

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,

We had an exciting week this week at RMS-CES as students and staff returned from Spring Break refreshed and reinvigorated. It was great to see so many faces excited to be back and ready to share fun stories of time spent during the break!

RMS-CES has some new additions to our family this week in the form of 36 new plants for our "Plant in Every Classroom" initiative. Our EcoBoost students researched options and ideas, the generosity of the Rockford Education Foundation provided the capital, and Heidi's Growhaus provided the actual plants – great teamwork by all! The plants are wonderful additions to our classrooms and common areas! Thank you!

Finally, please save the date of Thursday, April 28 from 4:30pm - 7:00pm for our RMS-CES STEM Showcase. This will be an exciting evening with plenty to see and do! Please look for more information next week!

Go Rockets!

Sincerely,

A handwritten signature in black ink, appearing to read "Rob Danneker".

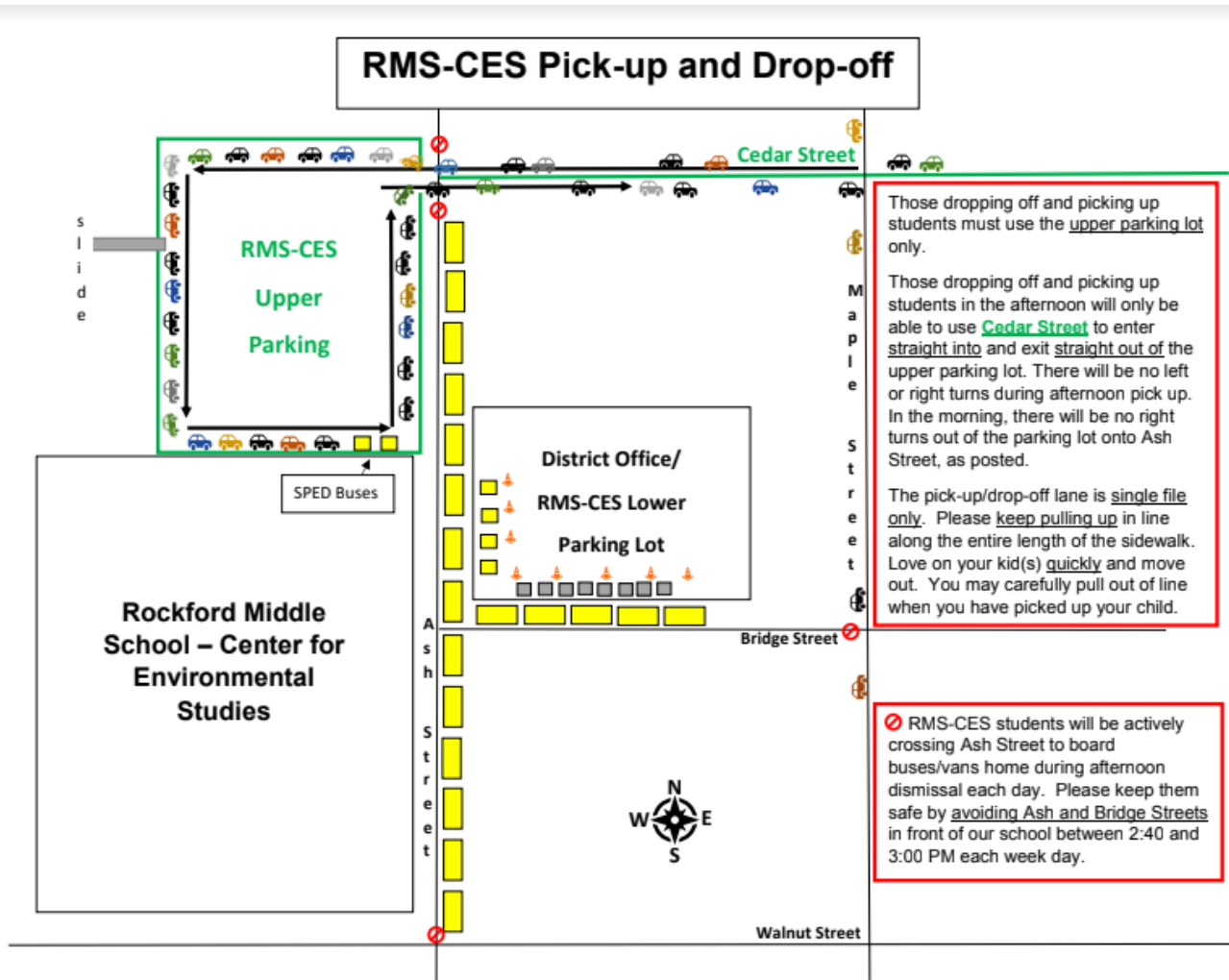
Robert Danneker
Director of Students Services & Interim RMS-CES Principal
Rockford Area Schools
dannekerr@rockford.k12.mn.us
RMS-CES Office: 763-477-5831

