



**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**  
970.488.7049

**Website**  
[http://eweb.psdschools.org/  
schools/rockymountain/](http://eweb.psdschools.org/schools/rockymountain/)

**Para informacion en Español  
hablar con Cynthia Santos**  
al: 970.488.7035



## Important Dates for 1st Quarter

**September 6:** No School

**September 15:** Parent/Teacher Conferences (**VIRTUAL**) 5:30 - 8:30 pm

**September 15:** Senior/Parent College Planning Night (**VIRTUAL**)  
in conjunction with P/T conferences

**October 13:** PSAT/NMSQT @ RMHS 8:00 am

**October 13/14:** First Quarter Finals

**October 14:** First Quarter Ends

**October 15:** No School

**October 18 - 22:** Homecoming Spirit Week

**October 23:** Homecoming Dance @ RMHS 8:00 - 11:00 pm

**October 27:** Trick or Treat Street @ RMHS 5:30 - 8:30 pm



## TIME WELL SPENT

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

 Diet & Nutrition |  Chronic Health Issues |  Parental Concerns |  Growth, Development & More



[Click Here to Self-Schedule Your Child's Well Care Visit Today!](#)

**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](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)



## Yearbook Information

**SENIORS:** Senior photos are due October 31. If you need help getting a photo taken, please contact Mrs. White asap for help. Photos should be submitted on our Rocky yearbook website. See address below.

Senior quotes must be submitted separately and are also due October 31. There is a link on our Rocky yearbook website. See address below.

Senior recognition (baby) ad information can be found at:

[theyearbookcompany.com](http://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!

**I'M NOT IN "CRISIS"**

**BUT TALKING WOULD HELP...**

Free COVID-19 emotional support line (970) 494-9941

The All New 3-Row 2021 Jeep Grand Cherokee L

Find yours at

**Fort Collins**  
Dodge Chrysler Jeep Ram

224 W Harmony Rd | 970.632.9770 | fortcollinsJEEP.com

# Spirit Band

Congratulations to the Rocky Spirit Band as they have come back strong with great performances at the end of our week-long Spirit Camp, the Back to School assembly and our first home football game. We are so proud of the members and their perseverance, commitment and dedication to help get that infectious Rocky Spirit back! Go Bo's.



**Rocky Mountain Spirit  
2021-2022**



We are here for your child's health!

Schedule your school or sport physical today!

We have the COVID vaccine for your entire family.



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MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL [saludclinic.org](http://saludclinic.org)

# STRANASKA

INNOVATION IN ANALYTICAL METROLOGY

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

*Stranaska® Prep Academy*

We are recruiting a limited number of high school science students to participate in a free trial course during the pilot stage of our educational mentoring program that will open doors to rewarding career possibilities previously unknown to them. The unique Academy experience will enhance the quality of science student resumes with an eye-catching bullet point that will impress prospective employers in an untapped \$40B analytical science instrumentation industry.




# Club News

DECA & FBLA will be holding our kick-off meeting, Wednesday Sept. 8 during lunch.

DECA and FBLA are national organizations for high school students interested in business. They offer a large variety of competitive events, social activities, scholarships, travel, and more! It's a great opportunity to learn public speaking and business skills, meet like-minded peers, and have fun! For more information go to [DECA.org](http://DECA.org) and/or [FBLA.org](http://FBLA.org).

Membership dues are \$80 which covers both DECA & FBLA organizations or students may join just one for \$50. Dues may be paid on-line through school pay. We will be providing students with more information during our lunch meeting on Wednesday, 9/8.

Please feel free to contact one of our advisors: Clay Lyell, Jaelyn Manzanares, Robert Papp, Chance Mazzia, Caleb Burns, or Lynne Lyell.




