

ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



Bobbi Hume

GO
ROCKETS



A NOTE FROM THE PRINCIPAL

Bobbi A. Anderson-Hume, Ph.D.

One of the best parts of being a student at RMS-CES is our field trips. Beginning next week, our 8th graders will be heading into the wild! Students will need a signed permission form and winter clothing. We have extras if you are in need and we will take your extras for kids who need it!

Bobbi Anderson-Hume, Ph.D.
Principal, RMS-CES

RMS-CES PARENT/COMMUNITY NEWS



Registration for the 2022 summer RAAA youth fastpitch softball season is now open at click [HERE](#) to register!

Registration Deadlines

- 8U Travel, 10U and 12U registration closes on Feb. 28
- 6U and 8U House registration closes on March 31
- All late registrations will incur a late fee added to their registration



SCHOOL STORE

LOCATED AT ROCKFORD HIGH SCHOOL

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

Reminders & Opportunities:

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 Parents may request that their child's photograph and identifying their name not be published in district productions or websites.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



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
Preserving your natural smile

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:

Food Services



Click [HERE](#) for a link to our website page regarding all things Food Service related (menus, EBT benefits for families, lunch acct info and links to applications)



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.

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 Christa Larson at larsonchrista@rockford.k12.mn.us or (763) 477-9165.

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**



**NYSTROM
& ASSOCIATES**

**School-Based Mental
Health Services**

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

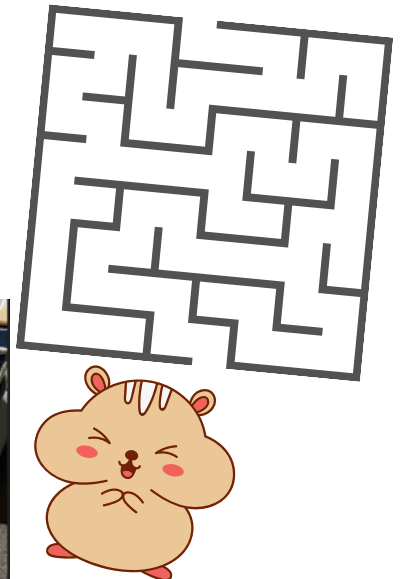
RMS-CES CLASS NEWS

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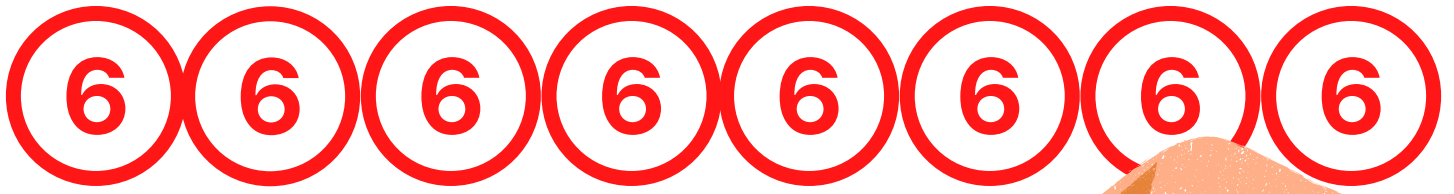
SCIENCE with Mrs.Oliverius

This past month fifth graders have been finishing their unit that is all about the scientific process. Students designed an experiment, conducted that experiment, then drew a conclusion about their experiment before presenting their findings to the class. From hamster mazes to balloon powered cars, it has been great seeing the creativity of these fifth graders!

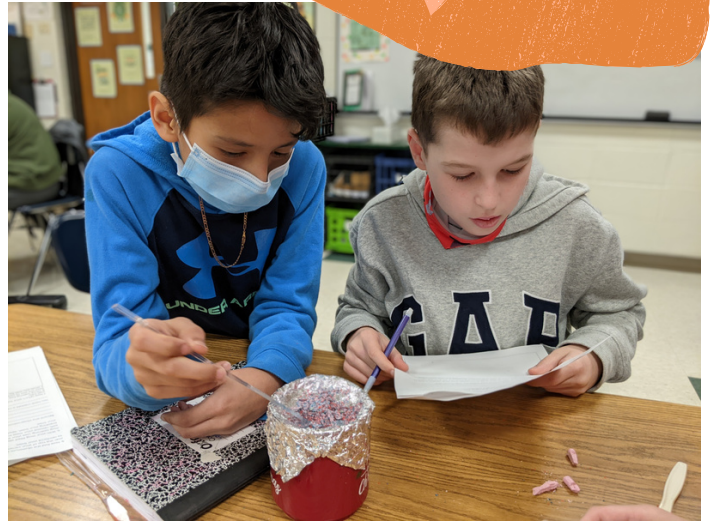
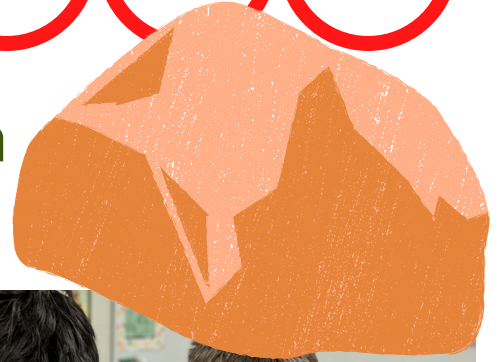
At the end of the unit we spent time analyzing experiments to determine their validity. Students were given experiments and had to determine if they were fair or not and if they were a controlled experiment. This analytical thinking will come in handy in the real world! This week, fifth grade scientists embarked upon their next unit, force and motion. We started by describing what a force is and exploring some forces such as friction, gravity, and air resistance. This unit we will explore why objects move the way they do and be able to make predictions using Newton's Laws of Motion.