Upcoming Dates:

April 15th-No School
April 28th-Arts &
Academics Showcase
Choir Concert (during)
May 12th-Band Concert
May 27th-Commencement
May 30th-No School

ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES

PLEASE REVIEW THE BELOW MAP FOR THE CORRECT PICK-UP & DROP-OFF PROCEDURES



THANK YOU FOR KEEPING OUR KIDS SAFE!

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities

ORDER THE YEARBOOK



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

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 Parents may request that their child's photograph and identifying their name not be published in district productions or websites.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

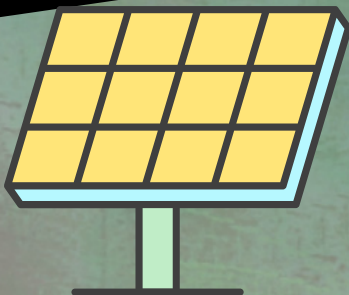
Contact Christa
Larson in our
District Office

Arts & Academics April 28th
SHOWCASE 4:30-7pm
RMS-CES



Earth Month Week 1 April 4-8

- Meatless Monday
- Walk or Bike to School
- Plant a Garden
- Spend More Time Outside
- Reusable Bags



Earth Month Week 2 April 11-15

- Healthy Lunch Day
- No Lights Day
- No Paper Day
- Solar Panel Day
- Less Trash Day



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 10

GRIEF

Grief is a natural human response to the loss of something or someone beloved. Grief can present itself in many ways; it moves in and out of stages such as disbelief to denial, anger to guilt and finally finding some comfort and then adjustment to the loss. Loss is normal for everyone. When it comes to losing someone to death both the dying and the survivor suffer grief, survivor grief may last for several years as accepting death is an end stage of living. "In our hearts, we all know that death is a part of life. In fact, death gives meaning to our existence because it reminds us how precious life is." (MHA, 2020) Aside from death there are other losses that may exhibit symptoms of grief such as someone moving away, a loss of a friendship, saying bye to your classroom teacher, or grief may appear in the loss of not being able to enjoy and join in an event that one used to be able to attend.

Grief affects everyone differently and the symptoms can present themselves physically and emotionally. The symptoms may not appear in any order or at any particular time during the grieving period. Grieving symptoms can be triggered like any other mental/ emotional state. Triggers may include sounds, smells, words, ideas, or passing thoughts. Some people may feel all of these symptoms while others may experience sporadic symptoms.

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.

Physical: Lack of energy, headaches and stomach pain, excessive sleep and loss of enjoyment in activities.

Emotional: Memory loss, unfocused, irritability, frustration, preoccupied depression, euphoria, extreme anger and feelings of being stuck (John Hopkins Medical, n.d). Disbelief, confusion, shock, sadness, humiliation, despair, guilt, denial, hopelessness, and worry.

Supporting someone when they are grieving is very important. Allowing the person to grieve and share their memories is important, along with offering them practical help, and be patient with them- grief has no timeline of when one will be relieved of loss and grief. Make sure you are showing compassion for them, encourage them to get professional help when necessary, stay socially connected and communicate, keep routines, draw, paint, or journal to create and express feelings, meditate, and be open to joy and happiness (MHA, 2020).

