



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

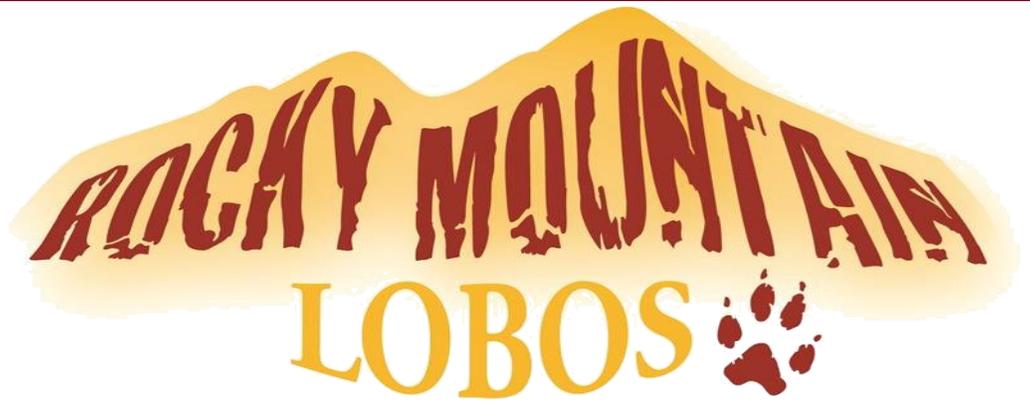
Student Services Number
 970.488.7032

School Resource Officer
 970.488.7013

Media Center
 970.488.7040

Website
<http://eweb.psdschools.org/schools/rockymountain/>

Para informacion en Español hablar con Cynthia Santos al: 970.488.7035



Important Dates for 4th Quarter

April 16: No School

April 19: Asynchronous learning day; students not on campus

May 17: No School for students (staff collaboration day)

May 19: Scholarship Celebration @ RMHS Gym 7:15 am

May 21: Graduation Ceremony @ French Field 1:00 pm

May 21: Asynchronous learning day for grades 9 - 11

Assessment Schedule

Tuesday, April 13 * only 10th and 11th graders attend in the morning ~ all grades in the afternoon	Wednesday, April 14 * only 9th and 11th graders attend in the morning ~ all grades attend in the afternoon
SAT TEST 11th graders ~ 9:00 - 1:00	PSAT TEST 9th graders ~ 9:00 - 12:20
PSAT TEST 10th graders ~ 9:00 - 12:40	CMAS SCIENCE TESTING 11th graders ~ 9:00 - 12:40
All Grades ~ Period 1 1:40 - 2:45	All Grades ~ Period 3 1:20 - 2:35
All Grades ~ Period 2 2:55 - 4:00	All Grades ~ Period 4 2:45 - 4:00



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Rocky Mountain High School - Home of the Lobos

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



Lobo Brag Board

Math Honor Society

We had 5 students from the Math Honor Society compete in the Math Modeling M3 Challenge. This is a 14 hour challenge where students had to apply their math skills to some math modeling problems. They worked on the challenge a few week-ends ago and spent all day figuring out the best solution. Our students placed in the top 20% of this international competition (over 500 entries!). Please congratulate:

Brady Bhalla

Chih An Joanna Lin

Elizabeth Ingham

Ryan Kimbell

Tim Roberts

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Testing

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

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How Are SAT & ACT Scores Used?

- ◆ College admissions
- ◆ Scholarships
- ◆ Course placement
- ◆ State ranking for Rocky (school-day test)

SAT & ACT Tests
 News for RMHS Juniors
 April 2021

REQUIRED SAT
 at RMHS
 April 14, 2021
 Juniors are automatically registered for free!
 Room details coming soon!

