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 event this week was the 5th grade graduation from D.A.R.E.! Nearly 120 students were recognized by Deputy Miller of the Wright County Sheriff's Department for their diligence in completing the D.A.R.E. curriculum work necessary for graduation. A big "Thank You!" to Deputy Miller, Deputy Oman, Sheriff Derringer, and the RMS-CES 5th grade staff for getting our students to this milestone!

Friday, May 20th our first annual "Food Truck Lunch" took place with pulled turkey on pretzel buns with french fries, watermelon and cookies from Chef Harlan and his Taher team! The event was a blast with great food, good music, and warm-ish weather!

Finally, RMS-CES added a new family member to our team on Friday when Ms. Abbi Primus accepted an offer of employment to join RMS-CES in 2022-23 and beyond as our new 8th grade science teacher! Welcome, Ms. Primus!

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

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

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

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

REMINDER

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!

Parent Information Night - Thursday, May 26th at the Rockford Community Center from 6:30-7:30 PM. Come find out about the Rockford Composite Youth Mountain Bike Team. We're open to student athletes from the local area (Rockford, Delano, Buffalo, Corcoran, etc.), entering 6th-12th grade fall of 2022. Practice starts in mid-summer, going through mid-October, with 5 cross country mountain bike races to compete in during the season.
If you are unable to attend the meeting, but would like more information contact Rockfordmtb@gmail.com *not a school sponsored activity*

YEARBOOK

Did you forget to order your yearbook? If so, bring in $20 to the Middle School Office to be put on the yearbook lottery list. First come, first serve. Yearbooks will be distributed on Tuesday, May 31st. Leftover books will be offered to students on the lottery list. Any student not securing a yearbook will be returned their $20.

Summer Break is fast approaching! Let the countdown begin!

Summer

SCHOOL DAYS LEFT

9

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)

FFA

Rockford Middle FFA
Learning to do. Doing to Learn. Earning to live. Living to Serve.

DINE WITH US

On **Monday, May 23 from 5 – 8pm**

10% OF SALES WILL BE DONATED TO

Rockford Middle School FFA

The Thank You Farmers® Project supports ag education programs that encourage smart farming to ensure we have enough food for our growing population.

Can't JOIN US, BUT WANT TO DONATE?

Text CULVERS to 27722

Thank You FARMERS PROJECT
FOOD. FAMILY. FUTURE.

Culver's

FFA emblem is an official trademark of National FFA Organization and is used under license. Photo courtesy of National FFA Organization.

Come on in to your local Culver's restaurant:

Culver's of Albertville
11025 61st St NE Albertville, MN 55301
763-497-1042

CULVERS.COM
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Limited time offer. At participating Culver's restaurants. 3/16

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!

ROCKFORD SPORTS

Reminders & Opportunities

ROCKFORD SPORTS

CONGRATULATIONS

Rockford Track & Field - the Girls AND Boys teams took first in the Wright County Conference Championship meet on 5/17/22! The victory is even sweeter when it happens on your home turf. Both the Girls and Boys teams qualified to compete on Saturday, 5/21/22 at the True Team State meet in Stillwater. GO ROCKETS!

2022 WCC West

CONFERENCE CHAMPIONS!

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

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

Food

- Whole Grain Pasta
- Pineapple
- Mandarin Oranges
- Peanut Butter – Creamy and Crunchy
- Flavored Instant Oatmeal
- Spaghetti Sauce
- Fruit Snacks
- Protein Bars
- Granola Bars
- Baby Food

Household Essentials

- Laundry Detergent
- Dish Soap
- Diapers – Size 5, 6, 7
- Baby Wipes

Food Drive

WEDNESDAY, 5/18 THROUGH FRIDAY, 5/27.

STUDENTS SHOULD BRING ITEMS TO THEIR BOOST TEACHERS.

Gratitude GIFTS

ROCKFORD EDUCATION FOUNDATION

ISD 883 MN

Now is the time to thank ANY Rockford staff member for a great school year! Staff love these gifts that support their classrooms with grant opportunities PLUS they get a gift card to treat themselves.

Gratitude Gift Details:

- $10, $20, and $50 donation options
- Gifts are delivered to the school between June 1-2.
- All donations support the Teacher Mini-Grant Program!

