



The Rocket Report



Basketball

Our RLC Rockets had another basketball game on February 6th! The Rockettes and Southport Cheerleaders came to cheer the team on. We also did a School Pep Rally earlier that afternoon. So much fun and great energy! See next page for more basketball opportunities!

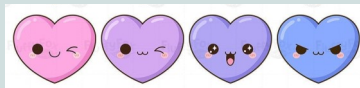


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OUR SCHOOL
 IS FULL OF
 Sweethearts





Monday

2/20



This site is fully accessible. Any person requiring further accommodations should contact the Administrative Assistant (317-789-1622) at the RISE Learning Center.

Community Basketball Game With the Southport Police Department

Join us for a unified basketball game with SPD and RLC students and staff

Where: RISE Learning Center (5391 Shelby Street)

When: Tuesday, February 28th

Time: 6:00 pm

Admission: Dry good food items (at least 1) or a minimum of \$1 donation

All proceeds benefit the RISE Learning Center students and programs.

“If you’re always trying to be normal you will never know how amazing you can be.” ~Maya Angelou

UPCOMING EVENTS!

- ⇒ President's Day / No School— Feb 20
- ⇒ Basketball Game with Southport Police—Feb 28, 6pm, RLC Gym
- ⇒ Pacer Game — March 9; money due Feb 13
- ⇒ Spring Break — March 20-31



The RISE Rockets and the Pacers will be teaming up for the 2nd time this year doing a Pacers ticket fundraiser! A portion of each ticket sold will go directly to our Special Athletics program here at school. All money and orders will be due on Monday, February 13th with our School Night being Thursday, March 9th at 7:00 PM. The Pacers will play the Houston Rockets that night. Your son/daughter can win prizes for the tickets that are sold. The more tickets you sell, the more Pacers prizes to will accumulate! There are some amazing prizes, so please check with Mr. Krebs for information.



Dog Treats



3 for \$1

18 for \$5

Flavors: Peanut Butter & Honey

or

Peanut Butter & Pumpkin

Homemade, all natural dog treat sales support the MOVE program at the RISE Learning Center. Please email all orders to Monica Ponce at mmay@riselearningcenter.org. Cash or check (made out to the RLC) accepted. Please allow 1 week for delivery.



ATTENTION KROGER SHOPPERS!!!



Support **RISE Learning Center by enrolling today!!!**

- 1. Visit [Kroger.com/communityrewards](https://www.kroger.com/communityrewards)**
- 2. Sign into your account or create one**
- 3. Edit Kroger Community Rewards Info**
- 4. Enter RISE Learning Center or IY837**
- 5. Kroger donates every time you shop**

From Oct 2022–December 2022, RLC received \$253.41 donations from Kroger Community Rewards. Thank you to the 87 households who participate in this program for us!



With the possibility of delays or eLearning days, please make sure your phone number is updated with the office.

Automated calls and text messages are sent out regarding school delays and closings.

RISE Learning Center will also be listed on the following news stations: WTHR, FOX, and WISH.

***If you did not receive calls/texts during the last snow storm, please call the office.*



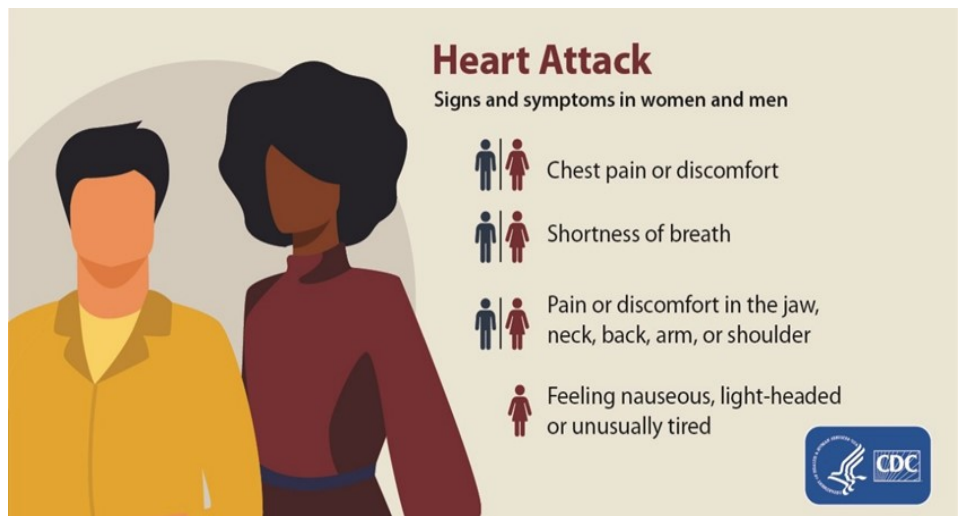
Welcome to February, RISE!

Nurse Angela wants everyone know February is American Heart Month ...



Heart Disease in the United States

- ♦ Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.
- ♦ **One person dies every 34 seconds** in the United States from cardiovascular disease.
- ♦ About **697,000 people in the United States** died from heart disease in 2020—that's **1 in every 5 deaths**.
- ♦ Heart disease is the **leading cause of death** for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men. For women from the Pacific Islands and Asian American, American Indian, Alaska Native, and Hispanic women, heart disease is second only to cancer.
- ♦ The following are health issues that can cause heart disease...
 - ♦ High blood pressure
 - ♦ High cholesterol
 - ♦ Diabetes
 - ♦ Overweight and obesity
 - ♦ Unhealthy diet
 - ♦ Physical inactivity
 - ♦ Excessive alcohol use



Choose Healthy Habits

You can choose healthy habits to

help prevent heart disease. If you have high cholesterol, high blood pressure, or diabetes, you can take steps to lower your risk for heart disease.

- ♦ Choose Healthy Foods and Drinks
- ♦ Keep a Healthy Weight
- ♦ Get Regular Physical Activity
- ♦ Don't Smoke