### 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

<table>
<thead>
<tr>
<th>Tuesday, April 13</th>
<th>Wednesday, April 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>* only 10th and 11th graders attend in the morning – all grades in the afternoon</td>
<td>* only 9th and 11th graders attend in the morning – all grades attend in the afternoon</td>
</tr>
</tbody>
</table>
| 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 |
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 weekends 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
Testing

How Are SAT & ACT Scores Used?

- College admissions
- Scholarships
- Course placement
- State ranking for Rocky (school-wide use)

SAT & ACT Tests

News for RMHS Juniors
April 2021

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

<table>
<thead>
<tr>
<th>ACT</th>
<th>SAT</th>
<th>SAT at School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max score: 1600</td>
<td>1600</td>
<td>1600</td>
</tr>
<tr>
<td>Avg score: 21</td>
<td>1040</td>
<td>1040</td>
</tr>
<tr>
<td>Test duration: 2 hr 55 min</td>
<td>3 hr</td>
<td>3 hr</td>
</tr>
<tr>
<td>Testing options: Available at national test dates/sites</td>
<td>Available at national test dates/sites</td>
<td>Available at national test dates/sites</td>
</tr>
<tr>
<td>Cost: $55 ($70 w/Writing)**</td>
<td>$53 ($55 w/Essay)**</td>
<td>Free at school</td>
</tr>
</tbody>
</table>

Registration site: www.actstudent.org www.collegeboard.org

**Students on Free/Reduced lunch can take the SAT and/or ACT tests at no cost. Waivers are available from your counselor.

College Testing Q & A

Q: Do I need to take the SAT and ACT?
A: Most colleges require at least the SAT or ACT for admission and/or scholarship eligibility. Some students may choose to take both tests, while others may choose to take only one test. It's important to research each college's requirements to determine which tests are required.

Q: Is there a time limit for each test?
A: Yes, there is a time limit for each test. The SAT has a 3-hour duration, while the ACT has a 4-hour duration.

Q: How do I prepare for the SAT and ACT?
A: It's important to prepare for the SAT and ACT by taking practice tests and studying. There are many resources available online, including practice tests, study guides, and tutorials.

Options to Prepare

- Xello's Method Test Prep FREE
  - Online, student-centered, SAT and/or ACT prep
  - 12-week program
  - Free access

- Kaplan Test Prep:
  - Private tutoring
  - Group classes

- College Board
  - Subject specific
  - Test prep books

- PrepScrub
  - Free access

- College Board
  - SAT practice tests
  - ACT practice tests

When to test

- Fall (September-October)
- Winter (December-January)
- Spring (March-April)

Contact

m2m@calstate.edu 970-491-5129

CLICK IT
Click on the Ads in this Newsletter
...to learn more about these great companies!
Testing

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

<table>
<thead>
<tr>
<th>University Name</th>
<th>GPA</th>
<th>SAT</th>
<th>ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona State University</td>
<td>3.2 GPA</td>
<td>1120-1360</td>
<td>SAT 1560 ACT 22</td>
</tr>
<tr>
<td>Colorado Mesa University</td>
<td>3.6 GPA</td>
<td>1120-1300</td>
<td>ACT 28</td>
</tr>
<tr>
<td>Colorado State University</td>
<td>3.6 GPA</td>
<td>1120-1300</td>
<td>ACT 28</td>
</tr>
<tr>
<td>University of Colorado Boulder</td>
<td>3.0 GPA</td>
<td>1200 ACT 21</td>
<td></td>
</tr>
<tr>
<td>University of Wyoming</td>
<td>3.0 GPA</td>
<td>1200 ACT 21</td>
<td></td>
</tr>
<tr>
<td>Western Colorado University</td>
<td>3.4 GPA</td>
<td>1200 ACT 25</td>
<td></td>
</tr>
</tbody>
</table>

Schools may have different requirements, so be sure to check with the colleges. Here are a few examples of colleges that many RMHS seniors apply to:

- **Colorado Mesa University**
  - GPA: 3.2
  - SAT: 1120-1360
  - ACT: 22
  - Annual Value: $1250
  - Highest Automatic Scholarships: 3.75 GPA, SAT 1480, ACT 29
  - Tuition: [Link]

- **Colorado State University**
  - GPA: 3.6
  - SAT: 1120-1300
  - ACT: 28
  - Annual Value: $1000
  - Highest Automatic Scholarships: 4.0 GPA, SAT 1450, ACT 33
  - Scholarship: [Link]

- **University of Colorado Boulder**
  - GPA: 3.8
  - SAT: 1370
  - ACT: 28
  - Annual Value: $2500
  - Highest Automatic Scholarships: 4.0 GPA, SAT 1480, ACT 33
  - Scholarship: [Link]

- **University of Wyoming**
  - GPA: 3.0
  - SAT: 1200
  - ACT: 24
  - Annual Value: $3000
  - Highest Automatic Scholarships: 3.0 GPA, SAT 1420 / ACT 34
  - Scholarship: [Link]

- **Western Colorado University**
  - GPA: 3.4
  - SAT: 1200
  - ACT: 25
  - Annual Value: $2500
  - Highest Automatic Scholarships: 2.9 GPA, SAT 1370, ACT 39
  - Scholarship: [Link]

($As of May 2010. 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 in to see if criteria have changed.)
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)

Special thanks to the colleges of ROAR!
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 rnye@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 -
Student Opportunities

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

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Now Hiring Auto Glass Technician Trainees

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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

On 11/21/2020 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.rockymountainhigh.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.
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/1KJ5QX8wU6y26OvBHxaoPBEP41zcVGq9VBsaU3xZmIM/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
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://rockymountainhighschool.org/rockymountainhighschool

Contact Information:
Head Coach Lauren Roth
laurenr@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.psd.schools.org/
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:

- **Academie, 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 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 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 agraduar, 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.
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 Waite 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, Clander 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

Rocky Mountain High School - Home of the Lobos
Community Opportunity

LA SALUD MENTAL IMPORTA

REDES SOCIALES: CONECCIÓN VS AISLAMIENTO Y CUIDADOS CON INTERNET

¿Saben 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?

Únete a nosotros para el tercer y último evento virtual de este año escolar de la “La Salud Mental Importa”.

SEGUINDO LAS HUELLAS EN EL MUNDO DIGITAL:
Los oficiales de las escuelas del Distrito Escolar Poudre, Cabo Jared Sargent y el Oficial Ehrich Wees, hablarán sobre las aplicaciones de redes sociales que los estudiantes usan comúnmente y presentarán áreas para monitorear dentro de las aplicaciones, permitiendo mantener la seguridad de los estudiantes. Jared y Ehrich hablarán 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, darán a conocer el impacto de las redes sociales en la salud mental. Compartirán datos actuales sobre el uso de las redes sociales por parte de los jóvenes, incluyendo los impactos positivos y negativos de las redes sociales en las relaciones interpersonales, la regulación del comportamiento y la salud mental. También ofrecerán consejos prácticos para quitar 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.