"Grief is like the ocean, it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim" ~Vicki Harrison

NYSTROM
& ASSOCIATES

Crisis Text Line: 741741

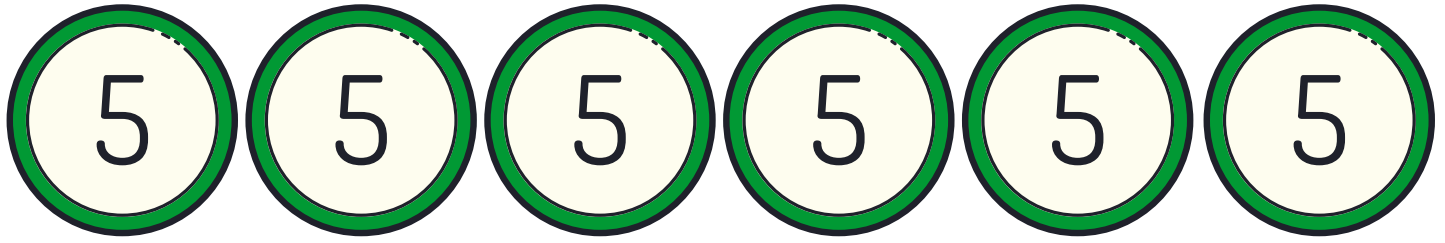
In a life-threatening emergency call 911

School-Based Mental Health Services



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

RMS-CES CLASS NEWS



ART with Ms. Gunderson

5TH GRADERS JUST FINISHED THEIR QUARTER OF ART. THEY WRAPPED UP THEIR EXPERIENCE CREATING THREE-DIMENSIONAL CLAY MASKS USING THE SLAB TECHNIQUE. FOCUS WAS MADE ON PROPER CONSTRUCTION AND ATTACHMENT TECHNIQUES. STUDENTS LOOKED AT MASKS FROM AFRICA FOR DESIGN INSPIRATION AND INCLUDED AN ANIMAL CHARACTERISTIC INTO THEIR UNIQUE DESIGNS. THEY PAINTED THEM AND ADDED EMBELLISHMENTS TO CREATE THEIR FINAL ARTWORKS.

DON'T FORGET

Quarter 4 welcomes the 7th graders to the Art room.

A friendly reminder....students are expected to bring in a watercolor paint set, a fine or extra fine black sharpie marker and a 3 ring binder.



