

ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



Rockford Middle School - Center for
Environmental Studies
Interim Principal
Robert Danneker
DannekerR@rockford.k12.mn.us

Dear RMS-CES Students and Families,

What an exciting week this past week has been! Culturally, the Minnesota State High School League winter tournaments have come to be a sign that Spring is just around the corner, and that has been evident at RMS-CES. This week, our 5th Graders visited the Baker Park Reserve in very chilly temperatures – but still had a great learning experience! Next week, though, we are looking at multiple days above 50 degrees – a very welcome change for all of us fending off the last days and weeks of “cabin fever”!

This past Monday, I met with the RMS-CES staff and provided them with an introduction to me, my personal and professional values, and recognized the challenges that changes to leadership bring. When sharing values, I encouraged staff to share with students three simple reminders:

- Take care of yourself (as a person and student)
- Take care of each other
- Take care of this place (the school itself)

As we continue together over these next three months, the students will hear these reminders from me, and my sincere hope is that we can continue to build an environment of mutual care and support for all of our students and staff by all of our students and staff!

Finally, please be reminded that we have two parent & teacher conference dates coming up! Next week, 7th Grade Conferences will be Tue March 15, 3:20pm-6:20pm, and the 8th Grade Conferences will take place Tue March 22, 3:20pm-6:20pm. We hope to see you there!

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

ECO GO GREEN

HERE ARE RECYCLABLE ITEMS YOU CAN
TRADE IN FOR CASH:

- METAL.
- GLASS BOTTLES.
- CAR BATTERIES.
- CARS.
- INK CARTRIDGES.
- ELECTRONICS.

School Store March 2022						
Additional Regular Hours: Every Thursday 7:30 am-7:50 am and 2:50 pm-3:20 pm						
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	

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



REMINDERS:

- Daylight Savings Sunday, March 13th
- 7th Grade Parent-Teacher Conferences on March 15th 3:20-6:20pm
- 8th Grade Parent-Teacher Conferences on March 22nd, 3:20-6:20pm
- Quarter 3 ends on March 25th
- Spring Break is March 28th-April 2nd



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

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

EXCEL with Mrs. Bjorn

EXCEL Gifted and Talented Program

A talented RMS 5th grader created personalized "Worry Blobs" for his EXCEL classmates. He made them so that when we were worried, we could look at the "blobs" and think about our interests and the things we're good at and smile.

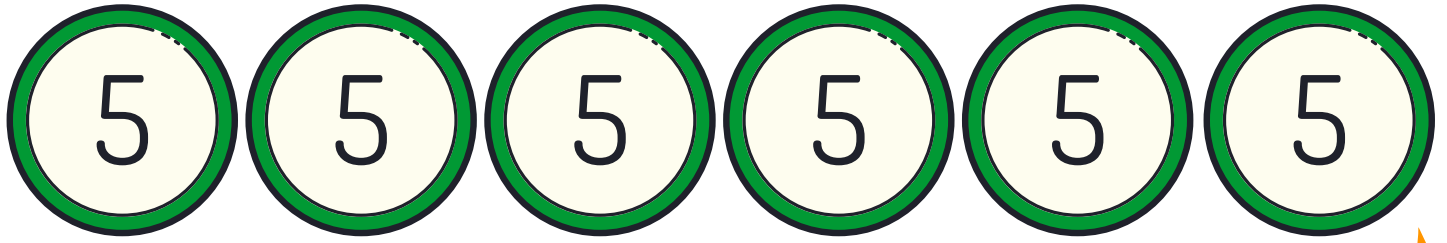


My Blob is the pink one with a light bulb, to symbolize the lighting up of student minds!

Also pictured are his creations from last year for a project about endangered animals.



RMS-CES CLASS NEWS



BAKER FIELD TRIP

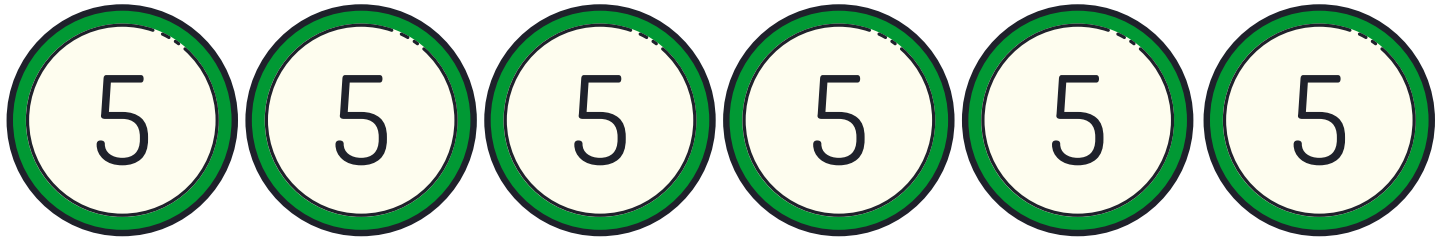
This week, 5th graders took their second field trip to Baker Park. They tapped trees for maple syrup, built shelters using wood, and practiced how to light a fire.



