

RFHS

Ingot Insider

March 6th, 2023



3/25

THROUGH

4/2/23

**SPRING
BREAK**

AHEAD

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Poetry Contest

Theme: Change

Poems must be submitted
by Midnight Friday, March
31, 2023. Please e-mail
your creations to;

[thenestmichigancity@
gmail.com](mailto:thenestmichigancity@gmail.com)

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2023 PROM DETAILS

4/29/23

TICKETS ON SALE
FOR JUNIORS AND
SENIORS STARTING
2/27.

NON RF STUDENTS ARE ALLOWED, BUT
FORMS MUST BE TURNED IN!

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There's
no Break
like
Breakfast!

Join us for
Breakfast!
March 8, 2023
@ 8:00am

Fun

Games



Chef
Specials



~National School
Breakfast Week~

Menu
Tasting

Food

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RIVER FOREST YOUTH BASKETBALL

Varsity Boys Basketball coach Cory McKim and Varsity Girls Basketball coach Colleen Cary would like to invite you to participate in our 1st youth basketball event. The event will be run by both coaches and players of the high school basketball teams. Our goal for our participants is to foster the love of basketball through fundamentals and teamwork. Our focus will be on teaching the fundamentals of basketball and then playing games with a focus on teamwork.

Who: Boys and Girls grades 3-7

When: March 4th (Tentative), 11th, 18th, and 25th

Where: River Forest Jr/Sr High School

Cost: \$40

Sign up online: www.riverforestbasketball.com

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**Congrats to our cheer squad for
a great showing and 2nd place
finish!**

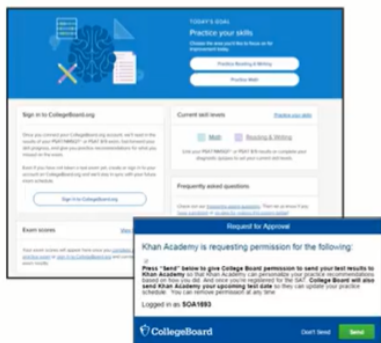


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Need SAT prep?

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!**

Testing Schedule

March 8th

ASVAB:
juniors & seniors who
have not yet met the cut
score

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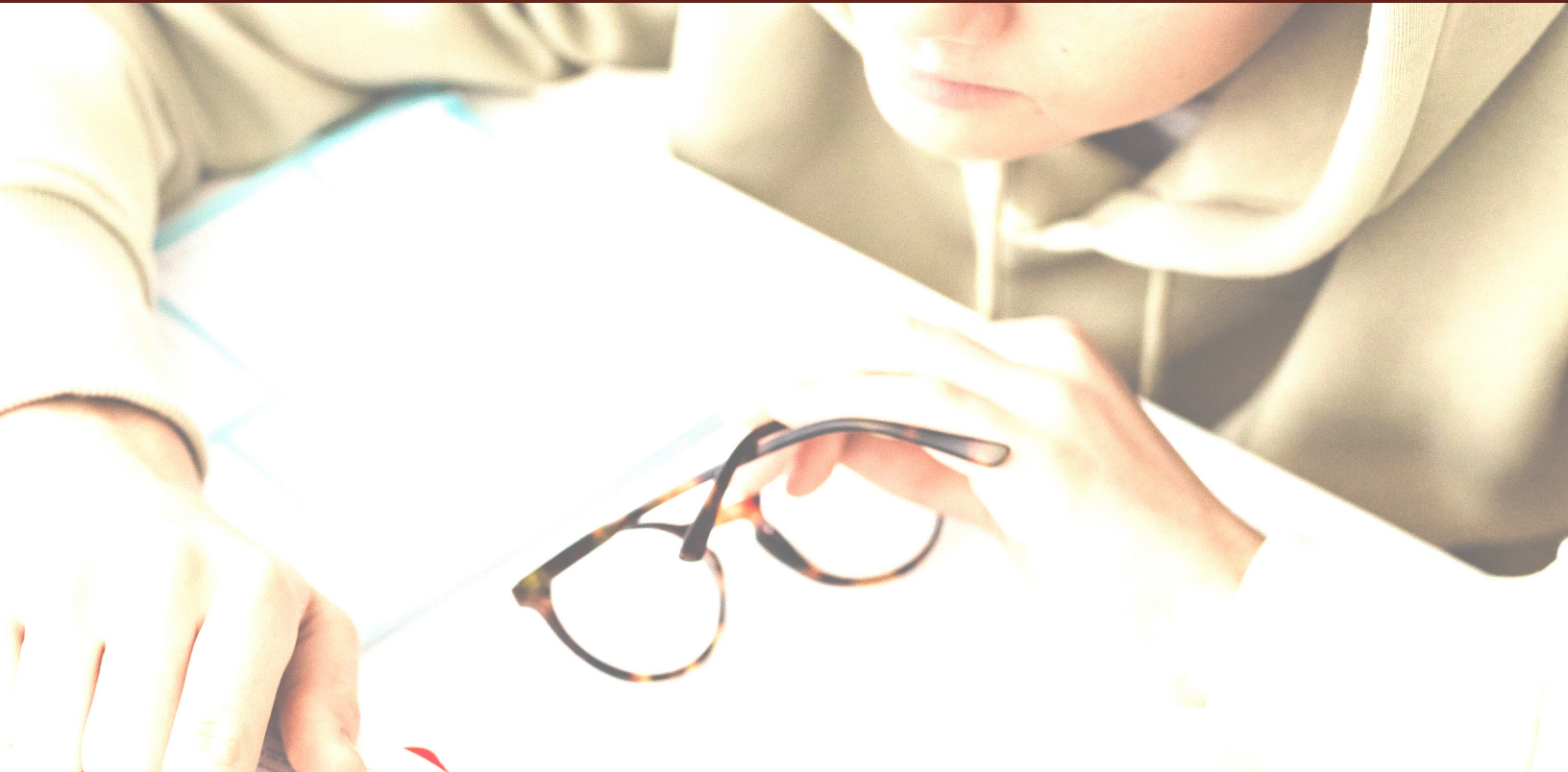
Post Season Information:

