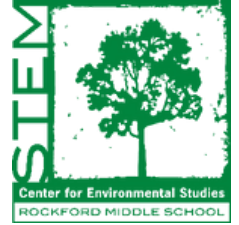


ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



Dear RMS-CES Students and Families,

My name is Rob Danneker, and I have been asked to assume the responsibilities of Interim Principal of Rockford Middle School - Center for Environmental Studies beginning March 7, 2022 through the conclusion of this academic year. I look forward to partnering with each of you on a successful final three months of the 2021-22 school year, and please know that I am always willing to assist wherever and whenever I can!

While school leadership change in the midst of an academic year can be a cause for disruption, my sincere hope is that any turbulence that we encounter is temporary and manageable. RMS-CES is a school of wonderful students with great talents and abilities, and our students are supported each day by a magnificent and skilled staff who are ready to serve each and every student. A main focus for us over the next three months will be to continue to highlight our amazing students and their accomplishments!

Along with serving as the Interim Principal for RMS-CES, my full-time position is as Director of Student Services for Rockford Area Schools where I coordinate and lead various K-12 programs across the district. Prior to joining the Rockford team, I served as the high school principal in Hutchinson, MN and was an assistant principal for four years before that. I am also licensed as a social studies teacher and served in the classroom for 13 years with many of those taking place in a middle school setting. I am excited to join the RMS-CES team!

Whenever possible, I look forward to the opportunity to get to know you in-person! Two events coming up soon are 7th Grade Conferences (Tue March 15, 3:20pm-6:00pm) and the 8th Grade Conferences (Tue March 22, 3:20pm-6:00pm). Please say hello!

Thank you in advance for your support of our RMS-CES students and staff during this transition, and please feel free to contact me at any time!

Sincerely,

Robert Danneker
Director of Students Services & Interim RMS-CES Principal
Rockford Area Schools
dannekerr@rockford.k12.mn.us
RMS-CES Office: 763-477-5831

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

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.)

ORDER THE YEARBOOK



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



School Store March 2022						
						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
		Store Hours: 5:30p-End Game HS Boys BB Game				
6	7	8	9	10	11	12
	Store Hours: 5:30p-7:30p Spring Sports Meeting			Store Hours: 6:00p-End Game HS Boys BB Game		
13	14	15	16	17	18	19
		Store Hours: 7:15p-End of Concert Band Concert				
20	21	22	23	24	25	26
27	28	29	30	31	1	2
	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	



Friday Green Tips

Dry banana peels and crush them to use as fertilizer.

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

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

NYSTROM & ASSOCIATES

Volume 1 / Issue 9

Zones of Regulation

Our School Based Therapists all hold a Master's Degree or higher for education requirements and are fully licensed providers or are currently working towards licensure.

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.

ZONES OF REGULATION

The Zones of Regulation is a tool that some mental health providers use to talk about emotions, emotional regulation, and what that means for our kids. The ability to talk about emotions and the ability to regulate emotions tend to go hand in hand. Regulating your emotions, or managing them so that you can continue to learn or function, is an essential life skill that children have to learn. This is something that some kids are able to do naturally, and some take more time to learn. It can help all kids to have language to use around this, which is the idea behind the Zones of Regulation. It breaks emotions down into numbers and colors, letting feelings that kids might not have words for be expressed. This is a research backed method for teaching children how to name their emotions and then manage them.

The Zones of Regulation are broken down into a scale (1-4/5). Each number on the scale means something different, and will look different in everyone

The Zones of Regulation are broken down into a scale (1-4/5). Each number on the scale means something different, and will look different in everyone

1. (Blue) on the five point scale represents low energy. That can mean a person is feeling sad, tired, or that they're feeling sick. This looks like crying, having trouble staying awake, not being able to focus, or not participating.
2. (Green) is just the right amount of energy. This looks like a person who is well rested, calm, and able to learn.
3. (Yellow) represents a little too much energy. This can mean that the child is feeling hyper, anxious, annoyed, or frustrated. This would look like them bouncing off the walls, fidgeting more than usual, being a little louder than normal, not being able to sit still, or trying hard to control their environment.
4. (Orange) represents too much energy. This is when a person is feeling angry, very anxious, very frustrated, and might need help to calm down. This could look like crying/tantrums, shaking, stomping feet, yelling, or aggressive posturing (not hitting, but acting like they might).
5. (Red) represents when the person feels out of control. The child feels like they can't control their emotions or their body, either because they are angry, are experiencing a panic attack, or are physically dysregulated. This can look like tantrums, sobbing, or aggression.

