

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,

Plans, preparation, and excitement is building for Thursday's RMS-CES Showcase! Our entire RMS-CES staff will be in attendance, and we are hoping for a great turnout! As of now, the weather forecast appears favorable for all areas of RMS-CES to be available, especially for our outdoor activities and options.

Events and displays taking place on Showcase night include:

- 5-8 Choir Performances and Individual Performances
- Archery Demonstration
- Ash Street Gallery
- Baker Outdoor Learning Center (voyageur themed activities)
- EcoBoost Displays
- Fishing Clinics for Kids (casting practice)
- Minnesota Raptor Center
- RMS-CES Jazz Band
- Rockford Area Schools Food Truck (proceeds benefit scholarships for Deep Portage and Osprey Wilds)
- Rockford Composite Mountain Bike Team
- Rockford Public Library
- Scholastic Book Fair
- Succulents Make and Take (sponsored by the Rockford Education Foundation and the Rockford Jaycees)
- Various Student Work

I would like to thank our two wonderful magnet coordinators, Jamie Madson and Beth Russell, along with our school's art teacher, Sarah Gunderson, for their excellent and detailed planning for this event! We truly hope to see the entire RMS-CES learning community this Thursday, April 28 from 4:30pm - 7:00pm!

Go Rockets!

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

Quarter 3 Report
Cards are now
available on Infinite
Campus!



RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities



2021-2022 Arts & Academics Showcase

Jazz Band

SAVE THE DATE
RMS-CES
SHOWCASE

4:30-7:00

April 28, 2022



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



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

Choir Performances

Attendance/Warm-up (MS Choir Room)

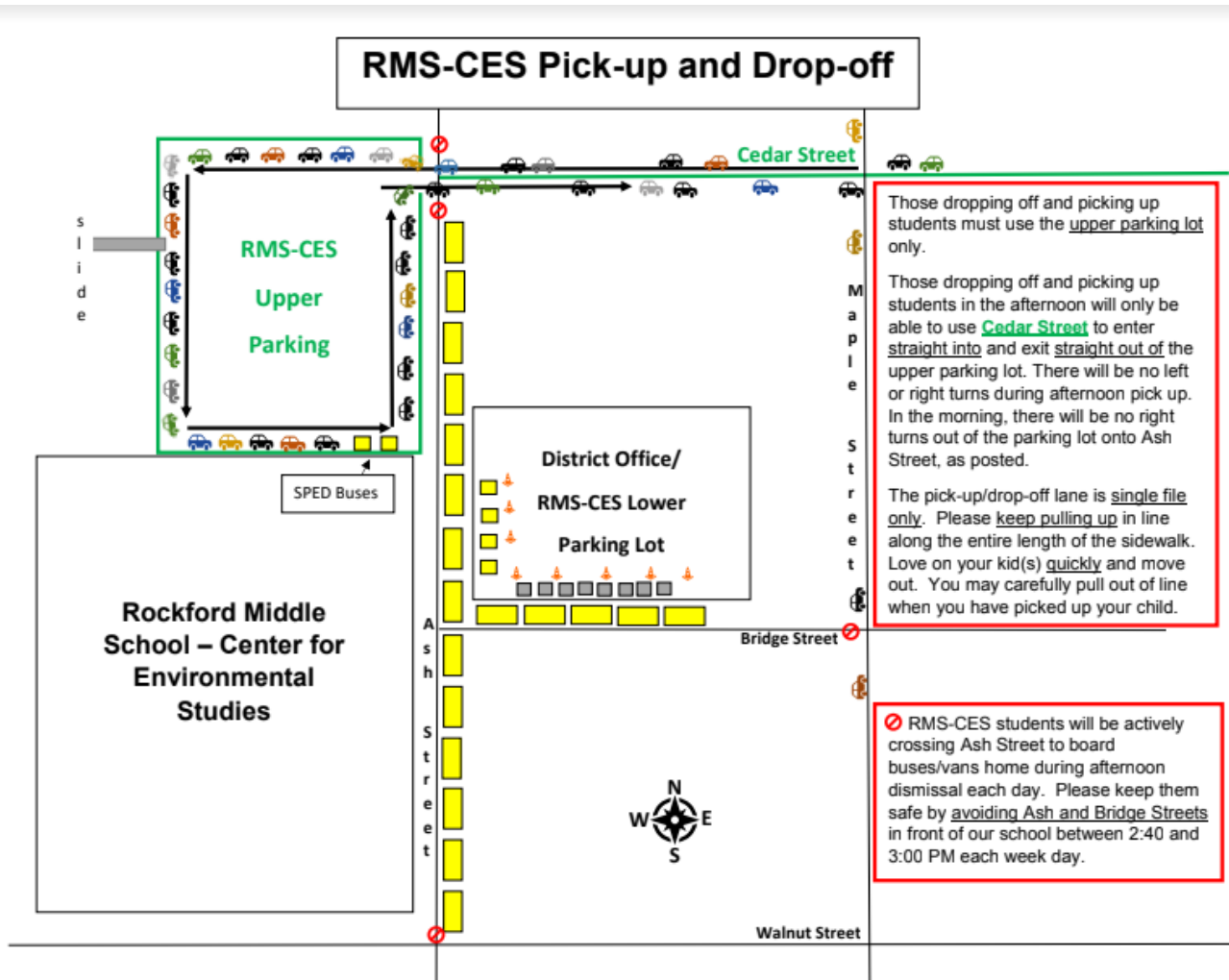
5th Grade	4:40pm
8th Grade	5:05pm
6th Grade	5:30pm
7th Grade	5:55pm

