

ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



Dear RMS-CES Students and Families,

If you have not had the opportunity already, please consider signing your student up for our RMS-CES summer programming opportunity! The RMS-CES summer programming registration can be found [here](#).

The big RMS-CES news this week, however, is that we announced the hiring of the new RMS-CES principal for 2022-23 and beyond, Mr. Paul Warzecha! And it is my honor to turn over the rest of this week's column to Mr. Warzecha:

Rockford Students, Staff, and Families,

I am thrilled for the opportunity to be the principal at Rockford Middle School's Center for Environmental Studies. I come to Rockford Area Schools with seven years of experience as a middle school math teacher and eight years serving as an assistant principal at a STEM magnet school. Throughout the interview process, I have been very impressed with all the great things that are happening at RMS-CES and I look forward to the tremendous opportunity to use my professional experience, personal interests, and passion to serve others as we continue to grow as individuals and a greater school community. I look forward to connecting with each one of you in the near future!

Degrees and Certifications:

Bachelor of Science in Elementary Education with an emphasis in Middle School Mathematics from Winona State University.

Masters of Arts in Teaching and Learning from St. Mary's University.

Principal Licensure, K-12 Minnesota Educational Administration Certification from Hamline University.



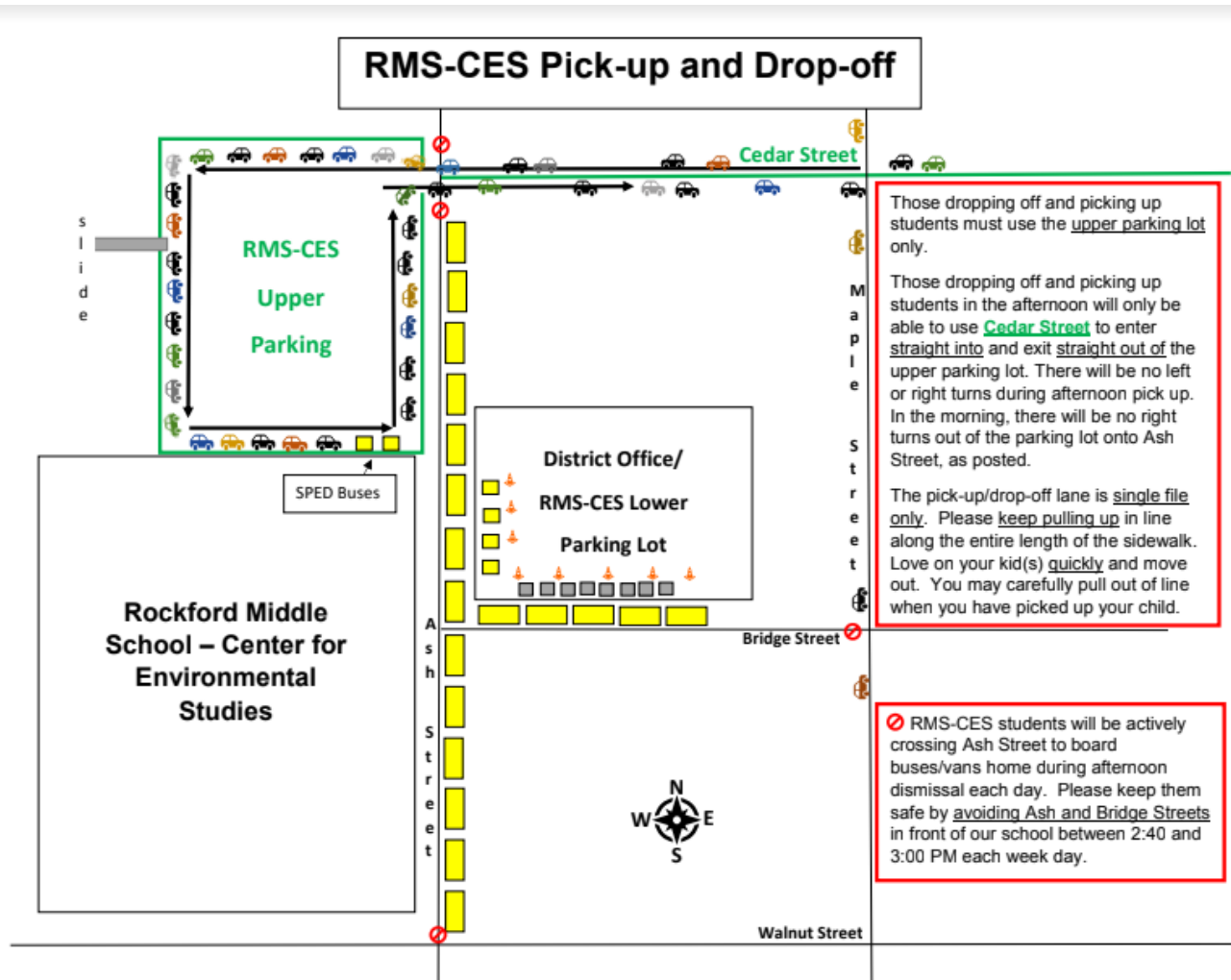
Rockford Middle School - Center for Environmental Studies
Interim Principal
Robert Danneker
DannekerR@rockford.k12.mn.us



