



**Rocky Mountain
High School**
1300 West Swallow Rd.
Fort Collins, CO 80526

Main Office Number
970.488.7023

Attendance Number (24 hrs)
970.488.7002

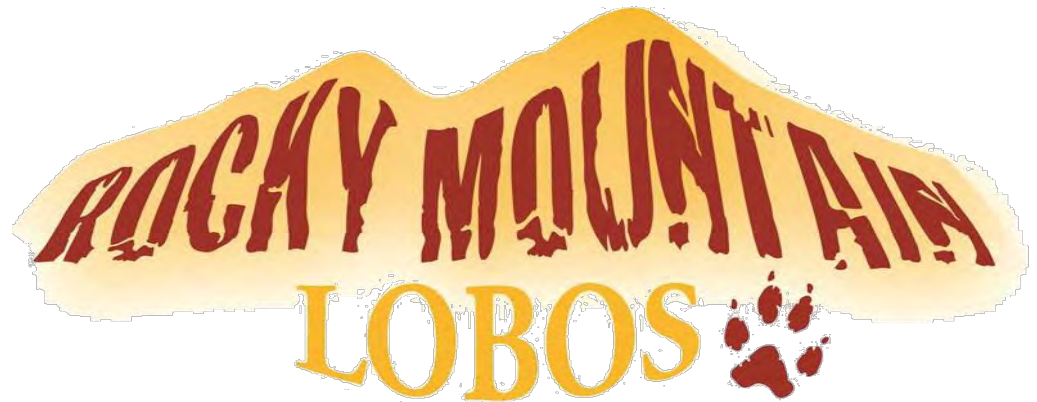
Athletics Number
970.488.7016

Student Services Number
970.488.7032

School Resource Officer
970.488.7013

Media Center
970.488.7040

Website
[http://eweb.psdschools.org/
schools/rockymountain/](http://eweb.psdschools.org/schools/rockymountain/)



LETTER FROM THE DEN

Before break, we finished our 18th Adopt a Family project and once again the teamwork, dedication and generosity of our staff and students amazed us! By Friday evening everything had been moved from classrooms to the commons. Each year we wonder if we can pull off getting all the donations the families need. That Friday, we marveled at Rocky's generosity. Each table was loaded with food, wrapped gifts, bedding, cleaning supplies, clothing, and toys for 78 families, including 338 people. Early Saturday morning, hundreds of eager volunteers showed up to help load everyone's vehicles. We saw adults who were overcome by emotion when they realized how many boxes were meant just for them. In most cases, we had to load extra cars and follow families to their homes because there was too much to fit into one car. Every homeroom, plus a variety of other groups in the school and community, made it happen. Thanks to the Front Office/Media crew, Student Services, and boys' basketball team for adopting families along with the homerooms. Donations of cash and gift certificates amounted to \$12,700. We estimate the food, clothing and household items collected were worth well over \$40,000.

continue on page 2

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Rocky Mountain High School - Home of the Lobos

Administrators and Dean of Students

If you need assistance from any of our administrators, please feel free to call or email.

Principal
Craig Woodall
488-7005
cwoodall@psdschools.org

Office Manager
Erin Murray
488-7015
emurray@psdschools.org

Assistant Principal
Brett Larsen
488-7007
blarsen@psdschools.org

Assistant Principal
Wayne Modellmog
Athletics Director
488-7006
wmodellm@psdschools.org

Assistant Principal
Tyler Ann Nickel
Activities Director
488-7009
tylert@psdschools.org

Assistant Principal
Karen Bennett
488-7008
bennett@psdschools.org

Dean of Students
Russ Stapleton
488-7155
rstaplet@psdschools.org

Dean of Students
Jan Harrison
488-7192
jharriso@psdschools.org



LETTER FROM THE DEN

continued

This year we had an exceptional number of entrepreneurial students manage fundraisers and events that lead to donations of money, gift cards, and food.

