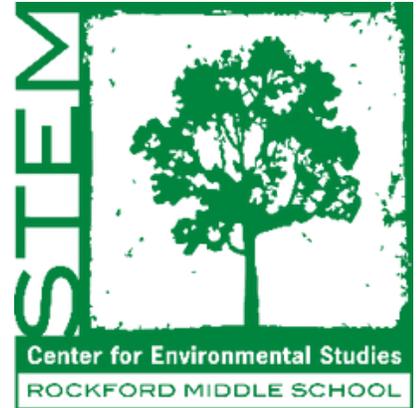


# ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



*Bobbi Hume*

## A NOTE FROM THE PRINCIPAL



*Bobbi A. Anderson-Hume, Ph.D.*

I love leadership. I don't know why, I haven't always been drawn to be a leader. I wanted to be a 7th grade language arts teacher and a varsity fastpitch coach. I am painfully introverted in real life and really anti-social. People who know me privately struggle to see me as a principal and people who know me professionally struggle to see me as an introvert. It was when I was minding my own business, teaching and coaching, that the desire to lead hit me. Like most women school leaders, I didn't enter into education to be a leader, nor was I earmarked in advance for the role. So, leadership was accidental. This is why leadership opportunities need to be consistently available for our kids.

# ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES

## A NOTE FROM THE PRINCIPAL...CONTINUED

*Bobbi A. Anderson-Hume, Ph.D.*

When I became a teacher, I was dropped into a team of all-stars, really talented and experienced humans and teachers. One of them was literally a Presidential Award Winner in Mathematics and still taught middle school math (Paul Agranoff, I love you!). At these times when I was irritated and still probably annoyingly young, Paul would say to me, “When you don’t like something, you only have three options: 1. learn to accept it; 2. work to change it; or 3. divorce yourself from it.” (I believe this is originally credited to Lou Holtz, long-time Gopher Football coach, but I’m unable to locate the source). He really pinned me down in a “put your money where your mouth is” kind of way and trained me toward action and getting involved (I am sure it also effectively stopped my griping). Some people are easily able to walk away from things/places/people/etc. when they don’t like something, I am not one of those people. I form relationships, get attached, and develop roots, so #2, work to change it, is definitely my go-to. This has caused me to enjoy and welcome both challenge and change, and again has shaped how I lead my schools and how I teach children. With enough belief and enough work, anything can be changed.

Once I got into leadership, I was hooked for life. Having the power to create positive change for students and teachers is really addicting. Being able to know kids and families and to facilitate with teachers the best course of action to really give the gift of knowledge and experience is to change the world. I think it’s the most important thing I can do with my life. As I said recently, principals have tremendous power to create the climate of a school. How visible a principal is during the day, how he or she reacts to behaviors and when, what issues are acted upon, and what issues are not, all determine how kids feel in their school. Does their principal see them? When they do, do they get smiles or do they get frowns? Do they have access to their principal if needed? Can they trust him or her? It all matters, deeply. It also matters if teachers can trust their principal and whether or not they feel supported day in and day out. Supported teachers support kids. Let me say that again, teachers who feel supported are better able to support their students. And, it’s a delicate and fragile thing because there is a line in the sand to draw or not draw every minute

# ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES

## A NOTE FROM THE PRINCIPAL...CONTINUED

*Bobbi A. Anderson-Hume, Ph.D.*

To be completely honest, I can reflect and improve on everything I do, every day of my career, even after 27 years and more than 17,000 middle schoolers. I could always stay longer, speak louder, walk slower, call sooner. I always say, perception is reality. If someone feels hurt because of me, I own that. If someone feels scared because of me, that's on me. I was chosen over many talented people for this job, I am the principal of this school, and that means it's on me. If it means I wasn't good enough on a given day, I own that. In the end, if even one child was scared and one parent was worried, I failed. The expectation is that I am omniscient and omnipresent (come on, dust off the confirmation cobwebs), or that I am all-knowing and everywhere, all the time.

