



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

January 18: Martin Luther King Day; **NO SCHOOL**

February 15: **NO SCHOOL** for students

March 11 & 12: 3rd Quarter Finals

March 12: 3rd Quarter ends

March 15-19: Spring Break - **NO SCHOOL**



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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
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Assistant Principal
Conrad Crist
Athletics Director
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Assistant Principal
Tyler Ann Nickel
Activities Director
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Assistant Principal
Karen Bennett
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Dean of Students
Russ Stapleton
488-7155
rstaplet@psdschools.org

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



RMHS Adopt-A-Family

On December 12th, the 25th annual Adopt-A-Family program took place yet again. In a year where nothing was certain but change, Rocky was thrilled to be able to continue this time honored tradition. Using contactless delivery, household goods and supplies, food, presents, gift cards and winter clothing items were provided for 34 families in our community. We are so grateful for the generosity of our students, parents, staff, feeder schools and numerous community



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Seniors

Attention Seniors!

PSD Local Scholarship Packet

The Local Scholarship Packet allows students to apply for multiple scholarships using one application.

- Available: December 16, 2020
- Deadline: January 22, 2021 at 4:30pm
- Available on the RMHS website
- Over 30 scholarships available in one packet
- Over \$70,000 in scholarships were awarded to PSD students last year

Requirements:

- One essay
 - Some additional essays may be required
- Two letters of recommendation
- Family financial information is required for need based scholarships

Questions? Contact Leah Kapral, RMHS Student Services, lkapral@psdschools.org

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



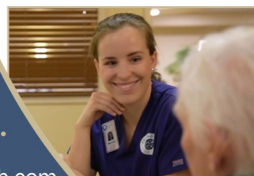
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Athletics

On 12/21/2020 CHSAA announced that the 2020-21 sports calendar will be changing due to Covid-19 and current public health orders. Please read CHSAA's info on the below link.

<https://chsaanow.com/2020-12-21/chsaa-secures-variances-from-cdphe-and-state-officials-for-season-b/>

Updated Calendar info for Seasons B-D in 2021 (as of 1/4/21):

<https://chsaanow.com/tools/calendars/2020-21/>

Per CHSAA Season B: Preseason practice begins 1/5/21. Tryouts begin – January 18 / Competition/games begin – January 25 - March 20

All off/pre season activities are considered voluntary and no athletic paperwork/orange card is needed for this sport until January 18, EXCEPT for COVID off season waiver.

Orange cards are needed for tryouts in January and should be obtained by January 15!

See "Athletic Registration/Orange Permit Process" tab on home page for info.

Visit <https://www.rockyathletics.org/> for preseason/season schedules (as they become available) for:

- Boys & Girls Basketball
- Boys & Girls Skiing
- Boys & Girls Wrestling
- Girls Swim & Dive
- Ice Hockey
- Spirit (Championship Weekend March 25-27)



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Mental Health Matters

Please be sure to mark your calendars for the next Mental Health Matters event that will be held virtually on February 18th from 6:30-8:00pm. More information will follow.

Rocky has a new drug and alcohol counselor this year. Her name is Katrina Boschmann. Students who are struggling with drugs and alcohol or are concerned about a friend are encouraged to contact her for resources and support. Please feel free to email at:

kboschmann@psdschools.org or call/text her at **970-716-0292**

INSPIRE KIDS TO DO



4-H OPEN HOUSE

Jan 14th | 5:30 - 6:30pm

On Zoom!

Click this ad to register.
LarimerExtension.org





Health Office

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Joe Mivshek
970.420.7163
joe.mivshek@km.com



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We are still working to make sure all Rocky students are compliant with their immunizations. If you have signed an exemption in the past, and plan to do so this year, please check and be sure you signed a new one 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.

Have a great 2021!

Mary Lou Devlin RN MSN NCSN
School Nurse - Harris, Centennial, Rocky Mountain H.S.
970 556-5902





Lobo Brag Board

Great news Lobos!

Rocky's Esports team beat Valor Christian (4 to 3) and placed first at State!

Congratulations to:

- Grady Bartran
- Cameron Gartzka
- Kyle Papp

RMHS has 20 students who compete in Esports, coached by our computer science teacher, Chance Mazzia and our media tech specialist, Walter Chard! The Varsity Rocket League team finished with a record of 11-1!

