**Inside this issue:**

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<th>PAGE 1</th>
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<td>Heads Up!</td>
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<td>Progress Grades</td>
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<td>Registration</td>
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<td>Attendance Corner</td>
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<td>The Gift of Giving</td>
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<td>Mini Calendar</td>
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<td>Students in Action</td>
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<td>Vaping Conversation</td>
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<td>Volunteer Information</td>
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<td>Dinner of the Month</td>
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<td>Health Office News</td>
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<td>Parent Education Series</td>
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<td>College and Career Corner</td>
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<td>College Visits</td>
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<td>Musical Information</td>
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<tr>
<td>Testing Opportunities</td>
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<tr>
<td>Referendum Information</td>
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<tr>
<td>Athletics and Activities</td>
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**November 22nd—No School**  
Staff Development Day

**November 25th—No School/Parent Teacher Conferences (12:00pm-7:00pm)**  
Teacher Break (3:45pm-4:30pm)

---

**Registration for 2020-2021**  
Students in grades 9-11 will receive registration materials in Primetime in December. Students will register for classes online using their Chromebook (on their own time). More details to come in the December newsletter.

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**Attendance Corner:**  
If you know your students upcoming appointments, vacations, sporting events, or other special events, please inform Veronica Donatelle in attendance. This includes open hunting. Please be honest when informing us why your student is leaving school. We appreciate as much advance notice as possible. Knowing these days ahead of time allows us to run more efficiently. Feel free to call, email, or send a note with your student. We will contact you if we have any concerns. Thank you for helping us in this matter.

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

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**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! 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.  

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November 26th. Report cards are no longer mailed out, unless a written request is made to the Guidance Office. The end of first semester is Friday, January 24th, 2020.

---

Royal Happenings  
Rogers High School  
21000 141st Ave  
Rogers, MN 55374

November 2019
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.

Mini-Calendar

November

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>No School/Staff Development Day</td>
</tr>
<tr>
<td>5</td>
<td>Election Day</td>
</tr>
<tr>
<td>7</td>
<td>ISD 728 Multicultural Potluck at RHS from 5:30pm-7:30pm</td>
</tr>
<tr>
<td>7</td>
<td>Substance Use Prevention Coalition Youth E-Cig Use at the District Office at 6:00pm</td>
</tr>
<tr>
<td>14</td>
<td>Parent Education Seminar in the Media Center at 5:30pm</td>
</tr>
<tr>
<td>19</td>
<td>Band Concert in the PAC</td>
</tr>
<tr>
<td>22</td>
<td>No School/Staff Development Day</td>
</tr>
<tr>
<td>25</td>
<td>No School/Parent Teacher Conferences 12:00pm-7:00pm</td>
</tr>
<tr>
<td>26</td>
<td>No School/Fall Break</td>
</tr>
<tr>
<td>27</td>
<td>No School/Fall Break</td>
</tr>
<tr>
<td>28</td>
<td>No School/Thanksgiving</td>
</tr>
<tr>
<td>29</td>
<td>No School/Fall Break</td>
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December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>Building Futures Class of 2024 in the PAC and Commons at 6:30pm</td>
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<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>23</td>
<td>No School/Winter Break</td>
</tr>
<tr>
<td>24</td>
<td>No School/Christmas Eve</td>
</tr>
<tr>
<td>25</td>
<td>No School/Christmas Day</td>
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<tr>
<td>26</td>
<td>No School/Winter Break</td>
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<tr>
<td>27</td>
<td>No School/Winter Break</td>
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<tr>
<td>30</td>
<td>No School/Winter Break</td>
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<tr>
<td>31</td>
<td>No School/Winter Break</td>
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</tbody>
</table>

NHS, in conjunction with one of the local churches in Rogers, did Socktober drive where NHS member had to bring in new socks to help those in need. We collected 747 pairs of socks which were donated to CROSS.
Calling All Volunteers!
At RHS we have a variety of ways you can get involved.
- Supervise Lunches 10:40am-12:30pm
- We are looking for 2-3 volunteers for our McDonald’s Fundraiser Dinner!
- 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

From the Health Office...

Health Awareness
Illness Reminder:
Influenza season has begun, so please use this questionnaire each day your child is sick with flu-like symptoms and follow the instructions for when to keep your child home. If your child has received the flu vaccine, he/she is much less likely to get sick. It is certainly not too late to get the vaccine this year. Getting a flu shot (or nasal spray) helps protect your child from getting the flu, so the flu won't be passed to people who risk getting very sick - like babies, elderly and people with chronic diseases.

Please refer to the additional guidelines below to prevent the spread of illness at school. If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, please notify your child’s school Health Office.

Just a reminder of the attendance procedure: A doctor’s note is required for absences that extend beyond three consecutive days or ten total absences due to medical reasons. The doctor’s note must be provided within three days of the request.

Students should stay home from school when:
- A fever (100 degrees or higher)
- Vomiting or diarrhea
- Rash
- Infection requiring antibiotics

Students can return to school when:
- No fever for 24 hours without the use of medication and well enough to participate in school
- No vomiting or diarrhea for 24 hours after the last episode and ability to keep food down
- Rash is cleared by a physician
- 24 hours after first antibiotic dose or as directed by a physician
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.

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.

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 kids stay on track and be successful.

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.

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.

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
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 your 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.