	ACT	SAT	SAT at School
Sections	English, Math, Reading, Science (optional: Writing)	Math, Evidence-based Reading and Writing (optional: Essay)	Math, Evidence-based Reading and Writing (optional: Essay)
Max score	36	1600	1600
Avg. score	21	1040	1040
Time	2 hr 55 min	3 hr	3 hr
Testing options	Available at national test dates/sites	Available at national test dates/sites.	At school for JRs (only) in April.
Cost	~\$55 (~\$70 w/Writing)**	~\$50 (~\$65 w/Essay)**	Free at school
Registration site	www.actstudent.org	www.collegeboard.org	N/A

**Students on Free/Reduced lunch can get fee waivers to take up to ACT and/or SAT two tests/year for free. Waivers are available from your counselor or Ms. Fassnacht in the College & Career Center. (nwtigenb@psdschools.org)

College Testing Q & A

- Q: Do I need to take the SAT and ACT?**
A: Most colleges will use either the ACT or SAT for admissions and/or scholarship eligibility. When schools require a writing test, students can choose between taking the ACT+Writing or taking the SAT with Essay (SAT Essay is discontinuing after June). Highly selective colleges and many colleges on the coasts, California especially, may require a writing component. More and more colleges do NOT require any tests. Check out [fairtest.org](#) or [this list](#) for details.
- Q: If so many schools are test optional, why even take this?**
A: Test optional still means that you can choose whether to submit a score. In that case, a strong test score can help you! Some colleges that are test optional for admissions still need scores for scholarship and course placement.
- Q: So...since colleges will accept the ACT or SAT, how do I decide which to take?**
A: They are similar tests and generally considered equally. If you struggle in math, the ACT may be a better option because you can use your calculator throughout the math section, and the math score is 1/4 your composite (not 1/2 your total score like on the SAT).
 ACT has a science section, and the SAT does not. If you struggle with reading science-based concepts, the SAT might fit better.
 The SAT has a little more time, so if you often feel rushed with testing, the SAT may be a better option.
 Try both in your Xello account in the Method Test Prep. Because they test in a different style, you may find that one fits you better than the other. But remember, you are required to take the SAT at school.
- Q: Why take the test more than once?**
A: Research shows that of the students who took the SAT or ACT more than once usually increase their score! Consider retesting if you had any problems during testing, such as misunderstanding the directions, running out of time, or not feeling well. You may also want to consider retesting if you don't believe that your scores accurately represent your abilities, or if you have completed course-work or an intensive review in the subject areas included in the test since you last took it. Test again if you are not meeting requirements (or averages) for admissions or scholarships at your ideal colleges. Check out the expectations from the colleges you are considering!
- Q: Will I be penalized by a college for retesting?**
A: Retesting a few times will almost never negatively affect a student's chance for college admission or scholarship consideration. Most places will look at your best score (from one test date). Occasionally, colleges will create a new "superscore" based on your best subscores from any test date.

Options to Prepare

- Xello's Method Test Prep**
 - FREE!
 - Accessible online
 - Online, individualized SAT and/or ACT prep that starts with 4 short assessment tests
 - Compare your scores for the SAT and the ACT to decide which you want to focus on
Free websites—including:
 - [Khan Academy](#), highly recommended for SAT prep
 - [Number2](#)
 - [ACT](#)
 - [College Board](#)
Outside test prep classes
 - Available at a variety of agencies in FC
 - Cost varies
[FRCC Cont Ed course](#)
Test Prep books
 - Available at library (free)
 - Available to purchase at local book stores

When to test?

- Spring semester/ Summer of Junior year is the ideal time (Feb, April, June, or July) so you are far along in your high school curriculum and you will have results before you apply for college in the fall. Many seniors also take the ACT and/or SAT in Sept or October of senior year if they need to increase their score for a college or scholarship opportunity.
 - ACT and SAT tests after October of senior year are some times too late to meet deadlines, but that can vary based on your college/ scholarship goals.
 If you are looking at colleges with early deadlines, and/or if you are involved in an activity that competes on Saturday in the fall, we STRONGLY encourage you to test in May, June, and/or July.



Testing



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Admissions Middle 50% for GPA & Scores (For some commonly applied to colleges)