The community members and organizations that helped us in our efforts deserve special thanks for adopting families. They include:

Brett Larsen's Extended Family
Saint Spyridon Church
Olander Elementary
Missy Wolf Mother/Daughter group
Columbine West Health and Rehab
Beattie Elementary
Bethke Elementary
Webber Middle School
Dunn Elementary (They made Christmas stockings for all the children)

Many Rocky retired/former staff and alumni donated items, services and funds. A special thanks to:

Anna Chappell
Diana and Bill Liskey
Dr. Paul Radcliff
Tom Lopez
Pam Uhls and Eva Wallace – as always, did last minute shopping for us.
Pam Katayama-Stephenson and Nick List for three weeks of volunteer time
The Caitlin Jones Family

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LETTER FROM THE DEN

continued

The following businesses made cash or other donations:

- Dr. Goeff and Tricia Engelhardt gave toothbrushes for everyone*
- Wal-Mart Distribution Center for boxes*
- Texas Roadhouse for our fundraiser night*
- Safeway gave gift cards*
- Help International gave clothing*
- Yancey's Food – fresh vegetables for all the families (Thanks, Mike Dyer)*
- Matthews House for sharing donated blankets with us.*
- South Mason Albertsons for allowing students to collect groceries*

Highlights of this year's project follow:

- A craft table for children. Thanks to [Leah Kapral](#) for coordinating the crafts.
- [Denise Lawrence](#) and students hosted a cookie decorating table.
- Santa (Greg Adams) paid a visit and dozens of smiling children had their picture taken with Santa free of charge. [Chrystal Kelly](#) continues to be the photo coordinator.
- [Student Council](#) supplied crayons and coloring books for all the families. They also organized the collection of reusable bags and the cart brigade on Saturday morning.
- [Spanish Club](#) made sure children had new books.
- Beautiful handmade blankets, hats, scarves and gloves came from community members and were given to our families. The handmade items were coordinated by [Leah](#).
- [Advanced Woods](#), under the direction of [Dave Weber](#), made beautiful cutting boards and cooking utensils.
- [The Rocky Clarinet Choir](#) played great Christmas music for all of us on Saturday and was much appreciated by the staff, students and families.

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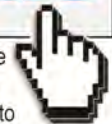
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LETTER FROM THE DEN

continued

So many people helped in so many ways that we can't thank you all. So if your name wasn't mentioned please accept our apologies but know you are appreciated.

What we do impacts more than the hundreds of people who receive our donations. Alumni have started Adopt a Family projects in their workplaces. Schools in our community contact us every year about creating a similar project or assisting with ours. Retired staff and alumni return to offer assistance. Parents tell us that their families look forward to helping every year.

We will end with a message from one of our families.

Our family has faced some dark times during the past year. We lost so much during the flood. Your generosity brought us many needed items and filled our hearts with gratitude. Thanks to all of you for helping our year to end on a brighter note.



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IMPORTANT DATES



- Jan 20** No School – Martin Luther King Jr. Birthday
- Jan 29** 9th – 11th Grade College Planning Night
- Feb 12** Parent Teacher Conferences
- Feb 17** No School – Teacher Work Day
- Mar 10** TCAP - Math
- Mar 13 - 14** 3rd Quarter Finals
- Mar 17 – 21** Spring Break
- Mar 26 – 27** TCAP – Reading and Writing



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2014 TCAP Testing Schedule for March 10th, and March 26th & 27th

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MONDAY, MARCH 10th 9th & 10th grade	WEDNESDAY, MARCH 26th 9th & 10th grade	THURSDAY, MARCH 27th 9th & 10th grade
7:00 – 7:30 am Breakfast provided by STUCO	7:00 – 7:30 am Breakfast provided by STUCO	7:00 – 7:30 am Breakfast provided by STUCO
7:30- 8:50am (80 min) MATH Session 1 (8:50 – 9:00am Break)	7:30- 8:45 am (75 min) READ/WRITE Session 1 (Draft) (8:45 – 8:55am Break)	7:30- 8:45 am (75 min) READ/WRITE Session 4 (8:45 – 8:55am Break)
9:00 – 10:10 am (70 min) MATH Session 2 (10:10 – 10:20am Break w/snack)	8:55 – 10:00am (65 min) READ/WRITE Session 2 (Final) (10:00 – 10:10am Break w/snack)	8:55 – 10:00am (65 min) READ/WRITE Session 5 (10:00 – 10:10am Break w/snack)
10:20 – 11:30 am (70 min) MATH Session 3	10:10- 11:15am (65 min) READ/WRITE Session 3	10:10- 11:15am (65 min) READ/WRITE Session 6
11:30am – 12:20pm (50 min) LUNCH	11:15am – 12:20pm (65min) LUNCH	11:15am – 12:20pm (65 min) LUNCH provided by administration
*12:20- 1:30 pm (70 min) 3rd Period	*12:20- 1:30 pm (70 min) 1st Period	*12:20- 1:30 pm (70 min) 3rd Period
1:40 – 2:50pm (70 min) 4th Period	1:40 – 2:50pm (70 min) 2nd Period	1:40 – 2:50pm (70 min) 4th Period
*All students (9th – 12th grade) start class at 12:20 after TCAP testing.		