Knowing what the scale is and teaching it to your kids so they can have more language to name where they are in their emotional regulation can help you and them to figure out what the next steps are when they are feeling dysregulated. This is a great way to check in with your kids to see if they need anything to be successful for their day.

"When little people are overwhelmed with big emotions, it's our job to share our calm, not to join their chaos." ~L.R. Knost

NYSTROM
& ASSOCIATES

Crisis Text Line: 741741

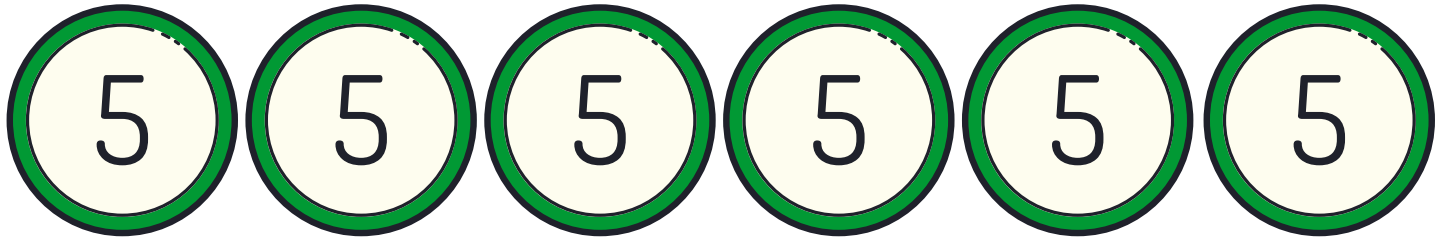
In a life-threatening emergency call 911

School-Based Mental Health Services



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

RMS-CES CLASS NEWS

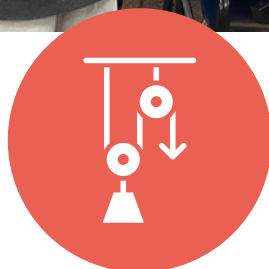
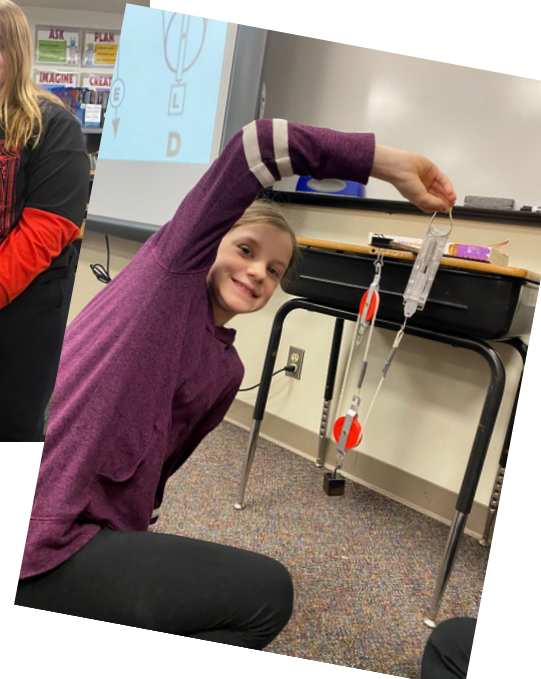