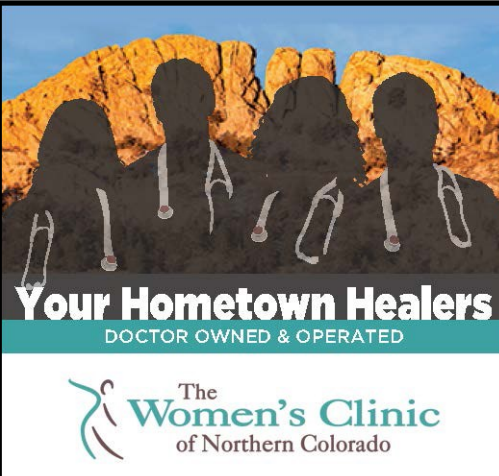
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**\$59.95 PER MONTH**

**NO DATA CAPS!**  
**NO CONTRACTS!**  
**NO INSTALL FEES!**

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**FCCONNEXION.COM**

Auxiliary aids and services are available for persons with disabilities.





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 DOCTOR OWNED & OPERATED

The Women's Clinic  
 of Northern Colorado



## College & Career

# RMHS Senior/Parent College Planning & Financial Aid Night

Wednesday, September 15th  
(Virtual event)

7:00 PM (approx. 1.5 hours)

in conjunction with Parent/Teacher Conferences.

Please book to meet with teachers earlier in the evening.

The program will include:

- Options
- Getting In
- Applying Overview
- Nitty Gritty in Applications
- After Applying
- Financial Aid (FAFSA)
- Net Price Calculator
- Cutting Costs
- Next Steps

Find us on a Google Meet at: [meet.google.com/dsn-pzju-bwx](https://meet.google.com/dsn-pzju-bwx)



### Enroll in our **Nursing Assistant Training Program**

In Ft. Collins, Colorado

Apply via the  
"Geriatric Education"  
link on our website

We care.  
We make a  
difference,  
it **Matters.**

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





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

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

Brenda Roach 970-217-7008; [rmhspac@gmail.com](mailto:rmhspac@gmail.com)

**SELLER'S MARKET**  
Call today!



Joe Mivshek  
970.420.7163  
joe.mivshek@km.com



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

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Joe Mivshek 970-420-7163 | [SchoolNewsletterCompany@gmail.com](mailto:SchoolNewsletterCompany@gmail.com)





## Student Services

### **PSAT National Merit Scholarship Qualifying Test (NMSQT)**

**10/13/2021**

#### **Attention Juniors:**

The PSAT NMSQT test will be given at RMHS on Wednesday, Oct. 13<sup>th</sup>. This is a national date so we are only able to offer it on this day. This exam is suggested for all Juniors as practice for their Spring SAT exam as well as for Juniors who are hoping to qualify for College Board's National Merit Scholarship. Sophomores may take the PSAT NMSQT, however all 10<sup>th</sup> graders will also be required to take the PSAT this spring (as part of state mandated testing) at no cost. We **do not** suggest that 9<sup>th</sup> graders take this exam since it is geared towards Juniors and they will stay need to take the PSAT 9 in the Spring.

**Students may only qualify for the National Merit Scholarship Program when they take the PSAT-NMSQT in the fall of their junior year and display high scores.** We strongly encourage Juniors who tend to score in the 90% and above on standardized testing to take this exam.

The fee for 2021 is \$20.00. **To Register**, please **use SchoolPay online or your student may go to the fee window and pay by October 6th.** Students will receive a reminder a day before about arrival time, bringing a calculator and #2 pencils (not mechanical) and coming to the Auxiliary gym on that date. Doors open at **8:00 a.m.** and pre-administration begins right away. Please register soon since we have a limited number of tests available!

Online preparation can be found at : <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice/full-length-practice-tests>

**NOTE: This test day is on a Finals day for 1<sup>st</sup> quarter classes. Students, make sure you talk to your teachers before the test day. You will miss period 1 & 2 for this exam.**

Please e-mail Betsy Flowers at [eflowers@psdschools.org](mailto:eflowers@psdschools.org) if you have questions.





## Student Services



RMHS Student Services

Follow us on Instagram!







## Student Services

### Get to Know Your Counselor

One of your most important resources in the college search is your school counselor. Many school counselors specialize in helping students find a college or career. Their knowledge can point you in the right direction in the college process. If you don't know your counselor very well, now is the time to make an appointment.

