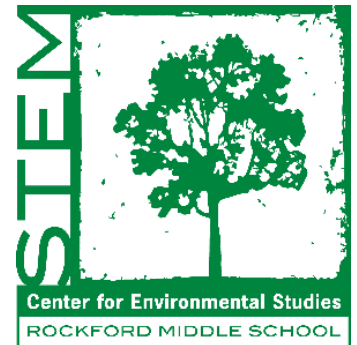


# ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



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

Dear RMS-CES Students and Families,

In keeping with character as an environmental studies magnet school, we had a very "green" week at RMS-CES. And by "green," we are referring to the delivery of the "Plant in Every Classroom" plants mentioned in last week's message – though, to be fair, some of the ficus are really more burgundy than green, but that's a minor concern. Thanks again to our EcoBoost students, the Rockford Education Foundation, and Heidi's Growhaus for their collaboration in beautifying our learning environments!

Next week, RMS-CES students will begin completing their annual Minnesota Comprehensive Assessments, or MCAs for short. MCA season provides our students with another opportunity to demonstrate their academic skill, talents, and growth in another fashion. The MCA results also provide us as a school (and district) another data point to use in assessing our successes and growth in addressing the academic standards set forth by the state's department of education. We are hoping that students are well-rested and relaxed ahead of their MCA exams, and we hope the results continue to demonstrate the excellent school and district that we are!

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

Go Rockets!

Sincerely,

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

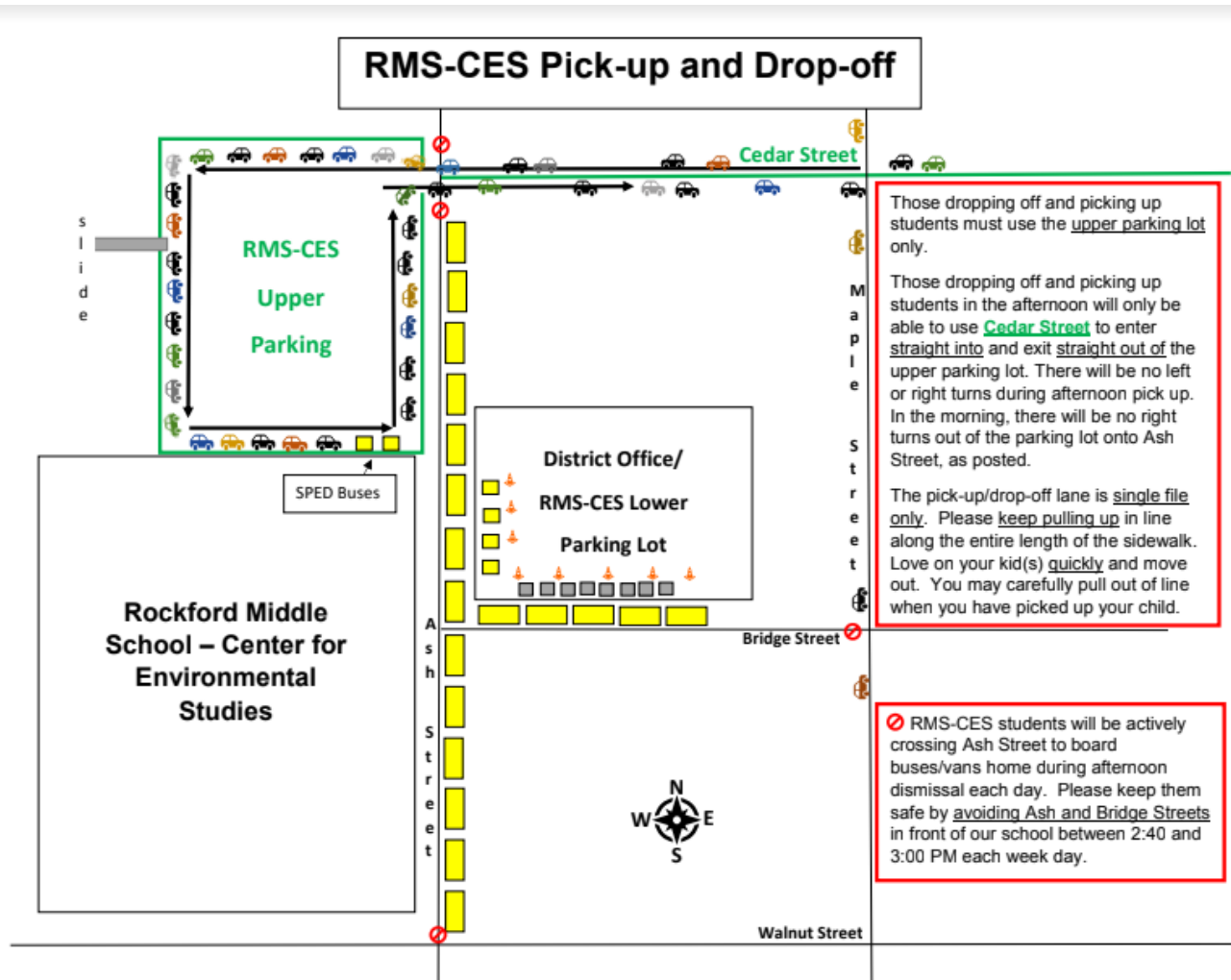
Robert Danneker  
Director of Students Services & Interim RMS-CES Principal  
Rockford Area Schools  
dannekerr@rockford.k12.mn.us  
RMS-CES Office: 763-477-5831

