



JUNIOR HIGH

ROCKET

NEWSLETTER

OCTOBER 18TH, 2026

WEEKLY REMINDERS:

Mon Oct. 19th

- **Basketball (G-JH) @ Home**

Tue Oct. 20th

Wed Oct. 21st

- **FCA @ 7:20 am**
- **Basketball (G-JH) @ Monmouth - Roseville**

Thur Oct. 22nd

- **Art Club @ 3:15 pm**

Fri Oct. 23rd

Dear Parents and Guardians,

Welcome to another exciting week at Rockridge Junior High! We are aware that some of our first-quarter report cards did not send properly on Friday, and we will be resending those report cards home to families on Monday. Additionally, a quick reminder that Parent-Teacher Conference sign-ups are officially open in Lumen. Our Junior High holds group conferences where all teachers will be present, so please select just one time slot for your student.

Looking a bit further ahead, please mark your calendars for our Junior High Dance coming up on Friday, November 13th!

In this week's issue, our RJH Student Council is kicking off their annual Butter Braids and Cookie Dough fundraiser. Orders are open through November 3rd, with proceeds helping fund student field trips, MAP rewards, and other essential school needs.

Finally, 2026-2027 yearbooks are now officially open for order through March 2027 for \$25 each. Thank you for your continued support and partnership as we navigate another productive week together!

Sincerely,
Mrs. Corlett

IMPORTANT LINKS

- [Lumen](#)
- [JH Morning Announcements](#)
- [Student handbook](#)
- [Music Newsletter](#)
- [JH/HS Event Calendar](#)

REACH *higher.*
RISE *stronger.*
REPRESENT *with pride.*

R
ROCKRIDGE
JR. HIGH



ROCKRIDGE *Jr. High*

— STUDENT COUNCIL —

FUNDRAISER

SUPPORT OUR STUDENTS ★ BUILD A BRIGHTER FUTURE

Help us raise funds for field trips, MAP rewards,
and other important school needs!

BUTTER BRAIDS®

Delicious. Easy. A sweet way
to support our school!



COOKIE DOUGH

Keep your freezer stocked
with everyone's favorite!



FIELD TRIPS

Create lasting
memories



MAP REWARDS

Encourage
student success



SCHOOL NEEDS

Support our
Jr. High

SCAN HERE



to place your order!



END OF SALE

NOV. 3



DELIVERY DATE

NOV. 11



DONATIONS

ARE ALSO ACCEPTED!
Every little bit helps!



— Thank you —
FOR SUPPORTING ROCKRIDGE JR. HIGH!



IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL:

Ann Danner at adanner@rr300.org | or Gina Rowe at growe@rr300.org

Rockridge JH

YEARBOOK

\$25 each 26/27

yearbook

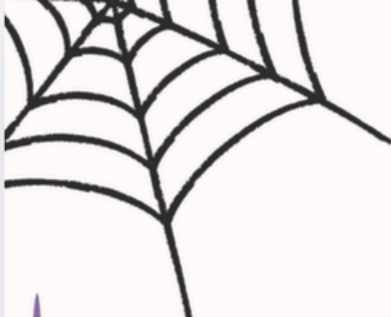
<https://www.inter-state.com/YearbookEntry/0715VB>

Scan me



ORDERS OPEN THROUGH
MARCH 2027





Pay \$1 to wear a
halloween costume

HALLOWEEN DRESS UP



OCTOBER 29

All proceeds go to the
Susan G. Komen Breast
Cancer Foundation



WINTER CHEER CLINICS & TRYOUTS

We will be hosting Winter Cheer Clinics and Tryouts next week! For this season, we will be cheering for home basketball games, home wrestling meets, and competitions!

