

RFHS

# Ingot Insider

March 3, 2024



School Day SAT

3/13/24

All 11th graders

Required for Graduation!

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March 3, 2024

**Stop by to see inspiring women's Instagram pages!**



**Women  
Who Advocate  
for Equity,  
Diversity, and  
Inclusion**

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March 3, 2024

# Women's History Month

Women Who Advocate for Equity.

Diversity and Inclusion

When the permanent Human Rights Commission convened in the fall of 1946, it promptly elected Eleanor Roosevelt as its chair. For the next two years, ER dedicated most of her energy to commission duties. This required fierce patience and determination.



“Women are like teabags. We don’t know our true strength until we are in hot water.” – Eleanor Roosevelt (1884-1962), political figure, diplomat, activist, First Lady.



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# Band Solo & Ensemble Results

Aaron Scheidt bari sax solo - Gold with Distinction

Matthew Fragoso timpani solo - Perfect Score & Gold with Distinction

Matthew Fragoso snare solo - Gold with Distinction

Matthew Fragoso marimba solo - Gold

Percussion Ensemble - Perfect Score & Gold with Distinction



Percussion Ensemble members:

Tristen Taylor, Ariana Burgos, Matthew Fragoso, Sam Fine,  
Lindee Trezak, Geddy Trezak, Braylon Smith, David Rust, Aaron  
Scheidt, Hunter Kapitan, Harley Kapitan, Tyler Allen.

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In dual credit Chem II, students collaborate to solve equations



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In the weight room, students demonstrate proper form



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Prom 2024

Masquerade Mystique

may 11, 2024

tickets on sale soon!

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March 3, 2024

# Surf's up!!

## National Breakfast

## Week March 4 - 8





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February 25, 2024

## FREE FAFSA ( FREE APPLICATION FOR FEDERAL STUDENT AID ) COMPLETION EVENT

River Forest High School

FAFSA Workshop Event

Thursday, March 14, 2024 | Join us from 5-7pm!



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February 25 2024



Here Comes The Bus®



River Forest Community School Corporation  
Home of the Ingots

## Here Comes the Bus

A School Bus Tracking App for Parents

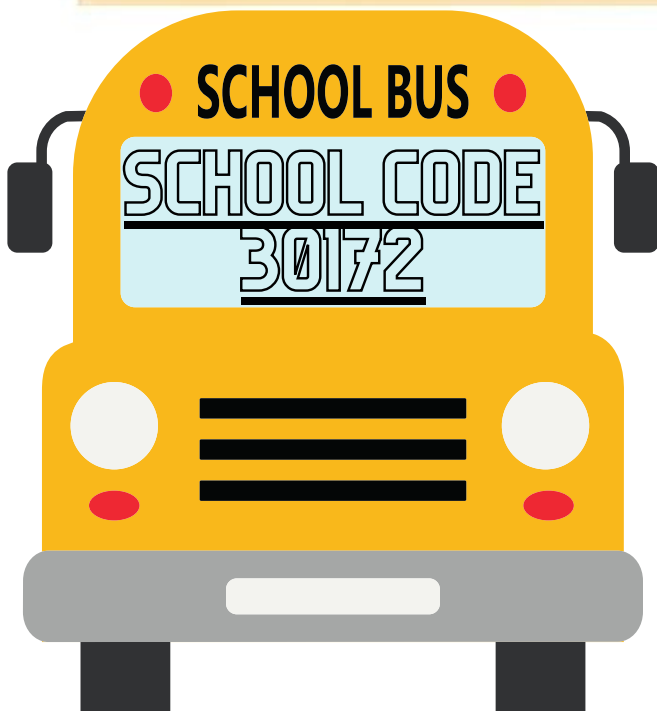
### Tracking Features

Shows the real-time location of your child's bus on a map

Gives scheduled and actual arrival times at home and school for bus routes

Provides push and email notifications when the bus is near

**RIGHT BUS.  
RIGHT STOP.  
RIGHT TIME.**



*Click here for  
more info y  
por  
instrucciones  
en Espanol*

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February 25, 2024

**CLASS OF  
2024**

we are excited to celebrate  
with the class of 2024 and  
the semester will go  
quickly--please check  
emails for expectations!



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**CLASS OF**  
**2024**

End of Year Events:

Elementary School Parade

Senior Sunset

Pass the Torch

Senior Pictures

**GRADUATION!**



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SAVE  
THE DATE!



graduation

June 4th

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**ANNOUNCEMENT OF NEW ATHLETIC  
WEBSITE!!!!**



**Please click on the link below to use the new RF athletic website. It is easier than the previous website to navigate and shows the weekly/daily game and practice schedule.**

**<https://riverforestingots.com/>**

**New Twitter Handle: @RFCSCAthletics**

**New Facebook page to come:  
[facebook.com/RFCSCAthletics](https://www.facebook.com/RFCSCAthletics)**

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## ORDERING INFORMATION FOR CAPS AND GOWNS!