And, I love it. I took this on willingly. I interviewed for this job knowing full well the clientele I would serve. I knew I would have to call parents in the middle of the day and talk about behavior. I knew I would have to sweep butter off the floor during lunch, teach 8th grade Algebra for a day, and paint Rockets on kids faces at football games, because it's in the job description. In truth, I fail every day. Every single wonderful and amazing thing that happens at RMS-CES is due to the students and their teachers, with the help of our support staff. Everything that falls beneath the level of "Above Average" belongs to me, the principal, and every one of those things weighs heavy on me. On Day One of this career, I promised myself that if I was going to be a principal, I was not going to be the kind of principal that turned a blind eye to problems or leave things unresolved because it was easier. I promised myself I would never take the path of least resistance. I love challenge and change and I can think of nothing that's more important.

b  
Dr. Bobbi Anderson-Hume  
*Principal*  
RMS-CES

# RMS-CES PARENT/COMMUNITY NEWS

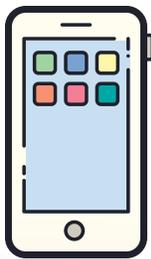


## Reminders & Opportunities:

### Publicity Photographs

Throughout the year, photographs and videos are taken in classrooms and at school activities. Some of these may be published in local newspapers, on the local cable station or in Rockford Area Schools' publications and websites. Parents may request that their child's photograph and identifying their name not be published in district productions or websites. The request must be made in writing and sent to the **Rockford Area Schools District Office, at 6051 Ash Street, Rockford, MN 55373.** (This does not apply to pictures of school events taken by the news media.)

Contact Annie Mickelburg in our District Office



A reminder that student cell phone use is **ONLY** permitted during lunch/recess.

# PARENTS!

Are you wondering where that lunchbox, sweatshirt, homework, hat, binder & water bottle of your student's is????



What's left at the end of October, will get donated or thrown away!

PLEASE REMEMBER TO SEND A WATER BOTTLE TO SCHOOL WITH YOUR STUDENT

OR...The Water Fountains are back on!



*Hooray*



# RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

## ANNUAL STUDENT/REGISTRATION UPDATE

This year, Rockford Area Schools has implemented an Annual Update which can be found in the Parent Portal in Infinite Campus.

Keeping this information up-to-date will help families stay connected and be informed on upcoming plans and other important announcements.

The logo for Infinite Campus, featuring the text "Infinite Campus" in a light green font next to a stylized infinity symbol.A red arrow pointing upwards, with the text "Click here" written vertically inside it.

Click here

This online update will replace the emergency medical form you have received in the past. Most of the information will auto-populate from data already entered in Infinite Campus. Required fields are marked with a **red asterisk(\*)** and information highlighted in yellow needs to be updated. There are also fields required by the Minnesota Department of Education such as technology access and ethnicity.

Once you are logged in to your  
Parent Portal:

- Click More
- Followed by Online Registration, and a new window will open.
- Follow the prompts by clicking the Annual Update button to begin.

A large red arrow pointing downwards.

We are asking all families to complete this year's update **AS SOON AS POSSIBLE.**

Going forward, the Annual Update will take place yearly in August.

If you have any questions, please contact Annie Mickelburg at [mickelburga@rockford.k12.mn.us](mailto:mickelburga@rockford.k12.mn.us) or (763) 477-9165.

# RMS-CES PARENT/COMMUNITY NEWS

## Reminders & Opportunities:



### Rockford Middle FFA

Learning to do. Doing to Learn. Earning to live. Living to Serve.



**Middle School FFA** members attended their first Career Development Event (CDE) at the University of MN this week.

Many students competed in the poultry event-evaluating read to cook turkeys, chicken parts, and the interior and exterior of eggs. 🍳

As members in FFA, seventh and eighth graders have the opportunity to try many CDEs throughout the school year.