clinic



OCTOBER 20

3:30-5:00

clinic



OCTOBER 21

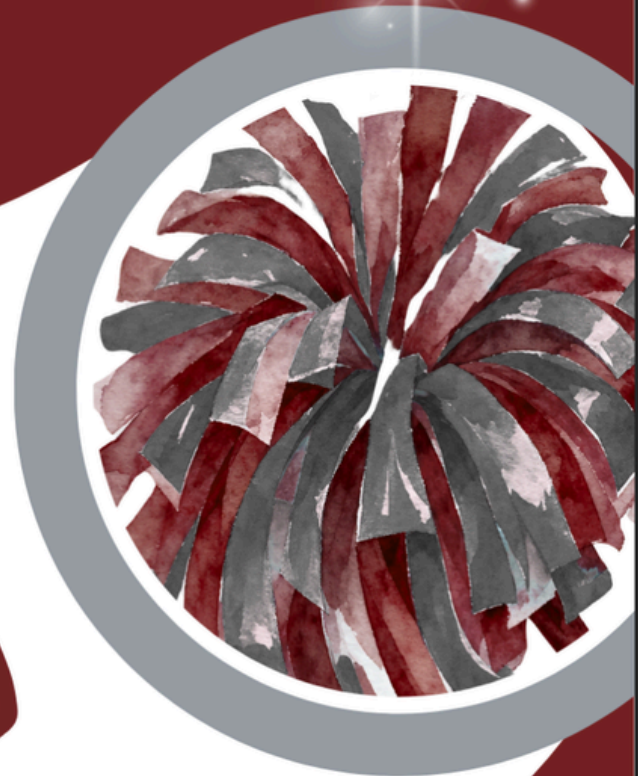
3:30-5:00

tryouts



OCTOBER 22

3:30-4:30



Any questions, contact:
Gracie Robinson or Kodi Kargl

HEALTHY SLEEP HABITS FOR TEEN SUCCESS: A GUIDE FROM THE NURSE'S OFFICE

THE SLEEP NEED METER

(Ages 11-18)

MIDDLE SCHOOL
(Grades 6-8):

Zzz³
9-11 HOURS



HIGH SCHOOL
(Grades 9-12):

8-10 HOURS

BUILDING A HIGH-PERFORMANCE ROUTINE



1. MINIMIZE SCREEN TIME
BEFORE BED



2. CONSISTENT SCHEDULE
(Same Sleep/Wake)



3. MINDFUL CALM-DOWN
(e.g., Reading, Journaling, Bath)



4. MINIMIZE CAFFEINE
(e.g., Coffee, Energy Drinks,
Pre-workout, Sodas)

2

IS YOUR TEEN SLEEP-DEPRIVED? (Signs)

Jittery



**Difficulty Retaining
Information**



**Poor Emotional
Regulation &
Decision Making**



**Anxiety &
Increased
Heart Rate**

**Severe Energy
Crashes & Fatigue**



ROCKRIDGE *School Break Planner*

2026-2027 SCHOOL YEAR

Labor Day	3 DAY WEEKEND SEPT 5-7 - NO SCHOOL
Columbus Day	3 DAY WEEKEND OCT 10-12 - NO SCHOOL
P/T Conferences	4 DAY WEEKEND OCT 30-NOV 2 - NO SCHOOL
Thanksgiving Break	5 DAY WEEKEND NOV 25-29 - NO SCHOOL
Christmas Break	14 DAY BREAK DEC 23-JAN 6 - NO SCHOOL
MLK Day	3 DAY WEEKEND JAN 16-18 - NO SCHOOL
President's Day	3 DAY WEEKEND FEB 13-15 - NO SCHOOL
Spring & Easter Break	8 DAY BREAK MAR 22-29 - NO SCHOOL

Rockridge Junior High School Upcoming Events

Oct 29, 2026

Parent- Teacher Conferences- 3:00-8:00 pm

Oct 30, 2026

Parent- Teacher Conferences-8 am - 1 pm

Oct 30, 2026

No School – P/T Conferences

Nov 2, 2026

No School – in lieu of P/T Conferences

Nov 13, 2026

Quarter 2 Mid-Term

Nov 25, 2026

No School – Thanksgiving Break

Dec 11, 2026

School Improvement Day – 11:30 dismissal

Dec 22, 2026

End of Second Grading Period – 1:30 dismissal

Dec 23, 2026

No School – Holiday Break



2026-27 Calendar



**CLICK HERE
FOR THE
DISTRICT
CALENDAR!**