Esports is a CHSSA sanctioned activity that takes video gaming to another level with organized competitive gameplay between two teams, governed by strict rules and guidelines. This is a fast-growing industry valued at over \$1billion.





PAC News

PAC (PARENT ATHLETIC CLUB)

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 2025!

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 rmhspac@gmail.com or 970-219-1970



College & Career

VIRTUAL I4E EXPLORATION DAYS COME EXPLORE BUSINESS AND ENTREPRENEURSHIP!



Free Virtual Field Trip Opportunity for High School Students

I4E Exploration Days is an hour long virtual field trip designed to share information about CSUs College of Business and Institute for Entrepreneurship with schools and students. Students will listen to an overview of the College of Business and Institute for Entrepreneurship, hear from a panel of students and local entrepreneurs, and engage in Q&A with presenters to learn more!

Choose from one of dates:

Location: Zoom

Time: 1PM - 2PM

Dates: 1/12, 1/13, 2/0, 2/10, 3/2

Learn More At:

<https://biz.colostate.edu/resources/centers-institutes/entrepreneurship/high-school-program>



COLLEGE OF BUSINESS
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INSTITUTE FOR ENTREPRENEURSHIP





College & Career

JANUARY 2021

V.2 ISSUE 1

GO BEYOND

The official newsletter of Work-Based Learning at PSD

Why Work-Based Learning?

Work-based learning (WBL) provides students with real-life experiences where they can apply academic and technical skills and develop their employability. WBL merges theory with practice; it bridges the gap between learning and doing.

What are the benefits of Work-based Learning for students?

- WBL **connects** classroom learning to the real world
- WBL gives students opportunities to **practice** skills in real-world scenarios
- WBL helps students **develop** soft skills
- WBL gives students a chance to **observe** professionals in action
- WBL helps students **network** with professionals and potential employers in their field

What are the benefits of Work-based Learning for the community?

- WBL builds a more robust pool of skilled workers
- WBL teaches soft skills (so employers don't have to)
- WBL lowers recruitment costs for employers
- WBL strengthens community partnerships
- WBL helps close the skills gap

At the high school level in PSD, students have the opportunity to experience a continuum of activities that occur, in part or in whole, in the workplace - providing learning with hands-on, real-world experience.

9th - 12th Grade

- Participate in Monthly Career Tours: visit local businesses to learn about various careers
- Resume/interviewing help and updated jobs in Fort Collins (16+)
- Complete career exploration activities in [Xello](#) including the Personality & Matchmaker assessments

10th - 12th Grade

- Fall/Summer Hiring Fairs
- Join WBL (PaCE) to earn school credit for working/volunteering (max of 40 elective credits possible)

10th Grade

- Work with your WBL Coordinator to find and apply for Internships and Apprenticeships for junior/senior year

11th Grade

- Work with your WBL Coordinator to find and apply for Internships and Apprenticeships for senior year

ACE Mentor Internship Program



The [National ACE Mentor](#) Internship program has accepted 47 PSD students representing FCHS, FRHS, RMHS, PHS, and Poudre Global Academy into the 2020-21 internship cohort, more than double the participation since PSD first began participating. The ACE program, founded in 1994, was designed to attract high school students into pursuing careers in Architecture, Construction, and Engineering, including skilled trades.

Over the course of 17 weeks, volunteer industry professionals will mentor teams of students, which are set up to emulate an actual design team, through a 60-hour simulation to plan and design a mock project on a real site, introducing them to the careers, industry vocabulary, and various roles companies play in the design and build industries. This year's project is to design the Bucking Horse Park in Fort Collins. Students will earn school credit through WBL-Engineering or WBL-Construction. This year's volunteer mentors for PSD are professionals from the following Northern Colorado civil engineering, architecture, and landscape architecture firms: Northern Engineering, Norris Design, Clark Enersen, Lamp Rynearson, and Raker Rhodes Engineering. Check back in the Spring to see what PSD students accomplish!