SEE YOUR  
SCHOOL  
COUNSELOR  
IF YOU  
MISSED THE  
MEETING OR  
HAVE ANY  
QUESTIONS!

PAYMENT PLANS  
ARE  
AVAILABLE!



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CLICK HERE



Harmony<sup>®</sup>

3

FOR FAMILY  
ACCESS



Linked Here:

"How To Guide"

for codes please email:  
sgould@rfcsc.k12.in.us  
mcruz@rfcsc.k12.in.us



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Curricular Materials  
Test Prep  
Social Media Safety



PARENT & FAMILY  
**SUPPORT**

**HUB**

**GRADES 9-12**

[Click here for support  
and tools from the DOE](#)



Chromebook Help  
Guidance for English Language  
Learners

# Apples for the Students

*You can help our school earn  
FREE classroom equipment!*



CoCuorutretseys yO Off

**Strack & Van Til**  
food market

- Shop at Strack & Van Til Food Market and save receipts
- Receipts must be dated between **September 1, 2023 - March 31, 2024**
- Please drop off your receipts in our collection box at school by **April 8, 2024.**

For more information visit: [www.aftsSVT.com](http://www.aftsSVT.com)

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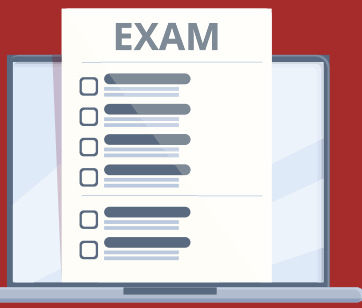
## PARENT ADVISORY COUNCIL



*Interested,  
involved  
parents, please  
contact Mrs.  
Mlynarcik*

### Research Shows:

Students whose parents stay involved in school have better attendance and behavior, get better grades, demonstrate better social skills and adapt better to school