Media Center Performance

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

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

Looking for something to do this weekend? Please click [HERE](#) to view the Activities Calendar!



ECO

GO GREEN

Earth Month Week 3 April 18-22

- Recycling Day
- No Chromebooks
- Outside Activity Day
- Repurpose Old Crayons + Markers
- Play a Recycling Game



**REDUCE
REUSE
RECYCLE**

Please click [HERE](#) to play
Recycling Round Up

Play a recycling game

April 22

Play a sorting
trash + recycling
game online



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

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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)



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 text "Infinite Campus" in a light green font with a stylized infinity symbol above the word "Campus".A red arrow pointing upwards towards the Infinite Campus logo, with the text "Click here" written vertically inside it.

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 towards the text.

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/>

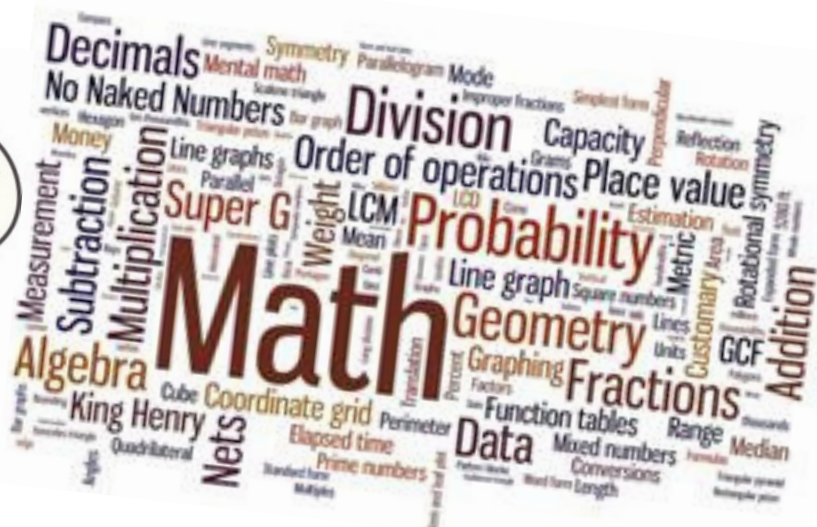
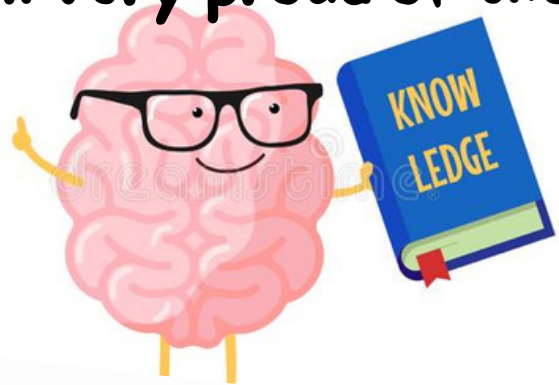
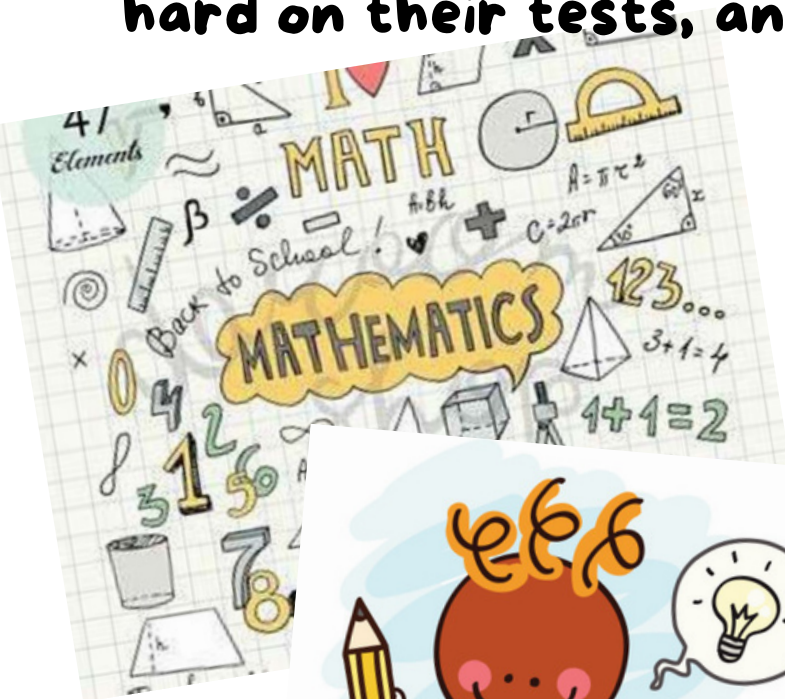
RMS-CES CLASS NEWS

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MATH with Ms. Sharp

At the start of the week, 5th graders reviewed for their MCA's by looking at an online practice sample. They learned about the different tools available and completed review problems.

