

# WEEKLY NEWSLETTER

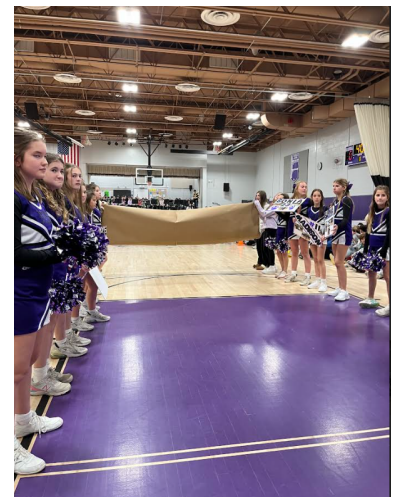
MARCH 5, 2024



# 1.

## PEP RALLY PICS

STUDENTS AND STAFF HAD A BLAST AT OUR ANNUAL PEP RALLY YESTERDAY! A SPECIAL SHOUT OUT TO THE RUMSON POLICE WHO TOOK ON OUR AMERICAN HEART ASSOCIATION TEAM AS A CULMINATING EVENT FOR OUR NJHS MONTH-LONG FUNDRAISING CAMPAIGN TO RAISE AWARENESS FOR FINNS' MISSION. OUR STUDENTS BEAT THEIR COMPETITION AND WILL RECEIVE CRAZEES ICE CREAM TICKETS.



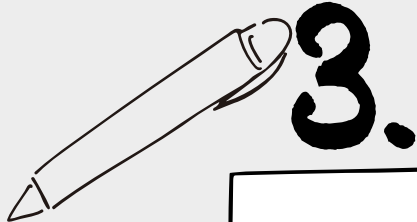
# 2.

## CLASS OF 2024 UPDATES

GRADE 8 STUDENTS PARTICIPATED IN A PRESENTATION TODAY WITH STUDENT AMBASSADORS FROM LUNCH BREAK TO LEARN MORE ABOUT THEIR UPCOMING EVENT, **A NIGHT WITHOUT A BED**. [CLICK HERE](#) TO LEARN NMORE ABOUT THIS EVENT AND SIGN UP.

ORDER YOUR GRADUATION ROBES [HERE](#)

SAVE THE DATE FOR MEET THE COACHES NIGHT AT RFH HS - JUNE 5TH @ 6 PM



# NOTEWORTHY

The RFH STEM and Health Care Career Clubs are hosting a Career Event on Thursday, March 7 at 6:30 pm for current 7th & 8th graders. Sign up for the RFH STEM Career Event by clicking [here](#).

Important Nurse Medical Updates - Norovirus aka "Stomach Bug" is on the rise in the northeast right now. Click [here](#) to learn more.

RFH is hosting Empty Bowls on March 14, 2024 from 6-8 in the RFH Cafeteria. Attached is the link for community volunteering and the flier for the event.

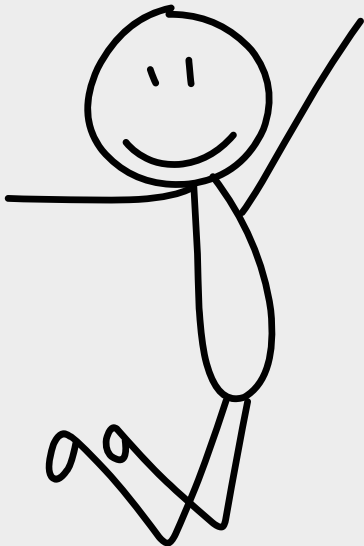
<https://www.signupgenius.com/go/4090B4CAFAF28A3F85-47788825-empty>

Order your Yearbook [here](#)  
Yearbook ID: 10370024

Females in STEM event at High Tech High School [info](#)

# 3.

# DAWG DATES TO SAVE



3/5- FD/Holy Cross Game 6pm girls/7:30 Boys; Tickets are NOT for sale at the door. Students may not walk or bike to or from the games.

3/5 - [Parent Academy](#) on Autism & ADHD in Rumson MPR at 6:30 PM

3/6- Tri-District Music Festival

[Spirit Week 2024](#)

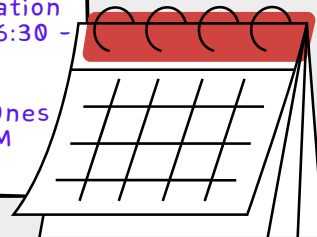
Wednesday, March 6th - Americana Day- Wear Red, White and Blue

Thursday, March 7th - Tie Dye or Favorite Pattern Day

Friday, March 8th - Comfy Clothes or PJ Day

3/19 - [Parent Academy](#) - Community Conversation at the Two River Theater, Red Bank, NJ from 6:30 - 8:30 PM

3/21 - [Parent Academy](#) - Supporting Little Ones with BIG Emotions in Rumson MPR at 7 PM



FOR MORE, VISIT THE VIRTUAL BACKPACK

<https://www.rumsonschool.org/rumson/Forrestdale/>