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RR ROCK RIDGE REPORTER

THE OFFICIAL NEWSLETTER OF ROCK RIDGE PUBLIC SCHOOLS



EDUCATION TO INSPIRE THE NEXT GENERATION

LAURENTIAN GRADES PREK-6 A FABULOUS FARM DAY

The Laurentian kindergarten classes of Mr. Grigal, Ms. Negen, and Ms. Wolner attended Simek's Farm in Kelsey, MN on Friday, October 4. Blue skies, no jackets, no rain or snow, just pure fun on the farm was had by all! What a memorable first field trip for our kindergartners!



OUR LOCAL HEROES

Elementary students eagerly gathered outside Laurentian Elementary for a special visit from local emergency service workers from Eveleth, Gilbert, and Fayal Township to teach the students about Fire Safety. As the professionals shared their experiences and showcased their gear, the students listened intently, fascinated by the diverse roles each worker plays in keeping the community safe. The students gained a deeper appreciation for the vital services provided by these dedicated individuals, sparking their curiosity and maybe inspiring future aspirations!

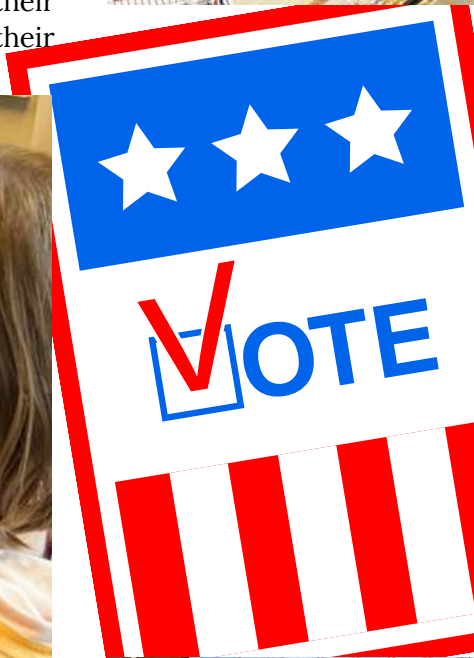
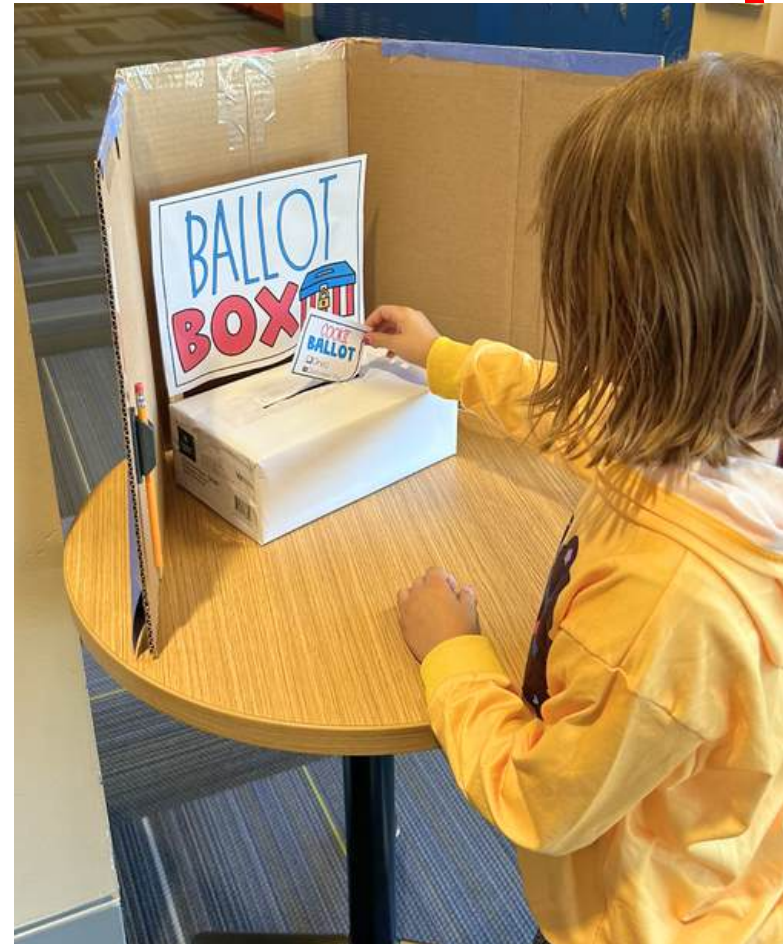
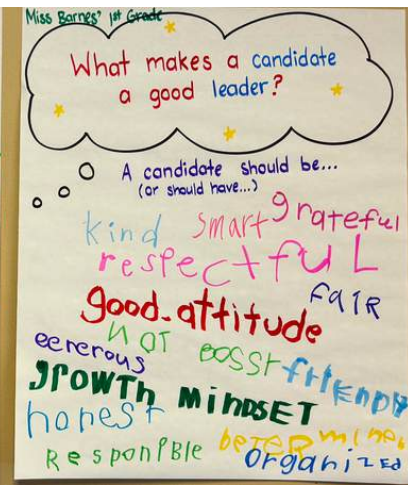
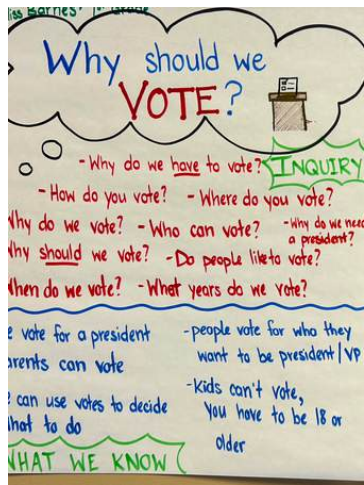