Arizona State University ♦ 3.25-3.85 GPA ♦ 1120-1360 SAT ♦ 22-28 ACT Colorado Mesa University ♦ 3.15-3.83 GPA ♦ 1020-1200 SAT ♦ 20-25 ACT Colorado State University ♦ 3.4-4.0 GPA ♦ 1120-1300 SAT ♦ 23-29 ACT Fort Lewis College ♦ 3.08-3.81 GPA ♦ 1040-1190 SAT ♦ 20-25 ACT	Front Range Community College ♦ Open Admissions ♦ SAT/ACT used for class placement & scholarships only Montana State University ♦ GPA 3.0-3.8 ♦ 1090-1310 Sat ♦ 21-27 ACT University of Colorado (CU) Boulder ♦ 3.44-4.00 GPA ♦ 1180-1350 Sat ♦ 25-31 ACT University of Denver (test-optional) ♦ 3.6-4.0 GPA ♦ 1190-1370 SAT ♦ 26-32 ACT	University of Northern Colorado ♦ 3.07-3.83 GPA ♦ 1030-1230 SAT ♦ 19-25 ACT Western Colorado University ♦ 2.95-3.75 GPA ♦ 1025-1200 SAT ♦ 20-25 ACT Yale University ♦ GPA 3.95-4.0 ♦ 1460-1570 SAT ♦ 33-35 ACT
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These are standardized test ranges—they are NOT "cut-off" scores. Standardized testing is never the most important aspect of college admissions, ESPECIALLY in this coming cycle with the effects of COVID-19. They are not unimportant, but they are not the end all and be-all of acceptance. These figures do not imply or infer whether a student will be accepted or denied at the schools to which s/he applies. Remember—if you have specific or more detailed questions or concerns, call the admissions office(s) of the college(s) to which you apply! Finally, most importantly, these are NOT measures of a student's self-worth.



Scholarships

Some colleges have admissions based scholarships—using your GPA and/or test scores (SAT or ACT) to determine automatic scholarships. Check with the colleges you are considering. The higher the admissions averages, the higher the scholarship requirements.

The expectations vary dramatically and sometimes have additional requirements besides the GPA and test scores—be sure to check with the colleges! Here are a few examples from colleges that many RM-HS seniors apply to:

	Automatic scholarships start with**	Annual value	Highest automatic scholarships require	Annual value	Get more information at:
Colorado Mesa University	3.2 GPA SAT 1110 ACT 22	\$1250	3.75 GPA SAT 1340 ACT 29	Tuition	https://www.coloradomesa.edu/financial-aid/scholarships/freshmen.html
Colorado State University	3.6 GPA SAT 1300 ACT 28	\$1000	4.0+ GPA SAT 1450 ACT 33	\$4000	https://financialaid.colostate.edu/scholarships-for-incoming-colorado-resident-freshman/
University of Colorado Boulder	3.8 GPA SAT 1370 ACT 28	\$2500	4.0+ GPA SAT 1480 ACT 33	\$5000	https://www.colorado.edu/scholarships/auto-consider/freshmen
University of Wyoming	3.0 GPA SAT 1080 ACT 21	\$3000	3.0 GPA w/SAT 1490 / ACT 34 or 4.0 GPA w/ SAT 1200 /ACT 24	\$10,000+	http://www.uwyo.edu/admissions/scholarships/non-residents/rms.html
Western Colorado University	3.4 GPA SAT 1200 ACT 25	\$2500	3.9 GPA SAT 1370 ACT 30	\$4500	https://www.western.edu/financial-aid/types-aid/scholarships

(**as of May 2019. Due to limited testing opportunities, many colleges made changes for the Class of 2020 & 2021. We don't yet know the impacts for the Class of 2022. Please check with the colleges you are most interested with to see if criterion have changed)





College & Career

College...You don't have to do it your SELFie. Get help with your college plans!

PSD College Boot Camp

When: Monday, April 19th, 12:30-3:30 PM

Who: Juniors at CHS, FCHS, FRHS, Polaris,
PCA, PGA, PHS, RMHS

Location: Online

Cost: FREE

Register: tinyurl.com/bootcamp22



Agenda:

- ✓ Learn about the college process at your high school
- ✓ Choose two break-out sessions w/ college admissions reps
- ✓ Learn about the scholarship search
- ✓ Get briefings from many colleges
- ✓ Q and A with college reps (optional)

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College & Career

Armed Services Vocational Aptitude Battery (ASVAB) Test

ASVAB Testing at Fossil Ridge HS April 30th, 9:00am.

The ASVAB is a multiple-aptitude battery that measures developed abilities and helps predict academic and occupational success in the military.

All PSD students welcome. Register by April 28. Mrs. Nye rnve@psdschools.org Please include in first & last name, grade, high school.

Bring your charged laptop. The assessment is online self-paced - can take anywhere between 30m -



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Please contact Joe Mivshek at SchoolNewsletterCompany@gmail.com

or
(970) 420-7163.



