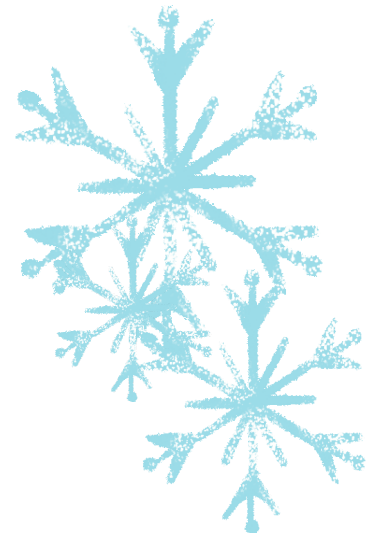


# ROCKFORD MIDDLE SCHOOL

## CENTER FOR ENVIRONMENTAL STUDIES



A handwritten signature in black ink that reads "Bobbi Hume".



### A NOTE FROM THE PRINCIPAL

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

One of my least favorite things that I repeatedly say is, “The business of running a school has very little to do with educating children.” The rules, regulations, laws, mandates, and the like continually change and all must be followed. The exact opposite is also true, when our controlling government entities don’t want to own the decision for whatever reason, schools and districts are left with not only the decision, but all it’s fallout, with little guidance.

We go into education to help kids, so these rules and etc. frustrate us. They were created for a valid reason, to meet a need in a moment in time. And, like any rule, regulation, law, and mandate, we can’t foresee how it will affect everyone outside of that particular moment in time. In my office, I don’t really interact with the kids and families who the rules work for; people don’t need me when the system works. I spend time with the kids and families who get pinched by the rules, regulations, laws, and mandates for whatever reason and in these cases, the rules often restrict our ability to educate kids.

## ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES

### A NOTE FROM THE PRINCIPAL...CONTINUED

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

Side note: this is one of the reasons there is a big difference in our teachers between this year and last year. Last year, during the pandemic, there were “no rules.” We could do whatever we needed to do to educate our kids. There was so much power and freedom in having a good idea and having the resources to try it in the name of making things better for kids. Even though it was so much work, it was so motivating and it felt so good to be so highly functioning. There was so much adrenaline! This year we are back to checkboxes and signature lines with students who are now used to our flexibility, resources, and adrenaline. The business of education is coming back to the forefront.

Educators across the country are struggling to find the answer to hanging on to that passion, flexibility, and access to resources for their students. Education cannot look the same for our students as it did for us, unless our kids are growing up like we did. For me, that is a big no. I’ll tell you right now, my dad would have never tolerated listening to the nonsense my child tries to sell me on. It is a different world, our schools need to reflect that.

The GREAT news is that here at Rockford Area Schools, we are on it. With three magnet schools, we have been on it. Here at RMS-CES, we are making our own dirt this winter! How many kids get that opportunity? (I apologize in advance for the laundry). Our Greenhouse is the perfect environment to study composting and its effect on growing our food. You all know how much we love to talk about food production! This is only one example, and one you will be hearing much more about. We know now more than ever that our approach here at RAS is the right one. Yay us!

b  
Principal, Bobbi Anderson-Hume  
RMS-CES



# RMS-CES PARENT/COMMUNITY NEWS

## Reminders & Opportunities:



Hello Rockford Families!

Every year we partner with Riverworks Food Shelf to help support our community before the holiday season. Last year we raised over \$800 thanks to all of the generous donations! As we plan our upcoming celebrations, we at Rockford Area Schools, are asking that you take the time to think of others who are less fortunate. Please make a donation that works for your family to help relieve the stress of others during this time. If you are able to donate, we are asking all families and staff to donate money on-line directly to Riverworks. With the financial support, they will be able to purchase the food to fill their shelves. Please follow the directions below to donate. Any dollar amount helps! **Thank you for supporting our community and partnering with Rockford Area Schools.**

**Happy Holidays!**

Here's how to give:

1. Go to [riverworksonline.org](http://riverworksonline.org)
2. Click on the DONATE tab in the upper right hand corner
3. Click on the DONATE ONLINE tab
4. Click on the FUND drop down menu
5. Select ROCKFORD SCHOOL THANKSGIVING FUND DRIVE

Contact Annie Mickelburg in our District Office

### 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.)

PICTURE  
RETAKE  
DAY:  
**DECEMBER  
9TH**

OPPORTUNITIES

### Special Education Paraprofessional:

RAS has open paraprofessional positions for the 2021-22 school year! We are looking for positive, student centered individuals to join us in supporting RAS students. If you know of anyone interested, you can find the job posting [HERE](#) Individuals would work 4-8 hours/day at our hourly rate, with possible bus route assignment. Feel free to reach out to Emily Seitzer via email, text or phone call for more information. Email: [eseitzer@mawseco.k12.mn.us](mailto:eseitzer@mawseco.k12.mn.us) Office Phone: 763-477-5837 Ext 1030