PARKVIEW GRADES PREK-2 EVERY VOTE COUNTS

Parkview first graders completed their first Project-Based Learning unit of the year. Their learning centered around the question, "What is voting and why is it important?"

Students had an opportunity to ask questions about voting. Then, they spent time learning all about elections and the voting process. They learned what an election is and how voting works. Through books, *Scholastic News*, and class discussions, they were able to find answers to their questions about voting.

They participated in their own mock election for "Best Cookie." Students campaigned for their candidate by creating posters and writing opinion paragraphs. Finally, they had their own Election Day where they were able to cast their votes at the polls and receive their "I Voted" stickers! Each class tallied up their ballots and graphed their results. Of course, the first grade had to celebrate their learning with a cookie party!



A FLURRY OF FALL FESTIVITIES

How can we already be wrapping up October and falling into November?!! Whew! They say the older one gets, the faster the months go. I'd have to agree.

With that being said, the Kinders and I knew we wanted to accomplish a few, very special "Fall Projects" before we flipped those calendars to November.

How lucky to have the help of this Special Crew here to accomplish just that! Within an hour, these wonderful volunteers worked with the students at stations to create everything from Thumb-kin Pumpkins and Marble-Roll Webs to Broccoli-Tree Paintings and Vowel Bats.

It was a Boo-tifully Spook-tacular morning in kindergarten. Can't wait to do it again in early December to prepare for the upcoming holiday season. Time, please slow down.
-Submitted by Mrs. "Love the Four Seasons" Seppala



NORTH STAR

GRADES 3-6

A CLASSROOM WITH A VIEW

“Learning about bird migration in the classroom is fascinating, but seeing it happen right in front of us is amazing,” said one student. The trip allowed the children to visualize concepts from their science curriculum, deepening their understanding of ecosystems, animal behavior, and environmental conservation.

Teachers at North Star Elementary emphasize the importance of blending classroom learning with hands-on experiences. “Field trips like this help students grasp the real-world applications of what they learn in school,” said one of the teachers who accompanied the students. “They return to the classroom more curious, inspired, and ready to dive deeper into their studies.”