5th grade clay masks

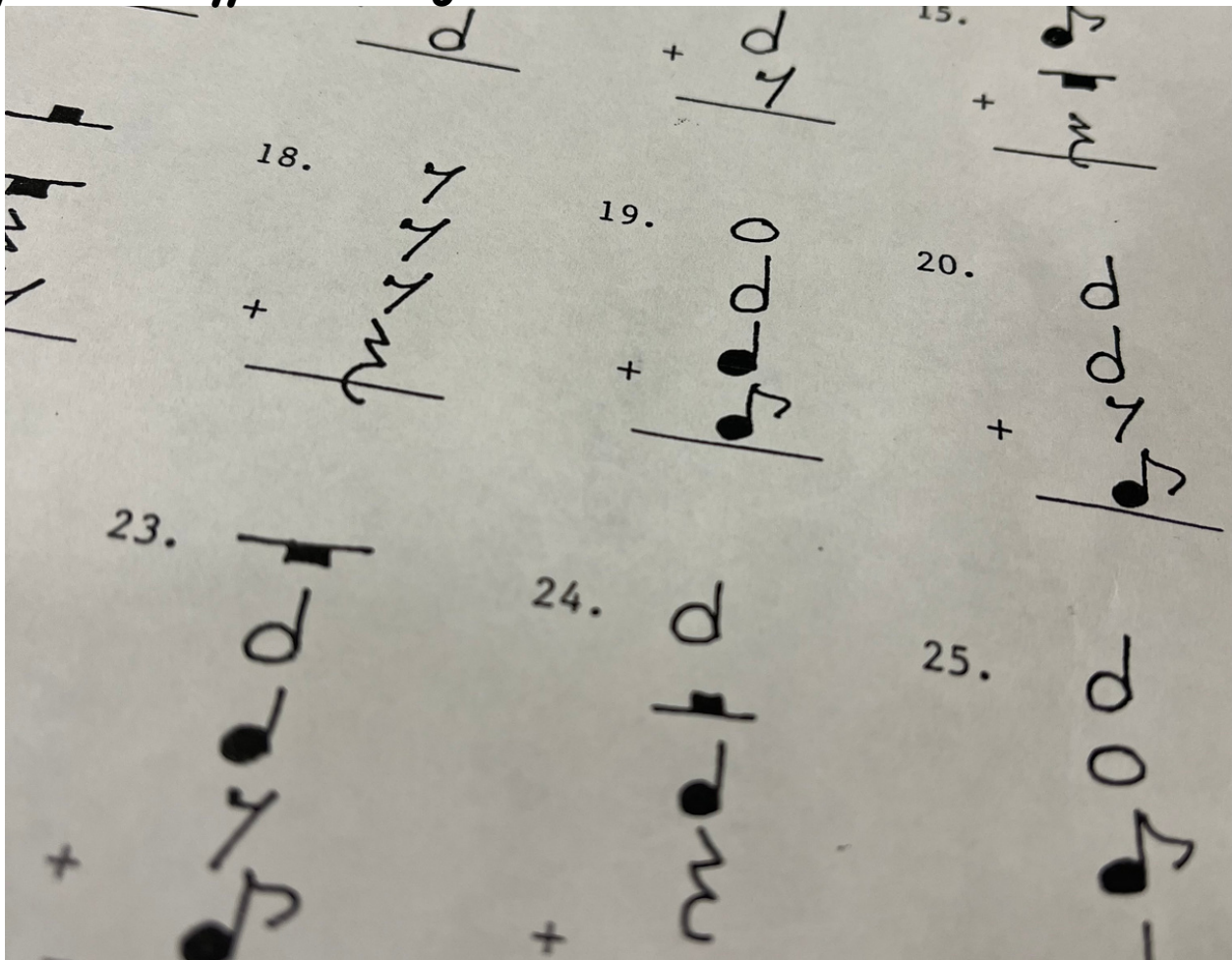


RMS-CES CLASS NEWS



MUSIC with Ms. Larson

*In 5th and 6th grade music we are not only preparing **for our concert on Thursday, April 28th** but have been finding fun ways to incorporate STEM in the classroom. Last month we combined music and math and learned how to add note values together. This week we used technology in the classroom to find quizzes and music games as another way of learning. They got to play music versions of games like Astro Blaster and game shows like Who Wants to Be a Millionaire. It was a fun and different way to learn and test our music knowledge.*

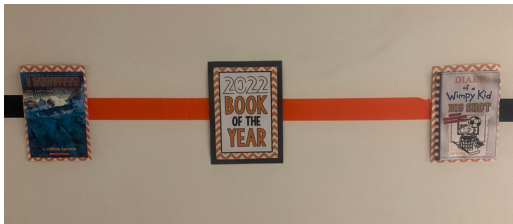
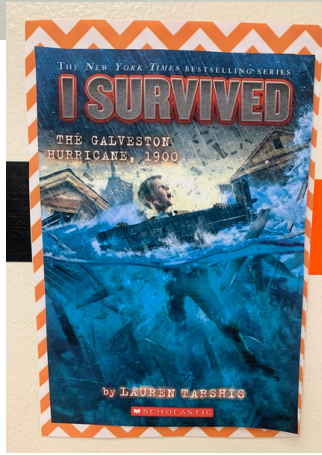
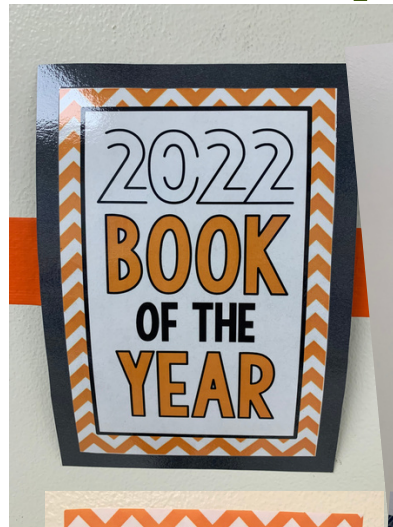