### Bus Route Support Staff:

RAS is looking for an individual to ride a bus route from 6:30am-8:30am. They would be paid an hourly rate. The individual would ride the bus with another adult staff member and students. During the first half of the ride, the individual would support students by talking with them, helping them buckle and stay seated, etc. On the ride back there will be no students. Feel free to reach out to Emily Seitzer via email, text or phone call for more information. Email: [eseitzer@mawseco.k12.mn.us](mailto:eseitzer@mawseco.k12.mn.us) Office Phone: 763-477-5837 Ext 1030



# 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.

Infinite  
Campus

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.

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.

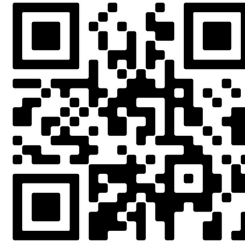
If you have any questions, please contact Annie Mickelburg at [mickelburga@rockford.k12.mn.us](mailto:mickelburga@rockford.k12.mn.us) or (763) 477-9165.



# RMS-CES PARENT/COMMUNITY NEWS

## Reminders & Opportunities:

# #Yearbook



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



Lake Sarah Dental will be hosting our annual [Give Kids a Smile Event](#)  
on Friday, February 4th, 2022 from 9 am -1 pm.

We will be providing cleanings, x-rays, exams, fluoride, sealants, fillings and extractions of baby teeth at no cost to children age 1-18 years of age. These services will be provided free of charge and are for families with no insurance or inability to pay for dental care. Our appointment slots will open in December and are scheduled first come first serve.

We will not be able to take walk-ins appointments.

Please feel free to send this information to your families as you feel it is best served. We do need parents to fill out paperwork if they can not be present for the day of treatment, but the child must be accompanied by an adult.

Sincerely,

Lake Sarah Dental  
7500 State Highway 55, Suite 200  
Greenfield, MN 55373  
[www.lakesarahdental.com](http://www.lakesarahdental.com)  
763-575-8038



# 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

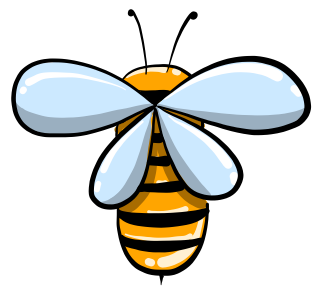
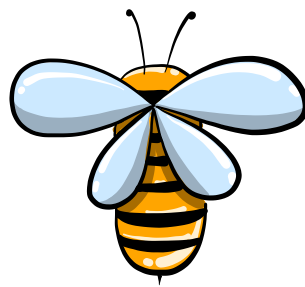
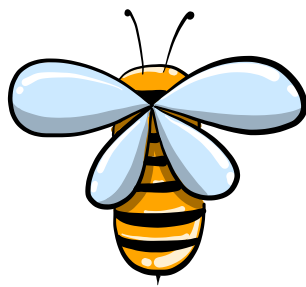
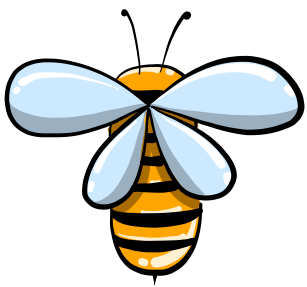
# RMS-CES PARENT/COMMUNITY NEWS



***The buzz of the Spelling Bee is back!***

*Next week students at RMS-CES will have an opportunity to demonstrate their spelling skills in the classrooms to qualify for the District Spelling Bee.*

***Additional details can be found HERE***



**PLEASE  
SPELL...**



# RMS-CES PARENT/COMMUNITY NEWS

## RMS-CES Volunteer Club

# RMS-CES VOLUNTEER CLUB

The RMS-CES Volunteer club is made up of students from grades 5-8 and with various interests. This club is student-led and provides members the opportunity to volunteer for the RiverWorks Thrift Store and Food Shelf, and other local community outreach organizations.