Link to order:

https://www.rockfordfoundation.org/gratitude-gifts/

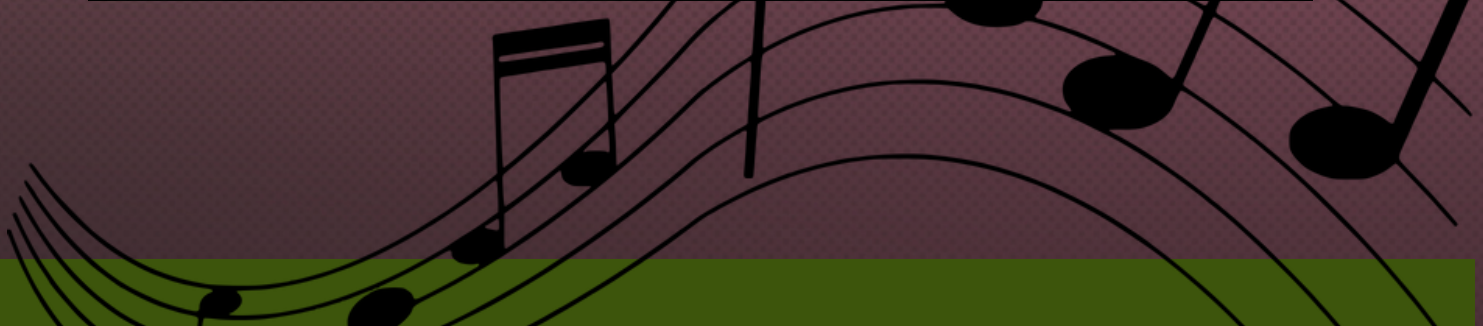**Deadline to order: May 23 at Midnight**