*A CDE is best described as a competition among FFA members from across the state or region to see which team is most knowledgeable and skilled in certain areas.* Different CDEs include poultry, dairy foods, public speaking, fish and wildlife, small animals, floriculture and many more.



# RMS-CES PARENT/COMMUNITY NEWS



## Reminders & Opportunities:

# #yearbook

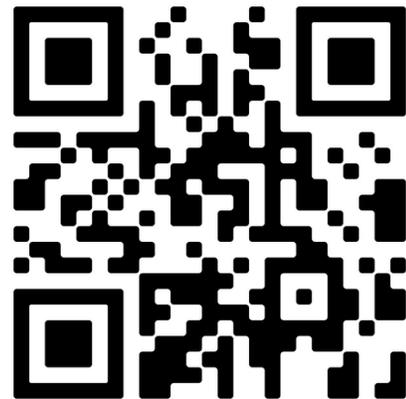
Walsworth yearbooks

2021-2022 Rockford Middle School  
Switch schools

Resume order Help Saved Items 0



ORDER THE 2021-2022 RMS-CES YEAR BOOK [HERE!](#)  
OR USE THE QR CODE BELOW



→ MEA  
Break

October 21st & 22nd  
No School

# RMS-CES PARENT/COMMUNITY NEWS



## Reminders & Opportunities:

A message from the nurse  
regarding COVID notification:



As we get back into the swing of things and spend more time together, there are going to be cases of COVID, especially with the Delta variant making its way through. In order to not inundate you with emails, we will not be sending a general notification letter to an entire grade level after every positive case of COVID. We will be alerting you if your child is a close contact of a positive case of COVID. Please be vigilant in monitoring your child for symptoms and keep them home if any present.



Wright County  
MINNESOTA

*Truancy Resources*

### Wright 2 School

#### Excused vs. Unexcused Absences

##### Excused Absences:

Family emergency

Illness/Medical or mental health  
appointments

(documentation may be required)

Religious holidays

##### Unexcused Absences:

Babysitting

Working

Needed at home

Child is not immunized

Car trouble

Missing the bus

Oversleeping

Weather

*Habitual truant* means a child under the age of 17 years who is absent from attendance at school without lawful excuse for seven full school days. If the child is in elementary school for one or more class periods on seven school days. If the child is in middle school, junior high school, or high school, or the child is 17 years old and has not lawfully withdrawn from school.

Truancy and Educational  
Neglect Intervention  
Program

Please click [HERE](#) to view Truancy Brochure

# RMS-CES PARENT/COMMUNITY NEWS

Mrs. Mally Wirth  
*Counselor's  
Corner*

NYSTROM  
& ASSOCIATES

We have two school based therapists here at RMS-CES. Our providers have a passion for school and mental health and are wanting to ensure our clients have a well-rounded treatment plan to encourage mental health wellness and success in the school setting.

## ANXIETY & COVID

Anxiety, as many people know, is an emotion triggered in response to any number of events in which future outcomes are unknown. *Common symptoms of anxiety often include shakiness, racing heart, muscle tension and/or spasms, rapid and shallow breathing, upset stomach, and racing thoughts.* Tests, public speaking, attending social events, and facing changes/life transitions are just a small list of events that may trigger fear and anxiety. And now, in a world dominated by the presence of COVID-19, we, as a global community, have been thrust into life-changing transitions that have understandably contributed to skyrocketing rates of anxiety and depression around the world.

