Inside this issue:

PAGE 1
- Heads Up!
- Parking Information
- Registration
- Attendance Corner
- Storage Sheds
- The Gift of Giving

PAGE 2
- Mini Calendar
- Students in Action
- Vaping Conversation

PAGE 3
- College and Career Corner
- Volunteer Information

PAGE 4
- Parent Education Series

PAGE 5
- Testing Opportunities

PAGE 6
- Athletics and Activities

---

**Parking Information**

Going forward there will be no student parking at the Ice Arena. Please park in the designated student lots. These include the main lot, the Performing Arts Center lot, and the designated areas within the Rogers Middle School parking lot.

---

**2020/2021 Registration**

Students in grades 9-11 will receive registration materials in WIN/Primetime on Tuesday, December 3rd. Students will log into their Student Campus Portal account to register for classes using their Chromebook. Online registration opens Monday, December 2, 2019 and close Friday, December 13, 2019 at 2:30pm.

Counselors will go into classrooms the week of December 9th. Students with registration questions should sign up for a WIN time with their counselor on December 5th or 10th. Click here for registration materials.

Parents, please work with your student to help them complete their online registration. Use the High School Four-Year Planning Guide to chart out a course path.

---

**ATTENDANCE CORNER:**

If you know your students upcoming appointments, vacations, sporting events, or other special events, please inform Veronica Donatelle in attendance. Feel free to call, email, or send a note with your student.

We will contact you if we have any concerns.

Attendance Line: 763.255.3555
Veronica Donatelle (Attendance Secretary)
Direct Number: 763.274.3140 x1604
Email: veronica.donatelle@isd728.org

---

**NO SCHOOL**

December 23rd-January 3rd

**WINTER BREAK**

---

**Out of Storage Space?**

Let the RHS Construction students help you!

To provide abundant storage space, sheds are available in two sizes: 8’ wide X 12’ deep or 10’ wide X 12’ deep. Shed walls are 8’ high and include a 36” X 36” white vinyl clad window, a 6’ x 7’ white roll up metal door, architectural roof shingles, cedar trim, and textured LP Smartboard Siding that will allow you to paint the shed any color you choose. This means you have ample light and a door large enough for your riding lawn mower, patio furniture, and other seasonal items.

The construction course is a 2nd semester class, shed construction will begin in late January / early February 2020.

We are only accepting (4) shed orders, so please reserve yours before it is too late! This is the last chance to order.

If you are interested in having a shed built, contact Jessica Zoubek at Jessica.zoubek@isd728.org or Dirk Udee, RHS Construction Instructor, at dirk.udee@isd728.org.

Thank you for supporting the RHS Construction program and our RHS Construction Students!

---

**The Gift of Giving Community Service Project**

The Gift of Giving is a holiday toy and clothing drive for families in the Rogers area schools that are experiencing financial difficulties during the holiday season. Over the past 16 years, we have been able to provide over 2,200 area youth with gifts. Beginning November 19th through December 18th, we will be seeking donations in the form of gift certificates, gift baskets, basic necessities, and toys. Donations can be made at any time and brought to the Main Office at RHS. If you know of a family or have a student in need, please fill out this FORM by If you have any questions, feel free to contact Randi Oelke at randi.oelke@isd728.org.
## Mini-Calendar

### December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Building Futures Class of 2024 in the PAC and Commons at 6:30pm</td>
</tr>
<tr>
<td>9</td>
<td>PSEO &amp; College Credit Options Meeting in the Media Center at 6:30pm</td>
</tr>
<tr>
<td>12</td>
<td>Parent Education Seminar in the Media Center at 5:30pm</td>
</tr>
<tr>
<td>16</td>
<td>Holiday Choir Concert 6:30PM and 8:00PM in the PAC</td>
</tr>
<tr>
<td>20</td>
<td>No School/Martin Luther King Day</td>
</tr>
<tr>
<td>24</td>
<td>No School/Christmas Eve</td>
</tr>
<tr>
<td>25</td>
<td>No School/Christmas Day</td>
</tr>
<tr>
<td>26</td>
<td>No School/Winter Break</td>
</tr>
<tr>
<td>27</td>
<td>No School/Winter Break</td>
</tr>
<tr>
<td>30</td>
<td>No School/Winter Break</td>
</tr>
<tr>
<td>31</td>
<td>No School/Winter Break</td>
</tr>
</tbody>
</table>