Paul Warzecha
New Principal at
Rockford Middle School-
Center for Environmental
Studies

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

MAY

May 12th-Final Band

Concert @ RHS

May 20th-Final 7th/8th

Grade Choir Concert @
RHS

May 27th-Commencement

May 30th-No School

JUNE

June 3-LAST DAY OF
CLASSES



On Tuesday, May 31st & Wednesday, June 1st students in Grades 5-8 will be turning in their devices (hot spots, chromebooks, chargers, any school-issued technology)

Please mark your calendars and help remind your students!

Art Supplies

The RMS-CES Art Department is looking for scrapbooking paper. Please drop off at the RMS-CES Middle school office or send with your student!

Thank you!



Next week, May 9-13 will be the last week for students to check out books.

All books are due May 16-20.

**Summer Break is fast approaching!
Let the countdown begin!**

Summer

It's a great time to look for any library books, any outstanding school work, any missing cords or chromebooks (these will be getting turned back in to the school at the end of May-be looking for more info regarding chromebook return)

**SCHOOL
DAYS
LEFT**



**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.)

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

Rockford Sports Equipment Drive



Donate gently used or new sporting gear in the school office or the RCC from May 9th- to May 20th to help benefit military families!

Goals of United Heroes League

- Help kids develop critical life skills through sports.
- Help take off the financial burden of paying for sports gear for military families.
- Keep kids active and healthy through sports.



What to Donate

- Basketballs
- All football gear
- Soccer balls
- Baseball bats and gloves
- All hockey gear except skates
- Lacrosse sticks and balls
- Golf clubs, balls, and shoes



All items given will be donated to the United Heroes League!

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

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

Ms. Mally Wirth & Ms. Ellie Engstrom

Counselor's
Corner



#breakthestigma



MENTAL HEALTH AWARENESS MONTH

KNOW THE FACTS

- Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two-thirds of people with a known mental illness never seek treatment.
- Anxiety disorders affect 25.1% of children between 13 and 18 years old.

BREAK THE STIGMA

- Break the mental health stigma:
 - Talk openly about mental health
 - Educate yourself and others
 - Be conscious of language
 - Encourage equality between physical and mental illness
 - Show compassion to those with mental illness
 - Choose empowerment over shame
 - Be honest about treatment
 - Don't harbor self-stigma

PRACTICE SELF-CARE

During the month of May, pick one of the self-care activities listed below and practice it for the entire month to help build better mental health habits.

- [Volunteer & Give Back](#)
- [Sleep](#)
 - Teens should get 8-10 hours of sleep
 - Try to keep a regular routine (going to sleep and waking up around similar times)
- [Mindfulness](#)
- [Pray & Meditate](#)
- [Practice Gratitude](#)
- [Eat Healthy](#)
- [Connect With Others](#)
- [Learn to Fail Better](#)
 - Three essential elements at the core of success and well being
 - 1) Perseverance in the face of adversity
 - 2) Ability to glean wisdom from setbacks
 - 3) A willingness to lean into life's challenges
- [Exercise](#)