The day was filled with excitement as students made connections between their studies and what they observed in the wild. From understanding migration patterns to recognizing the role conservation efforts play in protecting these birds, the students left Hawk Ridge with new knowledge and a deeper appreciation for the natural world. The trip to Hawk Ridge Observatory demonstrated how education extends beyond textbooks and lectures. By engaging students in active, real-world learning, North Star Elementary continues to cultivate a love of learning that reaches far beyond the classroom walls.

Students from North Star Elementary embarked on an exciting educational field trip to the renowned Hawk Ridge Observatory in Duluth, MN. The visit provided a perfect opportunity for students to take their classroom knowledge beyond the walls of the school and apply it in a real-world setting.



Hawk Ridge Observatory has been a critical site for observing bird migration since the 1950s. The observatory is famous for monitoring thousands of raptors, including hawks, eagles, and falcons, as they travel south during the fall. In 1972, Hawk Ridge Nature Reserve was formally established to protect the migration site, making it a hub for birdwatchers and scientists.

For the students, the trip was more than just a change of scenery—it was a chance to connect the lessons learned in the classroom with real-world experiences. While at the observatory, they had the opportunity to witness hawks and other raptors in flight, observe banding demonstrations, and engage with naturalists who shared insights about the ecosystem and bird behavior.



IS THERE A DOCTOR IN THE HOUSE?

North Star Elementary's third graders had an exciting opportunity to learn about medicine from Dr. Watson, a surgeon at Essentia Health in Virginia, as part of the school's initiative to bring real-life, community-connected learning to students. Dr. Watson shared his experience as a surgeon, explaining essential medical terms and demonstrating tools used in the operating room. Students learned terms like "incision", "fracture", "sutures", and "splint".

The highlight of the visit came when students transformed into "surgeons" themselves, using medical techniques on teddy bears. With guidance from Dr. Watson, they "operated" on their bears, applying surgical staples to close incisions and using splints to treat fractures. These hands-on activities allowed students to understand the basics of wound care and bone healing, making connections between science, health, and their community.

This experience underscored North Star's commitment to immersive, cross-subject learning, bringing the community into the classroom. A huge thank you to Dr. Watson for helping our students explore the field of medicine while inspiring curiosity and understanding of healthcare.



RRHS GRADES 7-12 DEDICATION EXEMPLIFIED

On Wednesday, Oct. 16, 36 CIS/AP/PSEO students were found in the Chemistry Lab enjoying donuts, coffee/hot chocolate, and fruit while working on their college-level classes. Mrs. Parker, Mrs. Lutzka, and Mr. Strasser were available to help their students prepare for tests and better understand the content. Every Wednesday morning starting at 7:15, RRHS students taking any CIS, AP, or PSEO class are welcome to come in and work on homework or prepare for exams.



AN IMPACTFUL PROJECT

Rock Ridge Construction students just completed an observation deck located behind the high school. This project involved blueprint reading and building to the design specifications.

Students did a really nice job on completing this uniquely shaped deck. The angled face of the observation deck follows the contour of the “Rock Ridge” that drops off just behind the school.

Students had the opportunity to work with different types of building materials and equipment, this included: Using a laser transit, using concrete anchors, working with treated lumber, and finishing the deck with composite decking while using hidden fasteners. This observation deck will make for a great outdoor classroom area.



THE LAB RESULTS ARE IN

Rock Ridge High School Science Department invited Essentia Labs, along with representatives from MN North College and Lake Superior College, to the annual Essentia Labs Career Day on Monday, October 28.

Students performed skills used in labs as a way to learn about working in a medical lab. They also learned about lab-specific pathways from local colleges and about Essentia's Education to Employment program.




THE CNA COURSE AT RRHS

The RRHS Certified Nursing Assistant Course is off and running with its second group of students this year. The CIS Level course focuses on the beginning knowledge and skills of basic nursing care which will prepare the student to become a competent healthcare worker.

Last week the students completed the BLS level Adult, Child and Infant Cardiopulmonary Resuscitation (CPR) Training which is a common certification requirement in a variety of health care fields. They are now prepared to respond, perform high quality CPR and function within a team to these life-threatening situations.