# DAILY SCHEDULE

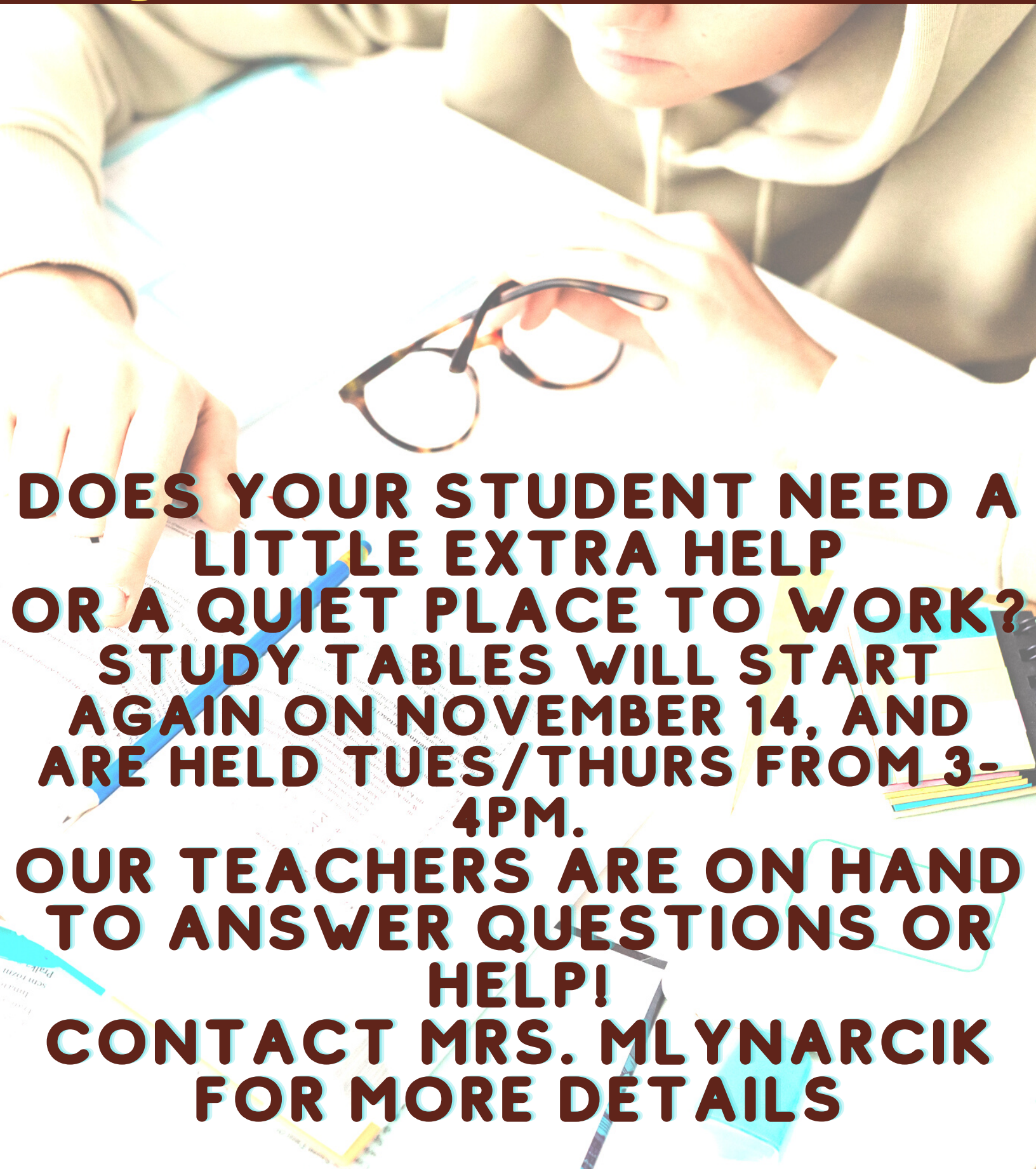


## TRADITIONAL WITH LATE START

*please help us ensure students get  
their full educational experience by  
encouraging timeliness*

- *M/T/Th/F: 7:50-2:41*
- *Wednesday 8:30-2:41*
- *No supervision is available for students dropped off before 7:15*
- *Lunch and student resource time will be held from 10:22-11:22*
- *No students are to remain on campus after 3pm unless they are supervised by an adult*
- *Students who attend the Boys and Girls club must ride the bus and leave immediately after school*

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**DOES YOUR STUDENT NEED A  
LITTLE EXTRA HELP  
OR A QUIET PLACE TO WORK?  
STUDY TABLES WILL START  
AGAIN ON NOVEMBER 14, AND  
ARE HELD TUES/THURS FROM 3-  
4PM.**

**OUR TEACHERS ARE ON HAND  
TO ANSWER QUESTIONS OR  
HELP!**

**CONTACT MRS. MLYNARCIK  
FOR MORE DETAILS**

# NWI.LIFE



## #1STUDENTNWI: HOMECOMING FESTIVITIES WITH THE RIVER FOREST INGOTS



By: Madison Gaskins

Last Updated: October 3, 2023

Facebook | Twitter | LinkedIn | Email | Print

# RF in the news!

*Substitute Teachers*

*Needed!*

**Make your own schedule!**

**"Front row seat" to your  
students' education!**

*Apply  
Now*

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## REASONS TO BE IN SCHOOL EVERY DAY

### 1. Better grades.

The better your attendance, the higher your grades.



**2. Less stress.** When you miss school, you have lots of assignments to make up. That's stressful.

**3. You learn more.** Learning a little every day in class is much better than having to learn everything you missed on your own.

### 4. More likely to graduate.

Students who have poor attendance are less likely to graduate.



### 5. Time with friends.

When you are at school, you can spend time with friends (and make new ones).

### 6. Good habits.

You'll develop good habits for success—like showing up every day and being on time.



For more on the importance of attendance, watch this video!

VIDEO

**7. Mentors.** Your school is full of people who can offer you advice and guidance, like your teachers and counselor. If you aren't at school, you won't get the chance to develop relationships with the people who are there to help and support you.

### 8. Preparation for your future.

The knowledge you gain and the skills you develop in school will help you be successful throughout your life.



**9. Personal development.** The more you're in school, the more you learn. And the more you learn, the more intelligent, interesting, and capable you become.



**10. Pride.** When you're succeeding in your classes, your parents and teachers are proud of you. But most importantly, you feel proud of yourself—and that's a great feeling!



# Need SAT prep?

## Steps to Link College Board and Khan Academy® Accounts

View a [short video](#) about the linking steps.



### Step 1

Students log in or create a Khan Academy® account at [satpractice.org](https://satpractice.org).

### Step 2

When prompted, students can agree to link their Khan Academy® and College Board accounts.

### Step 3

Students sign in or create a College Board account.

### Step 4

When prompted, students click "Allow" to authorize the account linking.

### Step 5

Students start practicing on Official SAT® Practice on Khan Academy®!



**Free, personalized SAT tutoring  
for all sophomores, juniors, and  
seniors!**

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**MEDIA CENTER  
NEWSLETTER**

**January/February  
Edition**

***linked here!***

# RFHS Ingot Insider

## Virtual School

is now only an option in pre-approved, medically necessary circumstances.

