

THE ROCK

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RAIDERS REPORT!

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INTEGRITY, RESPECT & EFFORT

Golf

by Jeannie Trader

Rimrock's golf team this year includes freshmen Casen Aquiso and Cruz Colyer, Sophomore Liam Aquiso, Juniors Dylan McNeley, and Crew Merrick, and their coach Scott McNeley. Dylan's best score so far this season is a 69. The highest overall team score is 350.

The team says that golf is a fun sport they enjoy playing and practicing. They practice at the Silver Sage Course on Mountain Home Air Force Base. The team states that this is a mentally hard sport because of how long tournaments are and how much detail a player has to note. It's a sport where a player has to be mentally strong because it's very easy to lose focus. This can also affect how a player's skills develop, because mindset is everything.

This year the boys had five tournaments, with State Championships coming up. Congrats to the team for placing 5th at districts! We wish Dylan luck at state which will be held May 11 - May 12 in Payette.



Congrats to Dylan McNeley on earning the top spot at the district tournament and making it to state!

Technology Use in Teen Mental Health

by Samuel Couch

Technology in today's world changes teens' Emotional Health in both good and bad ways. This can be bullying through text messages and social media, and because of the blue light that phones give off, teens are not getting enough sleep. Even having anxiety, depression, or stress can be caused by overuse of social media. Digital technology is important because people can communicate with others easier, find information quicker, and can instantly take photos with cameras. However, when teenagers have grown up with unlimited access to information and social media, it's sometimes difficult to know when and how to take a break from all of it.

Social media has gotten so bad in some countries that banning social media for children until they are a certain age is being considered. People need to do something about the overuse of social media as soon as possible because it's leading to poor academic performances, mental health issues, and social separation in our teenagers. Technology is advancing but so are the threats that exist with it. Even smart watches are becoming more of a problem because of notifications creating FOMO, or fear of missing out, and teenagers are never able to unplug.

Despite all that, important benefits of technology's use is the ability to form, develop, and maintain healthy social connections online. This can give social support to youth and give positive interactions with different peer groups that students may not have access to. That online social support from people may be important for young people who are treated badly as well as racial, ethnic, and sexual and gender minorities.

Teenagers are affected by social media, video games, smartphones, and countless electronic inputs. Technology is affecting emotional health in teenagers and Dr. Natasha Azzopardi-Muscat, the Director for Country Health Policies and Systems said, "It's crucial that we take steps to protect youth to allow them to navigate the digital landscape safely and equip them to make informed choices about their online activities, maximizing the benefits while minimizing the risks to their mental and social well-being. In short, they should rule social media, and not have social media ruling them." In short, if you don't want to risk the damage, have your kids go out this summer!



Congrats to the entire golf team on their 5th place team finish at districts yesterday- they represented Rimrock well!

Congrats!



What's New in SBG?

by Isabela Hurtado

Our candidates for president were Mariel Juarez, Leif Pearson, and Gael Gallardo. Our elected president was Gael Gallardo! For Vice president our candidates were Joshua Jaramillo, Liam Aquiso, and Mariel Juarez. The elected candidate was Mariel Juarez. For secretary our candidates were Ruby Lisle, Jeannie Trader, and Kenzley Fowers. Our elected candidate is Ruby Lisle. For treasurer our candidates are Mackley Prow and Travis Schkade. The elected candidate is Mackley Prow. Their first assignments are to complete the bulletin board in the hallway for May, run morning announcements, and prepare the last day of school events.

As a student attending Rimrock High School, I want to thank this year's Student Body Government for all their noticeable

work to make this school year incredible. They brought back student of the month, and they prepared assemblies every month with fun activities. SBG also put together a Mental Awareness fund, and each student in the entire school received a specially crafted shirt with the message, "You are enough" and "Stay, tomorrow needs you. Mental Health Matters". Along with that, SBG also hosted dress up weeks that were fun to dress up for, and helped all the students in the school to feel included. This year actually **was** fun. These people were a good group, great role models and I could easily tell that they worked together to plan and execute these events. I appreciate, along with many other students, the time and effort that Student Body Government put into this school year.

Spring EXTRAVAGANZA:
Music, CTE & More!
TUESDAY, MAY 5TH | 5:00 - 7:00 PM
 Join us for an evening of music, hands-on learning, student accomplishments, and community!

LIVE STUDENT MUSIC PERFORMANCES
Throughout the Evening!
 Enjoy live music by our talented student musicians featuring band and other ensembles throughout the evening. Help us also celebrate our graduating senior musicians!

TOUR OUR NEW FACILITIES
 Take a tour of our brand-new greenhouse and other CTE spaces. See how we're investing in the future!

SHOP & SUPPORT STUDENTS
 Purchase student-grown flowers and vegetable starts from the greenhouse and support the FHLA Dinner Fundraiser.

EXPLORE OUR CTE PROGRAMS

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| WELDING Building skills. Building futures. Real-world opportunities. | HORTICULTURE Growing knowledge. Growing plants. Growing a greener tomorrow. | WOODSHOP Design it. Build it. Create with purpose. | FAMILY CONSUMER SCIENCE Life skills for today. Knowledge for tomorrow. Strong skills. Stronger futures. |
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Come See Learning in Action!
 Meet our students and instructors, explore career pathways, and discover the many opportunities CTE has to offer.

Rimrock Jr./Sr High School | Bruneau, Idaho



RIMROCK GREENHOUSE
 Open May 5th, 2026
 CTE Night
 Behind Wood/AG Shops
 5:00 - 7:00

The Rimrock Greenhouse is up and running! Students have planted various vegetables, herbs, and flowers that are currently growing! Thank you to AG West Farm Credit and Bruneau River Soil Conservation District for making this possible. Please come support Rimrocks first greenhouse sale! We take card and cash!

UPCOMING EVENTS:

- May 4-7 Teacher Appreciation Week
- May 4 Golf District Championship at River Birch
- May 5 CTE Night / JH Music Presentation / FHLA Food
- May 6 Elementary Music Program
- May 7 SBG Assembly
- May 8-9 HS Track State
- May 11-12 Golf State Championship at Scotch Pines
- May 12 School Board Meeting @ 7pm
- May 13 9th Grade Field Trip
- May 14 Honor Roll Field Trip
- May 15-16 HS Track
- May 19 6th Grade Orientation / Elementary Field Day
- May 20 Academic Awards / Senior Last Day
- May 21 Last Day of School!
- May 22 Graduation Practice
- May 23 Graduation

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