refocusing our efforts on equity and inclusion here at Rocky. We encourage our Lobo family to review the linked Black History Month resources from the American Psychological Association and to reflect on the active steps you and your family are taking to ensure safe, just, healthy, and encouraging partnerships in our community.

<https://www.apa.org/pi/about/black-history>

### PI Celebrates Black History Month - American Psychological Association



In honor of Black History Month, the Public Interest Directorate highlights prominent African-American psychologists such as Inez Prosser, PhD, and APA contributions to racial equality, such as hosting Martin Luther King, Jr. as a key speaker at the 1967 Annual Convention.

[www.apa.org](http://www.apa.org)





# Student Opportunity



## Building Community:

### A One-Hour Virtual Q&A with Colorado Entrepreneurs

An exclusive opportunity to hear from both Colorado Business Hall of Fame inductees and GenZ entrepreneurs about their journeys and how they are building innovative ways to bring communities together. *Teens who register (or teachers registering on behalf of their students) will be invited to submit questions that panelists will answer during the Summit!*



**Jim Johnson**  
President & CEO,  
G.E. Johnson  
Construction Company



**David Potter**  
CEO & Co-Founder,  
Curu



**Alana Vaughn-Phillips**  
Co-Founder & Chief  
Development Officer,  
BobaVida



**Larry Kendall**  
Founder, The Group, Inc.  
and the Ninja Selling  
System

**TUESDAY, FEBRUARY 9, 9:00 - 10:00 A.M.**

Learn More & Register:

[JAColorado.org/e-summit](https://JAColorado.org/e-summit)





# College & Career



Colorado Workforce  
Development Council  
Colorado State Youth Council

Colorado Youth **connecting live** with professionals representing all 17 career clusters, and multiple ethnicities, backgrounds, and parts of Colorado.

## COLORADO VIRTUAL CAREER FAIR

APRIL 19-22, 2021 (M-TH)  
4:00-6:30PM VIA ZOOM

Panel Session schedule,  
registration and more @  
[YOUTHCAREERFAIR.ORG](http://YOUTHCAREERFAIR.ORG)

ASL, translation, closed captioning available





# Community Opportunity

20  
21

MENTAL HEALTH MATTERS PRESENTS:

# THE UPSIDE OF STRESS

Are you experiencing Covid fatigue? Would you like to “tend and befriend” or “excite and delight” in stress to make it work for you? Join Amanda Brantley, Poudre School District Wellness Coordinator, and Heidi Thompson, school counselor at Olander Elementary, for “Stress School.”

Learn how you and your student can reframe your stress, renew your resilience, restore your energy, and revive your relationships. This interactive evening will focus on how our perceptions and practices contribute to our health and wellbeing. Simply by changing our mindset about stress, we can form habits that build our resilience and add tools to our toolbox to modulate our “stressometers” in school, in the workplace, and at home.

**FEBRUARY 18, 2021**  
**6:30-8:30PM**



SCAN THE QR CODE TO THE LEFT TO REGISTER FOR THE EVENT. YOU WILL BE SENT A LINK ON THE DAY OF THE EVENT OR YOU CAN FIND THE LINK ON THE PSD HOMEPAGE  
(HOLD YOUR PHONE CAMERA UP TO THE GRID AND A LINK WILL APPEAR)







## Community Opportunity

20  
21



MENTAL HEALTH MATTERS PRESENTS:

# THE UPSIDE OF STRESS



¿Está experimentando fatiga por Covid? ¿Le gustaría "atender y hacerse amigo" o "emocionar y deleitarse" con el estrés para que funcione para usted? Únase a Amanda Brantley, coordinadora de bienestar del distrito escolar de Poudre, y a Heidi Thompson, consejera escolar de la escuela primaria Olander, para "Stress School".

Aprenda cómo usted y su estudiante pueden replantear su estrés, renovar su resiliencia, restaurar su energía y revivir sus relaciones. Esta noche interactiva se centrará en cómo nuestras percepciones y prácticas contribuyen a nuestra salud y bienestar. Simplemente cambiando nuestra mentalidad sobre el estrés, podemos formar hábitos que fortalezcan nuestra capacidad de recuperación y agregar herramientas a nuestra caja de herramientas para modular nuestros "medidores de estrés" en la escuela, en el lugar de trabajo y en el hogar.

18 DE FEBRERO DE 2021  
6: 30-8:30PM



ESCANEE EL CÓDIGO QR A LA IZQUIERDA PARA REGISTRARSE PARA EL EVENTO. SE LE ENVIARÁ UN ENLACE EL DÍA DEL EVENTO O PUEDE ENCONTRAR EL ENLACE EN LA PÁGINA DE INICIO DE PSD (SOSTENGA LA CÁMARA DE SU TELÉFONO CONTRA LA CUADRÍCULA Y APARECERÁ UN ENLACE)



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