College & Career

JANUARY 2021

V.2 ISSUE 1

Futures Lab Virtual Info Event

The [Futures Lab](#) team is excited to invite you to learn more about the opportunities available for the 2021-22 school year. The Lab offers a unique, experiential learning environment that works alongside your existing high school schedule. We are offering an on-demand info event that will launch the week of **January 25, 2021**. In addition to videos featuring our team and our current learners, you will have the opportunity to sign up for a one-on-one chat with a member of our team who can answer your specific questions.

If you have any questions about the Lab, please reach out to us directly. Our team is excited to meet you and we look forward to welcoming you and your learner to our community for the 2021-22 school year!



970-488-4400 // futureslab@psdschools.org

Virtual Career Tours

[MANUFACTURING - VIDEOS OF NOCO BUSINESSES](#)
[JUNIOR ACHIEVEMENT - CAREER /JOB SHADOW VIDEOS](#)



UNC

Future Teacher Conference

Interested in teaching? Join us for the (free!) sixth annual Future Teacher Conference on February 19, 2021

This year, the Future Teacher Conference is going virtual. Spend the day with high school and community college students and learn from experienced educators and current UNC students about what it is like to be a teacher and how to prepare yourself for a career in education.

Presentations and workshops will include information and perspectives from current pre-service teachers (UNC students), early career teachers, veteran educators and UNC faculty/administration. A special session for your parents too! To learn more about topics covered, visit UNC's [website](#).

Students, parents and teachers can register [here!](#)



FRCC Career Pathway Programs

Automotive Technology & Service
Welding and Metal Fabrication

2021-2022 APPLICATION PROCESS

Deadline to apply: Friday, February 5th!

- Step #1 - Complete the Application: <https://www.frcc.edu/careerpathway>
- Step #2 - Complete your [Xcelly](#) Assessment
- Step #3 - Meet with your counselor



Scan the QR Code or use your Course ID for more info!

CALENDAR OF EVENTS

JANUARY 12/13 - [VIRTUAL 14E EXPLORATION DAY](#), INSTITUTE FOR ENTREPRENEURSHIP, CSU

JANUARY 25 - [FUTURES LAB VIRTUAL INFO WEEK](#)

JANUARY 28 - [FRCC CAREER PATHWAYS INFO SESSION](#)

JANUARY/FEBRUARY - [CTE CLASS REGISTRATION INFORMATION](#)

FEBRUARY 5 - [FRCC CAREER PATHWAYS APPLICATIONS DUE](#)

FEBRUARY 9/10 - [VIRTUAL 14E EXPLORATION DAY](#), INSTITUTE FOR ENTREPRENEURSHIP, CSU

FEBRUARY 19 - [UNC'S FUTURE TEACHER CONFERENCE \(VIRTUAL\)](#)

CONTACT US:

Work-Based Learning Coordinators:

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Outreach Coordinator
Kelly Kappel
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Department Secretary
Sherri Ladzinski
sladzinski@psdschools.org

visit @psd_cte on





Incoming Freshmen

Class of 2025 Transition Series

Virtual Open House Video Series: January 6, 2021: 6 PM

Videos will be posted on the RMHS Website main page at <https://rmh.psdschools.org/> and will be emailed to email addresses on file.

The Virtual Open House will focus on short videos covering the following topics:

- ⇒ Welcome from the Rocky administration and learn about our mission.
- ⇒ 9th grade counselors will cover the block schedule and 9th grade classes and credits
- ⇒ Learn about Rocky's academic programs and concurrent enrollment options.
- ⇒ How do athletics work at high school and what is the process?
- ⇒ What is the process to join a club and what options are available for activities.
- ⇒ How does Rocky handle safety and security?

Open House Website: <https://bit.ly/lobo2021openhouse>

In Person Rocky Tours: January 8, 12 and 15

Do you want to see Rocky, in person, and ask questions with a current Rocky student? If so, please sign up for a tour using the following website: <https://bit.ly/RM8thgradetours2021>

A group of students can sign up together and we ask that the group have an adult with them for the tour. For example, your student and their friends want to come together, but only one adult is free to bring them, that is okay. Groups are limited to 10 total people.

8th Grade Registration Day: February 11

Counselors will work with middle schools to complete the course registration sheet. More details to come!

Live Virtual Meeting with 9th Grade Counselors: February 19

A link will be provided to incoming 8th graders that are coming to Rocky to join live with 9th grade counselors to have registration questions answered.



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