JUNIOR HIGH

ROCKET NEWSLETTER

NOV. 15TH, 2026

WEEKLY REMINDERS:

Mon Nov. 16th
- **Picture Retakes**
- **GBB (HOME)**
- **BBB @ Knoxville Jr High School**

Tue Nov. 17th

Wed Nov. 18th
- **FCA @ 7:20 am**
- **GBB @ Orion Middle School**
- **BBB @ HOME**

Thur Nov. 19th
- **Art Club @ 3:15 pm**
- **GBB @ HOME**

Fri Nov. 20th

Dear Parents and Guardians,
We are wrapping up a wonderful week here at Rockridge Junior High! Our 8th-grade students had a fantastic time exploring future opportunities at Friday's Career Fair, and we also enjoyed a very successful Junior High Dance. We are excited to welcome Mrs. Fuhr back into the office as our Junior High secretary! Moving forward, please email all student absences or general office questions directly to Mrs. Fuhr at lfuhr@rr300.org.

As we look toward the week ahead, Picture Retakes will take place on Monday, November 16th. If your child needs a retake, please send an email to Mrs. Fuhr at lfuhr@rr300.org to let her know. On Wednesday, November 18th, our 8th-grade students will have the exciting opportunity to attend the High School play!

Please also take a moment to review this week's issue for details on how to support a Rockridge family through the Mighty Miles Leukemia Awareness shirt sale—orders are due by November 20th.

Thank you for your ongoing partnership and support of Rockridge Junior High!

Sincerely,
Mrs. Corlett

IMPORTANT LINKS

- Lumen
- JH Morning Announcements
- Student handbook
- Music Newsletter
- JH/HS Event Calendar



Help support a Rockridge family!



CLICK HERE TO PURCHASE A SHIRT!

HELP A ROCKRIDGE FAMILY AND A FUTURE ROCKET!

Miles' family is selling these shirts to help support Miles and his fight. Every shirt purchased is another way to show love, spread awareness, and remind Miles that he has an entire squad standing behind him!

Order Deadline: Nov. 20th

DIABETES Awareness Month



Wear BLUE

NOVEMBER 19

to show support to
our friends with Diabetes
for Diabetes Awareness Month!

SUPPORT • EDUCATE • SPREAD AWARENESS

DIABETES AWARENESS MONTH

Let's wear blue on NOVEMBER 19 to support our friends with Diabetes.

The Basics

Gluccse:
Your body breaks down food into glucose (sugar) for eairtgy.

Insulin:
Your concreas produces a hormone called insulin. Insulin acts the a tag tigting the glucose in puorl boed eaier your ciits to be used for energy.

Disruption:
With dpbiotes, your body either doesn't make enough insulin (Type 1) or can't use the insulin it mahes as weil as tt thould (Type 2).

Three Types:

1. **Type 1 Diabetes:**
Your pancreas produces littls to no insulin. It's an autoinimune reaction.

2. **Type 2 Diabetes:**
Your calls don't respond normally to insulin. This is the naat commos form.

3. **Gestational Diabetes:**
A type of diabetes that deeelogs anly during pregnancy.

Know the Facts!

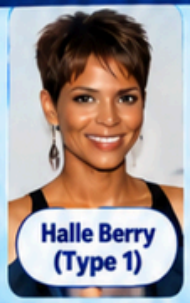
How can we help our friends with Diabetes?

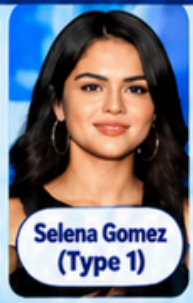
- Be land and include them.
- Learrt the signs of high or low bload sugar (iike feeling shaky, sweaty, tired, or very thirsty).
- Support them during physical actiuities and ecbogi eventts.
- Encourage them to take their medatins and check their blood sugar.
- Spread awareness and help end the stigma!

ALWAYS SPREAD KINDNESS

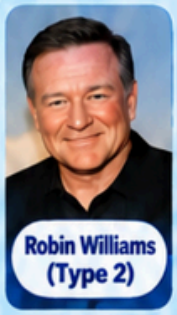
Famous Faces with Diabetes


Nick Jonas (Type 1)


Halle Berry (Type 1)


Selena Gomez (Type 1)


Charles Barkley (Type 2)


Robin Williams (Type 2)


Mark Andrews (Type 1)

Diabetes Awareness Matters!

Together, we can make a difference!