They had a blast even though it was cold!



RMS-CES CLASS NEWS



BAKER FIELD TRIP

Do you know about the Rule of Three in survival situations? See if you can fill in the blanks below. (food, oxygen, shelter, water, PMA (Positive Mental Attitude) (answers at the bottom of the page)

Hint: if you don't know, you can ask a RMS-CES 5th Grader.

3 Seconds
3 Minutes
3 Hours
3 Days
3 Weeks



We wrapped up our 21/22 Baker Outdoor Learning Center season with our 5th Grade this week. 5th Graders learned survival strategies, built shelters, and started fires. After lunch, the topic turned to exploring the tradition of maple syruping. While the sap wasn't running yet, the students did learn about the ratio of sap to syrup: 40:1, proper methods for tapping trees, and some of the traditional uses for and transportation of maple syrup and maple sugar. A highlight was the opportunity to sample and compare store bought "maple syrup" with the real thing. Most students were in agreement that nothing compares to the real thing. We look forward to continuing our partnership again in the 22-23 school year.

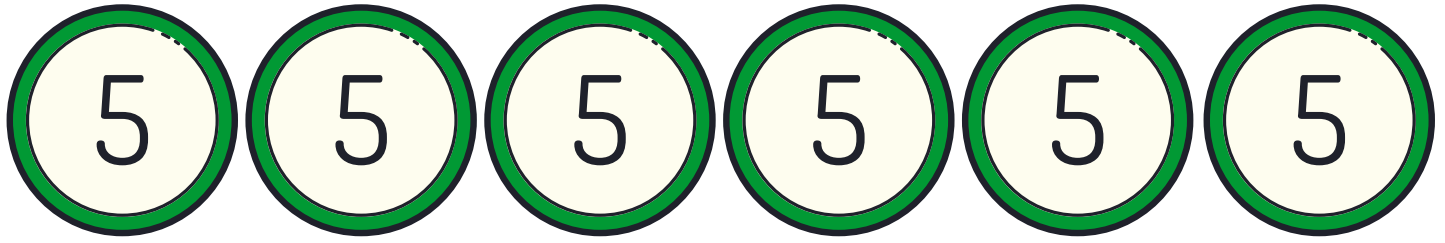


Answers:

