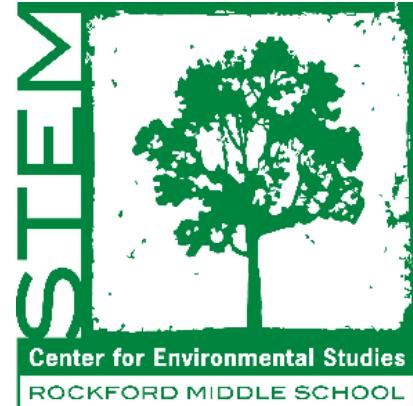


ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



A NOTE FROM THE PRINCIPAL

Bobbi A. Anderson-Hume, Ph.D.

Students at Rockford Middle School - Center for Environmental Studies have been hard at work learning and growing. We have been talking about work ethic this week and building habits that will benefit the future, whatever a student's personal choices may be. We have also reached the end of Quarter 2, marking the midpoint of the school year already and another rotation of Quarterly Specials classes.

Have a great weekend!

**GO
ROCKETS**

b

Principal, Dr. Anderson-Hume
RMS-CES

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

PARENTS & STUDENTS



Please LABEL your student's chromebook charger (put name on piece of masking tape and apply to block of charger)

Contact Christa Larson 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 Parents may request that their child's photograph and identifying their name not be published in district productions or websites.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.)

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 Office Phone: 763-477-5837 Ext 1030



SCHOOL STORE

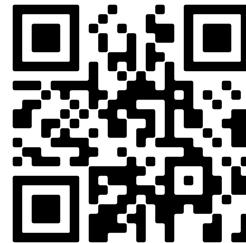
LOCATED AT ROCKFORD HIGH SCHOOL

Please click [HERE](#) for the School Store Hours



RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:



ORDER THE 2021-2022 RMS-CES YEAR BOOK [HERE!](#)

OR USE THE QR CODE BELOW

LAST DAY TO ORDER IS JANUARY 28TH!



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
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

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.



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.

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

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.

RMS-CES PARENT/COMMUNITY NEWS

Mrs. Molly Wirth

Counselor's
Corner

Self Care

DEVELOPING A SELF-CARE PLAN

Self-care is any activity that we do deliberately to take care of our mental, emotional, and physical health. Knowing what self-care is not is also important. It is not something we force ourselves to do, or something we do not enjoy doing. Self-care should be something that refuels us rather than takes from us. It is not a selfish act either; it is not about only considering our needs, but about knowing what we need to do to take care of ourselves so we can perform better at work and take better care of others.

Assess your current level of self-care: You can start this by looking at your typical week and taking note of how many, if any, times you have taken some time for yourself. Pay attention to the types of activities you take part in. Make sure to give yourself credit for smaller actions as well, such as taking time to get your favorite coffee or watching a favorite TV show. It is also important to notice if there is an absence of self-care in your routines. Without self care, you are at higher risk for burnout. Developing a baseline for your self-care activities will help you to be aware of the importance of introducing these activities into your busy schedule.

Find out what you like to do: Once you have determined a baseline for your self-care activities, the next step may be to do some self-exploration. You will need to identify your personal interests and activities that are most enjoyable for you.

Consider activities for your physical, mental, spiritual health, and relationships. You may also want to use your self-care time to try new things.

Integrate your self-care plan into your daily life: It is beneficial to develop a realistic self-care plan that you can commit to on a consistent basis. You should aim for incorporating a self-care activity at least once a week. For some, it may be helpful to actually schedule your self-care activities on your calendar each week. For others, using self-care activities as rewards or incentives may work better. You should start incorporating these activities slowly and build up to a schedule that best fits your lifestyle by making small changes. Making small changes and setting easily attainable goals will help you to create a more realistic path to implementing your self-care plan. It is important not to create more stress for yourself with your self-care goals.

Monitor your progress & adjust if necessary: After a few weeks, it will be important to monitor the success of your self-care plan. You should look at whether you are able to fulfill responsibilities without feeling burnt out and whether your plan has been successful in helping you achieve more balance in your life. If you feel you are losing motivation to follow through with your self-care plan, try new approaches or activities. Consider any obstacles that have come up and what is working well.

Adjust your self-care as needed and re-assess again in a few weeks.

"The more anger towards the past you carry in your heart, the less capable you are of loving in the present". -Barbra De Angelis

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

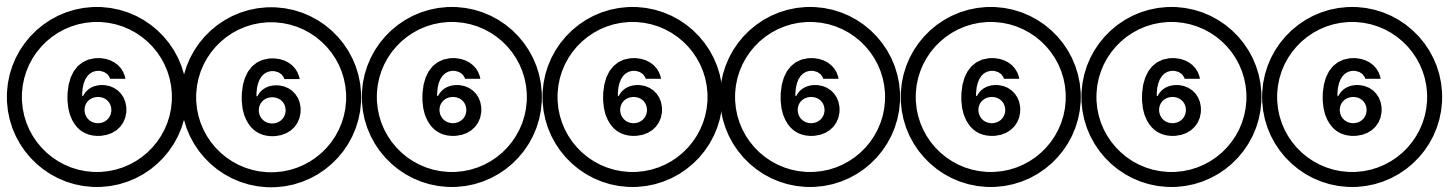


<https://www.nystromcounseling.com/our-services/school-based-mental-health-services/>



**School-Based Mental
Health Services**

RMS-CES CLASS NEWS



AGRI-SCIENCE with Mrs. Gregory

Did you know when RMS students become 7th graders they have the opportunity to join our middle school FFA chapter?

