

ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



Bobbi Hume

A NOTE FROM THE PRINCIPAL

Bobbi A. Anderson-Hume, Ph.D.

We have Family/Teacher Conferences beginning next week, Tuesday, March 1st for Grades 5 and 6 from 3:20-6:20 PM at RMS-CES. Parents will receive communication via email with details.



7th grade conferences are Tuesday, March 15th and 8th grade is Tuesday, March 22nd, also 3:20-6:20 PM.

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

teachers
&
FAMILIES

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 Parents may request that their child's photograph and identifying their name not be published in district productions or websites.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

GREEN TIPS



Friday Green Tips

Use plastic water bottles as hanging herb gardens
(Pinterest has lots of tips)

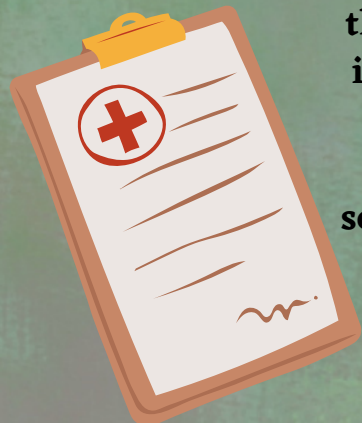


Hello Rockford families,

RAS was able to obtain more at-home, rapid COVID tests from the state for K-12 students. We will have these tests on hand for if/when your student develops COVID symptoms and you'd like to test. These tests are available for your convenience, **even if you've already gotten a test**. If your student becomes ill at school, we can send a test kit home with them at your request. If your student is at home and you'd like to come pick up a test, reach out to the building health office to set up a plan.

Thanks!

Rockford Area School Nurses



RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:



THE 2022 RAAA BASEBALL SEASON IS ALMOST HERE

8-14 YEAR-OLDS = REGISTRATION IS JAN 31 - MARCH 1
5-7 YEAR-OLDS = REGISTRATION IS FEB 28 - APRIL 4

REGISTER NOW:
[HTTPS://WWW.RAAASPORTS.COM/RAAA-BASEBALL](https://www.raaasports.com/raaa-baseball)

Please contact us at raabaseball@raaasports.com if you have questions.

Not an ISD 883 Sponsored Event

DON'T FORGET

Don't forget to order your softball apparel!

ORDER HERE

Orders are due March 1 at 11pm.



2022 Spring Sports Registration at RAS

is now open to students in grades 7-12! The spring season includes opportunities to participate in Baseball, Golf, Lacrosse (co-op with Delano High School), Softball, Boys Tennis, Track & Field and Trap Shooting.

Register today! <https://www.rockford.k12.mn.us/activities/registration>

SAVE THE DATE:

Spring Sports Meeting

Monday, March 7, 2022 @ 6:00pm

RHS Auditorium

Families of students in grades 7-12
are invited to attend!

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.


The logo for Infinite Campus, featuring the words "Infinite Campus" in a white, sans-serif font. The word "Infinite" is on the top line and "Campus" is on the bottom line. To the right of the text is a white, stylized infinity symbol.A red arrow pointing upwards, with the text "Click here" written vertically inside it in white.

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

RMS-CES PARENT/COMMUNITY NEWS

Mrs. Molly Wirth

Counselor's
Corner



“Trauma creates change you don’t choose. Healing is about creating change you do choose.”

~Michelle Rosenthal

Trauma is an event or situation that is experienced as threatening to one’s life, bodily integrity, and overwhelms one’s ability to cope with the intense negative feelings experienced at the time.

Some common examples of traumatic events include physical, emotional or sexual abuse, severe neglect, death of a parent, severe bullying, witnessing domestic violence, and experiencing a natural disaster.

The “Flight, Fight, or Freeze” response- When exposed to a traumatic event, our bodies naturally react physically, resulting in changes in hormones, blood flow, muscles, heart, bladder, gastrointestinal tract, eyes and skin. This natural physical reaction is known as the “flight, fight, or freeze” response and increases our chance of survival by priming the body to fight off an aggressor, to run away, or freeze and block out negative thoughts and feelings.

How to support a child who has experienced trauma- As a parent, caregiver, educator, or other supportive adult, you have the ability to positively support and impact a child who has experienced trauma. Healing can only occur once a child is no longer in danger. Providing a physically and emotionally safe environment is therefore vital for healing and recovery. Providing a child with structure and predictability is important and expectations for a child should be age appropriate, while consequences should be non-physical. It may also be helpful to develop a safety plan with a child who has experienced trauma so that they can feel empowered and knowledgeable about what to do if they are feeling frustrated or scared. Deciding who safe adults are and ways to contact them when needed may be helpful. Safety plans can be written with the child or illustrated through drawings to fit the child’s developmental level. Teaching children about emotions and enhancing their emotional vocabulary is also helpful. With increased knowledge of emotions, children will gain more insight into their feelings and learn healthy ways to express and cope with negative feelings. (Helping children learn grounding and deep breathing techniques or other ways of relaxing and modeling and practicing these skills with them can be helpful). Trauma has several different effects on children; hyperarousal, distraction and lack of focus, increased anxiety, avoidance, nightmares and flashbacks, and their self-image.