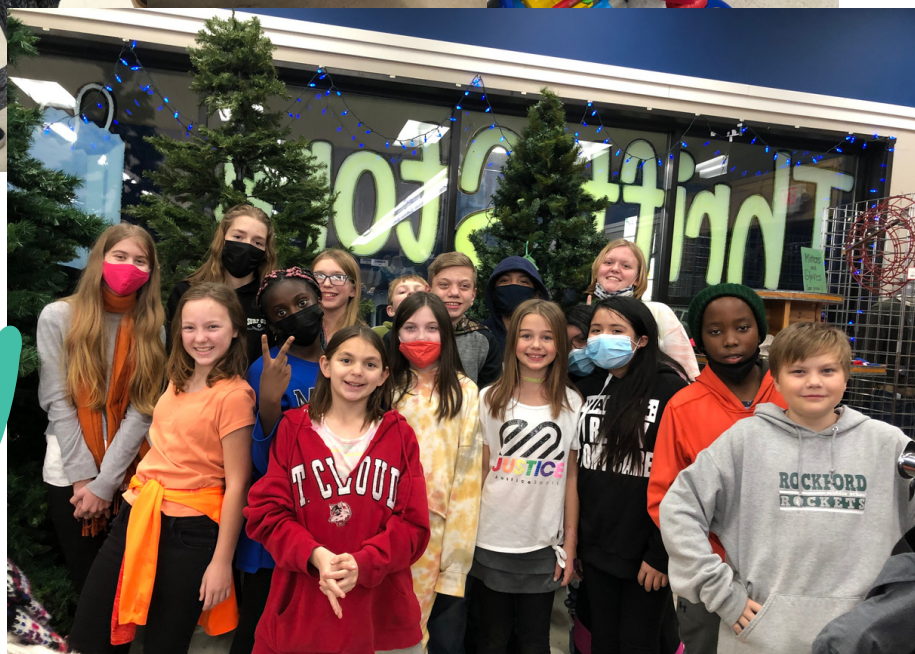
This week we had our first outing where members learned the ins and outs of the RiverWorks Thrift Store. Students volunteered their time by cleaning, organizing, sorting, and helping in any way they could. Our middle schoolers worked together to make a difference, learned the value of giving back, and had a lot of fun!





# RMS-CES PARENT/COMMUNITY NEWS

## RMS-CES VOLUNTEER CLUB





# RMS-CES PARENT/COMMUNITY NEWS



## Exercise & Mental Health Benefits

**"DO SOMETHING  
TODAY- YOUR  
FUTURE SELF WILL  
THANK YOU FOR."**

Research indicates that exercise plays a vital role in helping to improve and regulate peoples' mental health. According to Robinson, Segal, and Smith (2019), studies have shown that exercise can treat mild and moderate levels of depression as effectively as antidepressants without the side effects. The release of endorphins provided during exercise gives individuals a burst of energy and can contribute to stronger mental alertness. Here are some additional examples of what exercise can provide: improved mood, improved focus and concentration, increased self-esteem, boosted self confidence, and better sleep. While experts' guidelines for an "ideal" amount of exercise vary, a suggestion of 15-20 minutes of moderate physical activity daily is an excellent place to start.

*TO READ MORE, [CLICK HERE](#)*

- **Crisis Text Line: 741741**
- **In a life-threatening emergency call 911**



**NYSTROM  
& ASSOCIATES**

**School-Based Mental  
Health Services**

<https://www.nystromcounseling.com/our-services/school-based-mental-health-services/>



# RMS-CES CLASS NEWS

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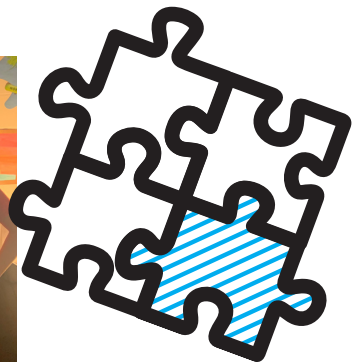
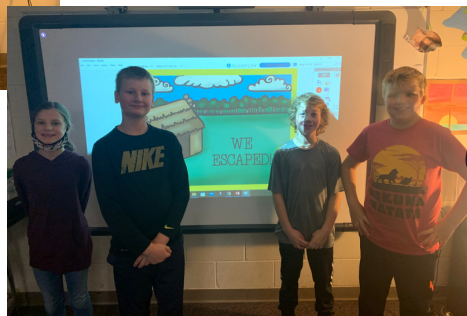
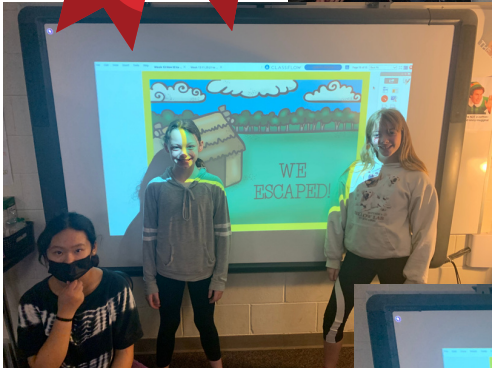
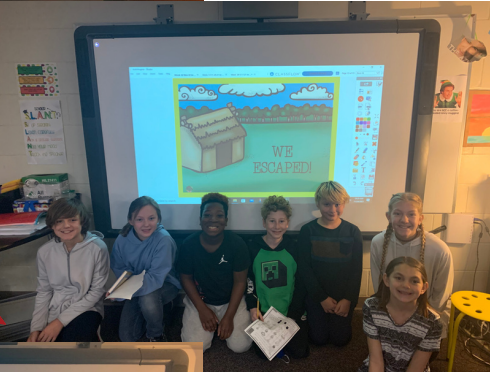
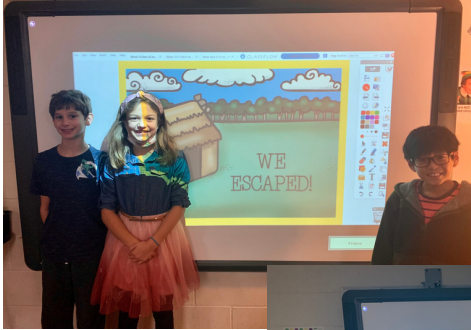
## SOCIAL STUDIES




