

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,

The warmer weather promised by the meteorologists (and Mother Nature) arrived as expected this week and, hopefully, provided some relief to the cabin fever that may have set in for our students! With Spring now on our doorstep, we will certainly begin to provide additional outdoor activities for your students when appropriate to take as much advantage as we can of our wonderful outdoor surroundings.

Next week (March 21 - 25) is the last week of 3rd Quarter, and we appreciate all of the effort that students are putting forth to finish the quarter strong, both academically and behaviorally! 8th Grade conference night is also next week – Tuesday, March 22 from 3:20pm - 6:20pm in the RMS-CES Media Center. We hope to see you there!

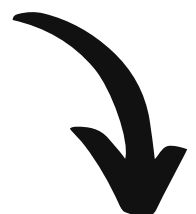
Please be reminded that Spring Break will soon be upon us and extends from March 28 - April 1. We're hoping that everyone is able to spend a lot of time outdoors, and we wish safe travels to any of our students and families who may be traveling for fun or for family during Spring Break week!

Finally, the warmer weather has also cleaned up our parking lot area. Because we are now able to see all of the parking lot markings, we have included in this email a map of our parking lot and pick-up procedures for parents as a seasonal reminder. Let's keep everyone safe at RMS-CES, and thank you in advance for your help!

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

MAP is on
the next
page!



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

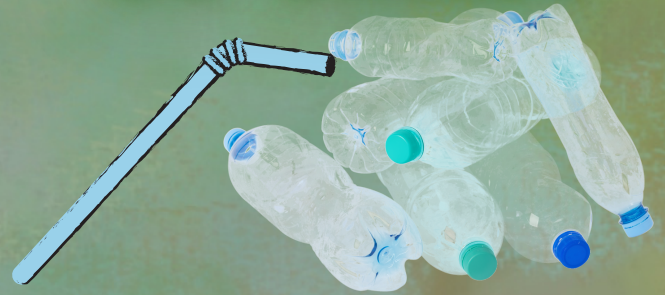
Throughout the year, photographs and videos are taken in classrooms and at school activities. Some of these may be published in local newspapers, on the local cable station or in Rockford Area Schools' publications and websites. Parents may request that their child's photograph and identifying their 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



A great way to help our environment is to stop using single use plastics (plastic utensils, cups, water bottles, straws, etc..)

For more info on how to be more Eco-Friendly, please click [HERE](#)

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	

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

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

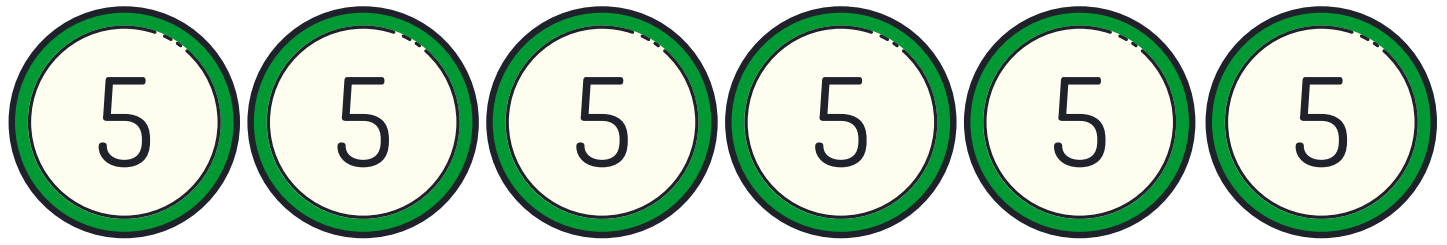
In a life-threatening emergency call 911