Repeated or prolonged trauma- Trauma that is repeated over an extended period of time or occurs more than once, is often referred to as “complex trauma.” Repeated or prolonged exposure places an individual at increased risk for trauma symptoms and can negatively impact overall well-being and development. Trauma perpetrated by a parent or caregiver can impact child attachment and trust in others and life in general. The world may seem scary and unpredictable and offer little respite or joy.

**NYSTROM
& ASSOCIATES**

Crisis Text Line: 741741

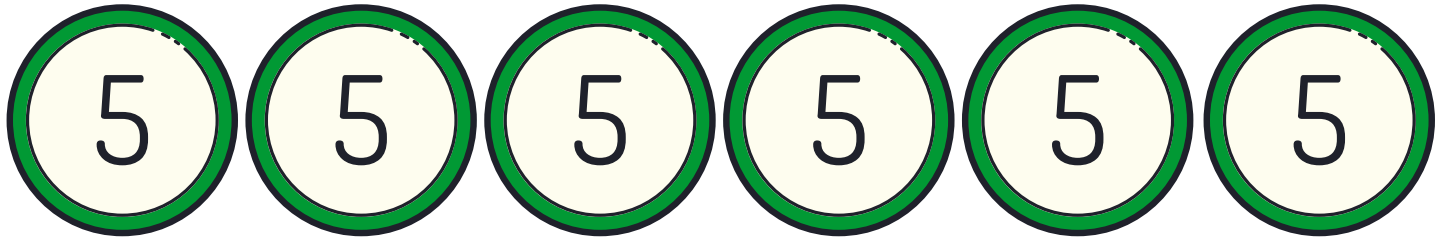
In a life-threatening emergency call 911

School-Based Mental Health Services



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

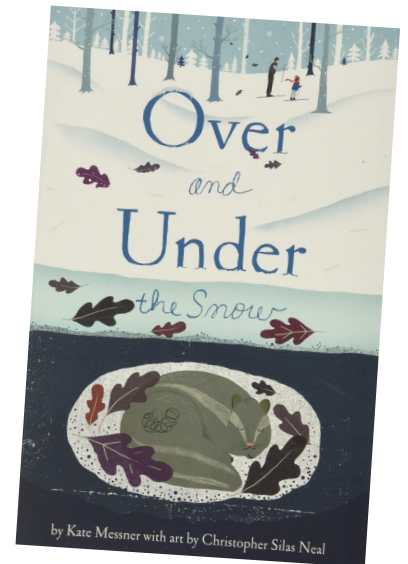
RMS-CES CLASS NEWS



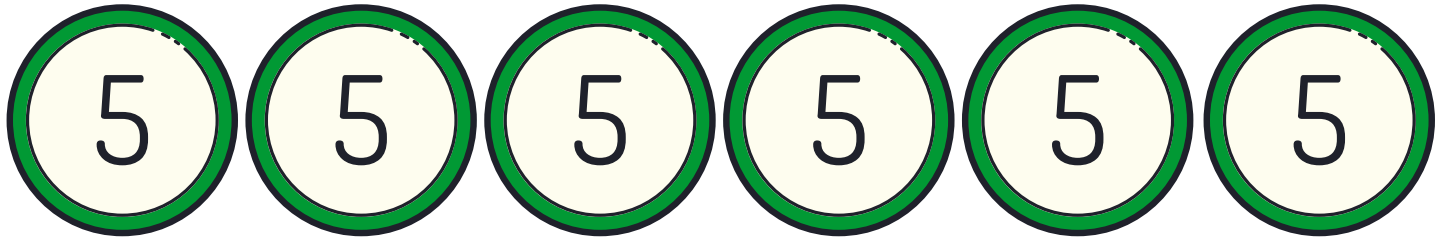
ART with Mrs. Gunderson

5th graders are half way through their quarter of Art. We have been busy creating beautiful creations. Our latest project is a mixed media artwork inspired by African American artist, Romare Bearden and the children's book "Over and Under the Snow".

We drew woodland animals, painted our landscape with a foreground, middleground, and background. Students then collaged their animals and paper trees onto the composition. Each artwork is so creative and unique!



