

APRIL



4/19 No School—Professional Development Day

4/24 Parent Teacher Conference



RIVER CITIES HIGH SCHOOL

2390 48th Street South - Wisconsin Rapids, WI 54494

Phone: (715) 424-6798 ~ Fax (715) 422-6370

Greetings RCHS Graduates and Families,

The following is the May 31st agenda and information for the graduating class of 2024.

May 31, 2024

Optional

Senior Send-Off Picnic- 10:30 to 11:45

All seniors and their families are invited to attend this event at River Cities High School

Mandatory

Graduation Rehearsal-

- 12:15-12:30- Graduates meet at the Performing Arts Center (PAC is connected to Lincoln High School)
- Park in the student parking lot
- Enter through the red door- next to the garage door of the PAC, facing the student lot
- 12:30-2:00- Graduation Practice **IMPORTANT INFORMATION FOLLOWING!**

Attendance is mandatory. If the student does not attend practice, they will NOT be allowed to participate in the graduation ceremony.

- After practice, graduates will receive their caps and gowns
- Formal clothing is not required at practice
- Do NOT go into Lincoln High School
- Graduates ONLY. No guests or family members.

5:15-5:30- Graduates meet at the PAC to prepare for graduation- enter through the same doors as the rehearsal. Graduates ONLY

6:00- Graduation Ceremony

Graduation Information and Reminders:

After the ceremony, students will return their caps and gowns and pick up their diplomas. Students may keep their tassels.

The ceremony will be **live-streamed**. The link will be posted on the River Cities High School website.

Attire

- Graduation is a meaningful ceremony; graduates should be well-groomed and neatly dressed.
- Formal clothing should be worn.
 - Collared shirt and tie, dress pants, dress or skirt, and their best pair of shoes.
- Caps and gowns are NOT to have any additional adornment. This includes, but is not limited to, ribbons, messages, jewels, and signs.
- Spectator and Graduate Expectations
 - Mature adult behavior is expected during all of the graduation events. Evidence of drinking or use of illegal substances before graduation will result in the graduate being eliminated from participation in the ceremony.
 - Everyone will be required to stay in their seats for the duration of the ceremony. Standing in aisles will not be allowed for safety and visibility reasons.

Finish Strong

Graduation is an important and exciting time for students and families. The school year will be coming to a close in a relatively short time. In order for students to participate in graduation, they must take care of their responsibilities.

- First and foremost, complete all academic and work requirements. If you are unsure of your status or the status of your student, please reach out to RCHS staff.
- Fines, Fees, or Materials
 - Need to be taken care of prior to the graduation ceremony. Payments can be arranged by calling River Cities High School. All materials, including Chromebooks, must be returned before the ceremony. Students will not be allowed to participate in the ceremony unless they have met all of their obligations.

We encourage you to reach out to staff with any questions. To earn credits toward graduation, students must complete assigned academic requirements and meet other obligations, including work-hour requirements. If you are unsure of your status or the status of your student, please reach out to RCHS staff.

Congratulations and best wishes to the Class of 2024!

Steven Hepp
Principal
River Cities High School

SCREENAGERS UNDER THE INFLUENCE

ADDRESSING VAPING, DRUGS & ALCOHOL IN THE DIGITAL AGE

FREE EVENT

Time: 5:30-7:30 p.m.

Date: April 10th, 2024

Location: McMillan Memorial

Library Auditorium

490 E Grand Avenue

Wisconsin Rapids, WI

Dinner and childcare
provided.

Register by QR code or visit:

<https://bit.ly/screenagers2024>

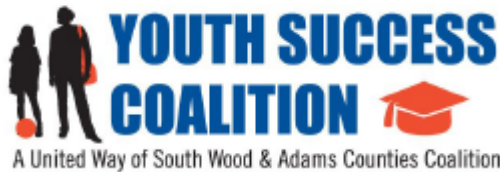
Contact: Alyssa Gollon 715-421-8931

Learn about the personal experiences of teens and families. This film highlights the changing landscape of the substances, offering solutions for how to empower teens who face decisions about what they are influenced by.



Drug-related materials and substance use will be discussed during this event.
Parental discretion is advised: 12 years of age and older is recommended for this viewing.





Children's Book Donations Needed in April

We need your help—and your books! Starting April 1st and running through April 26th, United Way will accept new or gently used children's books to be distributed at Great Book Giveaway events in June.

Board books and easy readers are needed most, but any new or used children's book in good condition will be accepted. Books, or monetary donations can be brought to the United Way office at 351 Oak Street in Wisconsin Rapids between 8:30am and 4:00pm any weekday.

The Great Book Giveaway is a fun, annual event that impacts hundreds of youth each year, aligning with the goal of the Youth Success Coalition. Please consider donating to support this initiative, and help close the literacy gap in our community.

Books collected in this drive will be provided to children free of charge—a simple act that can be life changing for the many families who can't afford to purchase books.

For more information contact Ben Eberlein at 715-421-0390 or ben@uwsvac.org.

**The
Great
Book
Giveaway!**

United Way of South
Wood & Adams Counties





Wisconsin Works
helps parents find
jobs while supporting
their families.