School-Based Mental Health Services



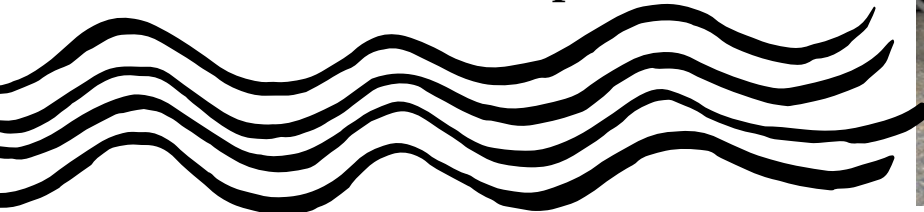
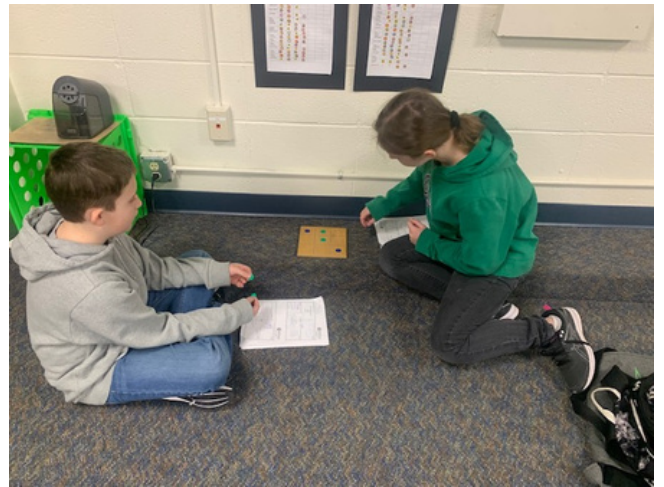
<https://www.nystromcounseling.com/our-services/school-based-mental-health-services/>

RMS-CES CLASS NEWS

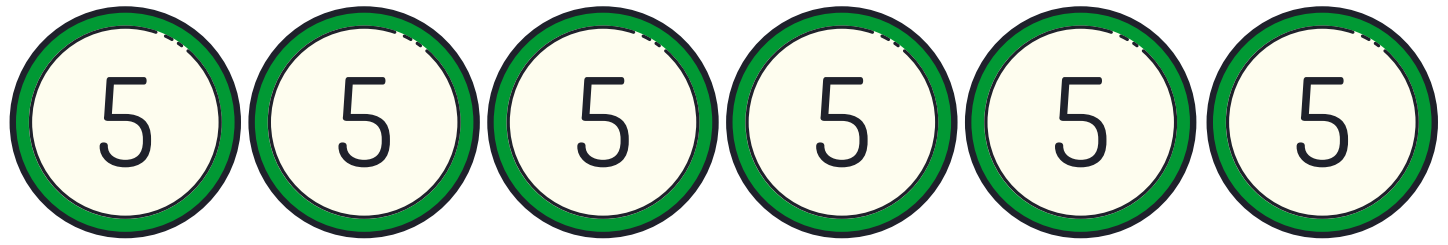


LANGUAGE ARTS with Ms. Mateyka

Fifth grade Language Arts students have been busy with a variety of things. Some students have been reviewing their vocabulary words for their upcoming test. They played Tic Tac Toe Vocabulary. Fifth graders were paired up and then quizzed each other with definitions, synonyms and antonyms using their vocabulary words. Correct answers resulted in marking the tic tac toe board. The first person with three in a row won that round. Another way students reviewed their words was by playing Quizlet, an online game. Fifth graders were placed in random groups and then worked together to come up with the needed vocabulary words in a timely manner. Recently, students participated in Active Match. They were given Google images and had to match the correct vocabulary words with each picture.