Your counselor can help you the most if you take the time to talk to him or her about your goals, personality, and academic record. If you already have a list of what you want in a school or a list of possible colleges, bring it. The more information you provide, the more your counselor can aid in your college search. And don't be shy about asking questions. Counselors are there to answer students' questions and even enjoy doing it.

Stay in contact with your counselor throughout your college search. Your counselor can help you to clarify your goals, see whether your grades and courses are good enough for the colleges you're considering, and develop a plan for the rest of the admission process.

Parents and students don't forget that you can see who your counselor is in StudentVUE. (It looks like your 5th class.)

#### Seniors: See Your Rocky Counselor now to:

- Check to see if you have all the classes you need to graduate.
- Do your post-graduation planning.
- Pick up SAT and SAT registration form





## Student Services

Who's Your Counselor?

Counselor Assignments 2021-2022 School Year					
	9th grade	10th grade	11th grade	12th grade	
McCormack, Kathleen 488-7030	A-K -	-	-	-	
Tate, Justin 488-7027	L-Z		-	-	
Boschmann, Katrina 488-7122			A, E, K, L, W - Z		
Flowers, Betsy 488-7026	-	B-D	B-D	A-D	
Madden, Kelley 488-7028	-	L-N; ILS	M; ILS	L-P	
Murray, Kim 488-7029		E-K	F- J	E-K	
Reedy, Mark 488-7019	-	S-Z	S-V	Q-Z	
Wagner, Brooke 488-7025	-	A, O-R, ELD	N-R, ELD		
Fassnacht, Nicole 488-7038	College and Career Center Counselor				
Caterisano, Teresa 488-7033	Department Secretary				
Kapral, Leah 488-7032	Counseling Secretary				
McCoy, Amy 488-7031	Registrar				
Sifuentes, Jenni 970-566-1030	Mental Health Specialist				
Robinson, Ann 970-290-1463	Mental Health Specialist				
DiFelice, Gina 488-7061	Wellness Center				
Papp, Robert 488-7036	PaCE Director				

Special Points of Interest:

- ☑ Give teachers/counselors 3 weeks notice for letters of recommendation.
- ☑ Mrs. Kapral needs 15 days to process transcripts/college applications (prior to deadline).





# Attendance Protocols

## Call in method:

1. Give student's full name.
2. Student's ID number (this is essential as we have over 2000 students).
3. Parent or guardian's name.
4. Date of absences and periods.
5. The reason for the absence.

**We will mark your student absent if a reason is NOT given.**

## ParentVUE method:

1. Go to the PSD website at <https://www.psdschools.org/>
  2. Select *Parents* in the blue at the middle of the page.
  3. Scroll down under *Quick Links* on the right side of the page and select *ParentVUE*.
  4. Select the blue *ParentVUE* tab on the next page right in the center.
  5. Select *I am a Parent*.
  6. Enter username and password.
  7. Once in *ParentVUE* select the blue *Report an Absence* tool.
  8. Enter date of dates, reason, and a brief note to explain why.
- We will mark your student absent if a reason is NOT given.**
9. Press the blue save button at the bottom right.





## Athletics

**STARTING FRIDAY, AUGUST 27TH** PSD Digital ticketing will start. PSD ticketing system is 'TICKET SPICKET' and all event tickets will be purchased through this system. please download the app and start getting your tickets. Here is more information about the new system.

Download the **Ticket Spicket** app to access all games **or** go to <https://events.ticketspicket.com/home>

**10-event punch pass:** PSD is proud to offer fans and families a discounted punch pass for admission into regular season sporting events held throughout the district during the 2021-22 school year.