Student Opportunities



Now Hiring Auto Glass Technician Trainees

Attention Seniors!

Safelite Auto Glass is hiring Technician Trainees

Eligibility: Candidates must be 18 years of age and able to lift/carry 75 pounds

**Contact Mr. Papp for more information
rpapp@psdschools.org**

~~~~~ Travel Opportunity ~~~~~

Is your student interested in traveling abroad with Rocky students next summer to Europe or Costa Rica?

An informational meeting will be held online on Wednesday, April 7th @ 6:30 pm.

If interested, please email jquiros@psdschools.org for the meeting link!





Athletics Information

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

On 12/21/2020 CHSAA announced changes to the 2020-21 sports calendar due to Covid-19 and current public health orders.

Updated Calendar info for Seasons B-D in 2021 (as of 1/4/21): <https://chsaanow.com/tools/calendars/2020-21/>

Per CHSAA Season D: Officially begins April 19 for Girls Golf, and April 26 with tryouts or practices for all other sports.

All off/pre season activities (occurring before 4/19 for girls golf, 4/26 for all other sports) are considered voluntary and no athletic paperwork/orange card is needed for this sport until April 19 for girls golf, and April 26 **EXCEPT for COVID off season waiver.** [Click here for COVID Waiver.](#)

Orange cards are required for all sports! Orange card is needed by April 19 for girls golf. Orange card is needed by April 26, and should be obtained by April 23, before an athlete can participate in any season D sport.

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:

- Baseball
- Boys & Girls Lacrosse
- Girls Soccer
- Boys Swim & Dive
- Girls Tennis
- Track & Field

At this time we do not have any information with regards to spectator allowances for season D sports.

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Athletics Information

RMHS DANCE TEAM LOBO LEGENDS

Head Coach: Megan McDonough

mmcdonough@psdschools.org

TRYOUT PACKET 2021-2022

For tryout packet, visit the below link and print it out, or pick up packet at Ms Seale (Athletic Secretary) desk in main office of RMHS:

<https://docs.google.com/document/d/1KJ5QX8wU6y26OvBHxaoPBEP41zcV-Gq9VBsaU3xZmIM/edit?usp=sharing>

Tryout Dates & Times:

Location: MPR (dance room)

Mandatory Prep Classes:

Thursday April 29th - 4:30-6:30

Friday April 30th - 4:30-6:30

TRYOUTS:

Saturday May 1st - 10:00-1:00

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joe.mivshek@km.com



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Athletics Information

2021-2022 RMHS Cheerleading Tryouts

Dates:

- Registration closes **APRIL 19th**
- April 26-28th Tryout Clinic 4:30-6:30
- April 29th Tryout 4:30
- April 30th Parent Meeting 5:30-6:30

Details:**1. Tryout Clinic:**

We will teach you how to stunt, and go over the dance, cheer and fight song that was provided prior to tryouts. (MUST LEARN MATERIAL ON YOUR OWN BEFORE TRYOUTS)

2. Parent Meeting:

We will go over RMHS Cheer handbook and calendar

Register:

Please visit our website at

<https://rockvmtcheerleading.wixsite.com/rockymountainhighsch>

Contact Information:

Head Coach Lauren Roth
lauren@psdschools.org



Summer School

PSD FREE SUMMER SCHOOL

OPEN TO ALL STUDENTS IN PSD

(CATCH UP OR GET AHEAD ON CREDITS)

SESSION 1: ONLINE ONLY

SESSION 1A: March 8 - 8:00 AM | April 23 - 3:00 PM

SESSION 1B: April 26 - 8:00 AM | June 4 - 3:00 PM

SESSION 2: FACE-TO-FACE AND ONLINE

Face-to-Face: June 7 - June 30 | 9:00 am to 1:00 pm

Online: June 7 - 8:00 am | June 30 - 3:00 pm

Details TBD

Get more information and register online at

<https://summer.psdschools.org/>



Seniors

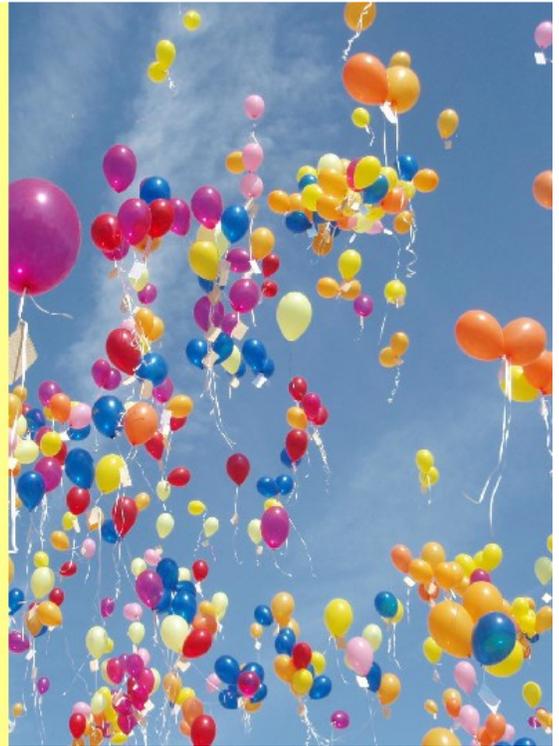
Seniors! Have YOU Earned a Scholarship? Celebrate with us!