RMS-CES CLASS NEWS

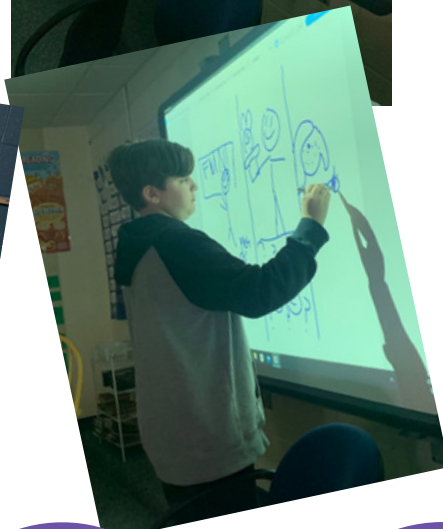
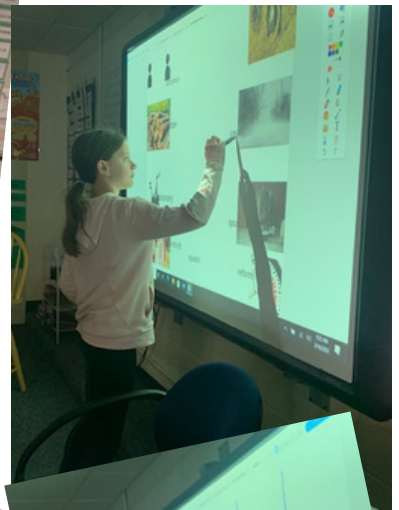
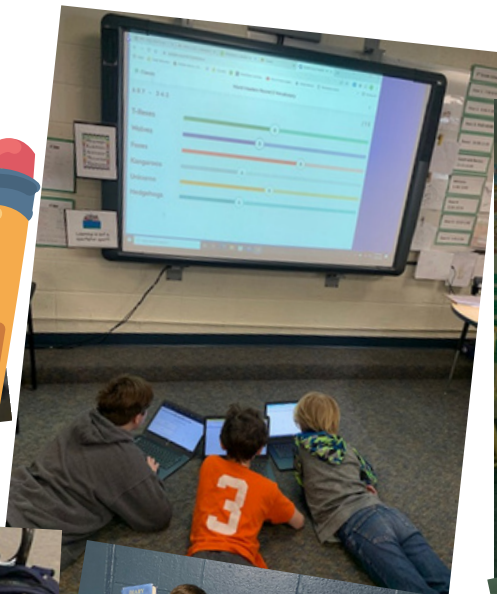
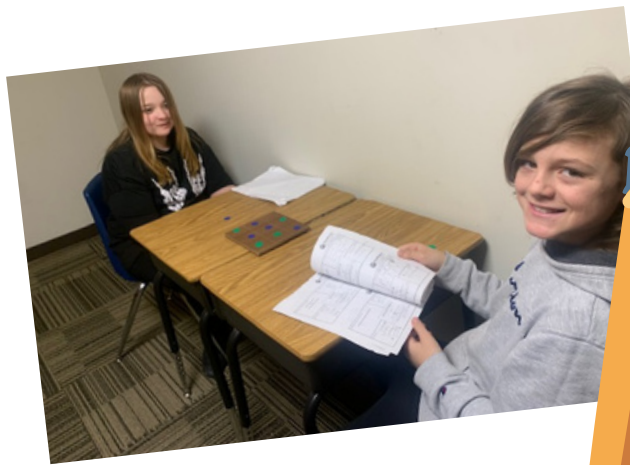


LANGUAGE ARTS with Ms. Mateyka

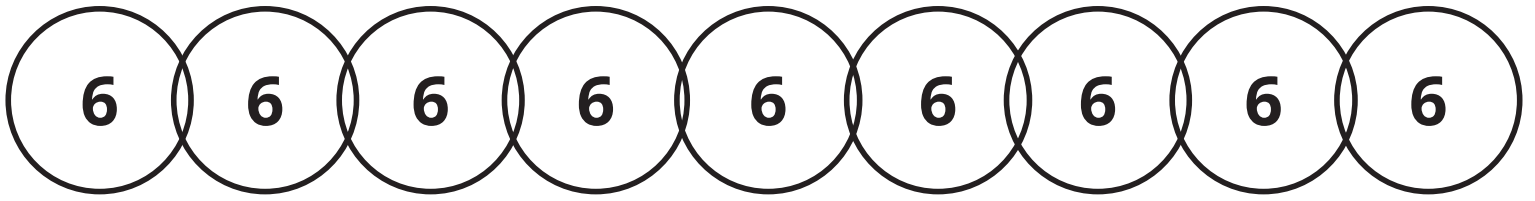
Other students have been learning about Author's Purpose and Point of View. Last week, fifth graders learned about Author's Purpose and why an author writes a piece of text. Students used the acronym, PIE to remember the reasons something is written (persuade, inform or entertain.)

This past week fifth graders have been learning about Point of View and how that means from whose perspective a story is told. They read small passages and then identified whether the text was told in 1st person or 3rd person.