### January

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No School/ Happy New Year!</td>
</tr>
<tr>
<td>2</td>
<td>No School/Winter Break</td>
</tr>
<tr>
<td>3</td>
<td>No School/Winter Break</td>
</tr>
<tr>
<td>9</td>
<td>Parent Education Seminar in the Media Center at 5:30pm</td>
</tr>
<tr>
<td>20</td>
<td>No School/Martin Luther King Day</td>
</tr>
<tr>
<td>24</td>
<td>End of 1st semester</td>
</tr>
<tr>
<td>27</td>
<td>No School/Teacher Workshop Day</td>
</tr>
</tbody>
</table>

---

**SAVE THE DATE**

**November 7, 2019**

**Youth E-Cigarette Use: Clearing the Cloud on Vaping**

Join us for a community conversation as we discuss the latest trends on vaping among area youth.

**Time:** 6 - 8 PM (Resource Fair from 6-6:30)

**Location:** District Office, 11500 193rd Ave NW, Elk River, MN

Details on schedule, speakers, & registration to follow.

**Free event for area adults.**

If you missed it, click [HERE](#) for the recorded presentation video!
At Rogers High School we educate, inspire & empower through developing positive relationships, pursuing excellence, seeking diversity, and building futures.

Our 7 CORE VALUES

1. ALL people have value.
2. Valuing and respecting differences strengthens the individual and the community.
3. People thrive when they feel connected, supported and affirmed.
4. Everyone can learn.
5. Hope inspires and empowers.
6. Lifelong learning is essential for personal growth.
7. Change is an opportunity for growth.

COLLEGE & CAREER CORNER

2020 Seniors: Apply for Federal Student Aid

The 2020-2021 Free Application for Federal Student Aid (FAFSA) is now available! If you are a parent of a high school senior or if you are a senior, that means that you should fill out the FAFSA as soon as possible. A number of merit aid scholarships require the FAFSA to be filled out, and you don't want to miss those deadlines!

The FAFSA also determines eligibility for federal student loans and the federal student-work program. Registering for an FSA ID and password is the first step you need to take. Create FSA ID here. For any questions about filling out the FAFSA, here are some tips to help you.

Before submitting the form, make sure you understand what is required. Using a name that does not match what is on your Social Security card or submitting any other wrong information can cause delays or reporting errors.

Important documents you will need to complete FAFSA include tax returns and financial documents. FAFSA does allow you to use tax records from one year earlier. For the 2020-21 application, for example, you can use the 2018 tax return. Here is a quick list: 7 Things You Need Before You Fill Out the 2020-21 FAFSA Form

Remember, there is no fee for filling out the FAFSA. Make sure you only use the official website: https://fafsa.gov/ Even if you think you may not be eligible for financial reasons, fill out the FAFSA. You will not know if you can receive aid unless you apply.

Naval Academy Midshipmen Visit/Information

Former RHS students Andrew Piehl is a current student at the United States Naval Academy and has offered his time to speak to anyone interested in learning more about the Academy and its offerings as a four year college. If you want to set up a time to learn more about the Naval Academy please contact his at: Email: m205022@usna.edu Cell: 763-732-9378. He will also be providing Mrs. Morrison with more information as well.

PSEO & College Credit Options Meeting

Monday, December 9th, 6:30pm

Come learn about all of the opportunities for the Rogers High School students to earn college credits during their high school career, both here at RHS and out of the building. We will present on Advanced Placement (AP), Concurrent Enrollment (CIS), Post Secondary Enrollment Option (PSEO) and Articulated College Credit (ACC) to help you better understand which options would be the best fit for your student. This session is geared toward parents and students in grades 9-11. RSVP here.

Calling All Volunteers!

At RHS we have a variety of ways you can get involved.

- Supervise Lunches 10:40am-12:30pm
- This can be customized to your schedule. Help out daily, weekly or monthly
- Field Trip Chaperones
- Prom (April 18)
- Awards Night (May 4)
- RHS Family Fun Fest (May, TBD)
- We need A LOT of volunteers!
- Other: Contact me when help is needed

If interested in volunteering your time, please email Quinn Stull at quinn.stull@isd728.org. The students and staff at RHS would greatly appreciate any help you can provide.