**Ingot Men's B-ball will face
off against Lake Station in
the semifinal round of
sectionals**

3/4/23 10am @ Hanover

full bracket linked here

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**DOES YOUR STUDENT NEED A
LITTLE EXTRA HELP
OR A QUIET PLACE TO
WORK?**

**STUDY TABLES ARE HELD
TUES/THURS FROM 3-4PM.
OUR TEACHERS ARE ON
HAND TO ANSWER
QUESTIONS OR HELP!
CONTACT MRS. MLYNARCİK
FOR MORE DETAILS**

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MEDIA CENTER NEWSLETTER

CLICK HERE FOR
MARCH'S
NEWSLETTER



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2021-22 Yearbook

ORDER NOW!

<https://tinyurl.com/2s3h9z9s>
PassCode=1015585546331402

create account

email mburns@rfcsc.k12.in.us with
questions

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College News

FAFSA
OPENS
OCTOBER
1st!

[Click here](#)
for one
stop, no
obligation
financial aid
registration!



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[after](#)
[graduation](#)
[here at](#)
[InvestED!](#)

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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.



Freshman Seminar

is a new program in conjunction with PATH to help support the class of 2026 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!



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Free, Reduced or Paid meal status along with Textbook assistance from the previous school year will expire on September 26th. An updated application must be received by September 26th in order to update your student's meal and textbook assistance status. Invoices will be mailed in October for any household who has not applied for or received textbook assistance. Please visit our website for an application or 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
meals will not
be free unless
you qualify for
free or reduced
meals

**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.



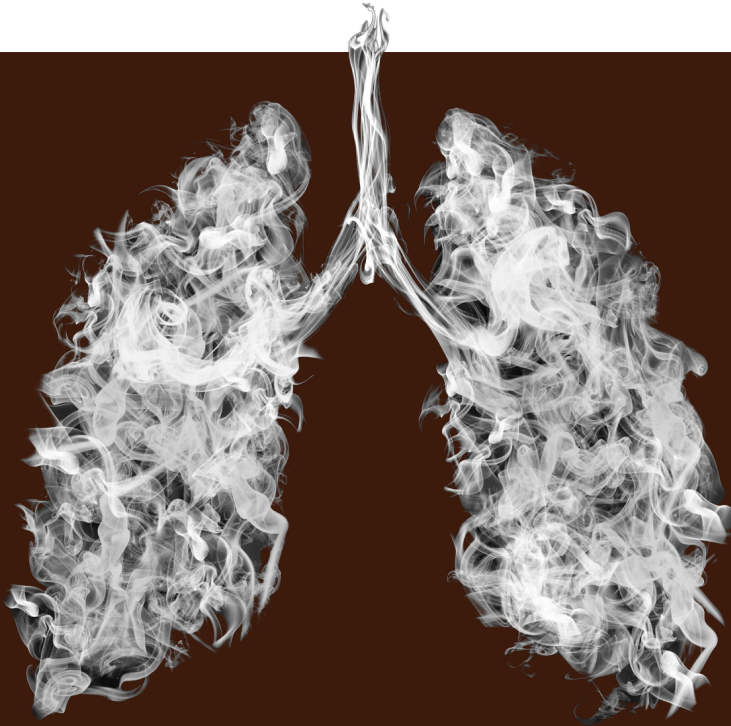
College Aid & Programs

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.