Fifth graders are getting excited for the upcoming break but continue to work hard and participate in class.



RMS-CES CLASS NEWS



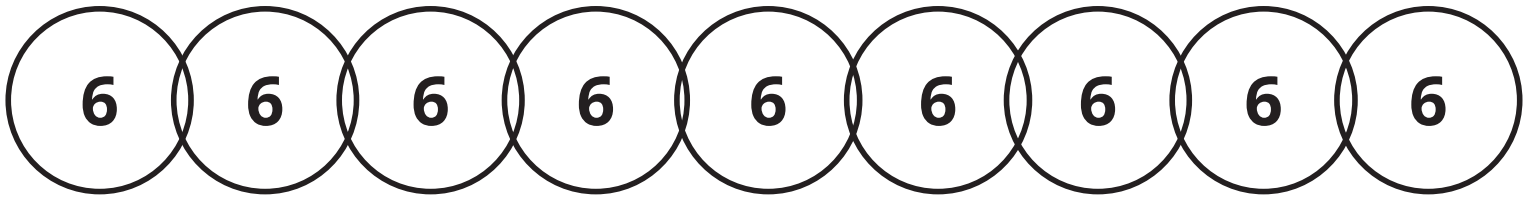
LANGUAGE ARTS with Ms. Korzendorfer

This week in Language Arts, sixth graders read and discussed the poem Dear Basketball written by Kobe Bryant. He wrote it in 2015 and it served as a farewell to a game that he fell in love with when he was six years old. Students easily identified his passion and shared something they too love... playing guitar, drawing, hockey, writing, volleyball, traveling, dirt biking, running, fashion, and so much more...

REMINDER: Individual Book Projects are DUE Thursday, 4.21.22

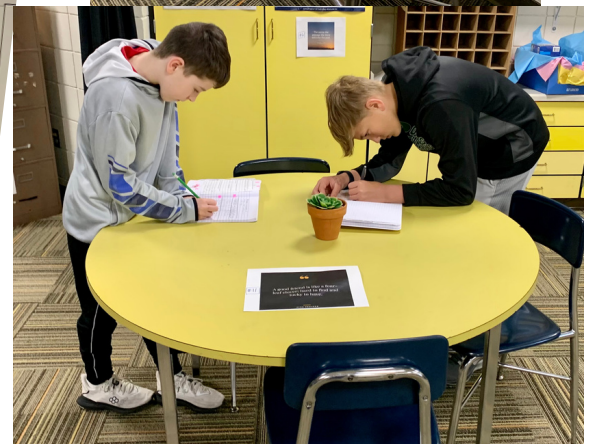
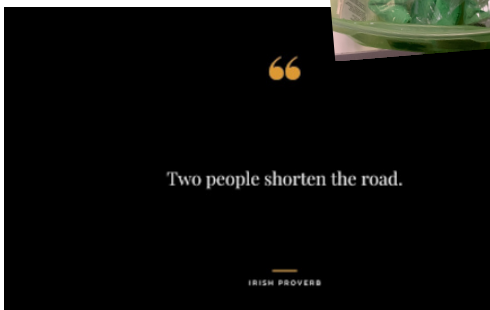
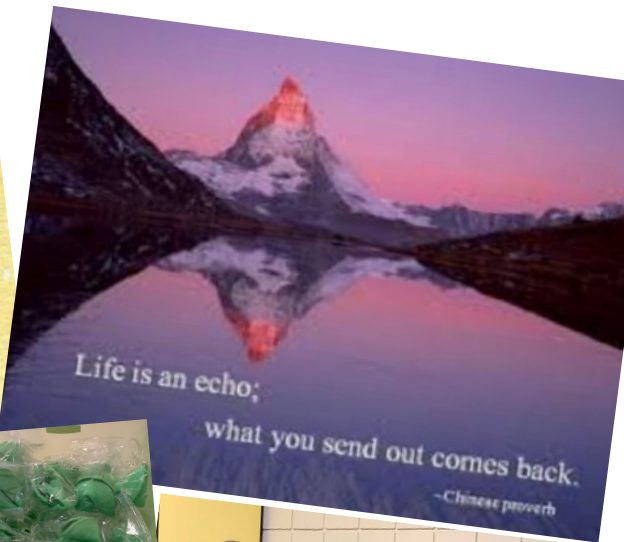
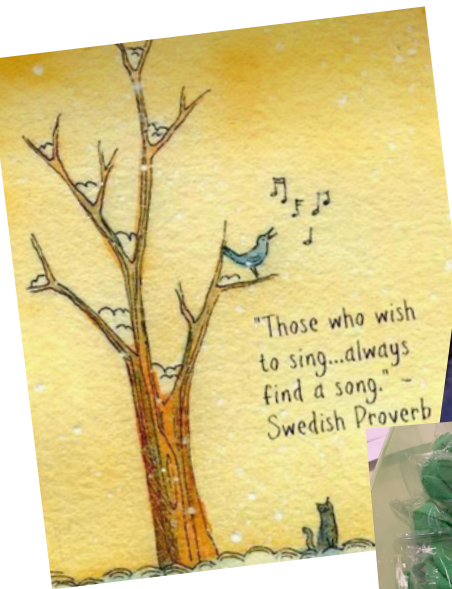