Crisis Text Line: 741741

In a life-threatening emergency call 911

School-Based Mental Health Services



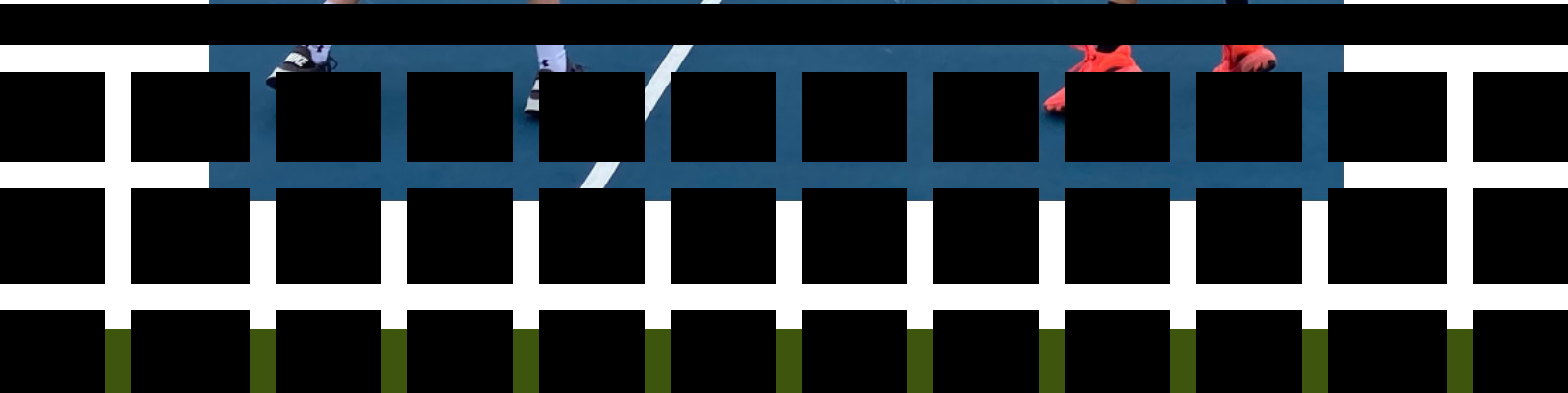
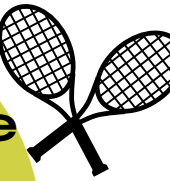
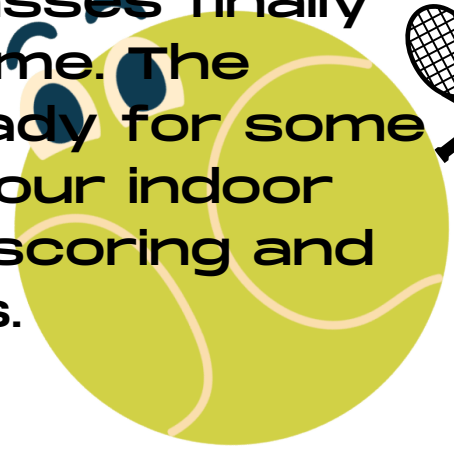
<https://www.nystromcounseling.com/our-services/school-based-mental-health-services/>

RMS-CES CLASS NEWS



PHYSICAL EDUCATION with Ms.Lingo

5th and 6th grade phy ed classes finally enjoying some outdoor time. The tennis/pickleball courts are ready for some action – good job at taking our indoor pickleball practice, rules and scoring and using that outdoors.



RMS-CES CLASS NEWS



AGRI-SCIENCE with Ms. Gregory

Fifth grade Agriculture students continued to work on their livestock research projects this week. Students first selected a livestock animal and then created research questions to guide their learning experience. One big learning curve for all of us included noticing how information we read was typically about animals kept as pets instead of livestock animals raised for meeting a need of others. To find what we needed we practiced changing search terms, weeding through sources, or rephrasing our research questions. After research was complete, students started creating posters in the shape of their animal that shared their information. Next week we will dig deeper into the school garden content and start preparing the raised bed gardens for spring planting.



RMS-CES CLASS NEWS



PHYSICAL EDUCATION with Ms.Lingo

Although our Rockford Fitness Challenge has been done for awhile now, we wanted to highlight some of our 5th and 6th grade record setters. **Congratulations** to the following phy ed students for really pushing themselves to be their best!

5TH GRADE FITNESS RECORDS	
SIT & REACH	42 JUAN FIGUEROA
PUSH UPS	68 TITUS SMITH
PACER	72 CODY FOLGER OWEN JENSEN
SHUTTLE RUN	8.7 OWEN STRAND
CURL UPS	

6TH GRADE FITNESS RECORDS	
SIT & REACH	50 LILY FOWLER
PUSH UPS	50 AVERY ROSS
PACER	70 MAIYA ROELOFS
SHUTTLE RUN	8.7 BRENNIA TEPLY SOPHIA MISURACO-JANISH
CURL UPS	



5TH GRADE FITNESS RECORDS	
SIT & REACH	50 MARY FRIENDSHUH JOSIE HAASE
PUSH UPS	38 AUBREY DIXON
PACER	54 CORA LARSON
SHUTTLE RUN	8.9 MARY FRIENDSHUH
CURL UPS	35 students did 80 curl ups