RMS-CES CLASS NEWS



SCIENCE with Mrs. Werth



For the last few weeks in science, students have been learning about the three different types of rocks found on Earth. We have focused on how they are formed and how they can transform from one type to another. Earlier this week, students modeled the rock cycle using crayons. The lab showed how our starting "rocks" (crayons) could be broken down, compressed into a "sedimentary rock", heated and pressed into a "metamorphic rock", and finally melted and cooled into an "igneous rock". It was a bit messy, but I think the students had a good time and were able to think about the transformation of rocks a little more clearly after the lab.

Students also started working on their rock cycle comic strips, which will serve as the assessment for our cycling of Earth materials standard. Students will continue working on their projects at the start of next week and will turn them in on Friday Feb.4th.



RMS-CES CLASS NEWS



SCIENCE with Ms. Sarsland

Our 7th graders have been busy learning about genetics. Building models, exploring dominant and recessive traits and hereditary has kept us very busy this week.

Students identified their own traits, expelled DNA from peas and learned from the great scientist Gregor Mendel's work on how traits are passed from parents to offspring.

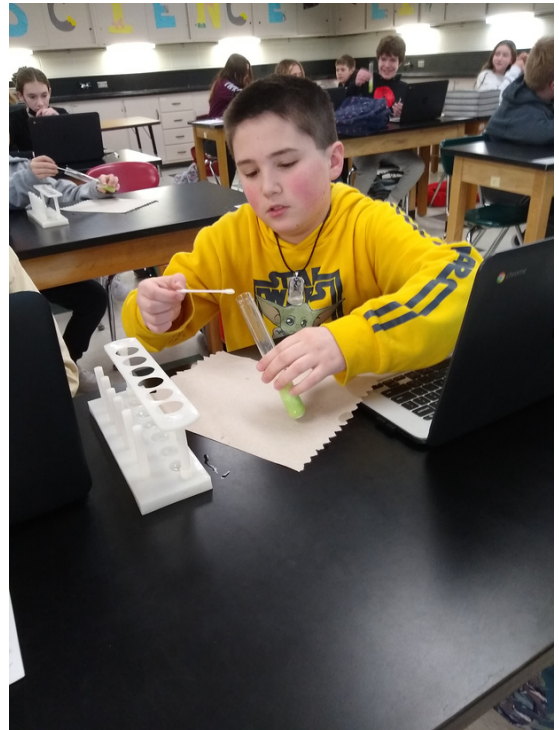
Understanding that variation or no variation happens because of genetics is a key concept that we have explored.



RMS-CES CLASS NEWS



SCIENCE with Ms. Sarsland...continued



RMS-CES CLASS NEWS

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SCIENCE with Mr. Weddel

This week in Science we are exploring the correlation between carbon dioxide levels in the atmosphere and its relationship to global temperature. We didn't want to just find some random graph on the internet and believe things blindly, so we're doing the work ourselves! We've taken atmospheric data from gas bubbles trapped in Antarctic ice cores that are 400,000 years old and plotted them onto a graph to see once and for all if there is or is not a relationship between the two. Turns out, there is! Human-induced levels of CO₂ have risen drastically since the industrial revolution, and as a result, have increased the global temperature 10 times faster than any previous glacial-recovery cycle.

Fun fact: Mr. Weddel's friend was one of the scientists who lived in Antarctica for 3 months drilling these ice cores!

Here you can see penguin tracks in the snow as they would waltz up the hill and slide down on their bellies for fun! You can also side a side view of these ice cores, and just how much atmosphere has been trapped in time!