The School Newsletter
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Contact Joe Mivshek
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Advanced Placement Information:

It's never too early to think about AP Exams!

2014 ADVANCED PLACEMENT TESTING TIMELINE AND SCHEDULE	
February 1	AP Bulletin and registration forms available for AP testing
February 1 - April 5	\$90 exam fee payment collected by the fee window
April 4	Registration DEADLINE
April 4 - 11	\$55 late fee for each exam ordered after this date.
April 11	No exams ordered after this date
May 5 – May 16	Testing Dates
May 16	Deadline for Ordering Alternative Tests.

- We **highly encourage** all students enrolled in AP courses to take the exam, even if you are opting for CU Succeed Credit. The test taking skills students learn in AP testing will align with the skills needed at the college level for examinations.
- The College Board recognizes high school students who have demonstrated exemplary college-level achievement with **AP Scholar Awards**. This helps to strengthen your college portfolio.
- Rocky offers an AP Endorsed Diploma. In order to receive this endorsement, students must take the AP Exam associated with the identified AP course for the diploma.
- Students will be refunded **\$75** if they register for the exam and later decide not to take it. Students will not receive a refund once the testing window begins.
- Students needing financial assistance with AP Exam Fees should contact Mr. Larsen





News From Student Services

College Planning Night for Freshmen, Sophomores, and Juniors

January 29, 2014

6:30 – 8:40

Rocky Mountain High School Auditorium

RMHS students and parents are encouraged to attend a program presented by Student Services that will provide information about college planning. Sessions may include:

- The Next Step: Choosing a College
- Navigating the NCAA Clearing house: College for the Athlete
- Putting Yourself on Paper: Writing the College Essay
- Preparing for College Entrance Exams: ACT or SAT
- How to make the most of your time and money while at RMHS

We encourage parents and students to attend the breakout sessions individually so that you can gather as much information as possible during this time.



Local Scholarship Packet

The local scholarship packet is now available. The local scholarship packet (LSP) requires a single application for up to 25 scholarships for students from Fort Collins. Please note that because it's available earlier than in prior years the deadline is January 29, 2014. The application is linked below (be sure your pop-up blockers are off) and is available on Rocky's website.

See Mrs. Kapral (Leah), Mrs. McCoy or Miss Wilgenbusch with any questions. Good Luck! And don't forget to check Naviance for the latest scholarship opportunities as well as the college websites.

Attachments:

[2014 RMHS Local Scholarship descriptions.pdf](#)

[RMHS 2014 LSP Final.pdf](#)



Counselor Calendars

Counselors will be moving to electronic calendars in the next couple of weeks. This will allow you to make appointments online. You will still be able to drop in when your counselor is available. Watch for more information coming soon.





Wellness Corner

Wellness tidbit:

In the Healthy Kids Colorado Survey 2012 results, over one fifth of Colorado high school students felt hopeless and sad for at least two weeks in the prior year. Fifteen percent of students considered committing suicide in the past year.



What can we do?

Our kids face tremendous pressure and stress. Health and wellness includes mental health. Model positive and purposeful stress management techniques for your teens. Consider adding a new stress management technique to your routine. Some ideas include deep breathing, laughter, exercise, and taking a nap. Talking to your kids about depression and suicide DOES NOT increase their risk. For more ideas about talking to your student about suicide, you can contact Student Services at Rocky. Other resources include:

- Alliance for Suicide Prevention @ 970-482-2209, allianceforsuicideprevention.org
- 1-800-273-TALK(8255), www.suicidepreventionlifeline.com
- Melanie Voegeli-Morris (PSD's Student Assistance Coordinator)@ 490-3238, mvoegeli@psdschools.org
- Mental Health Connections @ 221-5551

Final thoughts:

Check in with your kids about these topics. Take a drive together, ask if they have heard friends talk about suicide, and model healthy stress management. This is an area in which we can all improve!





Lobo Care Fund Thank You!

Thank you to everyone who bought cards and gifts through Tiny Prints! We are proud to share with all of you that we received a check for **\$84.27** for the Lobo Care Fund from your purchases!!! Amazing! This is also a reminder that this fundraiser is ongoing so please continue to use and share the link below to purchase invitations, gifts, birth announcements, etc. to raise money for the Lobo Fund!