Questions: email Kelly Grimm, kelly@rockfordfoundation.org

*This is not an ISD 883 Sponsored Event

RMS-CES CLASS NEWS

BAND with Mr. Ferdig & Ms. Bauer

ON THURSDAY, MAY 13, THE ROCKFORD MIDDLE SCHOOL BAND PROGRAM HELD ITS FINAL PERFORMANCES OF THE SCHOOL YEAR. THE SPRING CONCERT TOOK PLACE IN THE ROCKFORD HIGH SCHOOL AUDITORIUM. THERE WERE 3 PERFORMANCES TOTAL. GRADE 5 PERFORMED AT 6:00PM. GRADE 6 BAND PERFORMED AT 7:00PM. THE GRADES 7 AND 8 BANDS BOTH PERFORMED AT 8:00PM. WE WOULD LIKE TO TAKE A MINUTE AND THANK THE PARENTS AND MOST OF ALL THE STUDENTS FOR A FANTASTIC SCHOOL YEAR!
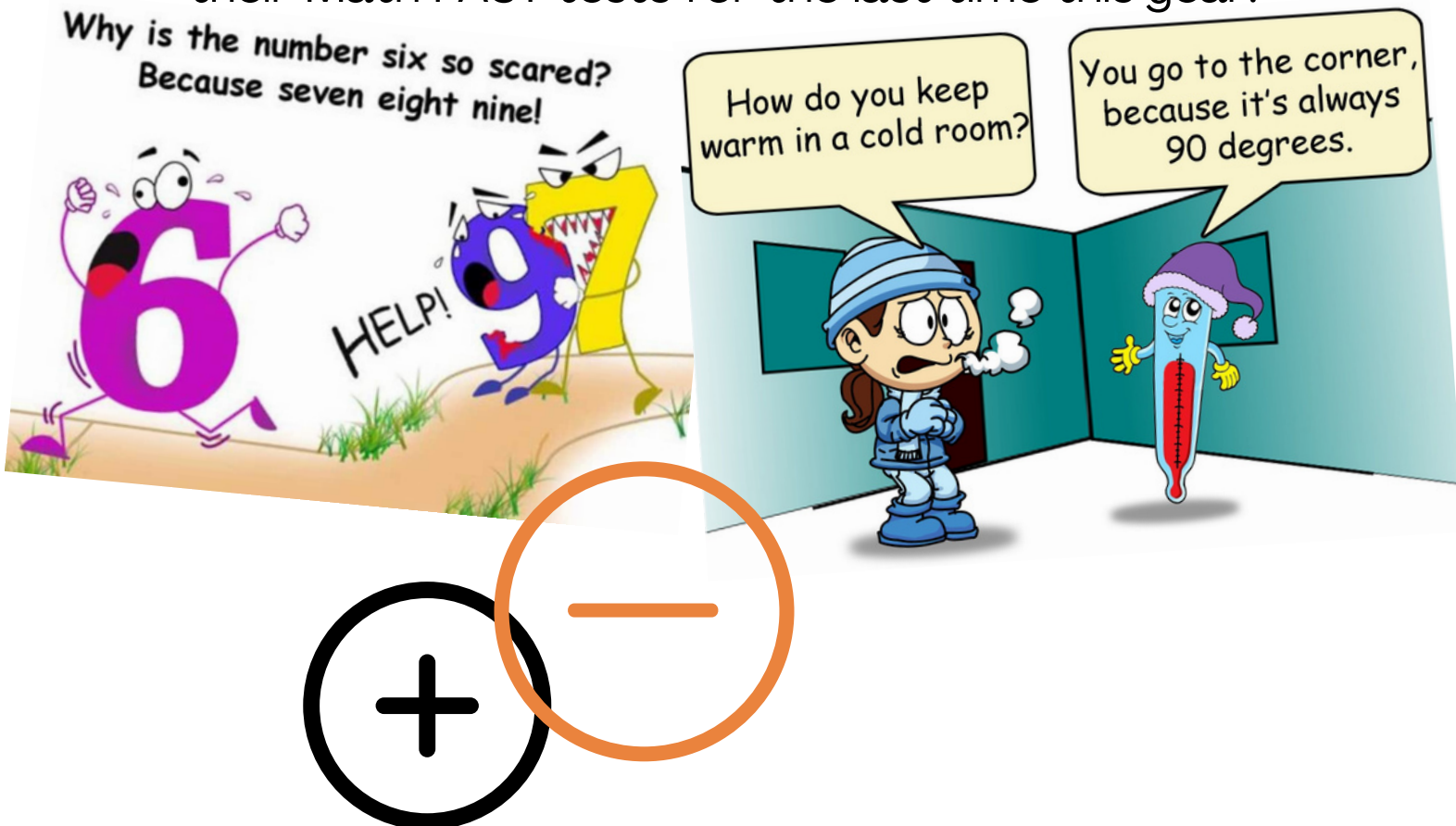
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MATH with Ms. Sharp

This week in math, 5th graders started off by having a shortened schedule on Monday. We practiced how to add and subtract fractions with different denominators and reviewed that we need a common denominator in order to solve. Then, we went over to the high school and each 5th grader graduated from DARE! On Tuesday, we reviewed how to multiply and divide fractions and on Wednesday, we reviewed how to solve one- and two-step equations. 5th graders ended their weeks taking their Math FAST tests for the last time this year!
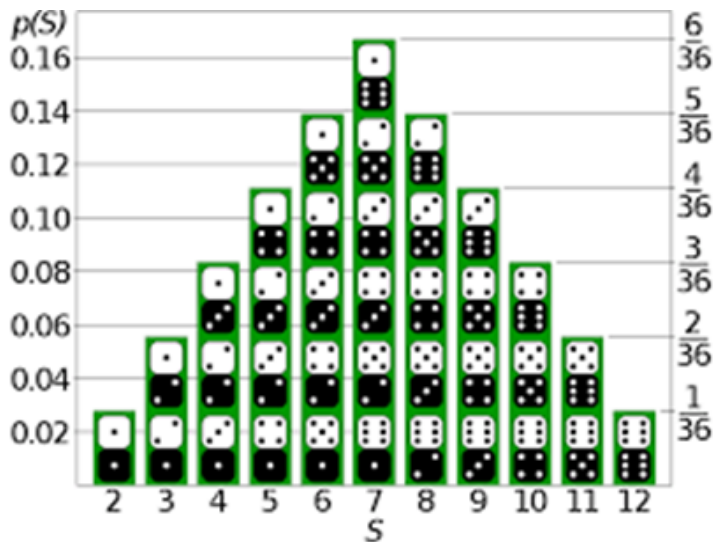
RMS-CES CLASS NEWS