Quinn Stull-Parent Liaison @ RHS
quinn.stull@isd728.org
OCTOBER 10, 2019 - WHAT TO EXPECT FROM YOUR TEENS AND HOW TO STAY CONNECTED

We will discuss typical adolescent development, what is going on with them, and how to navigate the rapid and sometimes confusing emotional and behavioral changes that occur. We will explore healthy behaviors and what may be red flags for needing additional support. The conversation will focus on how to stay connected and communicate with your teen, reasonable expectations, and ways to not end up in a constant power struggle or battle.

NOVEMBER 14, 2019 - MENTAL HEALTH, ATTENDANCE, AND SCHOOL REFUSAL

We will explore the impact depression and anxiety may have on kids, specifically on their school experience. We will have practical ways to manage school refusal and help your kid stay on track and be successful.

DECEMBER 12, 2019 - MANAGING OUR OWN EMOTIONS AND “STUFF” AS WE PARENT

Teens have big emotions! The reality is parents do too, sometimes we are working hard to get through day-to-day life and we don’t always hold it together. This discussion will focus on practical strategies to manage our own stress more effectively, have more balance in our lives and support our kids in regulating their big emotions as we regulate ours.

JANUARY 9, 2020 - PEER PRESSURE & HEALTHY FRIENDSHIPS

In this conversation, we will explore the importance of peer relationships and how peers become so important to our children. We will discuss ways to help our kids make healthy decisions in friendships, navigate tricky peer pressure situations, and how to support our kids through this crucial stage.

FEBRUARY 13, 2020 - SOCIAL MEDIA, TECHNOLOGY AND GAMING

We will talk about how to help kids understand the impact of social media on their brain development and emotional health, ways to set boundaries with kids regarding social media use, and a brief overview for parents regarding the most popular apps.

MARCH 12, 2020 - DRUGS AND ALCOHOL: HOW TO TALK TO YOUR KIDS, WHAT YOU NEED TO KNOW

We will get the facts on legal and illegal drugs and discuss ways to help kids understand what’s true about how these substances impact them. We will explore myths that surround alcohol, marijuana and vaping and how it impacts a developing brain. This conversation will focus on going beyond the “Just Say No” and get into specifics about how to help our kids say no and explore local community resources regarding abstaining from use. We will get the facts about the drugs in our community and talk about what to do if drugs are an issue in your family.

APRIL 2, 2020 - SUICIDE, DEPRESSION, SELF-HARM AND BUILDING RESILIENCY IN OUR KIDS

Many kids and adults struggle with mental health issues. We will explore depression, suicide and self-harm and the differences between each of these things, as well as the warning signs for families. You will be connected to local resources and feel prepared to support your child. We will also highlight ways to build resiliency in our kids and equip them with the tools necessary to work through hard stuff and be okay.

Presenter: Jennifer Knapp, MS, LMFT of Rise Therapy
Testing Opportunities

There are many testing opportunities at Rogers High School. Some are required, while others are optional. Please use the links below to learn more about the different exams, resources and registration information.

ACT (Juniors)
All Juniors will be taking the ACT for FREE on Tuesday, March 24, 2020, and are automatically registered for the test by the school district. No online registration for this test date. Click here for further information on additional ACT testing opportunities. See ACT website for registration deadlines.

Practice ACT (Juniors)
On February 29, 2020 students will have the opportunity to take a practice test designed to prepare them to take the ACT, an entrance exam for most 4 year colleges. The practice test is open to any student, but juniors are encouraged to take this exam to help prepare for the official ACT they will take on March 24th, 2020. Click here for further information. Deadline for registration is January 31, 2020.

PreACT (Sophomores Only)
On March 24, 2020, 10th grade students will have a Digital Learning Day. One of their options will be to take the PreACT exam at Rogers High School for a fee. Click here for further information.