RMS-CES CLASS NEWS



READING with Ms. Mateyka

To recognize the **NCAA basketball tournament**, also known as "**March Madness**," fifth grade Language Arts students also had their version, but it was known as "Book Madness." Students voted on popular books that their peers have been reading throughout the year. Fifth graders also filled out a bracket for friendly competition. Once, the "Sweet 16" were chosen, then students began voting for their favorite reads. Day by day, the vote became the "Elite 8" and then the "Final Four" and until it was "The Big Game." It came down to the "I Survived" series (historical fiction) versus the "Diary of a Wimpy Kid" series (realistic fiction.) After the final vote, it was announced that the "I Survived" series was the Best Book of 2022. The top bracket winner (scores of 11-14 out of a possible perfect bracket of 15) from each hour earned a free book from the next book order.



RMS-CES CLASS NEWS

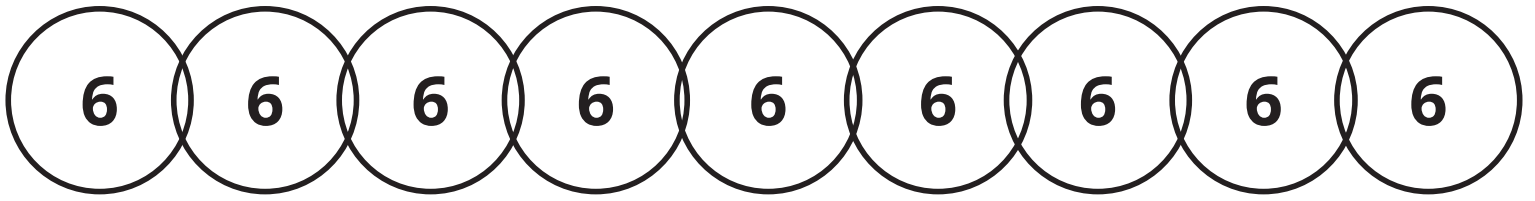


PHY ED with Ms. Lingo

6th Grade Phy Ed classes getting in some badminton fun. Badminton is a racquet sport played often as a casual outdoor activity in a yard or park- Good job 6th grade!!



RMS-CES CLASS NEWS



DIGITAL SKILLS with Ms. Russell

6th grade digital skills students have started 4th quarter by making stop motion animations. It's been fun to see their creativity!