RMS-CES CLASS NEWS

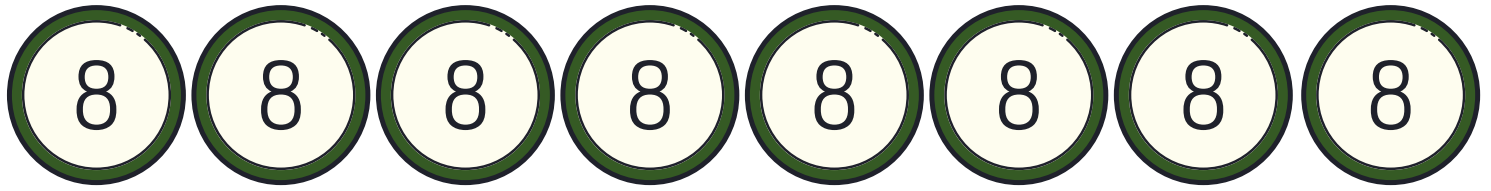


LANGUAGE ARTS with Ms. Korzendorfer

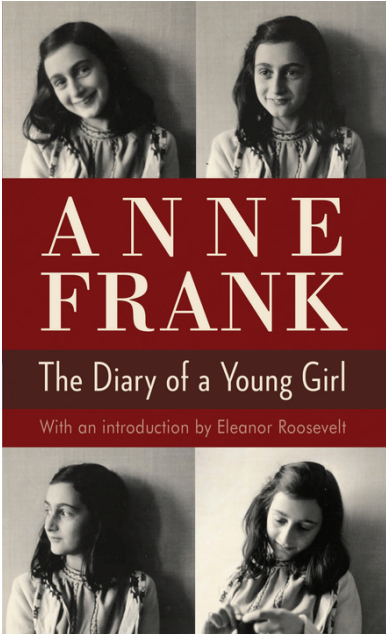
Mid-week students started to analyze and discuss proverbs from different cultures around the world that can be found in stories, song lyrics, and poetry, comparing them to idioms that they worked with while reading the novel *Front Desk* early in 2022. Everyone enjoyed a cookie filled with an Irish proverb. They finished the week sketching witty and inspirational proverbs, both original and borrowed, to share with family, friends, and Rockford staff. These will be DUE on Monday, 3.28.22.



RMS-CES CLASS NEWS



LANGUAGE ARTS with Ms. Hendrickson



In order to prepare for our future study of the drama, “The Diary of Anne Frank”, we began a Holocaust Investigative Research project. We first explored relevant vocabulary and a Holocaust Timeline prior to brainstorming topic ideas regarding some aspect of the Holocaust and/or World War II. Working alone or in teams, students are now digging deeper by following their Guiding Research Question, collecting information, and creating a presentation to enlighten their audience on a wide variety of topics.

We will also view the Academy Award winning documentary, “One Survivor Remembers”, and witness Gerda Weissmann Klein’s journey of survival.

