

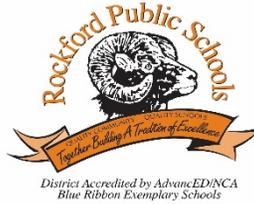
# Rockford High School Freshman Center

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[www.rockfordschools.org](http://www.rockfordschools.org)

Thomas Hosford  
Principal

Kelly Amshey  
Assistant Principal



Holly Normington  
Head Counselor

Jennifer Lutz  
Counselor

Dear Parent/Guardian:

This year, the Freshman Center will again be participating in a backpack food program called **"Hand2Hand"**. This program helps provide a student with food for the weekends and is intended for families who currently may be experiencing a financial burden. **The first backpacks will be ready on Friday, September 18<sup>th</sup>.**

**Here's how Hand2Hand works:** At the end of the week students who are signed up for the program will receive 8-10 food items in a black school logo ("Rockford") drawstring bag that will be provided at the first week of participation. These food items will be a combination of breakfast, snacks, lunch and/or dinner items. While the food items are meant for the student, they can be shared among the family as well. **(Please note: if your child has food allergies, it will be the responsibility of the parent/guardian to check the contents of the backpack each week to ensure the food doesn't contain ingredients which could cause an allergic reaction.)**

**Historically, backpacks were delivered to RFC every Friday morning. This will be the case when we return to in person instruction. If we are still remote the week of September 14<sup>th</sup>, backpacks will be available to pick up each week at Bella Vista Church. If you choose to participate, details will be communicated with you the week prior.**

There is no cost to participate. Keep in mind this program is intended to assist families who could use the assistance. Individual families can decide the length of time they would like to participate. If you sign up for Hand2Hand, and later you no longer need the assistance, simply write a note expressing your desire to discontinue receiving Hand2Hand bags and send or email it to the school counseling office. This opportunity is being provided through the congregation at **Crossroads Wesleyan Church**. To learn more about Hand2Hand, please visit their website: <http://hand2handbackpack.org>.

**If you feel like your student would benefit from this opportunity, please contact your child's counselor at the RFC Counseling Office at your earliest convenience.** Your participation will be kept confidential.

Sincerely,

Jennifer Lutz (Last Names A-LE)  
Holly Normington (Last Names LI-Z)  
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Kristi Ter Horst/ Terri Rosel  
Hand2Hand Coordinator  
Crossroads Wesleyan Church of Rockford