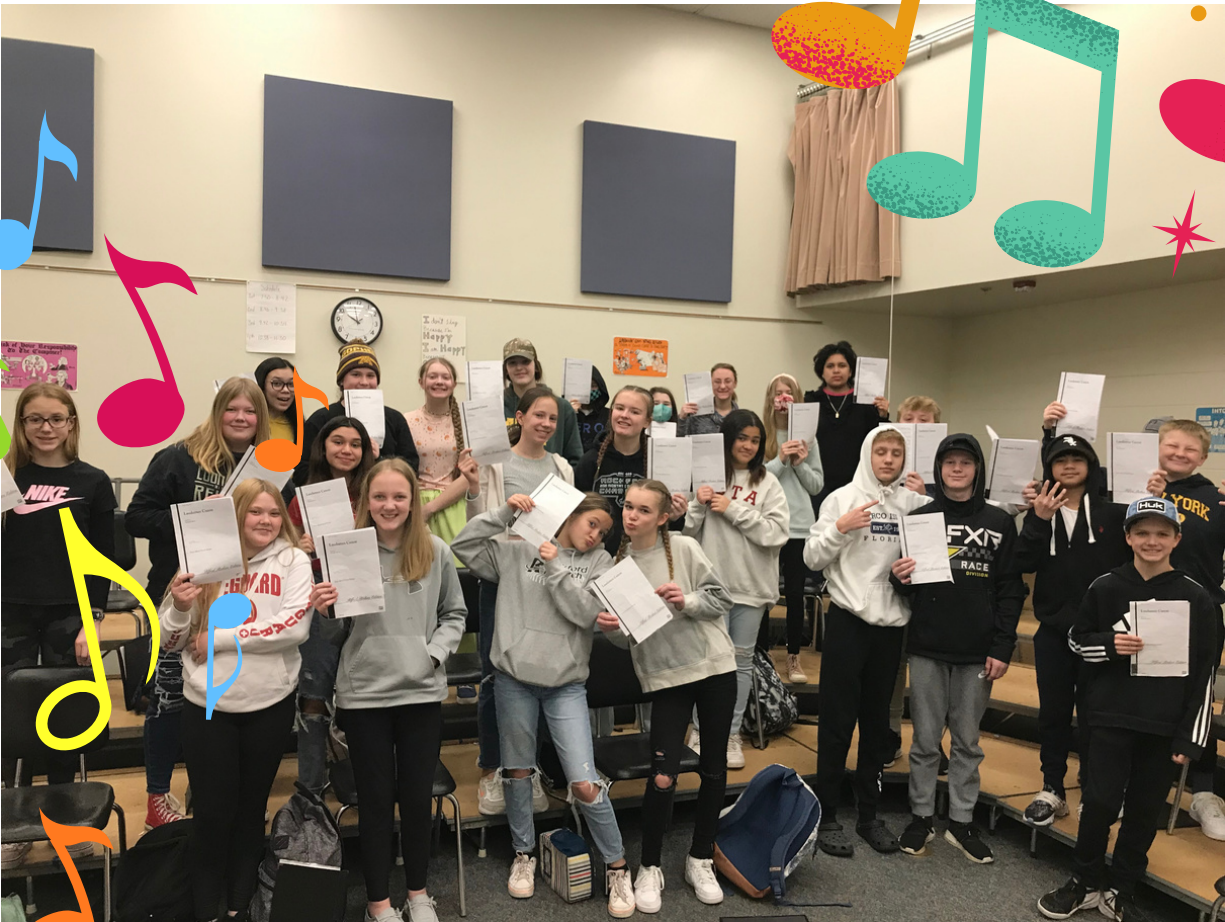
RMS-CES CLASS NEWS



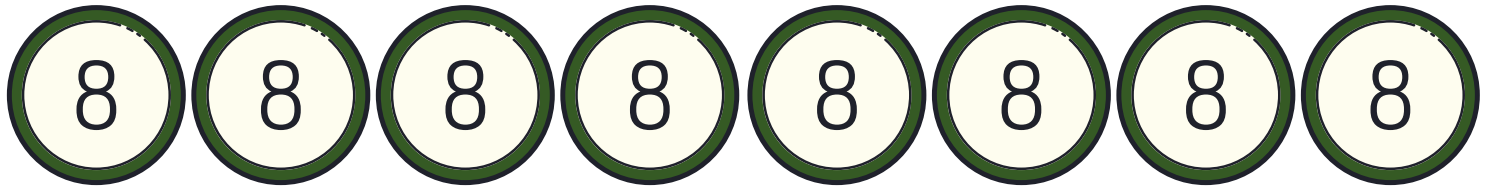
CHOIR with Ms. Augsburger

7th and 8th grade choir are polishing up their songs for Arts and Academics on April 28th! All the middle school choirs will be performing. Exact times for each grade level will be sent home late this week/early next week. Students have been working hard on these songs since January, and we're excited to have our second concert of the year!

See you there!!



RMS-CES CLASS NEWS



WRITING with Ms. Beattie

It's hard to believe that the *final quarter of middle school* is upon us! This week, students began their final quarter by transitioning to Writing class. We learned a little bit about ourselves along the way!

On Monday and Tuesday, students completed “ice breaker” activities that included **taking a survey about their writing preferences, completing a choice board, and learning about their personality type through the MTBI “16 Personalities” activity.** We discussed how everyone brings something different to our classroom, and students explored possible strengths and struggles that they may experience this quarter.

On Wednesday, Thursday, and Friday, we dove into class by practicing the daily routine for grammar and paragraph writing. Each day, students will complete five questions about vocabulary, punctuation, sentence structure, or spelling. Then, they will add a sentence or two to their paragraph of the week! The goal is to have students writing beautiful, informative, and well-structured paragraphs with ease before they enter high school.

On Friday, students chose their own grammar adventure by completing two mystery pictures of their choice. Students who choose to complete all six of the options will receive a prize on Thursday of next week!