- Adult 10-Event Punch Pass \$50
- Senior Citizen 10-Event Punch Pass \$35
- Student 10-Event Punch Pass \$35

### Online resources:

Quick Start Guide for Ticket

Spicket: [https://drive.google.com/file/d/1fvpNxSQgqQTvFDufl\\_t4bCf7n5xjt3TE/view](https://drive.google.com/file/d/1fvpNxSQgqQTvFDufl_t4bCf7n5xjt3TE/view)

Video: Buying tickets and checking

in <https://www.youtube.com/watch?v=7UdW5MfsISg>

**GAME STEAMING:** Rocky is partnered with NFHS for live streaming of all home games on French Field and home games in the Main Gym. Please see <https://www.nfhsnetwork.com/subscribe/retail> for all the information regarding subscriptions. Become a member and support out amazing Lobo student/athletes.

**SIGN UP FOR ATHLETIC NOTIFICATIONS;** Please go

to <https://www.frontrangeleague.org/g5-bin/client.cgi?G5genie=812>

Click Rocky Mountain, on the right side of the screen get the "mobile app" and sign up for the "Notify Me". This will provide you up to the minute schedules, changes, and cancellations. The best way to stay up on what is happening with Rocky Athletics.





## Athletics continued ....

### PSD using digital tickets for athletics

To increase safety, security and convenience for fans and community members, the Poudre School District Athletics Department will use digital tickets for football, volleyball, basketball and wrestling at all four comprehensive high schools, effective immediately. The move to digital ticketing allows for faster delivery of tickets to fans, contactless transactions, and flexibility for ticket holders.

As part of the policy change, purchasers will no longer receive a physical ticket at the gate. They will access digital tickets through the mobile Ticket Spicket app or online.

Students who purchased an Activities Pass and show the Activities Icon, located on their student ID, will be admitted without needing to purchase a digital ticket.

#### To purchase digital tickets:



Download the **Ticket Spicket** app to access all games **or** go to <https://events.ticketspicket.com/home>

Search **Fort Collins High School**, **Fossil Ridge High School**, **Poudre High School**, **Rocky Mountain High School** or **Poudre School District**. Tickets sales will open at noon every Sunday for the upcoming week of high school events. If there is a time or date change to the game, your tickets will automatically be adjusted. All seats are general admission.



Scan this QR code using your phone to download the Ticket Spicket app.

**10-event punch pass:** PSD is proud to offer fans and families a discounted punch pass for admission into regular season sporting events held throughout the district during the 2021-22 school year.

- Adult 10-Event Punch Pass \$50
- Senior Citizen 10-Event Punch Pass \$35
- Student 10-Event Punch Pass \$35

#### Online resources:

Quick Start Guide for Ticket Spicket:

[https://drive.google.com/file/d/1fvpNxSQgqQTvFDufl\\_t4bCf7n5xit3TE/view](https://drive.google.com/file/d/1fvpNxSQgqQTvFDufl_t4bCf7n5xit3TE/view)

Video: Buying tickets and checking in

<https://www.youtube.com/watch?v=7UdW5MfslSg>



If you do not have a smart phone, please contact the high school athletic office for further assistance. Spectators are required to follow all PSD COVID-19 athletics protocols. Thank you in advance.

We appreciate your continued support of PSD Athletics. See you at the game!





# Athletics continued ....

## French Field Guidelines

PSD Athletics encourages fans not to bring any bags; however, **the following will be permitted for those entering French Field:**

**One clear bag no larger than 12" x 12" x 6" OR a one-gallon clear freezer bag (Ziploc brand or similar).** Bags should be made of plastic, vinyl, or PVC.

- In addition, fans may carry a small clutch bag/purse no larger than 4.5" x 6.5", with or without a handle/strap.
- Each ticket holder, including children, may carry an approved clear bag and a clutch bag/purse.
- All other bags are prohibited when entering French Field. These include backpacks, camera cases, and purses larger than 4.5" x 6.5".
- Soft and flexible seat cushions are permitted.
- Disposable, crushable bottles, empty and without a cap, are permitted.
- Diapers and wipes may be carried in a clear bag; however, diaper bags are not permitted.
- Additional clothing, etc., are permitted if carried loosely or in an approved clear bag.
- Small cameras, binoculars and cell phones may be carried loosely or in an approved clear bag.