MATH with Mr. Petroski

Probability has been the area of study in math class. Students have been solving "chance" problems and finding out the percentages of events taking place. 6th graders have also had practice with mean, median, mode, range, and outliers. As the school year comes to a close, students will be creating a special project based on probability.
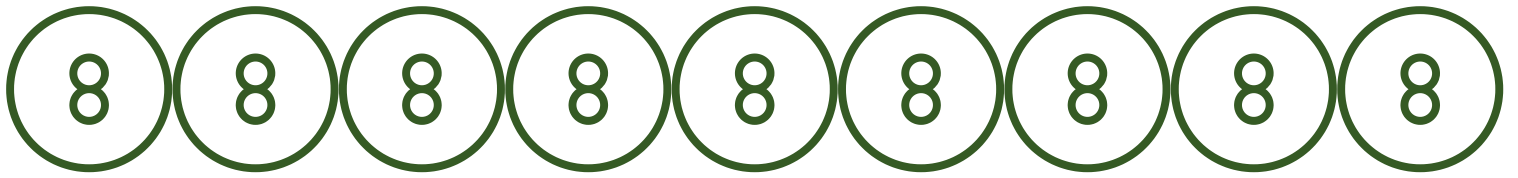
PRACTICE
PRACTICE
PRACTICE

RMS-CES CLASS NEWS

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MATH with Mr. Reeck

7th grade math students have been working on a project called the "Budget Project" since the MCA's. Students were given parameters as to how much money they make per year and then break that number down into a month. Then students need to buy a house, cars, put money into retirement and pay the normal bills of a household. Students had a great time learning what it takes to run a household and hopefully understand the value of $20 and realize that sometimes the things we want are not always feasible this month as things get expensive running a household.

	A	B	C	D	E	F
A1:A2	*fx* Integrated Budget Project					
1	Integrated Budget Project	Name:		52,250.00	46,250.00	98500
2	Overall Budget Plan	Hour:				
3	Your Profession (job)					
4	Your Spouse's Profession (job)					
5	Total Yearly Income(gross)		$98,500.00			
6	Minus Taxes		$19,876.66			
7	Total Yearly Income(after taxes (net)					
8	Total Monthly Income(after taxes (net)		$6,601.03			
9	Expenses					
10	House					
11	House Loan payment		$1,013.37	0.153517045	55.27	67.42469617
12	Insurance		$70.94	0.01074619315	3.87	
13	taxes		$152.01	0.02302756675	8.29	
14	HOA Fees			0		
15	electricity		$150.00	0.02272372645	8.18	15.70663972
16	water		$35.00			

8 8 8 8 8 8 8 8 8

MATH with Mr. Mickelson

Ending the 8th grade Mathematics year. Students have been very busy testing over the last month to see how they have grown academically over the year. Students took the Minnesota Comprehensive Assessments a few weeks ago. This week students took the FAST and HMH Growth Assessments. All of these assessments give students, teachers and the district different kinds of data to use for future evaluations.

MATH with Mr. Mickelson...continued

When students have not been busy with these assessments they have been reviewing how to solve equations, the foundation of algebra, and applying the solving process to inequalities. In math as in the real world, all things are not always equal. Students started reviewing solving and inequalities. They then solved and graphed simple algebraic equations and solutions on a number line. Next week students will review graphing linear equations of the form, Y = MX + B, on a coordinate plane and then again apply inequalities to that idea. Students started graphing these equations in 7th grade and this is another basic concept of algebra. The difference graphing inequalities compared to equalities is that one side of the line needs to be shaded because there are an infinite amount of possible solutions. Every point in the shaded area is a potential solution.

Inequalities on a Number Line

Symbol	Words	Example
>	Greater than	$x > 5$
<	Less than	$x < -1$
≥	Greater than or equal to	$x \geq 3$
≤	Less than or equal to	$x \leq 5$

Linear Equation	Linear Inequality
$y = \frac{3}{2}x + 3$	$y \leq \frac{3}{2}x + 3$

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
$\left(\frac{a}{b}\right)^m = \frac{a^m}{b^m}$

Example	Graph
$y \leq x + 2$	
$y > -x - 1$	

Inequality Symbols

< > ≤ ≥ ≠

Less than — Greater than — Less than or equal to — Greater than or equal to — Not equal to