<http://www.tinyprints.com/storefront/RMHSLobosCareFund>



Supporting Literary Endeavors

Donate to and/or submit work to

The Looking Glass!

We would like to invite you to become a vital and recognized patron of Rocky Mountain High School's award winning literary magazine. The Looking Glass publishes student writing, photography art and music. Emerging artists are given an uncommon opportunity to publish their work through this medium. Whether your contribution is \$10 or \$1,000, we encourage you to seriously consider joining our invaluable list of supporters. The process is a simple one—and comes with advantages and a few perks. For more information, please contact Jim Glenn or Sarah Henry. All donations in excess of \$10 are tax deductible.

Students are also encouraged to submit their creative work to The Looking Glass turn-in folder on the school server. Submissions are open through the middle of February. Any work that is chosen will appear in the publication and will be featured at the launch party at the beginning of May. Please encourage your student(s) to consider submitting.

Jim Glenn
jimg@psdschools.org

Sarah Henry
shenry@psdschools.org





Forensics

RMHS Forensics Team in the Hunt for Another District Title

This January finds the forensics team riding high. The team has captured sweepstakes awards at several tournaments and is preparing to compete at the prestigious Harvard Debate Tournament in Boston next month. Competitors are also gearing up for our state and national qualifying season. Team members have taken titles in every event so far this season, and we're looking to send a big team to State and a strong contingent to Nationals, which will be held this June in Kansas City.

Meanwhile, the team's always looking for new members, and there's still time to get involved. If you're interested, come join us for a practice; we meet M-F from 3-5 in Room 332. Or feel free to contact Mr. De Maret (pdemaret@psdschools.org) for more information.



If you're interested in being
a part of this tradition,
consider taking
Argumentation and Debate,
Advanced Speech,
and/or
Forensics
(classes offered at Rocky),
or simply join us for after-school practices:
Tuesday – Friday from 3:30-5:30.





Girl's Golf Information

Rocky Mountain HS participates at Poudre HS.

RMHS Player Meeting
2/12 @ Rocky Rm 407 3pm

2/18—2/21 **Pre Season Camp** 3:30 @ City Park 9

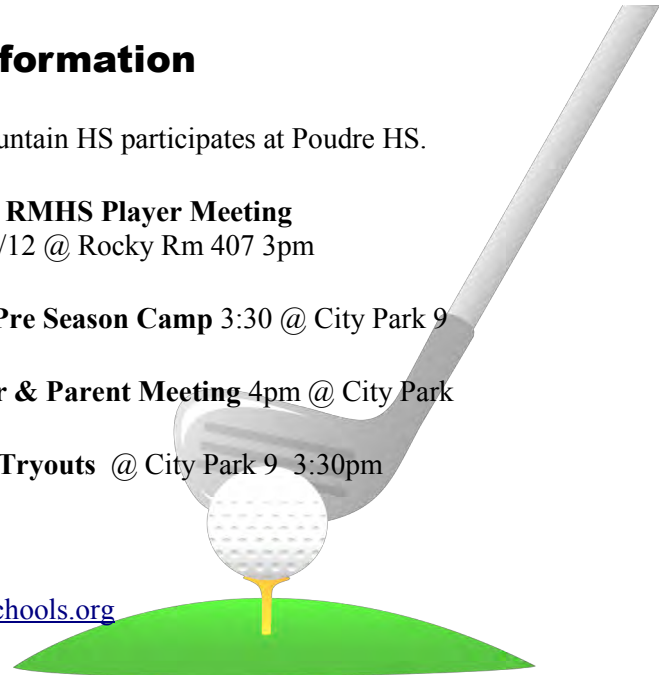
2/21—**Player & Parent Meeting** 4pm @ City Park

2/24—**Tryouts** @ City Park 9 3:30pm

For More Info.

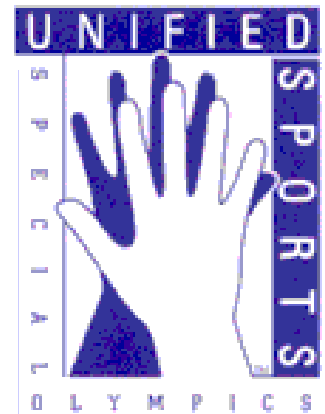
Contact Coach Phil Coatman

290-3701 or pcoatman@psdschools.org



Unified Sports Are Coming To Rocky!