SCIENCE with Mrs. Oliverius

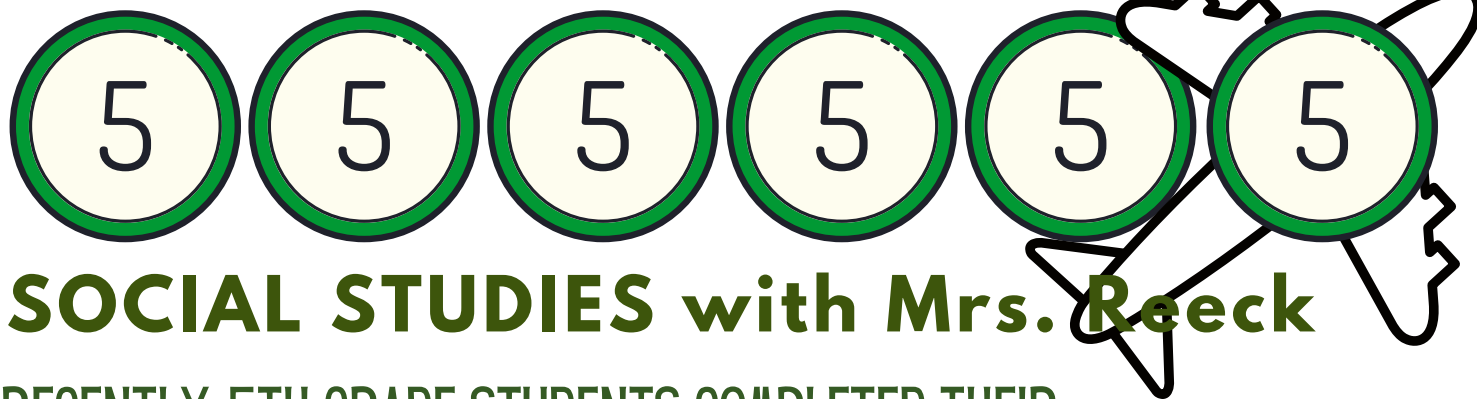
5th grade scientists have been exploring simple machines the past several weeks! We have identified and discovered examples of all six simple machines in the "real world". We conducted many labs including an inclined plane lab, lever labs, and now we are starting our pulley labs. Students are figuring out the trade off between force and distance that all simple machines provide through these hands-on experiments.

5th graders also embarked upon their first day of the D.A.R.E. curriculum during science class this week! Students met and got to know Deputy Miller as she explained what the D.A.R.E. program entails. The fifth graders were full of great questions and seemed eager to meet with her again next Monday.

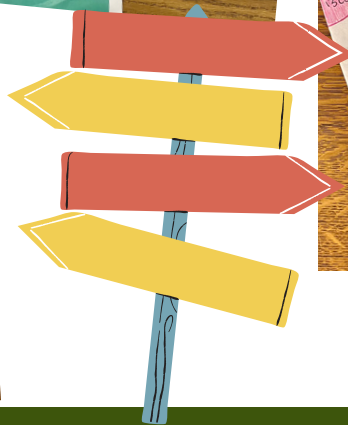
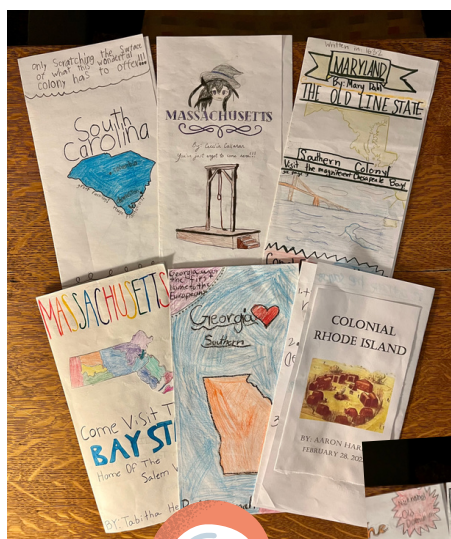
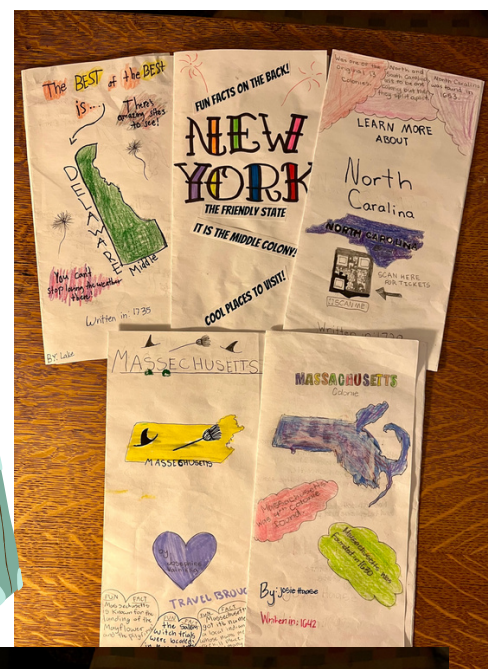
The fifth graders will also be headed up Baker Park on Wednesday, 3/9, for a day out learning outside! Students will be required to wear snowpants, hat, mittens, boots, and a winter coat. If you do not have these items, the school has plenty for students to use! Even though the days are starting to feel warmer, we need to keep their clothes dry as they explore the woods which still have a good amount of snow on the ground. They will also need a bag lunch for the field trip. Thank you for helping get your fifth grader ready for outdoor learning!