3 Seconds - PMA
3 Minutes - oxygen
3 Hours - shelter
3 Days - water
3 Weeks - food



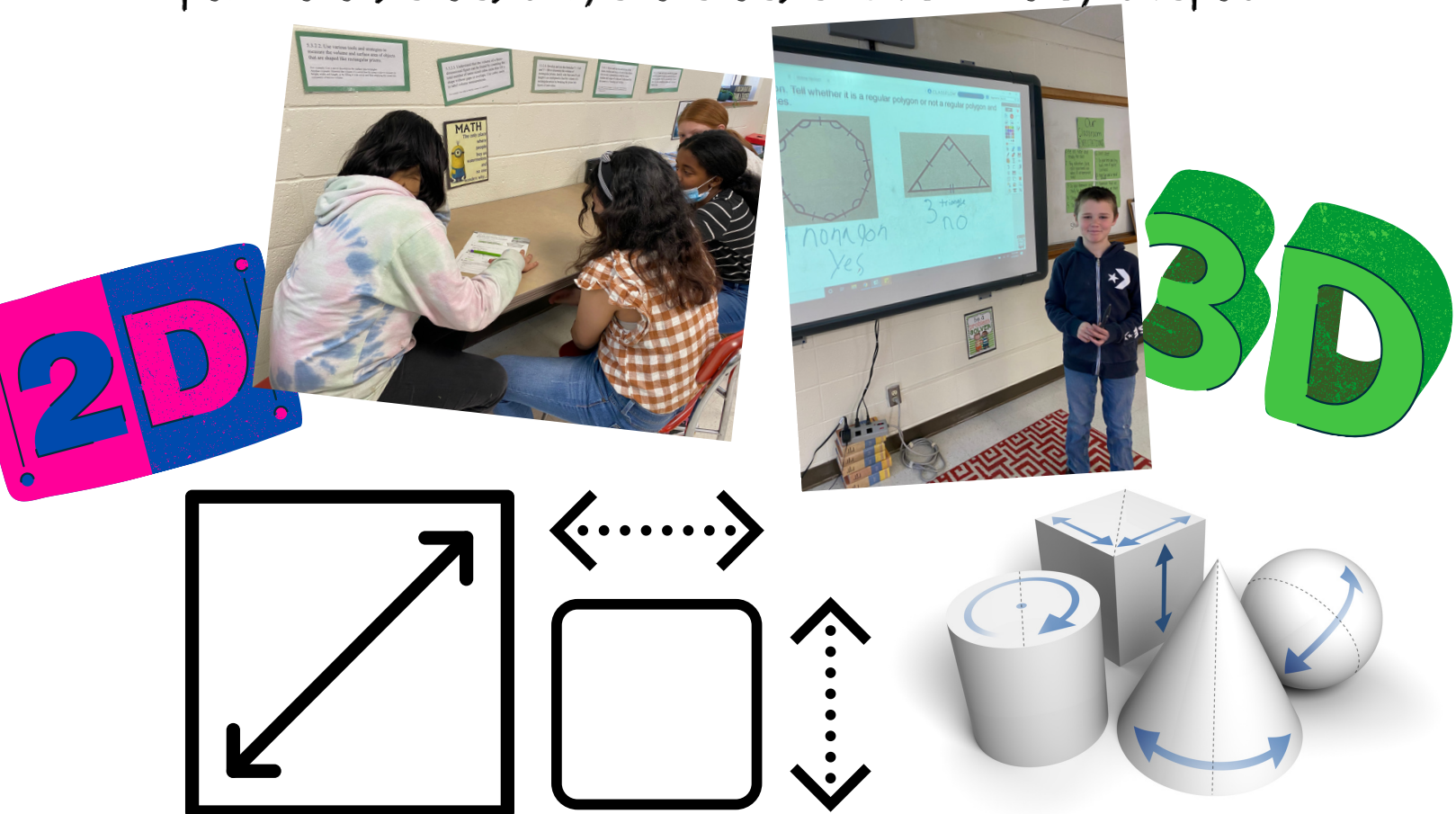
RMS-CES CLASS NEWS



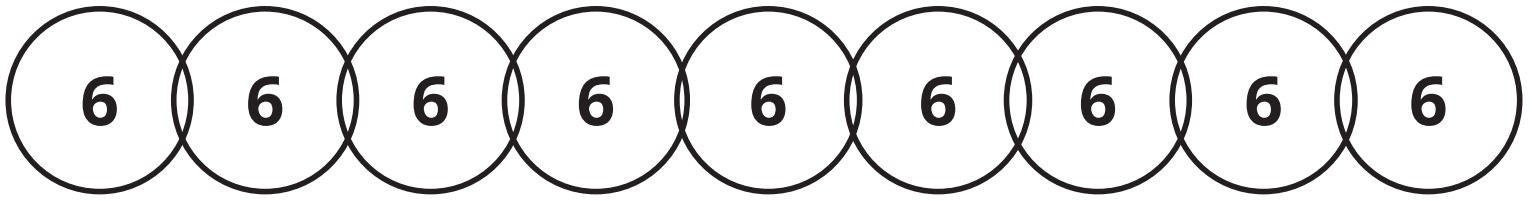
MATH with Ms. Sharp

This week in math, 5th graders started out their week by reviewing for their last algebra test. They reviewed how to (1) solve one- and two-step equations, (2) evaluate expressions when given the value of a variable, and (3) use the associative, commutative, and distributive properties.

They took their test on Tuesday and went on their field trip on Wednesday. 5th graders started their next unit on Geometry and learned how to classify and identify 2D and 3D shapes. The remainder of the geometry unit will focus on solving for the perimeter, area, surface area, and volume of shapes.