Advanced Placement Exams 2019-2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Exam Start Time</th>
<th>AP Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, May 4th</td>
<td>7:30 AM</td>
<td>AP US Govt. &amp; Politics</td>
</tr>
<tr>
<td>Tuesday, May 5th</td>
<td>7:30 AM</td>
<td>AP Calculus AB &amp; BC</td>
</tr>
<tr>
<td>Tuesday, May 5th</td>
<td>11:30 AM</td>
<td>AP Human Geography</td>
</tr>
<tr>
<td>Wednesday, May 6th</td>
<td>7:30 AM</td>
<td>AP English Lit &amp; Comp (Gr 12)</td>
</tr>
<tr>
<td>Thursday, May 7th</td>
<td>7:30 AM</td>
<td>AP Chemistry</td>
</tr>
<tr>
<td>Thursday, May 7th</td>
<td>11:30 AM</td>
<td>AP Physics</td>
</tr>
<tr>
<td>Friday, May 8th</td>
<td>7:30 AM</td>
<td>AP US History</td>
</tr>
<tr>
<td>Friday, May 8th</td>
<td>11:30 AM</td>
<td>AP Computer Science A</td>
</tr>
<tr>
<td>Monday, May 11th</td>
<td>7:30 AM</td>
<td>AP Biology</td>
</tr>
<tr>
<td>Wednesday, May 13th</td>
<td>7:30 AM</td>
<td>AP English Lang &amp; Comp (Gr 11)</td>
</tr>
<tr>
<td>Thursday, May 14th</td>
<td>7:30 AM</td>
<td>AP World History</td>
</tr>
<tr>
<td>Thursday, May 14th</td>
<td>11:30 AM</td>
<td>AP Macroeconomics</td>
</tr>
<tr>
<td>Friday, May 15th</td>
<td>11:30 AM</td>
<td>AP Statistics</td>
</tr>
</tbody>
</table>

Above are the dates for AP Exams. Each AP Exam is given only once, so students need to make sure they put exam dates on their calendars. Please contact Shane Noecker (shane.noecker@isd728.org) if you have any questions about exam dates or registration. The absolute final day to make changes to exam registrations for courses that meet during first semester is November 8 at NOON, after which there is a $40 change/late fee.
One Act Play

RHS’s One Act Play this year is “The Puppet Master” by Dwayne Jeffery, provided by Brooklyn Publishers. It’s a play that “told through the eyes of 12 high school seniors, we see the life-altering impact gossip has in [their] lives.” One Act play is an MSHSL-supported activity that involves performances that must be no longer than 35 minutes and adhere to strict staging, lighting, and sound requirements. On top of that, schools compete against other schools! It’s an exciting way to sharpen skills in acting, stage managing, and technical performing in stage productions. Students should watch for announcements on the school news for further information. If you have any questions, contact Anne Konkol at anne.konkol@isd728.org or see her in room A103.

SPEECH

Speech team is starting soon! See Mr. VonBank in C107 for further details!

Congratulations to the following Royals for signing commitments to their next athletic chapter!

Alaina Brenning (Upper Iowa), Hailey Hartlage (Concordia-St. Paul), Kamryn Fjellanger (College of Saint Benedict), Jessi Jordan (Concordia-St. Paul), and Sara Parent (College of Saint Scholastica).

Go Royals!

Athletics/Activities

www.gorogersroyals.com
Online Registration:
www.gorogersroyals.com
(Under More: Registration/Form Tab)

All students participating in sports require a sports physical on file. Updated physicals are required every 3 years or as stated by physician. Physicals must be current for the entire season. Your student’s physical date on record can be verified in Parent Portal. (under Student’s Name, Health Tab)

WINTER SPORTS REGISTRATION IS OPEN!
Click HERE to register!

Knowledge Bowl
Starts Tues. November 5th after school in room C105. If you have any questions email Mr. Okland at samuel.okland@isd728.org.

Congratulations to Andie Timpe for qualifying and participating in the Swimming State Tournament!

www.gorogersroyals.com

General Line: 763-274-3140
Attendance Line: 763-241-3555

ADMINISTRATION

Jason Paurus
Principal
x1601
Ryan Johnson
Asst Principal
Last Names: A—He
x1602
Jill Engquist
Asst Principal
Last Names: Hi—O
x1603
Michael Zeman
Asst Principal
Last Names: P—Z
x1784
Dan Ohlgren
Activities Director
x1605

GUIDANCE COUNSELORS

Shannon Macken
Grade 12
x1713
Jacy Schrestha
Grade 11
x1789
Anne Bartus
Grade 10
x1608
Dawn Morrison
Grade 9
x1609
Lauren Handrick
College & Career Specialist
x1728