

RFHS

Ingot Insider

February 25, 2024



School Day SAT

3/13/24

All 11th graders

Required for Graduation!

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The African Diaspora is the voluntary and involuntary movement of Africans and their descendants to various parts of the world during the modern and pre-modern periods.

Cassandra Gillans



BLACK HISTORY MONTH 2024

The African Diaspora and the Arts

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Black History is American History Not Ancient History



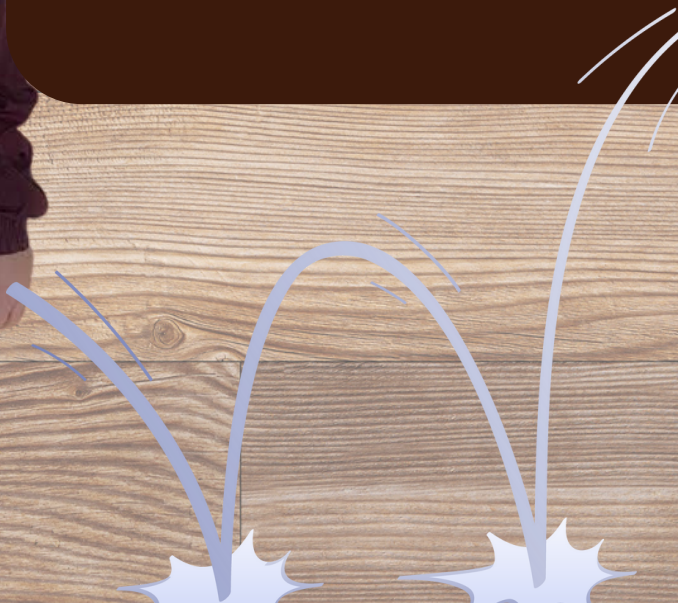
Ruby Bridges, shown here in 1960 and today, reminds us that the fight for equal rights has happened in recent generations and continues today!

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**CONGRATS TO COACH
MCKIM AND THE BOYS
BASKETBALL TEAM
FOR WINNING THE
ANNUAL
SPORTSMANSHIP
AWARD!**



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*Congrats
to Jaína for
another
GOLD!*



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Good luck to
Madison Roach
as she commits
to continue her
education and
softball career
at Ancilla
College!!



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Prom 2024

Masquerade Mystique

may 11, 2024

tickets on sale soon!

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BOYS BASKETBALL

Post-Season Begins
the week of February 26th
with sectionals at Calumet.
RF v. Calumet Tuesday 7:30



[Click here for brackets](#)

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Surf's up!!

National Breakfast Week March 4 – 8



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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

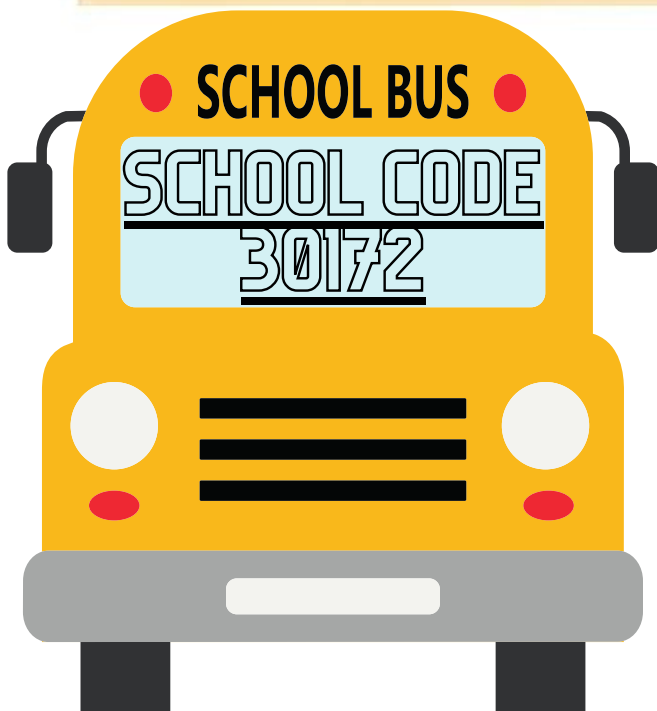
Tracking Features

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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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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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!

It's Not
Too Late!

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CLICK HERE



Harmony[®]

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



GRADES 9-12

PARENT & FAMILY
SUPPORT HUB

[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

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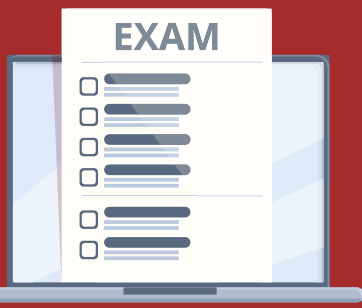
PARENT ADVISORY COUNCIL