PSD is starting up a Unified Sports program at each of the 4 comprehensive high schools, a program run in conjunction with Special Olympics and CHSAA. Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. Students on the Unified Sports teams, will wear their school's uniform, have team practices, and compete against other high schools in Fort Collins, as well as in the regional tournament in Greeley, and the state tournament in Denver. All athletes and partners will meet CHSAA eligibility requirements, and have the opportunity to earn a varsity letter. All students at Rocky have the opportunity to try out for unified teams each season (fall: flag football, winter: basketball, and spring: soccer), either as an athlete or as a unified partner. We're very fortunate to have the school district bringing these programs into the high schools, so that all students have the opportunity to compete as a member of their school's athletic teams. Be on the lookout for game schedules, and come out to support Rocky's new unified teams. Go Lobos!





Rocky Wrestling Off To A Great Start

The varsity has won all three tournaments:

Windsor Duals, Roosevelt Invitational, and Warrior Classic and we are 7-0 in dual meets. The Warrior was especially nice to win, since it was a 35 team tournament and the first time we have won that tournament. At Warrior, we had 2 Champions, [Danny Murphy](#), and [Roman Ortiz](#); one second place: [Dan Macoubrie](#); Two third place: [Konnor Schmidt](#) and [Alex Klaer](#); two fourth place: [Dan Williams](#) and [Luiz Perez](#), and one sixth place, [Logan Newman](#). We also had great efforts of the rest of the team: [Logan Murray](#), [Manny Lopez](#), [Gunnar Anderson](#), [Alex Jennings](#), [Trevor Anderson](#), and [Eric Martinez](#).

The JV Team has also done very well, winning their two duals, and winning tournaments at Northglenn, Thompson Valley, and Lakewood.



Congratulations





Music Department News

CONGRATULATIONS to the following music students:



Northern Colorado Honor Band members:

Justin Allen, Skyler Bowden, Frankie Caballero, Catherine Giesenhagen, Ivy Gines, Drew Guyor, Rachel Lana, Katie Adam Olbrys, Rica Ramirez, Tasha Reed, Emma Rieb, Samantha Scovel, Ben Shore, Mario Sosa, Olivia Thomas, TJ Thomas and Selena Wellington. Oglesby,

Colorado State Honor Band members:

Catherine Giesenhagen, Ivy Gines, Katie Oglesby, Rica Ramirez, Tasha Reed, Emma Rieb, Ben Shore, Mario Sosa, Olivia Thomas and Selena Wellington.

Colorado All State Band members:

Katie Oglesby, Emma Rieb and Selena Wellington.
Alternates: Catherine Giesenhagen and Luke Heter

All State Vocal Jazz member:

Rachel Morley

Combined League Honor Choir members:

Linda Baker, Connor Blenkers, Hadley Brouhard, Zoe Carlyon, Gary Chitwood, Natalya Clasen, Marco Colbray, Cortney Debord, Anna Dworkin, Natalie Fridal, Leticia Gonzalez, Hannah Haberecht, Dani Harton, Madi Hassell, Noelle Hemphill, Taygen Hoeye, Jared Janzen, Jael Johnson, Sapphire Kemp, Blake Kilburn, Josh Knowski, Sydney Kropp, Jarek Makarchuk, Nate Mayfield, Rachel Morley, Keaton Nalezny, Sam Newberry, Lindie O'Toole, Soren Ostergren, Dana Potts, James Reed, Jacque Rickett, Leslie Schenk, Miranda Schramm, Quinn Schulte, Katherine Walter and Breann Watterson.

All State Choir members:

Linda Baker, Bailey Blythe, Piper Brown, Zella Christenson, Dani Harton, Jared Janzen, Josh Knowski, Rachel Morley, Keaton Nalezny, Jacque Rickett and Breann Watterson.

Western States Honor Orchestra members:

Cole Azulay, Alyssa Franklin and Selyne Tibbetts-Pagan.

Combined League Honor Orchestra members:

Cole Azulay, Kelsey Erickson, Joshua Greiner and Stephen Tibbetts-Pagan

All State Orchestra members:

Cole Azulay, Alyssa Franklin, Josh Greiner, Hannah Manning, Emma Rieb and Selyne Tibbetts-Pagan.

Congratulations





Student and Staff Achievement

Congratulations to our Lobo of the Month Students and Staff for the month of December



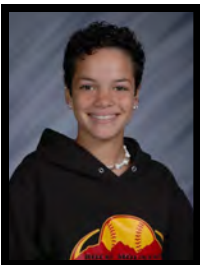
Staff: Pam Kilness

Ms. Kilness went above and beyond during Adopt-A-Family. She came in and helped with everything. We love you, Ms. Kilness; as much as you love us and the Fort Collins community!