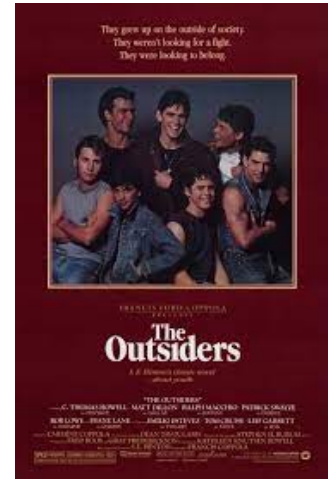
5TH GRADE FITNESS RECORDS	
SIT & REACH	41 ISAIAH DUNN
PUSH UPS	80 ISAAC STAGGEMEYER
PACER	70 DOMINIC MATTILA
SHUTTLE RUN	9.3 ISAAC STAGGEMEYER
CURL UPS	35 students did 80 curl ups

RMS-CES CLASS NEWS



LANGUAGE ARTS with Ms. Udalla

Last week seventh grade students in Language Arts celebrated the novel *The Outsiders* with a dress-up day. Many students dressed as the East Side Greasers. The tough looking rough kids who wear lots of leather and denim. Other students dressed as the West Side Socs. - the madras wearing, Ford Mustang driving, rich kids. Students were treated to chocolate cake, a breakfast staple in the protagonist's family's house, we listened to Elvis and the Beatles, played some *Outsiders* Bingo, enjoyed some trivia questions, and took a ton of pictures!



"Did you ever hear of having more than you wanted? So that you couldn't want anything else and then started looking for something else to want? It seems like we're always searching for something to satisfy us, and never finding it."
— 'The Outsiders'.

RMS-CES CLASS NEWS

⑦ & ⑧

CONGRATULATIONS

BAND with Mr. Ferdig

On Thursday, May 5, the Rockford Jazz Program performed its Spring Concert. The performance included Rockford's three jazz ensembles: The Rockford Middle School Jazz Band, Rockford High School Jazz II, and Rockford High School Jazz I. The performance also included two special guest soloists: David Strong on saxophone and Keith Hilson on trombone. Both were sponsored by Schmitt Music and were featured with the two high school ensembles. The high school program had another great year for jazz with

Rockford's Jazz I receiving a rating of "Superior" at contests on February 14.

A huge thank you to our senior members: Makayla Graunke on alto saxophone, Keaton Reed on tenor saxophone, Gavin Faber on alto saxophone, Lincoln Johnson on trumpet, Caleb Richards on piano and drums, Alex Nelson on drums and percussion, and Elliot Colton on bass guitar.

Thanks, seniors, for everything!

Thank you



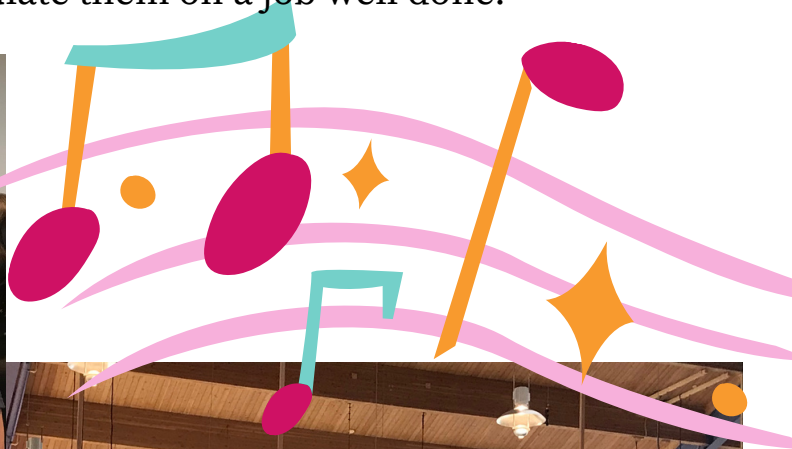
SENIORS!

RMS-CES CLASS NEWS

⑦ & ⑧

CHOIR with Ms. Augsburger

On Saturday May 7th, three Rockford choir students joined hundreds of other singers for the **7th/8th grade All State Choir**. Rylee Ash, Allison Bervig, and Emily Rice were all selected for this choir. They've been working on learning their music for the last few months, and on Saturday the whole choir got together for a day of rehearsal, ending with a concert in the afternoon. The choir sounded great, and our students had an awesome day making music with other students from around Minnesota. If you see these singers, congratulate them on a job well done!



CONGRATULATIONS