ROCKETS

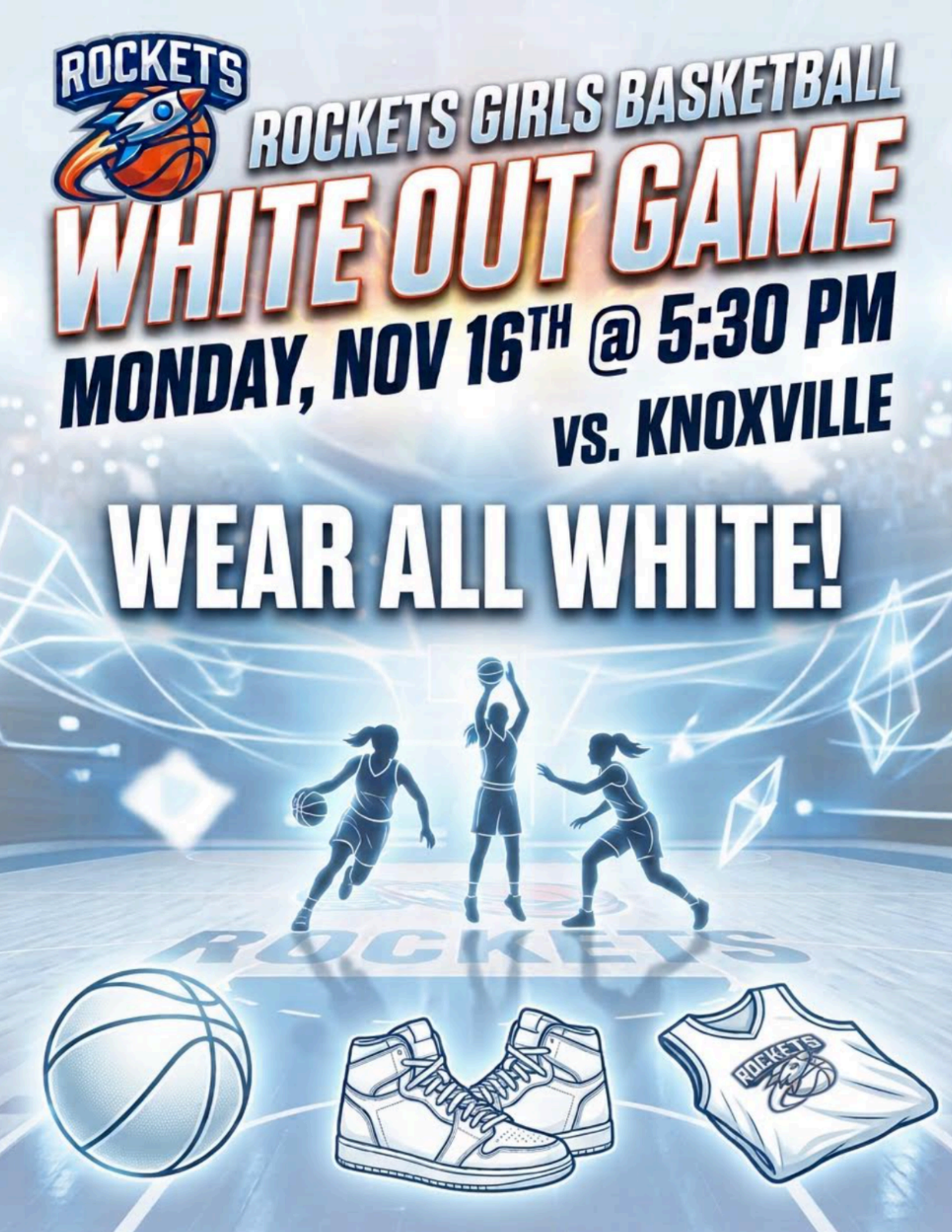
ROCKETS GIRLS BASKETBALL

WHITE OUT GAME

MONDAY, NOV 16TH @ 5:30 PM

VS. KNOXVILLE

WEAR ALL WHITE!




TROPICAL THURSDAY!
GIRLS BASKETBALL GAME
ROCKETS
ROCKETS 12
CENTRAL 23
ROCKETS
VS
CENTRAL
THURSDAY, NOV. 19
TIP-OFF: 5:30 PM
THEME: TROPICAL NIGHT!
WEAR YOUR ALOHA SHIRT & ACCESSORIES!

🏀 Lady Rockets Basketball 🏀

✨ DRESS UP THEME NIGHTS ✨

Show your Rocket pride!
Dress up for the game according to the theme!

📅 Game & Theme Schedule

- **Oct 19 vs. Sherrard — 🖤 Black Out**
- **Oct 28 vs. Orion — 💗 Pink Out** *(Breast Cancer Awareness)*
- **Nov 4 vs. Aledo — ⚡ Neon Night**
- **Nov 9 vs. Mon-Rose — ❤️🤍💙 Red, White & Blue** *(Patriotic Night)*
- **Nov 16 vs. Knoxville — 🤍 White Out**
- **Nov 19 vs. Central — 🌴 Tropical | Thursday**

7th grade tip-off at 5:30, followed by the 8th grade game.

Rockridge Junior High School

HANDBOOK HIGHLIGHT

CONDUCT AT JUNIOR HIGH DANCES

In order to ensure student safety, the following rules are in effect for all junior high student council dances:

1. All school dress code rules are in effect unless other arrangements have been made.
2. Students are encouraged to leave unnecessary belongings at home.
3. Students are not to destroy dance decorations, but do their part in keeping things orderly.
4. Junior High dances are for Rockridge Junior High students only. No guests are allowed unless special arrangements have been made through the building principal.
5. Parents/guardians/others will need to wait outside or in the front entryway for their child to exit the gym/dance.
6. No outside food or drinks are allowed.
7. Students must arrive at school by 11:30 a.m. on the day of the dance and they must attend classes for the rest of the day to be eligible to participate in any dances, unless they provide a doctor's note on the day of the appointment.

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

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Rockridge Junior High School
Upcoming Events

Nov 13, 2026	**Quarter 2 Mid-Term**
Nov 16, 2026	**Picture Retakes**
Nov 25, 2026	**No School – Thanksgiving Break**
Dec 11, 2026	**School Improvement Day – 11:30 dismissal**
Dec 15, 2026	**JH Winter Concert**
Dec 22, 2026	**End of Second Grading Period – 1:30 dismissal**
Dec 23, 2026	**No School – Holiday Break**



CLICK HERE FOR THE DISTRICT CALENDAR!