12th Grader: Marcus Padia

Marcus noticed a boy sitting alone looking lonely during lunch. Marcus took it upon himself to go sit by him and talk with him to make him feel welcome. That is the Lobo Way! Nice job Marcus!!!



11th Grader: Simchah Baker

Simchah was an outstanding helper in Adopt-A-Family. She stayed later than any other student on Friday evening and was back earlier on Saturday AM than any other student. She again worked all morning Saturday and was here late in the day wrapping up all the myriad of responsibilities. Simchah is also an admired student athlete, so I think she exemplifies the Lobo Way in attitude, effort and being charitable.



10th Grader: Jossep Torres-Anariba

Jossep is one of the most polite and mature young men we have ever had the pleasure of meeting. He is always extremely positive and encouraging towards his peers. He is well liked because of his strong and kind character and he is a true role model in the classroom. We have really enjoyed having him in class because we believe he helps set the positive tone of the class.



9th Grader: Elijah Archleta

Nominee Comments: Elijah was a strong participant in Lobo Peace Circles and he brought that magic back to the classroom!

Congratulations



Congratulations

RM LOBOS



Student and Staff Achievement

2014 Colorado High School Team Figure Skating Championships held were held on January 12, 2014, at the South Suburban Ice Arena in Centennial. Congratulations to our Rocky figure skating team, the Lobo Ladies, for achieving the following results:



Preliminary Free Skate

[Ella Lubbers](#) - 1st place
[Blanca Lobato](#) -Roberts- 5th place

Juvenile Free Skate

[Jacque Rickett](#) – 1st place
[Rebecca Erickson](#) – 3rd place

Senior Freeskate

[Haylie Patrick](#) – 3rd place

High Team Maneuvers

[Haylie Patrick](#) – 1st place

High five to [Kiara Loucks](#) for winning **2nd Place and \$500 cash at the Entrepreneur Challenge** hosted by the Ft Collins High School DECA chapter. Kiara presented her plan for her actual clothing line called Off the Edge Threads to a panel of judges in a "Shark Tank" style competition.

...also, earlier this Fall Kiara made an incredible effort to qualify for a nationwide competition to attend the Innovation Conference in Chicago. Although she did not make the cut, she made an amazing extra effort to complete the application. Both events were completed in Kiara's spare time and she truly went above and beyond. Please help us express huge Lobo admiration for Kiara's efforts!



Rocky's own PE, Health, and Dance teacher, [MacKenzie Mushel](#), was selected this fall as the **Colorado K-12 Dance Educator of the Year award for 2013** by the Colorado Association for Health, Physical Education, Recreation and Dance (AAHPERD). Since then she has been selected as the Central District AAHPERD Dance Teacher of the Year for 2014, a level of recognition amongst numerous state-level dance teachers of the year. In her eight years teaching at Rocky she has taught everything from Health and Integrated PE to Foods for a Healthy Lifestyle and multi-level dance classes. As part of being named the CDA Dance Teacher of the Year she is among the top six finalists for the National Dance Teacher of the Year award. MacKenzie will be representing RMHS, PSD, Colorado AAHPERD, and Central District AAHPERD when she receives her award in addition to presenting a dance workshop at AAHPERD's National Convention this April in St. Louis, MO.



Student and Staff Achievement

Science teacher, [Darcie Peale](#), wrote an **outstanding Soapbox article** to the Coloradoan in relation to her work in the Bioscience field. Nice Work!

<http://www.coloradoan.com/article/20140106/OPINION04/301060073/Soapbox-Bioscience-partnerships-critical-high-school-learning>



The [Rocky Cheerleaders](#) travelled to San Diego on December 26th to perform in the Holiday Bowl Halftime. They arrived the day after Christmas and enjoyed walking on the beach, shopping, an amusement park, the San Diego Zoo, and Coronado Island. By the second day they were thrust into long hours of choreography with world famous choreographer Dmitry Chaplin—best known for his work on Dancing with the Stars. After 2 days of practice, master choreography classes, and dress rehearsal they were ready to perform with the other teams from around the nation for a spectacular show including dancers, cheerleaders, and marching band performers. The morning of Monday December 30th they performed at the Big Bay Balloon Parade which was nationally televised on January 5th. That evening they performed at the halftime of the nationally televised Holiday Bowl in which Texas Tech defeated ASU. It was a wonderful trip full of hard work and priceless memories!



Conquering Mountains

**RM
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