

RFHS Newsletter

What's Inside:

National Honor Society

page 1

News

page 2

Class Updates

page 4

Club Updates

page 5

Student Updates

page 6

For newsletter questions or submissions, please email Kayla Henley at khenley@rfschools.com

Newsletter design by Kayla Henley



National Honor Society welcomes new RFHS members

National Honor Society welcomed twenty-one new student members into the Roaring Fork Chapter Monday, December 11th. The selected applicants were officially inducted, raising the number of members to 25. The ceremony heard a few words from the chapter's leaders, and then had new members say the pledge. National Honor Society is a prestigious organization that recognizes high school juniors and seniors of strong character, high academic standing, leadership experience, and a dedication to service. Chapter sponsors select students each year who they feel meet this criteria, and invite them to apply. Upon graduation, members of NHS are specifically recognized. Congratulations to the twenty-one new inductees, and to current members who are this year's leaders: Iliana Castillon, Ralph Good, Chelsey Serrano, and Leslia Serrano!

Fines Due

This is a reminder to all students that 1st academic and fall sport fees were due October 16. Winter sport fees are due December 15. In addition, Seniors please be aware you will not be able to walk at graduation with unpaid fees. If your account is overdue or if you have any questions, please contact Kathy Alcala in the front office or you can reach her via email kalcala@rfschools.com.

Peer Tutors

Roaring Fork High School has 35 peer tutors this semester working in multiple classrooms. These peer tutors are supporting our teachers in Math Classes, ELD Content Support Classes, Art Classes, Biology Classes, World History Classes, Photo Video Classes, and three of our peer tutors are supporting teachers at Carbondale Middle School. Many of them have agreed to continue with Peer Tutoring into next semester, and we're hoping to add a few more.

News

Capstone Updates

Leslia Serrano is interning with the Aspen to Parachute Dental Health Alliance assisting in the Smiles for Students program. Leslia is producing materials for a parent and child education program to promote early childhood oral health.



Senior Leslia Serrano on the job with the Dental Health Alliance.

Juniors have recently started learning about capstone projects in Crew. They will start writing their capstone proposals over the next few months in their and submit their proposals on March 23. Please contact Bo Takarabe, if you have any questions or comments about capstone projects: btakarabe@rfschools.com or 970-384-5749.

LINKs Leaders



Senior Felina Cruz, one of our peer tutors, helping another student during CREW.

26 Links Leaders have become mentors for our freshmen class during the month of December on Mondays during SSR time. In just two weeks, they have met one-on-one with over 100 freshmen. Their goal by next week is to have visited with all 120 freshmen and help them through their transition into high school.

Prior to mentoring this month, these committed Links Leaders (juniors and seniors) set up Freshmen Orientation before the school year even began and have led multiple activities, including CrewOlympics, for our freshmen class.

They plan to continue helping freshmen students who need support throughout January to succeed in their first semester.

New RFHS science teacher Alisa Grimes runs first marathon!

Long time runner, and new science teacher at RFHS, Alisa Grimes participated in her first marathon, the Rim Rock Run, on November 4th in Fruita. Grimes made the decision over the summer after reading a story in [Runner's World](#) of Amy Frohn Mayer, a young woman diagnosed with terminal Fanconi Anemia who, against all odds, ran a marathon. Frohn Mayer passed away in 2016 after a sudden onset of Leukemia. Grimes reflected, "I was super inspired. [I thought] if someone who knew they were going to die can run a marathon, why haven't I run one?"



Grimes within the final 100 yards of the race.

Grimes began training in the summer, using a minimal training program that consisted of running three times a week, and only up to twenty miles. She explained that physiologically the body only needs twenty miles to prepare for a marathon, as one usually runs slower when training. Prior to the marathon, it was the farthest she had ever run. Despite this preparation, the 26-mile race was the most difficult she'd ever experienced as a runner. "It was fun up until mile twenty, then it got rough... I really wished the race had ended at twenty miles, the last six miles really messed with me." Grimes recalled, adding "It was a lot harder than any six miles I've run in my life." Grimes ran the race within five hours and nineteen minutes. She stopped periodically at rest stations, and estimates her total stop time was fifteen minutes, out of nearly five and a half hours.

Despite the grueling experience, Grimes ran a 10k (6.2 miles) over Thanksgiving a couple of weeks later, something that is not recommended after running a marathon. Grimes quipped "I feel like my body doesn't trust me now." She currently has mixed feelings about running another marathon. While it was a huge personal accomplishment, at this point she doesn't plan on running one in the future, "but we'll see," she stated.

Counselor's Corner

For important updates and information, check out Andrea Caruso's College and Career Planning Website [here](#).

Facebook Fans

Check out our [Facebook page](#) for daily updates on all things Roaring Fork High School!

Roaring Fork Rampage

Check out the latest issue of the Roaring Fork [Rampage!](#) Designed by the journalism class at RFHS.

Tech Tips

How to access Infinite Campus: click [here](#).

Cómo Obtener Acceso a [Infinite Campus](#).

How to make payments through Infinite Campus: click [here](#).

We're on the Web!

To stay up to date with important information, upcoming events, and dates, check out our website [here](#).

