

RFHS

Ingot Insider

January 12, 2026



NO SCHOOL MON 1/19/26

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Winter Spirit Week

January 26-January 30

Celebrating basketball and wrestling!

Monday: Onesie Day

Tuesday: Throwback Day

Wednesday: Holidays

Thursday: Frat Boy

Friday: Cardinal & Gold



STUDENT SPOTLIGHT



This young lady certainly lives up to her name! Elite is not only always on time to English class, she helps monitor the hallways to make sure stray freshmen get into class on time. She is always thoughtful in her school work and eager to help others in class.

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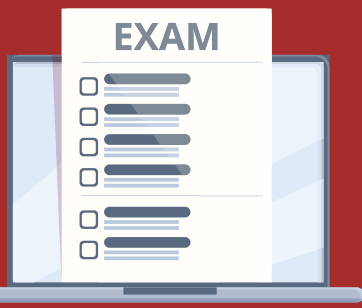
***SENIOR GEAR IS HERE!
PLEASE SEE GUIDANCE
IF YOU HAVE AN ORDER
TO PICK UP!***

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**Please remind students
that no personal
electronic devices will
be allowed in any
instructional setting**



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***
- ***Lunch: 10:51 or 11:40***
- ***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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RFCSC is proud to offer free
breakfast and lunch in 25-26!

All students qualify, but your
help is needed to continue our
ability to offer this amazing
service



Curricular
Materials
Application



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.



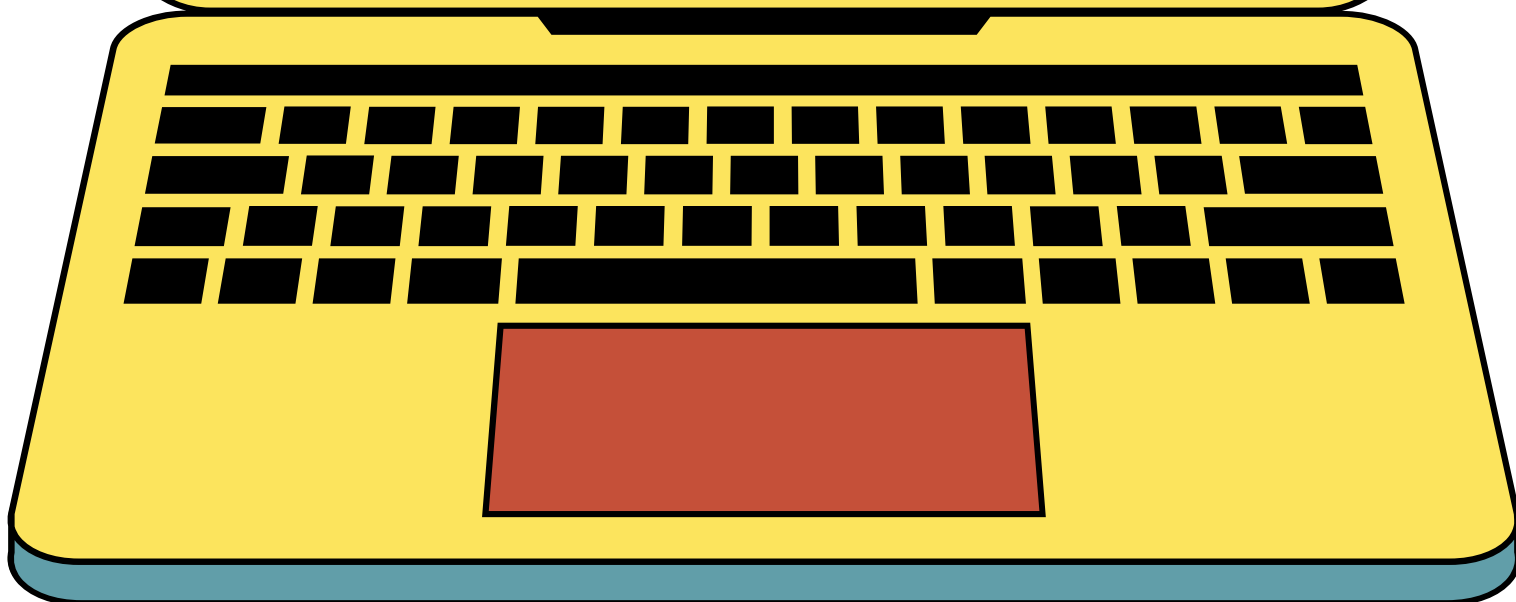
9. Personal development. The more you're in school, the more you learn. And the more you learn, the more intelligent, interesting, and capable you become.



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!

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Please return the
handbook and
technology.
acknowledgment form
ASAP!!



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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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click 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.

**WELCOME
PATH to help
support students 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!





**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.



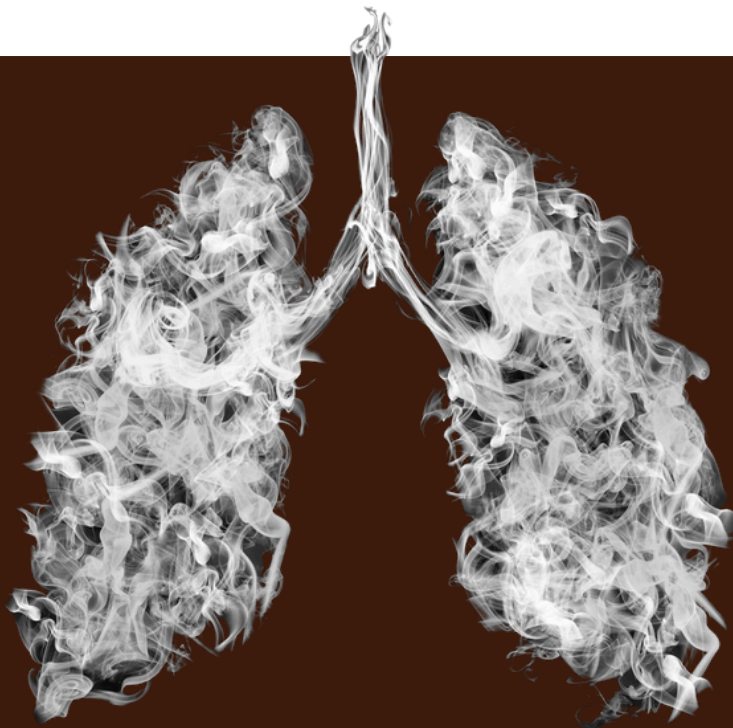
College Aid & Programs

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.