

# ROCKBRIDGE COUNTY HIGH SCHOOL COMMUNITY NEWSLETTER

Quarterly Issue: 4th 9 Weeks Edition



**Welcome to our quarterly Community Newsletter. We want to keep our community (parents, students, community partners) involved and informed about all things RCHS! We will continue this newsletter next school year**

## Mental Health Campaign

**Spotlight:** This semester, our primary focus has been on promoting mental health and wellness among students and staff. Various initiatives have been implemented, including mental health posters, awareness tables, mental health boards, recognition of Mental Health Champions, and upcoming events like the Mental Health Fest scheduled for April. These efforts have been instrumental in highlighting the importance of mental health within our community.

## Creating a Welcoming Environment

This semester, we have dedicated our efforts to transforming our school's ambiance and fostering a welcoming atmosphere for our students and families. Key changes include the introduction of a Community Table in the Front Office, which offers vital community information and this newsletter. Moreover, artificial plants have been strategically placed in the hallways, Commons, Library, and School Entrance to enhance the aesthetic appeal and contribute to improving mental health. Additionally, we have installed important Mental Health and Attendance posters to increase awareness and incorporated additional decor in the Commons and Library to create destressing spaces for students.

Stay tuned for more changes as we create a more welcoming environment for ALL!

## Important Dates

April 1-5 Spring Break (no school)  
April 11 Mental Health Fest  
April 12 Yearbook Orders due  
April 20 PROM  
April 20 PROM After-Party  
April 29 MainStreet View Hiring Expo / Job Fair  
May 16 Academic Awards  
May 17 Senior Trip  
May 21 Senior Night  
May 21 Graduation Practice  
May 22 Senior Picnic  
May 23 Graduation  
May 23 Last Day of School

Please see school website for more important dates / information



## Other Events

**-Free Wellness / Yoga classes every Thursday, open to all, in the Cafeteria, 3:45 - 4:30 PM**

**\*Please check Website for more events as the 9 weeks progresses**



# WILDCAT VIPS SPOTLIGHT



## Community Schools Mental Health Champions

This semester we continue to celebrate the special work of all our staff to promote mental health and wellness in our school. We specially recognize the efforts of the following individuals for going the extra mile:



### Ms. Stutsman and Mr. Hinkle

Alt-Ed Educators, from their daily encouragement to helping students with food, hygiene, and other needs, their exceptional work has not gone unnoticed. Alt-Ed students worked together to create our beautiful Mental Health and Wellness Board in front of the library.



### Ms. Hostetter and Ms. Burks

Library: Created a destressing space for students, full of plants, comfortable sitting options, and destressing activities. Expansion of the Maker's Bar where students can relax during a busy day, with teacher permission. With their help, we were able to add more than a dozen new titles on Mental Health and Wellness topics available to ALL wildcats.



### Counseling Dept + School Psychologist + TDT Clinicians

We recognized the efforts of our wonderful counseling Dept. school psychologist and TDT Clinicians for their daily support of our students: Mr. Edwards, Ms. Walker, Ms. Little, Ms. Bailey, Ms. Camden, Ms. Kirby, Ms. Coffey, Ms. VanRavenswaay, Ms. Bronaugh, thank you all for your hard work and dedication!

## WE NEED VOLUNTEERS, CALLING ALL PARENTS AND STUDENTS

**Are you looking for opportunities to help your community?** Help our **Food for Thought School Pantry!** Volunteer your time and help distribute food to our families in our end of the month drive-up events, among other things.

Please contact Mr. Rodriguez, Ms. Hayslette, or one of our Food for Thought interns for more information

Mr Rodriguez : [jatniel\\_rodriguez@rockbridge.k12.va.us](mailto:jatniel_rodriguez@rockbridge.k12.va.us)

Ms. Hayslette: [sdhmama@gmail.com](mailto:sdhmama@gmail.com)

Call: 540-463-5555



Engage with our school, make your voice heard: **JOIN OUR PTSA!!!** We are looking for new members, contact the **front office for an application!**





## RCHS Attendance

Attendance is very important. Please remember that when your student is absent you must: send us a note, email, or call (please still send a note). Don't wait!

**Did you know?** Students become chronic absentees at **18 absences**, excused or unexcused. At 18 absences they have missed over 10% of the school year's content.

**Some strategies to keep students in school:** Try to set up appointments before or after school. Encourage your students to attend school everyday. IF your student is struggling with attendance, talk to someone in the attendance team, we'll be happy to help you!

## FREE assistance for students and families

We currently offer:

- food** daily and monthly (drive-up event) via Food for Thought Pantry, QR Code
- hygiene products** for students via the Hygiene Hub, QR Code
- snacks** for after school tutoring
- **clothes / Prom attire**, Cinderella Project / Closet
- **heating / cooling products**, such as radiators and fans, message Mr. Rodriguez and more, ask Mr. Rodriguez

## FREE Wellness / Yoga Classes every Thursday

Every Thursday we offer FREE Wellness / Yoga classes in our Cafeteria Area from 3:45 - 4:30 PM. **Open to all students, staff, families, and the community. FREE.**

We encourage you to bring a yoga mat, but if you don't have one we should have plenty to spare.

Classes are offered by **Center of Gravity** instructors.

Come by to the next 4 classes for a chance to win a NEW Yoga mat!

**YEARBOOK  
ORDERS ARE  
DUE FRIDAY,  
APRIL 12.**

Order online at [yearbookordercenter.com](http://yearbookordercenter.com)  
**SCHOOL CODE: 13788**  
or come by room 114 for an order form.



## Stay Informed with the Newsletter:

This newsletter is a new initiative to connect with our community. We will make our best efforts to send out the newsletter in a quarterly basis to keep our parents and community informed! Want to collaborate / have ideas on community engagement opportunities?

Please send suggestions to:

[jatniel\\_rodriguez@rockbridge.k12.va.us](mailto:jatniel_rodriguez@rockbridge.k12.va.us)