RMS-CES CLASS NEWS

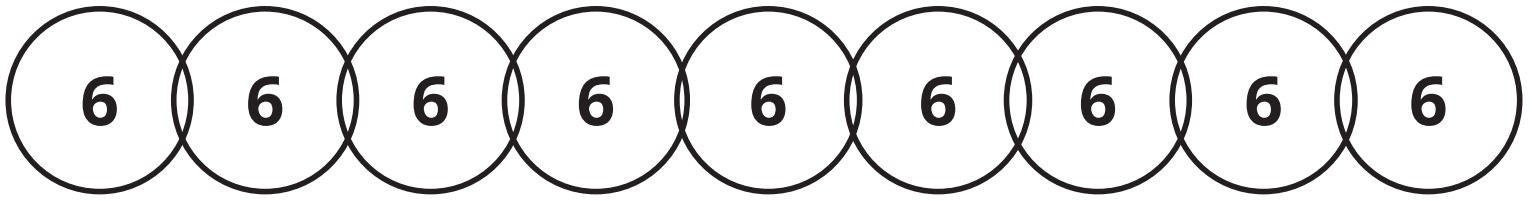


ART with Mrs. Gunderson



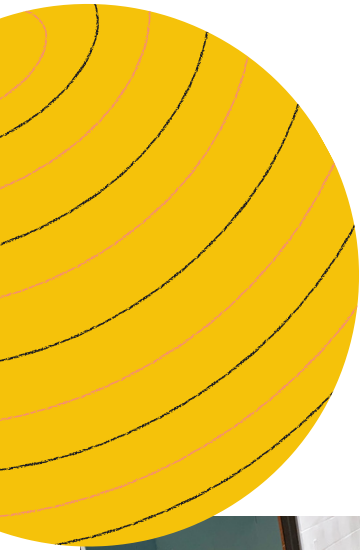
Our next unit will be clay. We will study masks from around the world and create vibrant three-dimensional artworks.

RMS-CES CLASS NEWS



Phy Ed with Mrs. Lingo

6th grade Phy Ed students participating in circuit warm-ups before their team games



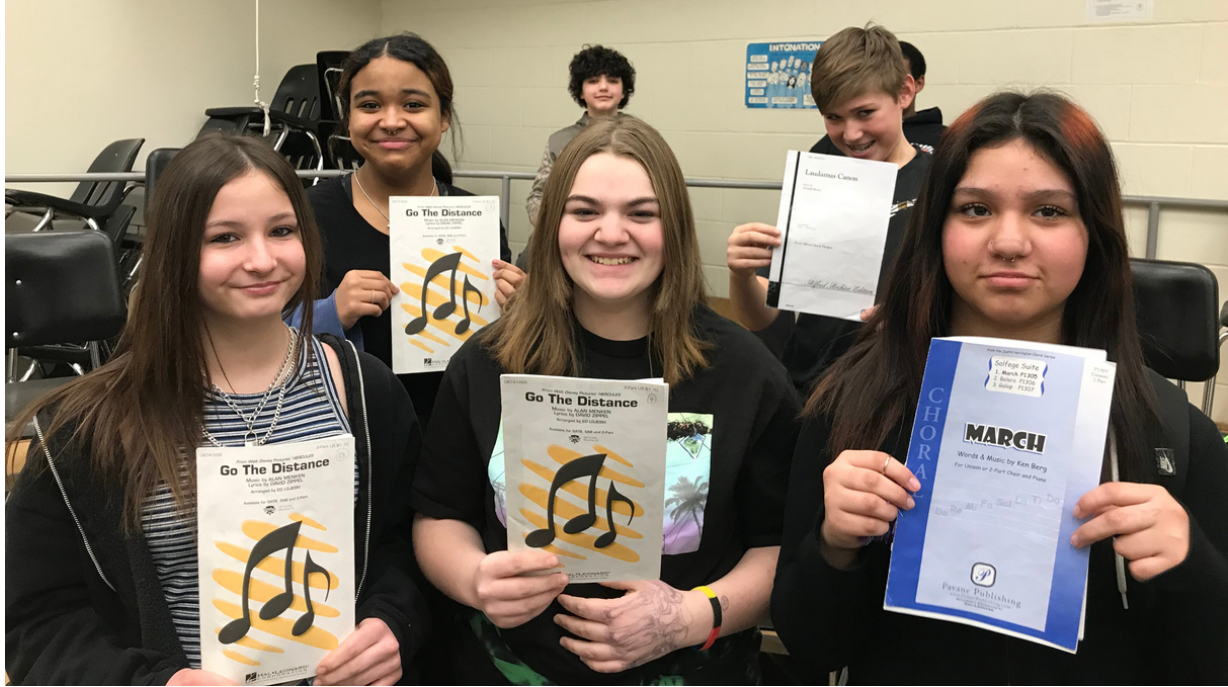
RMS-CES CLASS NEWS

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8

CHOIR with Mrs. Augsburger



7th and 8th grade choir students are working on five songs each as we prepare for our final two concerts!