Wisconsin Works

Ready to achieve your dreams?

Give us a call:

Wisconsin Works 855-733-1311

- financial help
- job skills training
- interview prep
- transportation funds
- childcare assistance



Wisconsin Works can
help you find and keep
a great job.

This institution is an
equal opportunity
provider.

www.fsc-corp.org



♥ Happy Spring!! ♥

April 2024

WRPS Nurse



Allergies and Asthma

With warmer weather, many people notice an increase in allergy symptoms (congestion, runny nose, coughing, sneezing, itchy eyes, etc.) and asthma flare-ups. If you notice these symptoms in your child and they have no history of seasonal allergies or asthma, we encourage you to discuss the symptoms with their doctor, so you can determine if medication (whether over the counter or prescription) is needed. Also, please be sure to keep an eye on your student's inhalers to be sure they are not expired and have enough puffs before an asthma attack occurs!

Sleep for well-being

Is your child getting enough sleep? A child's overall health, well-being, and ability to focus in school could be affected by inadequate sleep. If your child does not get enough sleep they could have a higher risk for many health problems such as poor mental health, obesity, injuries, or behavioral problems that can contribute to poor academic performance in school. We encourage parents to discuss any medical or sleep concerns with their child's physician.

Here is the link to more information and what parents can do at home to help. [CDC: Sleep and Health](#)

Per the CDC:

- 6 out of 10 middle schoolers do not get enough sleep
- 7 out of 10 high schoolers do not get enough sleep

How much sleep someone needs depends on their age. The [American Academy of Sleep Medicine](#) has made the following recommendations for children and adolescents:

Age Group	Recommended Hours of Sleep Per Day
6–12 years	9 to 12 hours per 24 hours
13–18 years	8 to 10 hours per 24 hours

REMINDER: Immunizations

Please review the following schedule and make sure your child is compliant by next school year. Parents can schedule a nurse visit at the doctor's clinic to get vaccinations.

Parents may contact Wood County Public Health for more information on their Immunization Clinic at 715-421-8911 to see if their child is eligible. See brochure for more information.

English & Spanish Brochure

Required Immunizations for School:

*****5 months through 15 months:

2 DTP/DTaP/DT, 2 Polio, 2 Hep B, 2 Hib, 2 PCV

*****16 months through 23 months:

3 DTP/DTaP/DT, 2 Polio, 1 MMR, 2 Hep B, 3 Hib, 3 PCV

*****2 years through 4 years:

4 DTP/DTaP/DT, 3 Polio, 1 MMR, 1 Var, 3 Hep B, 3 Hib, 3 PCV

*****Kindergarten through grade 6:

4 DTP/DTaP/DT, 4 Polio, 2 MMR, 2 Var, 3 Hep B

*****Grade 7 through grade 12:

4 DTP/DTaP/DT, 1 Tdap 4 Polio, 2 MMR, 2 Var, 3 Hep B

If your child should not receive immunizations for any reason, please fill out the waiver found at the bottom of the record form signed by a parent or guardian, and return it to the school nurse.

If your child should not receive immunizations due to a medical concern, please discuss it with your child's physician.

The updated student immunization record form is available here: [Student Immunization Record](#).

*****WRPS health information/policies can be found on the WRPS website under the "FAMILIES" option.**

WRPS Pupil Nondiscrimination Statement

The School District of Wisconsin Rapids is committed to equal educational opportunity for

All District Students. The District will not deny any person admission to , participation in, or

**The benefits of any curricular, extra-curricular, pupil services, recreational or other program or activity because of a person's gender, race, national origin, ancestry, creed, religion, pregnancy, marital or parental status, sexual orientation, transgender status, gender identity, or physical, mental, emotional or learning disability, or any other characteristic protected under State or Federal civil rights laws. Please review Board Policy 411 for additional information. Incidents or other discrimination or harassment should be reported to a teacher, administrator, supervisor or other District employee to be addressed or forwarded on to District Compliance Officer Brian
Oswall.**



<https://www.facebook.com/RCHSWR?>

Or Search

River Cities High School - Wisconsin Rapids

Trauma Sensitive Schools

River Cities High School provides students with a safe environment that is sensitive to individual needs. The Wisconsin DPI provides guidelines for schools to support students' various needs. To learn more visit the DPI link:

<https://dpi.wi.gov/sspw/mental-health/trauma>

Creating Trauma-Sensitive Schools to Improve Learning, Wisconsin DPI

Professional Educators know that many students face challenges in their personal lives that Adversely affect their learning in school. Unfortunately, many children have been traumatized by directly or vicariously experiencing violence, homelessness, loss (or fear of loss) of loved ones, or other kinds of devastating experiences.

Trauma changes people. Just as physical assault on the body can cause bodily impairment, psychological trauma can result in a mental injury that impacts such things as a child's ability to regulate emotions, attend to classroom activities and/or achieve normal developmental milestones. However, this does not mean that traumatized children and adolescents cannot grow up to be healthy and happy adults, despite the often substantial obstacles they face.