Did you also know that Rockford Middle School was the first school in the state of Minnesota to have the first middle school only FFA chapter? It is common for schools across MN to have FFA chapters that focus on 9th-12th graders, with some chances for middle schoolers to join in. To have our own chapter for ONLY 7th and 8th graders was unheard of until 2014.

As 6th graders, we spend time learning about FFA in our “Intro to FFA” unit during quarter two of Agri-Science. Focuses throughout the unit include understanding the organization and its goals, learning the parts of the emblem, trying out Career Development Events, and exploring the history of FFA.

Two Career Development Events(CDE) that we spent time exploring in our classroom included small animals and dairy foods. When FFA members decide to participate in a CDE, they are dedicating time to build knowledge and skill in one particular area before moving onto a competition level that will provide them with experiences lasting them well beyond middle school. In our class we worked independently and as teams to identify common dog breeds which are part of the small animal CDE. We also identified cheese types based on appearance, flavor, texture, origin, and age.

Most people will recognize it as the Future Farmers of America (FFA) and often stereotype it as a club for farmers or kids who live on farms. Fortunately times have changed and FFA is no longer just sows, plows, and cows. Today, the name of the largest student-led youth organization in the United States is actually the “National FFA Organization” to reflect the diverse populations of all students involved. While agriculture is still the main focus, the organization prides itself in helping students grow as leaders, career seekers, public speakers, and problem solvers.

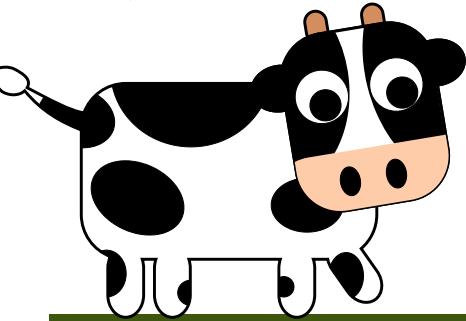
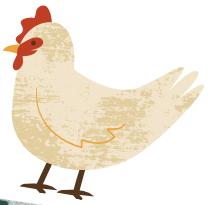
Rockford Middle FFA is in its eighth year of existence! Along with the goals of the National FFA Organization to help students achieve in the areas of leadership, career success, and personal growth, our local chapter strives to provide students with opportunities that will prepare them for high school, to serve our community, and to grow as well. Throughout the school year, middle school FFA members participate in official meetings, compete against high school students in CDEs across the region and state, fundraise, and complete a handful of service projects.



RMS-CES CLASS NEWS

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AGRI-SCIENCE with Mrs. Gregory

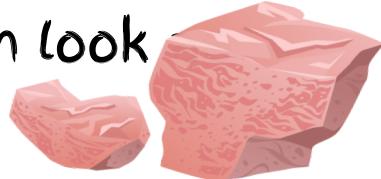


RMS-CES CLASS NEWS

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Art with Mrs. Gunderson

8th graders are finishing up their quarter of ART. We have been busy working with all types of art mediums and exploring 2D and 3D art techniques. A highlight of the quarter was our clay shoe unit. Students created paper templates and then rolled clay slabs out to construct their shoes. Shoes were designed based on a personal hero they identified. The clay sculptures will then be painted with acrylic paint to make them look realistic as possible.



This 8th grade class has some EXTREMELY talented artists!!!! I am sad to see them go, but wish them the best of luck at the High School next year. Keep making art!

Please click [HERE](#) to view these talented artists!



RMS-CES CLASS NEWS

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Band with Mr. Ferdig

On Saturday, January 15, 8 members of the band program at Rockford participated in the Central Region Honor Band Festival sponsored by the MN Band Directors Association. The rehearsals and performance were held at Elk River High School. The day included 2 ensembles. One ensemble was for grades 6-8 and the other for grades 9-10. Students selected were based on band director nomination and the needs of the ensembles participating.

Pictured:

(bottom row from left to right): Isabelle Fortin, grade 8 on trombone, Gabrielle Altmann, grade 8 on clarinet, Olivia Kissner, grade 8 on clarinet, and Levi Bartels, grade 8 on french horn.

(top row from left to right): Eli Lewis, grade 10 on trombone, Logan Perkins, grade 10 on french horn, Chase Evans, grade 10 on tuba, and Ashley Storz, grade 8 on alto saxophone.

Congratulations to our fine musicians!!



RMS-CES CLASS NEWS

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CHOIR with Mrs. Augsburger



7th and 8th grade choir have started preparing for our performance at **Arts and Academics on April 28th**. While it seems a long ways away, **our final concert is just 3 weeks later on May 20th!** So we're preparing for 2 concerts at once.

Students also had the opportunity to audition for a state-wide honor chair. Eight Rockford students have auditioned, and will find out on March 1st who gets in! It's very exciting to have Rockford represented on a state level! The 7th graders pictured here are singing the alphabet on the notes of the scale, while keeping a body percussion beat going at the same time.

It's hard to do! See if your student can remember how it goes, and see if you can join in!