The semester continues with learning nursing skills, building knowledge and creating a Project Based Learning Project focused on Holistic Care Plans. The course will conclude with Supervised Practical Training where they will apply all learned skills and knowledge to real-life patient care scenarios. When students have completed all requirements, they will participate in the MN State Nurse Aide Certification examination in January.







Families - what you think matters!

MOST Rock Ridge students who choose NOT to vape say the main reason is their family would not approve.

Data from 2024 PCN student survey of 7-12 grade students, n=756



Community Education Classes

YOUTH CLASSES

Fall & Thanksgiving Craft \$15

3:00 - 4:30 PM

Nov. 7 NSE | Nov. 14 PES | Nov. 21 LES

Build Your Own Gingerbread House \$30

Tues, Dec. 7 | 5:30 - 7:30 PM | NSE

Build and decorate your own gingerbread house to take home and eat as a treat or use as a decoration for the holidays. This is a family event, so Mom, Dad, or even Grandma can bring a child or two to work together on a house. Must include at least 1 adult. Space is limited, so register early!

STEAM Design Challenge \$20

Tues, Nov. 12 | 3:00 - 4:30 PM | LES

Your mission for this challenge is to use a balloon for your base, then add other materials to it to design and build a balloon float that can be used in a parade.

Babysitters' Training (Ages 11 - 15) \$56

Dec. 2 - 4 | 2:55 - 5:30 PM | LES

For boys and girls who want to be responsible babysitters. Each participant receives the Babysitters' Handbook and other useful handouts. Students are eligible to receive a certificate if they are age 11 or older. Bring a snack for after school. Class size limited to the first 12 paid participants. Early Release Wednesday will be 1:55 - 4:30 PM.

Ninja Warrior Classes \$75

Oct. 29 - Dec. 12 | NSE NINJA GYM

(Ages 5-8) Tuesdays & Thursdays

3:30 - 4:30 PM or 5:30 - 6:30 PM

(Ages 9-15) Tuesdays & Thursdays

4:30 - 5:30 PM

Warrior Kid Club Monthly \$55

Mondays | NSE NINJA GYM

Becoming a Warrior Kid involves a lot of exercise, eating right, studying hard, and staying disciplined. Do you have what it takes to become a Warrior Kid?

November 2024



ADULT CLASSES

Eucalyptus Wreath Making \$85

Thurs, Nov. 21 | 6:00 - 7:30 PM | LES

Let's Paint Sleds \$48

Wed, Dec. 4 | 6:00 - 8:30 PM | RRHS

Make Your Own Christmas Wreath

Wed, Nov. 20 | 4:30 - 5:30 PM or 5:30 - 6:30 PM | RRHS

Bring a pair of hand pruners & gloves if you have them. Register by Nov. 9 so that we can be sure to have enough supplies for you! \$35 for 24-inch wreath or \$50 for a 30-inch wreath. Add \$5 if you want to add lights to your wreath.

Keeping the Farm In The Family (FREE*)

Tues, Nov. 12 | 6:00 - 7:00 PM | RRHS

Gain a basic understanding of how to identify and overcome transitions obstacles. Protect assets and develop a strategy to smoothly transition your cherished place to maintain family harmony.

Morning Lap Swim

M, W, F | 6:00 - 7:00 AM | RRHS

\$5/class or punch cards available. Lifeguard on duty.

Aqua Rock Fitness

Wednesdays | RRHS | 6:30 - 7:15 PM

\$5/class or punch cards available.

6 punches (\$25), 12 punches (\$50)

Yoga RRHS

Nov. 6, 13, 20, 27 | 5:30 - 6:30 PM \$45

Wed., Dec. 4, 11, 18 | 5:30 - 6:30 PM \$35

Elementary Swim Club \$90/session

M, W, F | 5:30 - 6:30 PM | RRHS

For students in Grades 3-6. This is for the swimmer who wants to prepare to be on the swim team someday. Must be able to swim the length of the pool unassisted and have a basic understanding of the 4 competitive strokes.

For more information and to sign up online go to:
rrps.cr3.schooltoday.com or *call (218) 735-3516.