### CLEAR BAG POLICY

and  
in  
clear

APPROVED BAGS			
Subject to inspection			
<p style="text-align: center; margin: 0;"><b>CLEAR TOTE</b></p> <p style="text-align: center; margin: 0; font-size: x-small;">PLASTIC, VINYL OR PVC NOT TO EXCEED 12" X 12" X 6"</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p style="text-align: center; margin: 0;"><b>SMALL CLUTCH BAG</b></p> <p style="text-align: center; margin: 0; font-size: x-small;">NO LARGER THAN 4.5" X 6.5"</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">   </div>		
PROHIBITED ITEMS			
 <small>BACKPACKS</small>	 <small>CAMERA CASE</small>	 <small>PURSE</small>	 <small>WEAPONS (of any kind)</small>
 <small>SKATEBOARDS</small>	 <small>TOBACCO PRODUCTS (including e-cigarettes)</small>	 <small>NOISE MAKERS</small>	 <small>LASER POINTERS</small>



# College & Career

## 2021-22 College Fairs & Events\*



RMHS/PSD Events	Out of District **
<p><b>RMHS Senior/Parent College &amp; Financial Aid Info Night</b>                      Wednesday, September 15 (Virtual)                      In conjunction with P/T Conferences                      Get information about the college process, supports, and paying for college. For Lobo 12<sup>th</sup> graders and parents.</p>	<p><b>Christian College Fair of CO</b>                      Wednesday, September 22                      at 6pm - 8pm                      Resurrection Christian School, Loveland  <a href="https://yfcdenver.org/events/college-fair/">https://yfcdenver.org/events/college-fair/</a></p>
<p><b>In-State + More! College Fair</b>                      Monday, October 11 6:00 PM–8:00 PM Fossil Ridge HS (In-person)                      Drop in to talk with representatives from over 20 In-State (4-year) universities/colleges and (2-year) community/junior colleges. Plus another 25+ colleges from across the country will attend. Representatives will be available to discuss admissions, financial aid and any other information with HS students/parents.</p>	<p><b>College Fairs of Greater Denver Virtual Event in October (TBD)</b>                      For more information, visit:  <a href="https://www.facebook.com/College-Fairs-of-Greater-Denver-1911382175742881/">https://www.facebook.com/College-Fairs-of-Greater-Denver-1911382175742881/</a></p>
<p><b>Out-Of-State Fair</b>                      Virtual Event October (TBD)                      Poudre HS                      Representatives from 200+ universities and colleges from across the nation are available to discuss admissions, financial aid and any other information with students/parents.</p>	<p><b>NACAC National College Fairs</b>                      8 Virtual Events (general college fairs unless otherwise marked).                      Each fair includes 300+ colleges                      August 29                      September 12                      September 28: Northeastern US                      October 3                      October 14: Midwest US                      October 24                      November 2: Arts and STEM fair                      November 14  <a href="https://virtualcollegefairs.org/conventions">https://virtualcollegefairs.org/conventions</a></p>
<p><b>PSD Financial Aid Night</b>                      October (TBD)                      Fort Collins HS                      Includes topics related to paying for college (FAFSA, scholarships, etc.).                      Appropriate for PSD 9-12th graders and parents.</p>	<p><b>Gap Year Fair</b>                      TBD Usually in January in Longmont or Boulder                      Details not yet posted. Check:  <a href="http://www.usagapyearfairs.org">www.usagapyearfairs.org</a></p>
<p><b>RMHS 9th-11th Grade College Planning Night</b>                      Jan/Feb TBD (with P/T Conferences)                      Featuring breakout sessions on college planning topics (may include: SAT/ACT testing, NCAA, scholarships, financial aid, concurrent enrollment, how to choose a college, how college admissions decisions are made, and more!)                      Appropriate for RMHS 9-11th graders and parents.</p>	<p><b>*Dates and format of all events are subject to change.</b>                       **These are a sampling of the fairs/events normally available within 1-2 hours drive. Many college fairs have workshops/information sessions scheduled before or during the listed college fair time, please check the websites listed for details. Be prepared for large crowds and long lines at any in-person college fair event. All fairs listed are free for students/families to attend.</p>

Updated 8/27/2021



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