**Quarter 3 Report  
Cards are now  
available on Infinite  
Campus!**



## 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

### APRIL

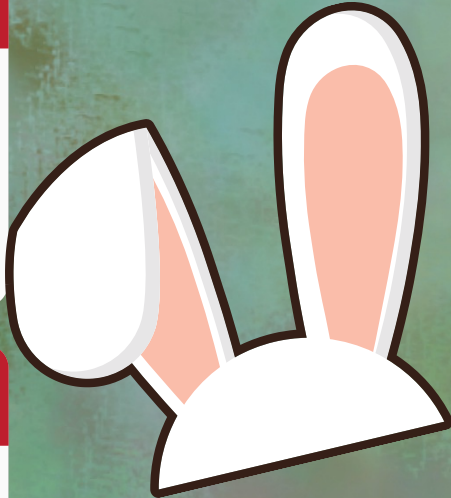
**April 15th**-No School  
**April 28th**-RMS-CES Arts & Academics Showcase (5th-8th grade Choir Concerts)

### MAY

**May 12th**-Final Band Concert  
**May 20th**-Final 7th/8th Grade Choir Concert @ RHS  
**May 27th**-Commencement  
**May 30th**-No School

### JUNE

**June 3**-LAST DAY OF CLASSES



### 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.)

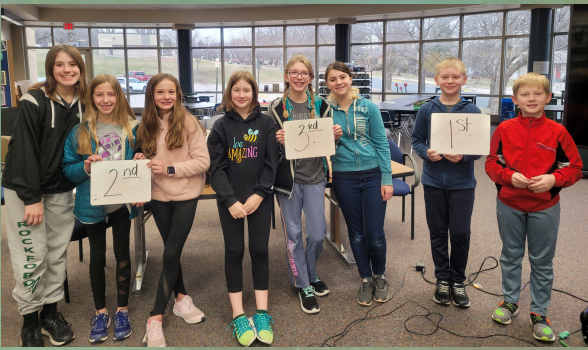
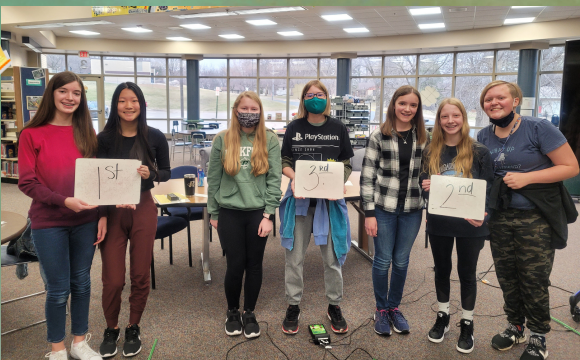
Contact Christa Larson in our District Office

### WINNERS in 5/6 Battle of the Books

- 1st Derek Byers and Liam Anderson
- 2nd Maiya Roelofs, Ireland Rebstock, and Quinn Bright
- 3rd Lucy Zednik, Veronica Ferdig, and Aida Lunderby

### WINNERS in 7/8 Battle of the Books

- 1st Laura Ickes and Olivia Kissner
- 2nd Presley Allen, Katie Ickes, and Anya Yaedke
- 3rd Bailey Anderson and Hailey Henrich



## ECO GO GREEN

### Less Trash Day

April 15

Lets encourage ourselves to use reusable supplies. Does that really need to go in the trash bin? Could it go in the recycling bin?





# RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities



## 2021-2022 Arts & Academics Showcase

SAVE THE DATE  
RMS-CES  
SHOWCASE

4:30-7:00

April 28, 2022



*Jazz Band*



*The book Fair will  
be on April 28th  
during the Arts &  
Academics  
Showcase!*

Choir Performances  
Ash Street Gallery  
Outdoor Activities  
Greenhouse  
Food Truck  
Jazz Band

### Choir Performances

Attendance/Warm-up (MS Choir Room)

5th Grade	4:40pm
8th Grade	5:05pm
6th Grade	5:30pm
7th Grade	5:55pm

Media Center Performance

5:00pm
5:25pm
5:50pm
6:20pm



# RMS-CES PARENT/COMMUNITY NEWS

## *A Plant In Every Classroom*

EcoBoost is a group of students at Rockford Middle School-Center for Environmental Studies (RMS-CES) focused on the benefits of connecting students and staff to nature. When challenged with how to best make these connections, one group of EcoBoost students proposed the idea of a Plant in Every Classroom.

### How it Happened

Once this idea was formulated the students were charged with securing funding for the project. Working together with Heidi Heiland from Heidi's Growhaus, the students researched houseplants based on light conditions, durability, and aesthetics. The students submitted and were awarded a grant from the Rockford Education Foundation totaling \$1721 to cover 36 plants, pots, soil, and fertilizer. In the next week, the students will be presenting their project to the staff and assisting them in RMS-CES Greenhouse to transplant their own classroom plant. EcoBoost and the RMS-CES community looks forward to watching this program grow in years to come.

## PRIZE PATROL AWARDS!

### A Plant in Every Classroom

Awarded to Mr. Jamie Madson,  
STEM Coordinator at RMS

The project is intended to, quite literally, bring life into RMS-CES by introducing indoor houseplants into classroom and common areas. The students will care for the plants, which will be in the core classrooms and common areas. Research shows that just 40 seconds of viewing a plant helps ease stress and improve focus and attention. Additional benefits include teaching environmental stewardship, STEM, urban gardening, student leadership, health, compassion, nature and health equity.






# RMS-CES PARENT/COMMUNITY NEWS

## *A Plant In Every Classroom*

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### Why A Plant in Every Classroom?

A plant in each classroom can bring the room alive and make an environmental school, a true to heart environmental school. 



Leading to Ideas

### How will these plants lead to further ideas and learning?

Whether it's an new method of how to water it, or an interesting soil mix, kids always have ideas. They are creative, and the creativity is released when they really get a chance to explore. A plant in each classroom can bring the room alive and make an environmental school, a true to heart environmental school. The students care for the plants, which are in the core classrooms and common areas. Having indoor/classroom plants has been proven to help with reducing stress and increase concentration, helping people focus in class and being able to learn more overall. Indoor plants help with memory (this has also been scientifically proven). Taking care of plants can be very therapeutic and educational. Plants may also help people in the long run, helping young children with learning responsibility. As the project moves forward, involving community members in plant donations, propagating, repotting, and plant maintenance will be key to the project's success. Opportunities also present themselves to utilize the greenhouse to host community events centered around plant care.

### How Will it Work?

Having indoor/classroom plants has been proven to help with reducing stress and increase concentration, helping people focus in class and being able to learn more overall. Indoor plants help with memory (this has also been scientifically proven). Taking care of plants can be very therapeutic and educational. Plants may also help people in the long run, helping young children with learning responsibility.





# RMS-CES PARENT/COMMUNITY NEWS

## *A Plant In Every Classroom*





# 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)

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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](mailto: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-SPEECH TEAM

The Rockford Speech team competed in the Section 4A Tournament on April 7, 2022 at Maple Lake. Senior Jasmine Fave was named Section Champion in Discussion and will be advancing to the State Tournament on April 23, 2022 at Apple Valley's Eastview High School. This is Jasmine's second consecutive trip to State.

This season, the Speech team competed at the Wright County Conference Meet and several other invitational meets. Our new and returning students worked hard on their pieces this year and placed at several of those tournaments.

Speech is a Minnesota State High School league activity where students can compete in their choice of thirteen events ranging from performance of a dramatic or humorous piece to persuasive speaking.

Speech not only provides students with an opportunity to express themselves creatively but also prepares students for college and beyond by helping students gain confidence in their speaking, writing, and critical thinking skills. As an added bonus, Speech meets are also a fun way for students to connect with kids from other schools who share similar interests.

Congrats to the Rockford Speech team on an awesome season!