Class Updates

Outdoor Leadership



Outdoor Leadership is in the midst of the Service-Learning unit, diving into the community during this time of holiday cheer and in the spirit of giving back! We have had a bunch of fun adventures; we spent one afternoon at Heritage Park with the elderly, playing games and having deep conversations, and another at Colorado Animal Rescue (CARE). There we cleaned kennels, walked adorable dogs and learned all about CARE and what they do in our community. We have also partnered with local organizations that have adopted the highway to help them clean up the trails and roads. There are more adventures to come with our Service-Learning Unit in January, so stay tuned!

STEM

Our STEM class is in Robotmania! Students have built three robots and written computer programs to have their robots complete tasks for the First Tech Robotics Competition. It's an arduous task; our students have done an impressive job! We'll be competing at Coal Ridge on January 27th, so come watch!



RFHS Rampage

Help support and give back to your community this holiday season by donating to the Roaring Fork High School Rampage. Contributions from community members like you allow our team of students to continue to publish a newspaper every month, and help us connect to the community through student voices.

Physics class visits CRES students

In the first week of December, the AP Biology and Physics classes went to coach the CRES 4th graders and help them prepare for their Science Fair! The little RAMS impressed us with their projects and their energy.



Model UN

We are going to take 30 students to the National High School Model UN conference in NYC from March 6-10. We will be representing Cote d'Ivoire, Denmark, and the Ministry of Mining and Petroleum from Venezuela! Model UN is a simulation of the United Nations. Students from around the country and world prepare to represent actually nations on specific UN committees and discuss international issues and try to come up with solutions.

We're on Snapchat!

The new Roaring Fork High School Snapchat account features announcements and important information. The account can be added by using the snapcodes hanging up around the school or by searching for roaringforkhs on Snapchat.



Club Updates

Book Club

This year RFHS restarted the book club that had discontinued five years ago. A dozen students and a handful of staff met the club with enthusiasm. The students selected *Girl, Interrupted* for the first book and the club had a thoughtful discussion of it a month later over lunch. The next book is dystopian novel *The Knife of Never Letting Go*. Any student or staff interested in joining is welcome to pick up a copy in the library and attend the next meeting January 11th at lunch.



Energy Club

The Roaring Fork Energy Club has been working to increase awareness about waste and the importance of recycling. Their most recent effort was a half hour scavenger hunt Friday, December 8th during CREW for energy answers. The students received a list of unknown fun facts about their teachers, and had to search the school to find each teacher who matched the fact. They were then asked a question regarding energy waste and usage from that teacher. If they answered correctly, they got a point. At the end of the hunt the points were totaled, and Leslie Keery's freshmen CREW was declared the winner.

Energy Club Executive Iliana Castillon believes the hunt was a great success in raising awareness about energy waste: "I think some of the facts really surprised students, and the way we organized it made it more engaging and fun for everyone." With the success of this activity, Energy Club is looking forward to educating the school further about energy usage. Stay tuned for the next Energy Club adventure!

Calendar

December 21st - January 3rd

Winter break

January 4th

School resumes

January 5th

Basketball @ Delta 3-9pm

January 9th

Basketball vs. Basalt 4-8:30pm

January 15th

Martin Luther King Jr. Day, No School

January 16th

Basketball vs. Battle Mtn
4-8:30pm

January 18th

Basketball @ Coal Ridge
5-8:00pm

January 20th

Basketball @ Grand Valley
1-5:30pm

January 22nd

Basketball @ Grand Valley
5-8:00pm

January 23rd

Basketball @ Coal Ridge
4-8:30pm

January 24th

Women's Summit 1:30-8pm
Basketball @ Aspen 5-8:00pm

Student Updates

Emilyna Johnson tackles essential oils for Capstone Project



Photo Credit: Rocio Contreras

Senior Emilyna Johnson led her first essential oils lesson Thursday December 14th for her capstone project. After a particularly inspiring yoga class last year with Art Teacher Cathleen McCourt, who brought in an essential oils specialist, Johnson decided to pursue the subject further. Since that class, she has become a DoTerra representative and has incorporated essential oils into her everyday life. Johnson wants to educate others on the healing properties of these oils. For her capstone, Johnson plans to lead a variety of lessons around different topics and how to use essential oils. Her first lesson revolved around women's health, open to all the girls in the school. Johnson discussed the properties of Clary Sage, Grapefruit, Lemon, Wild Orange, Tea Tree, Laurel Leaf, and Frankincense. Johnson plans on hosting another lesson in February. Other topics she plans to address are focus, stress, and possibly men's health.

Charlie Candela accepted to Stanford summer medicine class

At the start of the school year, sophomore Charlie Candela took an interest in summer class programs, and through research came across one in particular held at Stanford: Advanced Emergency Medicine. It is a 10-day course that offers on-site experience in ambulances and training in emergency medicine and gross anatomy. He applied and was accepted in October. "I've always been interested in medicine. My grandpa was hit by a car and couldn't walk. I've been drawn to understand the medical field and how to help people get better," Candela said. He hopes to one day work in the E.R., and is excited about the opportunities next summer holds.