



Kougar Cub News

an online newsletter for Future Kougars and their parents

7th Graders - Sign up for your shadow visit today!

What is the best way to find out what it's like to be an R-K girl? Spend the day with an R-K girl! Shadow visits for 7th graders begin on Feb. 16 and end on April 30. To schedule a visit, you can call (314) 533-8513 or sign up online by

[clicking here.](#)

Spirit Week: Show your Kougar Spirit!

Last week was an exciting week - Spirit Week! Spirit Week is a tradition at R-K, and a fun one at that. Students get to dress according to a different theme each day of the week. This year, the themes were Color Day, Lumberjack/Farmer Day, Boy's School Day/PJ Day, Purple and Gold Day, and Rock and Roll/Celebrity Day. The special events during Spirit Week this year were a talent show and the annual Faculty vs. Senior class volleyball game. Kougars have spirit all year round, but Spirit Week is a fun way to celebrate it!



Seniors, decked out in purple and gold, cheer for their classmates during the Senior vs. Faculty volleyball game.

Upcoming Events

R-K's annual 7th Grade Math Contest is on Saturday, April 24. Talk to your teacher about getting a team together! R-K will also be holding Kougar Kamps in athletics and fine arts this summer. Dates and times are being finalized, so make sure the check our website for updates soon.

[R-K's events page](#)

Kougar Athletics

Congratulations to the Splashing Kougars, who qualified for the 200 free relay in the 2010 state championship! You still have time to check out the winter sports, which include swimming & diving, cheerleading, and basketball. For free tickets to a home game, please visit the

[Future Kougars page.](#)

Recent R-K News

(click on the text to read the full story)

1/13: Two R-K alumnae will bike across the U.S.

1/15: Scarf Day returns and raises over \$380

1/17: Two R-K students are presented with the Model of Justice Award

1/21: R-K StuCo raises \$500 for Haiti

2/1: Senior wins first place in essay contest

2/5: Two R-K seniors are National Merit Finalists

About R-K

Please feel free to contact us with any questions you may have about student life, academics, or what it means to be a Rosati Girl!

[Click here to ask us a question.](#)

Rosati-Kain High School is a Catholic, Archdiocesan college preparatory school for young women who want to be challenged to become their best selves in an ever-changing world. The school, which is currently celebrating its ninety-eighth year, is located in the Central West End on Lindell Blvd.