November Time  College
5 12:45PM  Milwaukee School of Engineering (WI)
6 9:00AM  Anoka-Ramsey Community College (MN)
6 12:45PM  Michigan Technological University (MI)
7 12:45PM  Northland College (WI)
8 1:30PM  Augsburg University (MN)
12 1:30PM  Vermillion Community College (MN)
14 1:30PM  University of Wisconsin—Eau Claire (WI)
18 12:25PM  ART & DESIGN—University of Wisconsin—Stout (WI)
18 12:45PM  University of Wisconsin—Stout (WI)
19 1:30PM  Saint Cloud State University (MN)

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 him 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.

Sign up for College Visits at RHS

Students in Grades 10-12 are invited to attend college visits in the College & Career Center when local reps visit RHS. Students can sign up HERE and they will receive a college visit pass the day of the visit.
Rogers High School Presents

Inspired by and featuring the songs of ELVIS PRESLEY®

ALL SHOOK UP

The Music of Elvis Presley®

book by Joe DiPietro

November 1st @7pm, November 2nd @ 2pm & 7pm, November 3rd @ 2pm

Tickets available at www.greateventseats.com/Rogers

All Shook Up is presented through special arrangement with and all authorized performance materials are supplied by Theatrical Rights Worldwide, 1180 Avenue of the Americas, Suite 640, New York, NY 10036.

(866) 378-9758

www.theatricalrights.com
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>
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<tr>
<th>Date</th>
<th>Exam Start Time</th>
<th>AP Exam</th>
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<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>
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<tr>
<td>Wednesday, May 6th</td>
<td>7:30 AM</td>
<td>AP English Lit &amp; Comp (Gr 12)</td>
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<tr>
<td>Thursday, May 7th</td>
<td>7:30 AM</td>
<td>AP Chemistry</td>
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<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>
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<tr>
<td>Monday, May 11th</td>
<td>7:30 AM</td>
<td>AP Biology</td>
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<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>
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<tr>
<td>Thursday, May 14th</td>
<td>11:30 AM</td>
<td>AP Macroeconomics</td>
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<tr>
<td>Friday, May 15th</td>
<td>11:30 AM</td>
<td>AP Statistics</td>
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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.
STRONG SCHOOLS. STRONG COMMUNITIES.

On November 5, 2019, residents of ISD 728 will decide whether to increase school funding through two referendum questions:

▶ Question 1: Funds to address high class sizes, school materials, student support and academic programs.
▶ Question 2: Funds to address enrollment growth, building maintenance needs, flexible learning spaces and facility inequities.

VOTE EARLY IN PERSON

EARLY VOTING BEGINS
SEPTEMBER 20, 2019

You no longer need a special reason to vote absentee or to take advantage of early voting!

Vote early at:

SHERBURNE COUNTY GOVERNMENT CENTER
13880 Business Center Drive NW
Elk River, MN 55330
763-765-4351

Monday-Friday: 8 a.m. to 4:30 p.m.
Saturday, Nov. 2: 10 a.m. to 3 p.m.
Monday, Nov. 4: 8 a.m. to 5 p.m.

VOTE EARLY BY MAIL

REQUEST AN ABSENTEE BALLOT APPLICATION

Call: 763-765-4351
Visit: www.isd728.org/AbsenteeBallot

to download the application.

RETURN BALLOT APPLICATION

By mail:
Sherburne County Government Center
Auditor/Treasurer Department
13880 Business Center Drive NW
Elk River, MN 55330

By fax:
763-765-4400

By email:
elections@co.sherburne.mn.us

Once the county receives the application, the ballot materials will be mailed to you.

RETURN BALLOT BY MAIL

▶ You will need a witness when you vote and complete your ballot. The witness can be either a registered Minnesota voter or a notary.
▶ Mail the ballot and forms back right away after you finish. Your ballot will not count if it is received after Election Day.

VOTE ON NOVEMBER 5!

POLS WILL BE OPEN
7 A.M. TO 8 P.M. ON
NOVEMBER 5, 2019

Your polling location is based on your residence and may be different from previous elections.

For a list of polling locations visiting www.isd728.org/Polling-Locations.

Visit www.isd728.org/PollingPlace
or call 763-765-4351 to find your exact polling location.

LEARN MORE!
Learn more about voting — including how to register — at www.mnvotes.org.
**Athletics/Activities**

[Image: Royal Happenings—November 2019]

**One Act Play**
The One Act Play season begins with Auditions and Callbacks November 19-21st. 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 [anne.konkol@isd728.org](mailto:anne.konkol@isd728.org) or see her in room A103.

Winter Sports Registrations should be complete at least one week prior to the sport start date!

**Preseason Winter Sport Meetings!**

| Girl’s Hockey—Contact Coach Wesloh with questions at [joel.wesloh@isd728.org](mailto:joel.wesloh@isd728.org) |
| Boy’s Hockey—TBD |
| Boy’s Basketball—11/4 @ 6:00pm G203 and Media Center |
| Girl’s Basketball—11/4 @ 6:00pm C101/103 |
| Wrestling—11/4 @ 6:00pm Choir Room |
| Nordic Skiing(co-op with ER)-11/4 Elk River Zabee Theatre @7:00PM |

**WINTER SPORTS REGISTRATION IS OPEN!**
Click [HERE](https://www.gorogersroyals.com) to register!

**Winter Sports Start Dates**

- **11/11**
  - Girl’s Gymnastics
  - Boy’s Hockey
  - Girl’s Basketball
  - Nordic Skiing (co-op with ER)

- **11/18**
  - Wrestling
  - Boy’s Basketball
  - 11/25
  - Boy’s Swimming (co-op with ER)

**CONGRATULATIONS** to Alex Heidorn for qualifying for the Cross Country State Tournament! Good Luck!!

**Knowledge Bowl**

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