*"Today I will try not to stress over things I cannot control." ~Unknown*



# RMS-CES PARENT/COMMUNITY NEWS

...Continued

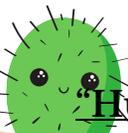
Mrs. Molly Wirth

Counselor's  
Corner

NYSTROM  
& ASSOCIATES

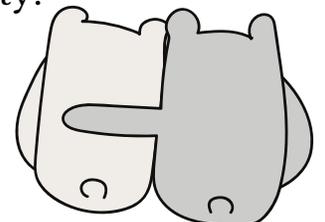
Experts bombard us daily with numerous tools for combating feelings of anxiety, fear, anger, sadness, depression, and others considered by many to be uncomfortable and even painful. While finding relief from such emotions is understandably desired, reality is that these emotions are a necessary part of the human experience because ALL emotions communicate to us that an action or actions need to be taken in response to a situation, place, or person.

For example, a person assigned to give a presentation to a group of people will generally feel some degree of anxiety, prompting them to take one of the following possible actions: fight (face the anxiety head on), flight (leave the situation entirely or find another way to avoid the situation), or freeze (feeling overcome by anxiety to the point that one feels “frozen” or immobile).



“**Hugging the cactus**” is a therapeutic skill that emphasizes the importance of learning to “sit” with uncomfortable emotions without ignoring, avoiding, or denying them. *The trick* to this skill is to first, observe and identify the emotion by acknowledging the symptoms, both physical and mental, that occur in response to a triggering event or person. *Next*, when feeling highly escalated, it is suggested that we find a way to effectively distract ourselves from focusing directly on the painful emotion until we may find a way to solve or confront the problem with a clear mind. *Finally*, it is essential that we remind ourselves that the problem is only temporary (which in most cases, it is) and that it will pass.

**Other strategies** recommended for helping to cope with anxiety and uncertainty include focusing on gratitude, maintaining virtual connections with loved ones, practicing mindfulness, and engaging in physical activity.



# RMS-CES PARENT/COMMUNITY NEWS

## Reminders & Opportunities:



Please click on one of the link below to fill our registration!

[Every Meal Weekend Food Registration RAS in English](#)

[Every Meal Weekend Food Registration RAS in Spanish](#)



Beyond physical development, good food improves academics, behavior, attendance, and even self-esteem.

At Every Meal, we say food is good if it meets three categories: Nutritious, Delicious, and Relevant.

**Nutritious:** Our staff dietitian works to ensure all of our bag types meet current nutrition standards for children and youth as outlined by the Dietary Guidelines for Americans and the National School Lunch and Breakfast Programs.



**Delicious:** We taste test the food we buy for our food bags. Taste also includes sight and smell. For each item we provide, we make sure it looks, smells, and tastes delicious.



**Relevant:** What good is dried rice if you don't have access to a kitchen to cook it? What good is mac and cheese if you're an immigrant and have never seen it before? What good are pork and beans if your religion forbids eating pork? We offer five food bag options with a variety menus designed to be relevant for the different children and families we serve.



Contact Madison Holm at  
6125670114 or at  
holmm@rockford.k12.mn.us  
with any questions

# RMS-CES SPORTS NEWS



## Registration for WINTER ACTIVITIES



The 2021-22 school year is in full swing and that means that fall activities are winding down and the start of *winter activities for students in grades 7-12* is rapidly approaching!

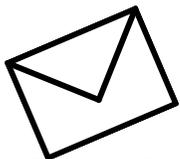
Links on the Activities section of the district website contain information about the following:

Save  
the  
date

**Winter Sports Meeting**  
October 25, 2021 at 6:00pm, RHS  
Auditorium  
Click [HERE](#) for more information



Practice for dance team and middle school girls basketball begins on October 25, 2021. Your child's registration must be completed prior to this date to be eligible to participate.



If you have registration questions, please contact the Activities office:

- Dan Pratt, Activities Director: [prattd@rockford.k12.mn.us](mailto:prattd@rockford.k12.mn.us)
- Stacey Larson, Activities Coordinator: [larsonst@rockford.k12.mn.us](mailto:larsonst@rockford.k12.mn.us)

Thank you and Go Rockets!