***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

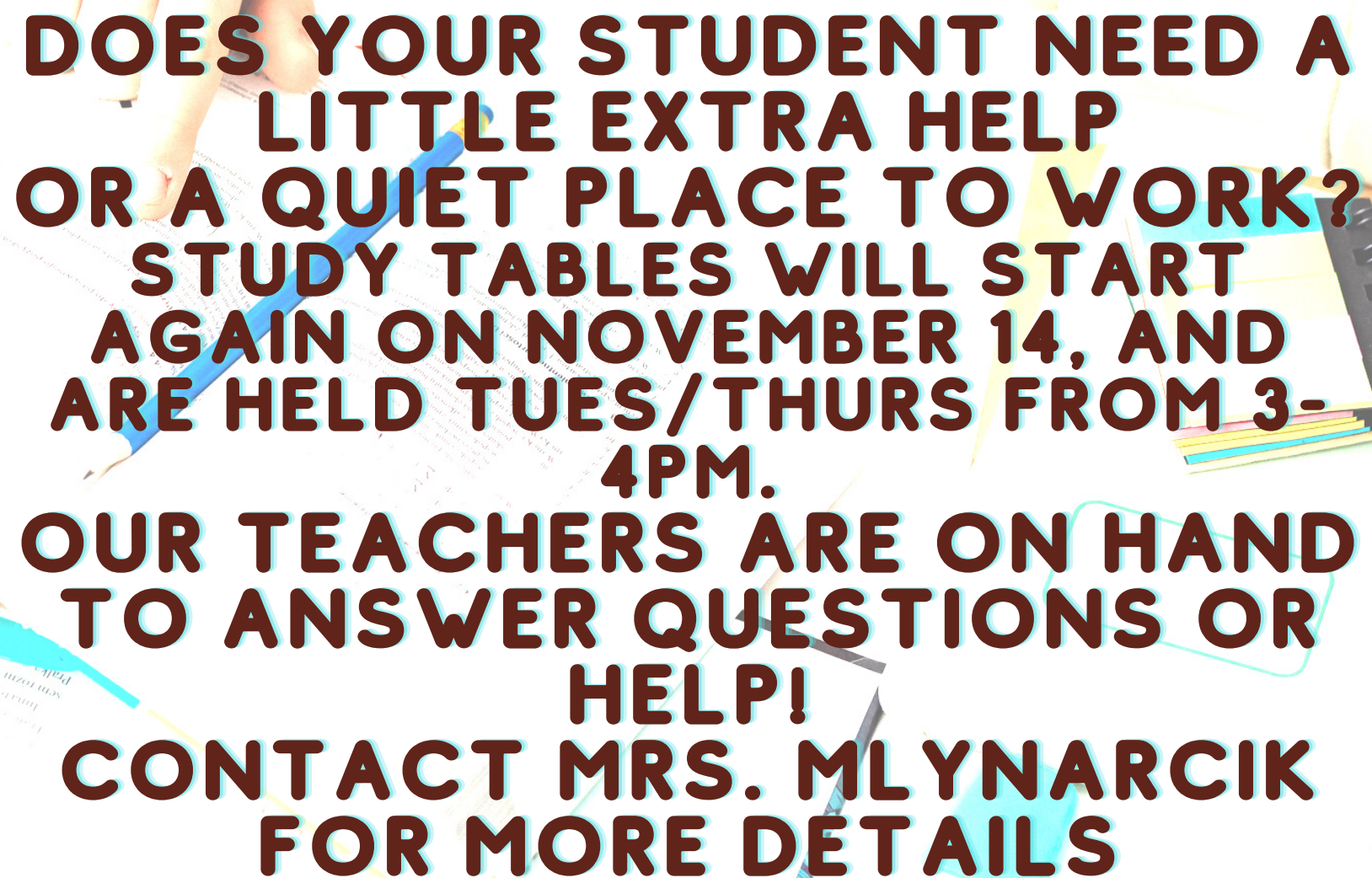


TRADITIONAL WITH LATE START

*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



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.



VIDEO

For more on the importance of attendance, watch this 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!

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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.

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!

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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



BOYS & GIRLS CLUBS
OF GREATER
NORTHWEST INDIANA



**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.**

Cafeteria Fast Facts

Nicholas Alessandri
Director of Food Services

nalessandri@rfcsc.k12.in.us



[Click Here for Menus](#)

**Click on the fruit
for the full food
service site**



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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.



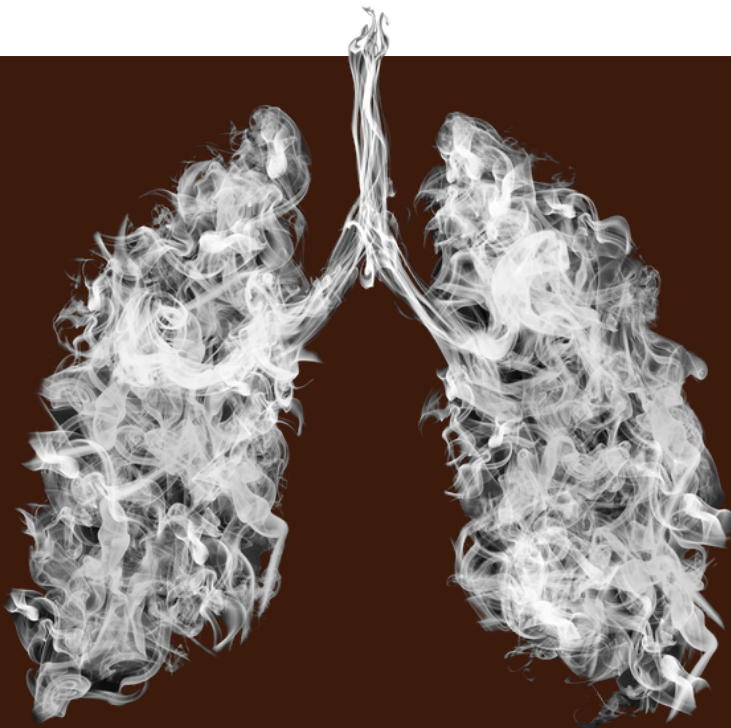
College Aid & Programs

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.