If you have been offered any scholarship, please report it at: tinyurl.com/ScholarshipsRM21 (students must be logged in to their PSD account).

Then save the date(s) to celebrate:

- **Academic, Leadership, Service, and Arts Scholarship (ALSAS) Signing Ceremony** on Wednesday, April 28th at 4:15 PM in the Media Center**. Students who will use an academic, leadership, service or arts scholarship worth full-tuition or more at their college/university are invited to be recognized at this signing ceremony (like an athletic signing).
- **Scholarship Celebration** on Wednesday, May 19 at 7:15—8:45 AM in the Main Gym**. All seniors who have been offered a scholarship (whether or not they will use that award) are welcome. We hope that very limited guest seating may be available.

**all events subject to change based on health restrictions



HAVE A SENIOR GRADUATING IN MAY? DON'T FORGET YOUR LUNCH MONEY!

As the end of the school year quickly approaches, please remember to check your senior's lunch account balance. PSD will not be charging for meals the remainder of the 2020-21 school year. For seniors with money in their lunch account, you have a few options.

Request to transfer balance to a sibling

Request a balance refund

Request to donate balance to PSD Child Nutrition

All requests should be emailed to nutrition@psdschools.org. Please include your leaving student's name, sibling's name for transfers and address information for refunds. Please contact the email above or call 490-3163 with any questions.

SPANISH

¿Su estudiante de último año ("SENIOR") se gradúa en mayo? ¡No olviden REVISAR su cuenta DE COMIDAS!

Puesto que el final del año escolar se está acercando muy rápidamente, recuerden verificar el saldo de la cuenta del almuerzo de su estudiante de último año. El Distrito Escolar Poudre no cobrará las comidas escolares durante el resto del año escolar 2020-21. Para los padres de familia o tutores legales de los estudiantes de último año que tengan dinero en sus cuentas de comidas escolares, se ofrecen varias alternativas:

Solicitar la transferencia del saldo a la cuenta del almuerzo de un(a) hermano(a).

Solicitar un reembolso por el total del dinero.

Solicitar donar el saldo de la cuenta del almuerzo al Departamento de Nutrición Estudiantil (PSD Child Nutrition).

Todas las solicitudes se deben enviar por correo electrónico a nutrition@psdschools.org. Incluyan el nombre de su estudiante que se va a graduar, el nombre de sus hermanos, en el caso de una transferencia, y los datos de su dirección, si se desea un reembolso. Si tienen alguna pregunta, envíen un mensaje a través del correo electrónico mencionado anteriormente o llamen al teléfono 970-490-3163.





Lobo Brag Board

Forensics

The Forensics (Speech and Debate) team competes on two different "circuits." We had major tournaments for both over Spring Break, and our season is almost done now, except for Nationals, which will be held June 13-19.

The CHSAA State Speech and Debate Tournament was held on March 19-20. 8 Lobos qualified to compete at State, along with 408 other students from 72 different high schools.

Representing Rocky:

Nicole Tetrault in International Extemporaneous Speaking

Josephine De Maret and Hayden Puttlitz in Duo Interpretation

Sage Breck in Congressional Debate

Placing in State:

Elliana Nickel, Finalist in Congressional Debate

Olivia Rivera, 6th Place - Poetry Interp

David Dean Tostes-Ribeiro McLaughlin and Elwood Sheflin, 3rd place in Policy Debate

Earlier, (March. 12-13), the team also competed at our NSDA (National Speech and Debate Association) National Qualifying tournament. Rocky has qualified 7 students for Nationals so far:

Adi Prutch and Sammy Davison - Duo Interpretation

Sydney Wang and Sammy Tetrault - Public Forum Debate