Upcoming Events

We look forward to seeing you on April 28th at Arts and Academics, and on May 20th at 7:30 at the high school for the 7th-12th grade choir concert.

Mark your calendars for some great music!

RMS-CES CLASS NEWS

8

DIGITAL SKILLS with Mrs. Russell

8th grade Digital Skills students used an online drawing website to create digital portraits of influential people. Students used multiple layers within the program for drawing and blending colors into their artwork. Look closely, some of the drawings look like photographs!

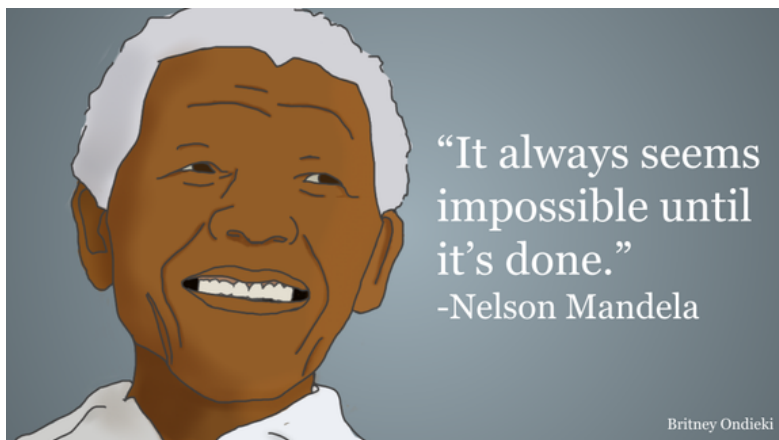
Featured here are the following students: Zach W, Emily R, Ismael M, Mya D, Max T, Elizabeth M, Anna F, Isabelle F, Brittany O, and TJ B. All student digital artwork will be displayed at the STEM Showcase on April 28th.



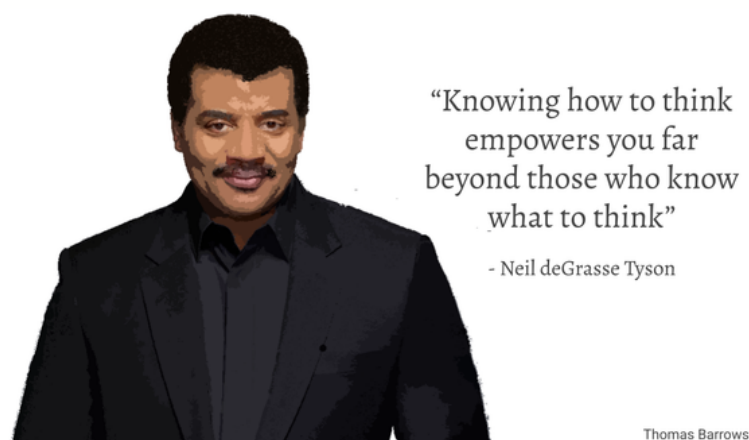
Zach Walters



Emily Rice



Brittany Ondieki



Thomas Barrows

RMS-CES CLASS NEWS

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DIGITAL SKILLS with Mrs. Russell

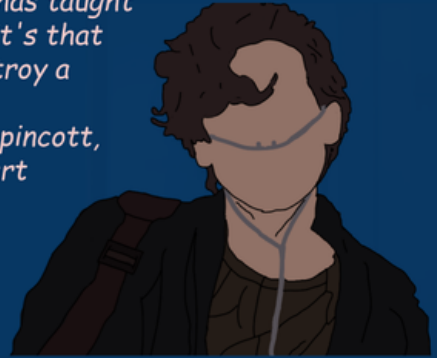
"Do Not Pray For An Easy Life
Pray For The **Strength** To
Endure A **Difficult** One"
-Bruce Lee



Ismael Martinez

Ismael Martinez

"If this year has taught
me anything, it's that
grief can destroy a
person."
— Rachael Lippincott,
Five Feet Apart



Mya Denis

Mya Denis

I'm not afraid of total
failure because I don't
think that will happen.



Maxwell Thornton

Maxwell Thornton

"In spite of everything,
I still believe that people
are really good at
heart."

Anne Frank



By: Elizabeth Millen

Elizabeth Millen

"I'd rather
regret the **risks**
that didn't work
out than the
chances I **didn't**
take at all." -
Simone Biles



Anna Feyen

Anna Feyen

"You must
never be
fearful about
what you are
doing when it
is right." -Rosa
Parks



Isabelle Fortin

Isabelle Fortin