# RMS-CES SPORTS NEWS



## ROCKFORD YOUTH WRESTLING

**PreK-Kinder.**

OR 1st Year Wrestlers

Mondays

11/15-1/22

6:00– 6:45 pm

**1st-2nd Grade OR 2nd Year Wrestler**

Tues./Thur. 11/9 – 1/22

5:30– 6:15 pm

**3rd-6th Grade OR 3rd Year Wrestler**

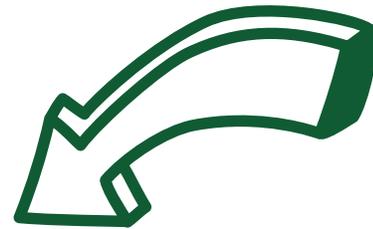
Tues./Thur. 11/9 – 1/22

6:30– 8:00 pm

### Why Should Kids Wrestle?

- There is room for everyone and wrestlers only compete against others in a similar skill/weight
- Wrestling builds intensity, footwork, agility, balance, strength & body awareness
- It is one of the few sports where a child's foot speed, ball-handling skills, hand-eye coordination, & size do not matter

Questions? Or join our 2-week FREE Intro Class contact: [raawrestling@raasports.com](mailto:raawrestling@raasports.com)



Register online:

[www.raasports.com/raawrestling](http://www.raasports.com/raawrestling)

*NOT an ISD 883 Sponsored Event*

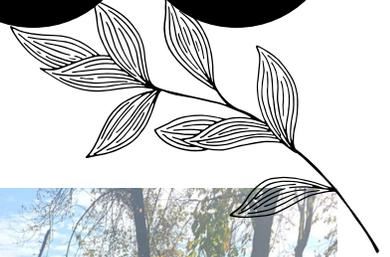
# RMS-CES CLASS NEWS



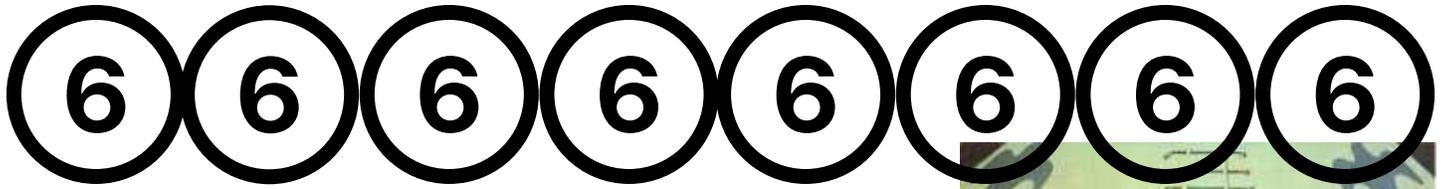
## SOCIAL STUDIES

**Greetings 5th Grade Families!**

Our first unit in 5th grade social studies focuses on the indigenous people of North America. Recently, we have studied 5 regions: The Pacific Northwest, The Great Basin, The Great Plains, The Southwest, and the Eastern Woodlands. We have examined how the environment of each region shaped the lifestyle of the people that lived there. 5th graders had the opportunity to visit the school forest, and use only the natural resources of their environment to build a shelter. It was an exciting day!