Please know we are still dedicated to educating all students and can make arrangements on an individual basis.



## PATH to help support the classes of

2026 and 2027 in their high school careers!

We will be discussing graduation pathways, future planning, and executive functioning skills!

Flexible Schedules!  
Substitute teachers, bus matrons, and paraprofessionals are needed at RFHS!



# Lake Station Club

## Open House



**Please come take a tour and hear what your new Club is all about!**

**Thursday, August 3rd.**

**Open for tours from 5:30pm to 7:30pm**

**2460 Vermillion St. Lake Station, IN 46405**



**Annual Membership only \$40**  
**(assistance available based on need)**

Safety is our number one priority. Come hear how our Safe Passage Policy keeps our members / your children out of harm's way.

There will be Staff at the new Club to take memberships and answer questions starting Monday, August 7th

The Club will be open every day after school until 6:30pm (6:00 on Fridays) with transportation provided from all Lake Station schools!

**Call the Club at 963-9200**

For more information or to download a membership application, go to [bgcgreaterwi.org](http://bgcgreaterwi.org)





**BOYS & GIRLS CLUBS  
OF GREATER  
NORTHWEST INDIANA**

Affordable after  
school activities  
for middle and high  
school students!

transportation provided from

RF

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**Breakfast  
and lunch  
are free for  
all  
students at  
RFHS.**

**call Nick  
Alessandri at  
219.962.7551 if  
you have any  
questions.**

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## Cafeteria Fast Facts

Nicholas Alessandri  
Director of Food Services

[nalessandri@rfcsc.k12.in.us](mailto:nalessandri@rfcsc.k12.in.us)



[Click Here for Menus](#)

[Click on the fruit  
for the full food  
service site](#)



# RFHS Ingot Insider

River Forest Community School Corporation  
Free/Reduced Meal Program

## It's more than an application!

Completing the Free/Reduced Meals application is helpful beyond free and discounted meals for students. Your completed application ensures continued funding to support your student and all students in our district.



### Internet Access

Some organizations offer low or no cost in home WiFi to families who receive Free/Reduced benefits.



### Meal Benefits

Students receiving Free/Reduced benefits enjoy breakfast and lunch every school day at little or no cost. Families who are not directly certified may still qualify by submitting an application.



### Curricular Fees

Many families who receive Free/Reduced benefits are also eligible for textbook assistance. This helps offset a portion of the cost for your child's annual curricular material fees.



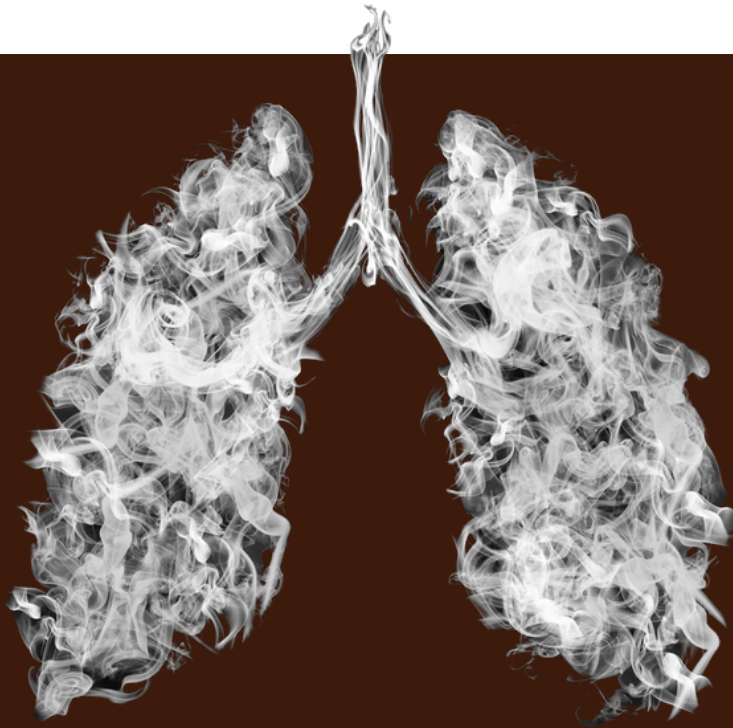
### College Aid & Programs

Students may qualify to participate in college prep programs such as 21st Century Scholars and the PNW TRIO program. Many college scholarships are need-based, and organizations will use Free/Reduced Meal status as a factor.



Submit your Free/Reduced Meal application online today at <https://riverforest.familyportal.cloud/> or scan the QR code with your mobile device to apply.

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**Vaping nicotine and marijuana is both hazardous to your students' health, but it is also grounds for suspension. Read about the risks here.**