***Last week in social studies, the 5th graders learned more about the history of the Thanksgiving holiday.***

***On Wednesday, they competed as teams to "escape" from a fictional museum. Each team faced a series of puzzles they needed to solve before moving on to the next level.***

***While each hour had multiple finishers, the first place finishers from each hour are pictured here.***



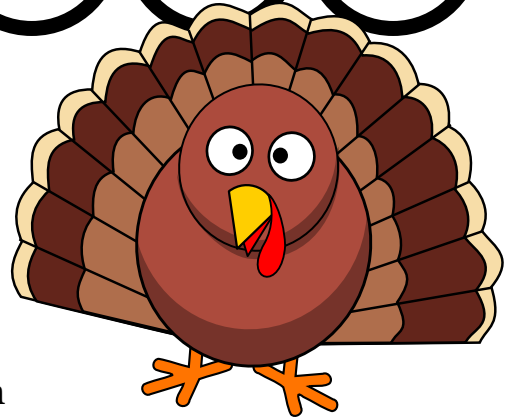
# RMS-CES CLASS NEWS



# AGRI-SCIENCE-FFA

During the first few weeks of quarter two, sixth graders have been learning about Minnesota's turkey industry.

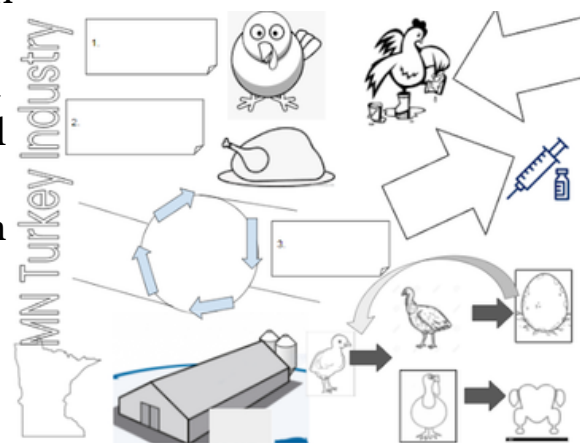
Did you know that MN raises the most turkeys in the US each year? Approximately 46 million per year--that is enough turkeys to supply the 45 million turkeys eaten on Thanksgiving alone in the US.



Besides learning neat facts about our state, students explored how MN's turkey producers make bird health, food safety, and environmental protection a priority on their farms. We had a debate over which type of turkey was better, domestic or wild and most classes had the domestic bird as the winner. We also calculated the needed space in barns for both genders of turkeys at various ages and learned why turkey barns are typically shaped like rectangles instead of squares.



Finally we wrapped up our MN turkey industry unit by looking at 4 different brands of frozen turkeys to find misleading food labels. Oftentimes food companies will confuse consumers with unnecessary labels such as “no added hormones or steroids or antibiotics.” Using hormones and steroids in poultry production has been illegal since the 1970s, so that label is not needed on turkey or chicken packaging. Using antibiotics to treat sick birds is acceptable as long as there is a withdrawal period before the turkey goes to market. Testing by multiple agencies at the processing plant and often on the farm takes place to ensure turkey is free from antibiotics before it ever reaches a grocery store or consumer.





# RMS-CES CLASS NEWS



## 7th & 8th Grade CHOIR

7th and 8th grade choir has been working on Christmas carols, in hopes of doing some caroling before Winter break. We hope to carol at BankWest, or around RMS-CES, as schedules allow. We have also been doing some music theory units. We've learned how to read the bass clef, how to identify intervals on the staff and by ear, and we are currently learning some new music vocabulary. Ask your student what a crescendo is, or what articulation means! They'll be having a quiz next week! We will soon be learning how to be a conductor. Each student will have a chance to conduct the whole choir!

**We also want to acknowledge the students who participated in Annie, the RAS musical a few weeks ago. Our middle school students really made the show a success, and we are so proud of them and all the hard work they did!**