The rest of the week was spent working on their Math MCA's. 5th graders persevered and worked hard on their tests, and I'm very proud of them!

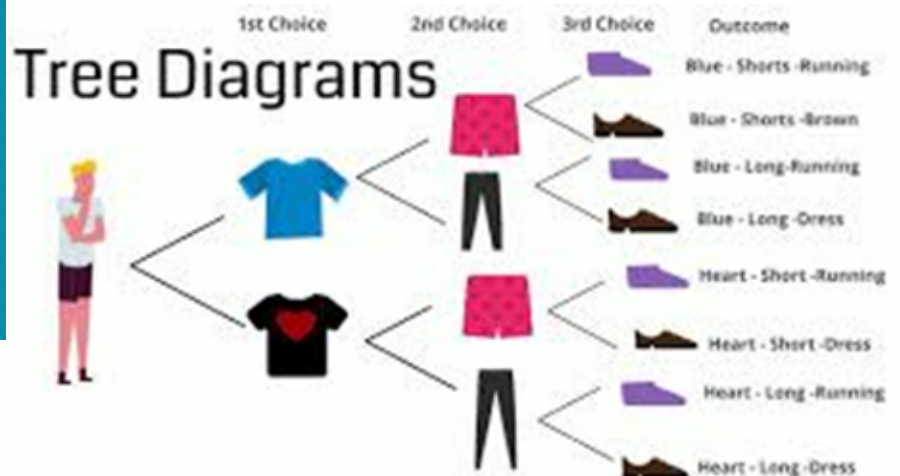


RMS-CES CLASS NEWS



MATH with Mr. Petroski

This past week has been MCA math testing. Prior to MCA testing, students had been working on Probability standards. They discovered the difference between theoretical probability and experimental probability, as well as solving problems with dice, coin flips, cards, etc. The students also created sample space lists and tree diagrams to show all possible outcomes, along with discovering their chances of winning (or losing) at different carnival games. We will be continuing this unit after testing is completed.



RMS-CES CLASS NEWS

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MATH with Mr. Reeck

Students in Mathematics had their MCA (Minnesota Comprehensive Assessment) this week followed by Reading and 5th, 8th Science. MCA Assesses students on their knowledge of the state of Minnesota standards and benchmarks. Prior to the MCA's (15 years ago) students took a different assessment that measured what students were to have mastered (learned) during that particular year. However, MCA's are much different. Students work through roughly 50 questions that are from basic to advanced and challenge students in the four categories of math (Number Sense, Algebra, Geometry and Data-Statistics-Probability). Overall the students worked very hard and intrinsically we all want to do our very best.

Thank you for helping your child be prepared to do their best.



mi DEPARTMENT
OF EDUCATION



RMS-CES CLASS NEWS



MATH with Mr. Mickelson

The last couple weeks in 8th grade **mathemagic land** students learned and practiced the exponent properties. Students studied and practiced using the individual properties to simplify expressions and then practiced using the properties with combined expressions. We then extended the idea of exponents to practice writing numbers in Scientific Notation form and vice-versa.

Scientific Notation is a nice way to write really big or really small numbers and it makes doing calculations with them much easier.

PROPERTIES OF EXPONENTS	
NEGATIVE EXPONENTS $a^{-n} = \frac{1}{a^n}$	ZERO EXPONENT $a^0 = 1$
PRODUCT of POWERS $a^m a^n = a^{(m+n)}$	QUOTIENT of POWERS $\frac{a^m}{a^n} = a^{(m-n)}$
POWER of a POWER $(a^m)^n = a^{mn}$	RATIONAL EXPONENT $a^{\frac{m}{n}} = \sqrt[n]{a^m}$
POWER of a PRODUCT $(ab)^m = a^m \cdot b^m$	POWER of a QUOTIENT $\left(\frac{a}{b}\right)^m = \frac{a^m}{b^m}$

Decimal \longrightarrow Scientific Notation

Move decimal point **right** or **left** to arrange **one digit** to the left of decimal point.

- | | | | |
|----|-------------|---------------------|-----------------------|
| 1. | 52,314 | Move left 4 places | 5.2314×10^4 |
| 2. | 3.2 | No need to move | 3.2×10^0 |
| 3. | .0000428 | Move right 5 places | 4.28×10^{-5} |
| 4. | 602,000,000 | Move left 8 places | 6.02×10^8 |