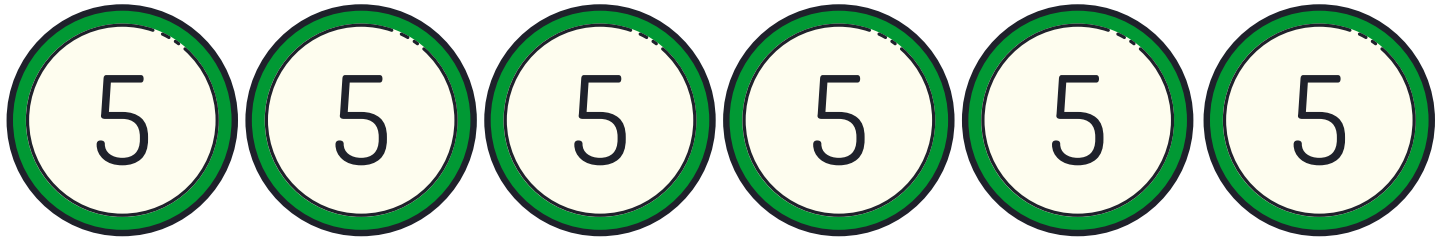


↓ Play Video





# RMS-CES CLASS NEWS



## SCIENCE with Ms. Oliverius

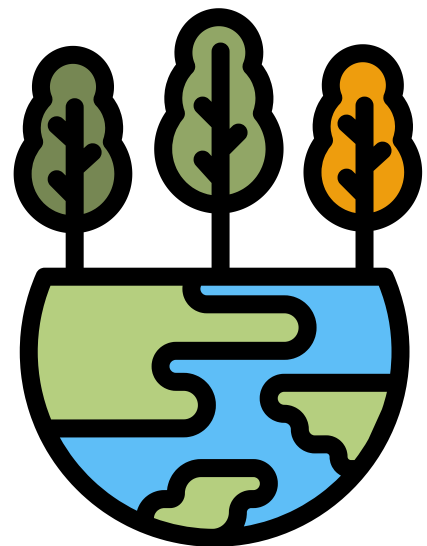
Recently in 5th grade science, students have been exploring ecosystems! We have been getting back outside as the weather warms up to apply our vocabulary such as producer, consumer, decomposer, abiotic, biotic, and herbivore, to name a few.

We played "I Spy" with our new vocabulary as we did a nature walk that ended in the greenhouse.

Students loved seeing the succulents that will be available at the RMS Showcase on April 28th from 4:30 - 7:00!

Students took a quiz on Monday this week to show what they know about ecosystems so far. We will continue our exploration of this large topic as we discuss how ecosystems change, including how humans change ecosystems.

In just a few short weeks we will have our science MCA's!





# RMS-CES CLASS NEWS



## AGRI-SCIENC with Ms. Piehl

### 5th Graders Get Growing in Agriculture Class

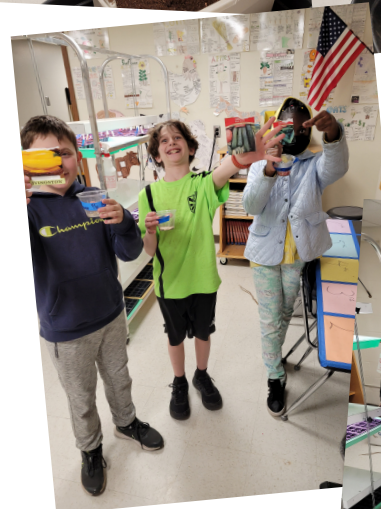
Students in Ms. Gregory's Agriculture class are getting Spring Fever! Although it may not look like spring yet outside, in Ms.

Gregory's class, good things are growing! Students could choose from either a zucchini, summer golden squash, or cucumber seeds.

Most students chose to plant a couple of each. Next, we talked about the information found on the seed packets, like depth of planting, growing zones, and most important - days to germination and harvest. We are

carefully giving our seeds plenty of water and "sunlight" (grow lights) patiently waiting for Friday, April 22. Not only is this Earth

Day, but most of our seeds should have germinated by then. Students can't wait to eventually transfer their plants to either the raised beds gardens here at the school or take the young plants home to their own gardens!



# RMS-CES CLASS NEWS



## BAND with Mr. Ferdig

On Sunday, April 10, two members of Rockford's Middle School band program performed in the Minnesota Band Directors Association All-State Band for grades 6-8. This two day event included rehearsals on Saturday, then morning rehearsals and a performance in the afternoon on Sunday, April 10. The honor band took place at Edina High School.

Rockford's participants were Levi Bartels on french horn and McKenna Evans on alto saxophone.

The honor band included students from all over the state of Minnesota. Students that were selected had to submit scales and two etudes for the audition process. Their recordings are then scored by judges. Students are selected based on the strength of their recordings.

Congratulations to our fine musicians!





# RMS-CES CLASS NEWS

7 7 7 7 7 7 7 7

## SCIENCE with Ms. Sarsland



*Spring means growth and our plants are doing just that! We love seeing the results of 4 weeks of growth our cuttings have done. As we collect data on our variables, we can wait to interpret the results. Stay tuned!*