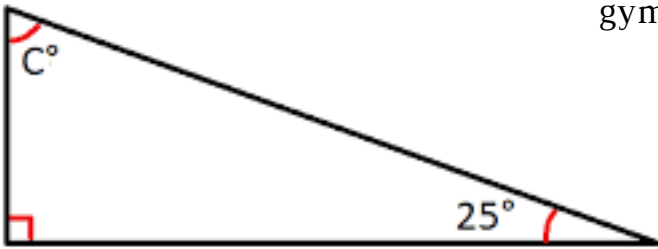
RMS-CES CLASS NEWS



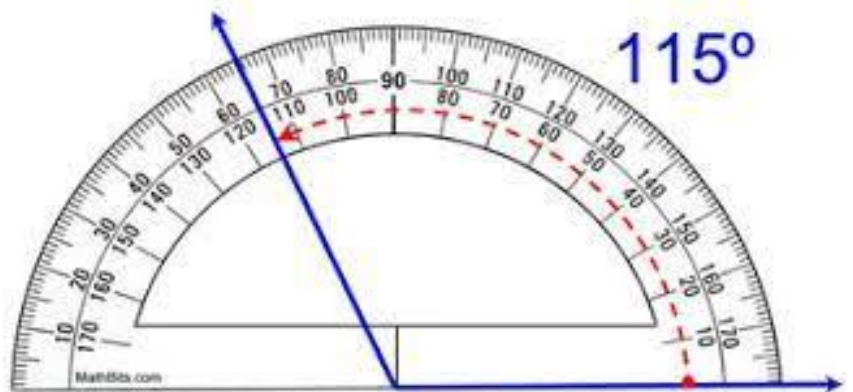
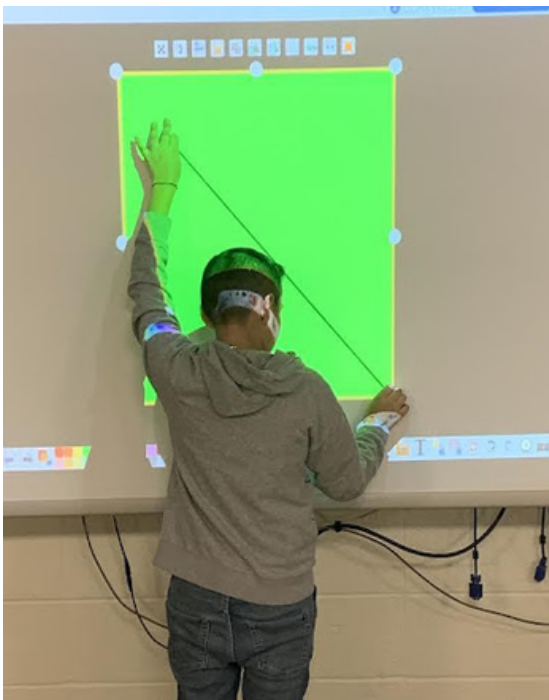
MATH with Mr. Petroski

Geometry is the current unit for 6th graders in Math class. Finding the degrees of missing angles in polygons is the current piece of our unit. Students have also been trying challenge problems incorporating algebra equations into missing angle problems. As they continue in geometry, students will be working on area, perimeter, surface area, and volume. 6th graders will be solving Fermi problems using those elements mentioned above.

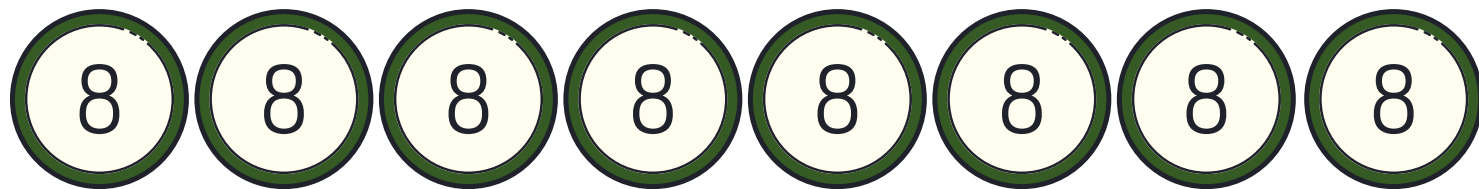
Fermi questions require students to make reasonable assumptions and estimates about the situation in order to come up with an approximate answer. An example question might be, "How many golf balls would be needed to completely fill the RMS-CES gym?" or "How many peanuts would be needed to make enough peanut butter to fill up the landing pit in the gymnastics room?"



ALGEBRA



RMS-CES CLASS NEWS



ALGEBRA with Mr. Mickelson

8th grade Mathemagicians have been solving Systems of Equations. These words are plural which means students have been working with more than one equation in a system. In 8th grade we practice with two equation systems, though you can have more. There are many ways in which to solve a system and 8th graders learn three of them.

1 The first method they learned was solving using graphs. To do this students graphed each equation and the solution is where the graphs meet or intersect. When graphing two linear lines three things can happen; the lines can intersect once - means one solution, the lines can be parallel - means no solution since they don't cross, or the lines can be on top of one another - means infinite solutions since the lines touch in an infinite amount of places.

2 The second way students learn to solve systems is using substitution. Students understand the concept of substituting but some struggle doing it with math. Substitution is a three step process and is a better method to use when answers are not integers. When answers have fractions or decimals, graphing only gives an estimate of the solution.

3 The third way students learned to solve systems is called Elimination. In Elimination students combined the equations using either addition or subtraction and one of the variables gets eliminated, hence the name of the method. This method is one of my personal favorites.

Imagine a garage full of tools or a kitchen full of tools. Depending on what needs to be repaired or what recipe is being made one tool may work better than another. That is why students learn different methods. Some systems of equations are better set up for one method or another.