RMS-CES CLASS NEWS



RECENTLY, 5TH GRADE STUDENTS COMPLETED THEIR UNIT ON THE 13 ORIGINAL COLONIES. THEIR FINAL PROJECT WAS TO CREATE A TRAVEL BROCHURE ADVERTISING ONE COLONY OF THEIR CHOICE. THE RESULTS WERE BEAUTIFUL, COLORFUL, AND CREATIVE BROCHURES FILLED WITH FACTS ABOUT THE VARIOUS COLONIES!



RMS-CES CLASS NEWS

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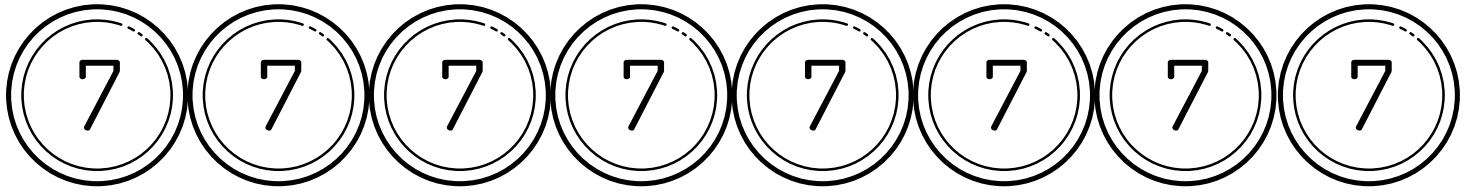
SCIENCE with Mrs. Werth

This week, students started off by heading down to the river to think about how nature has been reacting as the weather is warming and days are getting longer. We also discussed some of the issues rivers can face in the spring, especially if they flow from south to north.

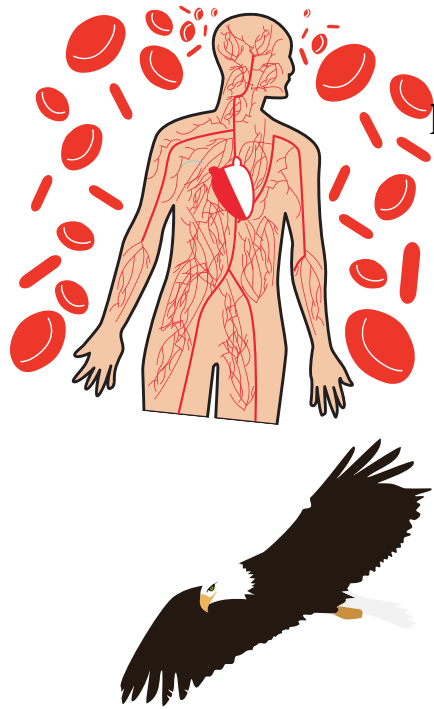


Later this week, we started focusing on how the formation of rock layers gives us a window back in time. Students worked in groups to create models of rock formations on Wednesday and then traded them with their classmates on Thursday to analyze the relative ages of the layers in their classmate's model. Students worked hard, had fun, and created some really great models during lab this week!

RMS-CES CLASS NEWS



SCIENCE with Ms. Sarsland



Internal anatomy of systems, organs, tissues, and cells has been a focus for the past few weeks after wrapping up genetics. We have created life size models of the human body which you soon will see in our hallways. Another avenue of applying this learning with the scientific method has been with the **RAPTOR LAB**. This resource comes from our partnership with the *University of MN Veterinary School*. We explore the concern that birds are coming in to the Raptor Center with lead poisoning and doing investigations to find the causes based on data. It has been a fun and interactive unit.