Elliana Nickel and Carter Walz - Policy Debate

Olivia Rivera - Program Oral Interpretation

Additionally, Rocky had several 1st alternates (only the top two district competitors in each event advance to Nationals) who will be pulled up to compete if one of the other qualifiers cannot do so.

Josephine De Maret and Hayden Puttlitz in Duo Interpretation

David Dean Tostes-Ribeiro McLaughlin and Elwood Sheflin in Policy Debate

Nicole Tetrault in International Extemporaneous Speaking

As a team, Rocky finished 2nd in the district in both Debate Sweepstakes and Combined Team Sweepstakes out of the 20 schools competing.





Community Opportunity

Mental Health Matters Presents:

SOCIAL MEDIA: CONNECTION VS. ISOLATION & INTERNET SAFETY



Do you know what your students are looking at on-line??

Is your student's self-esteem tied to how many "likes" they get on Social Media?

Please join us for the 3rd and final virtual Mental Health Matters event of this school year.

Following Footprints in a Digital Party:

PSD School Resource Officers Corporal Jarad Sargent and Officer Ehrich Weis will discuss social media applications that are commonly used by students and present on areas to monitor within the applications to maintain safety for students. Jarad and Ehrich will provide case studies to discuss what each presenter has experienced and seen with young adults and social media during their time as School Resource Officers.

Connection VS. Isolation: Social Media & Mental Health

Join Melanie Potyondy, Rocky Mountain High School Psychologist, and Heidi Thompson, Olander Elementary Counselor, as we explore the impact of social media on mental health. We'll share current data around youth social media usage, including the positive and negative impacts of social media upon interpersonal relationships, behavioral regulation, and mental health. Practical tips for guiding social media usage will also be provided for all age levels.

**Monday April 19th
6:30p-8:30p**
RSVP using the QR Code Below and a link will be sent to you the night of the event





Community Opportunity

LA SALUD MENTAL IMPORTA

REDES SOCIALES: CONECCIÓN VS AISLAMIENTO Y CUIDADOS CON INTERNET



¿Sabes lo que están viendo sus estudiantes cuando están en línea en el internet?

¿La autoestima de su estudiante está ligada a la cantidad de "me gusta" que recibe en las redes sociales?

Únase a nosotros para el tercer y último evento virtual de este año escolar de la "La Salud Mental Importa" .

SEGUIENDO LAS HUELLAS EN EL MUNDO DIGITAL:

Los oficiales de las escuelas del Distrito Escolar Poudre, Cabo Jared Sargent y el Oficial Ehrich Weis, hablarán sobre las aplicaciones de redes sociales que los estudiantes usan comúnmente y presentaran áreas para monitorear dentro de las aplicaciones, permitiendo mantener la seguridad de los estudiantes. Jared y Ehrich hablaran de lo que han experimentado y visto con los adultos jóvenes y las redes sociales, durante su tiempo como Oficiales de las escuelas. Nos ofreceran casos reales para discutir.

CONEXIÓN VS AISLAMIENTO: REDES SOCIALES Y SALUD MENTAL

Melanie Potyondy, Psicóloga de la Preparatoria Rocky Mountain, y Heidi Thompson, Consejera de la Primaria Olander, daran a conocer el impacto de las redes sociales en la salud mental. Compartiran datos actuales sobre el uso de las redes sociales por parte de los jóvenes, incluidos los impactos positivos y negativos de las redes sociales en las relaciones interpersonales, la regulación del comportamiento y la salud mental. Tambien ofrecerán consejos prácticos para guiar el uso de las redes. sociales.

Lunes
19 de Abril
6: 30pm-8:30pm

Confirme su asistencia utilizando el código QR a continuación y se le enviará un enlace la noche del evento.



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