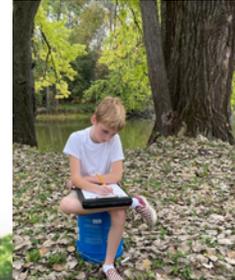


# RMS-CES CLASS NEWS

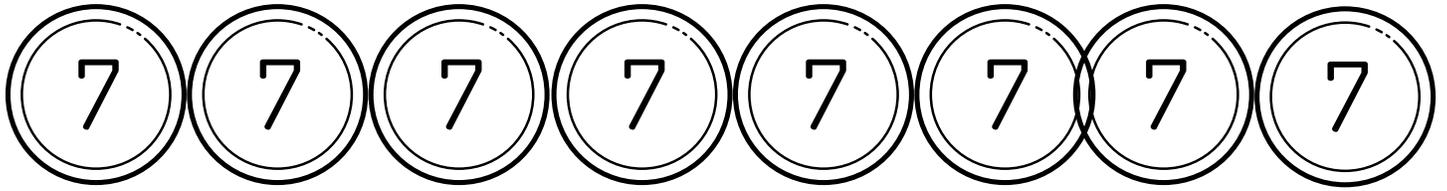


## SOCIAL STUDIES

Sixth graders have been learning about how the Dakota kept their history alive through oral history which is the purposeful repeating of stories about the past. They learned about how the Dakota showed generosity, or ohanwaste, towards others by listening to the story, "The Badger and the Bear". Ask your child to tell you the story! Students also learned how the Dakota showed respect, or wo ohoda, to others by participating in a reader's theater of a Dakota legend, "The Ghost Wife". Oral histories serve many purposes—they tell the history of the people, convey their beliefs, teach moral lessons, and entertain. Students walked to Riverside Park to listen to another Dakota story, "The Star in the Cottonwood Tree" which conveys traditional Dakota beliefs about how things came to be in the world. "The Star in the Cottonwood Tree" tells of a little star that hears beautiful sounds coming from a village and wants to stay there. The other stars tell the little star that it can't stay by the village because it will disturb the people living there. The other stars tell the little star it can stay by the village if it can find a way to be hidden from the people. The star looked around and found a cottonwood tree. The star decided to hide in the cottonwood tree where it still is today and can hear the beautiful sounds of the people saying good words to each other. After listening to the story, students were given a cottonwood twig and when the twig was cut open they found a star inside.

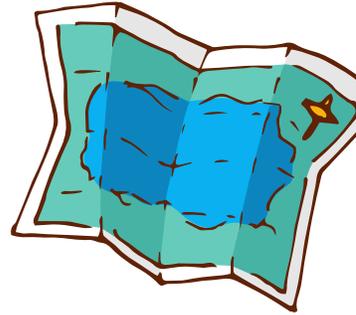


# RMS-CES CLASS NEWS

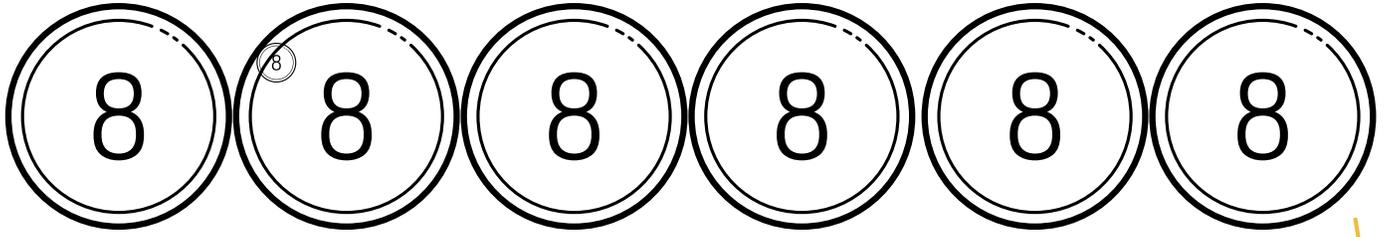


## SOCIAL STUDIES

*This week in 7th grade Social Studies explorers learned all about the greatest real estate deal in history, the **Louisiana Purchase**. We discovered the challenges and triumphs of Lewis, Clark, and the Corps of Discovery on their epic adventure into the new territory. The week ended with explorers traveling into uncharted territory to map, make observations, and document the plant and animal life they discovered.*



# RMS-CES CLASS NEWS



## SOCIAL STUDIES

This week in Social Studies, students are creating a mini-book about a country of their choice. The project involves arts & crafts technical skills, but at its core, it is a book about the basic physical and human geography characteristics of a country. Students are continuing to practice identifying the physical and human characteristics of a country, and they will continue building on those skills all year once class starts "traveling" to different regions of the world.

