

# 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 excitement this week at RMS-CES was the installation of a concrete floor in the greenhouse! The new flooring will allow us to use the greenhouse with much more efficiency, and will dramatically cut down on the amount of dust caused by the previous gravel floor! We were so lucky to have a generous donor partner with us on this project, and it will certainly benefit the entire RAS school community!

For our final week of school, please make sure that your student(s) are prepared to return all school property before leaving for the summer. Chromebooks will be returned on Thursday, June 2nd, and we welcome the return of other school property at any time!

Have a great long weekend, and we look forward to seeing our students for four more days beginning Tuesday  
Go Rockets!

Sincerely,

Robert Danneker  
Director of Students Services & Interim RMS-CES Principal  
Rockford Area Schools  
[dannekerr@rockford.k12.mn.us](mailto:dannekerr@rockford.k12.mn.us)  
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*Interim Principal*  
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Rockford Middle School - Center  
for Environmental Studies



Paul Warzecha  
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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



On **Thursday, June 2nd** 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!**

**JUNE**

**June 3**-LAST DAY OF  
CLASSES



**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.

*Congratulations to  
the 2022 GRADUATES!*

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

*Summer*

**SCHOOL  
DAYS  
LEFT**



**It's a great time to look for any library  
books, turn in any outstanding school work,  
gather school issued technology to return.**



# RMS-CES PARENT/COMMUNITY NEWS

## Reminders & Opportunities



JULY 16, 2022

**PULL FOR COMMUNITY**

**SATURDAY, JULY 16TH**  
Buffalo Gun Club | 1754 Hwy 55, Buffalo, MN



A fundraising event for  
RiverWorks and the Rockford  
High School Trap Shooting Team

**REGISTRATION & MORE DETAILS**  
[riverworksonline.org/pull-for-community](http://riverworksonline.org/pull-for-community)

Trap Shooter Ticket	Spectator Ticket
<b>\$100/person</b>	<b>\$35/person</b>
<p>Ticket includes:</p> <ul style="list-style-type: none"><li>• 2 rounds of trap shooting</li><li>• shells for rounds</li><li>• snacks and beverages all day</li><li>• 3-course lunch served by Good Eats by RiverWorks.</li></ul>	<p>Lunch only ticket   Come to watch and have lunch</p>
	Not an ISD 883 sponsored event

Interested in becoming a sponsor or donating to the raffle?  
Contact Denise at [dksanen@riverworksonline.org](mailto:dksanen@riverworksonline.org)

DON'T  
MISS IT

**ORDERS DUE  
JUNE 5th**



### ROCKFORD ROCKETS FOOTBALL T-SHIRT PRE-ORDERS

The Rockford Rockets football team is selling t-shirts again this year to help support their team. The choices this year include short sleeve t-shirts (Dri-fit available), long sleeve t-shirts (Dri-fit available), sweatshirts, and hoodies. They come in five different colors: forest green, white, black, grey or light pink. If you are interested, please click [here](#) for the online team store. The online store closes on June 5, 2022! If you have any questions, please contact Coach Houghton at [houghtond@rockford.k12.mn.us](mailto:houghtond@rockford.k12.mn.us).

Rockford Football 2022-23 Spirit Wear now available for ordering.

Orders due by June 5, 2022.

[Click here to place your order.](#)

# 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 Greenhouse Update

**BEFORE**



The greenhouse got an upgrade this week from a dirt floor to concrete! Running water is up next!

A special THANK YOU to Concrete Idea, INC. who provided the greenhouse floor! The materials were provided at cost and labor was graciously donated by Trevor & Trent Gunderson (owners of Concrete Idea, INC.) who brought 2 of thier employees to help!

**AFTER**



# RMS-CES CLASS NEWS



## MATH with Ms. Sharp

5th graders spent their last full week of math class learning about percentages. Students learned that the process of determining the percentage of a number is by:

- 1) writing the percentage and whole number as a fraction
- 2) multiplying them together
- 3) dividing by 100. Students built on this knowledge and determined the sale price of discounted items.

Students practiced converting decimals to percentages as well as fractions to percentages. 5th graders have put in a lot of work in math this year and I am proud of them!



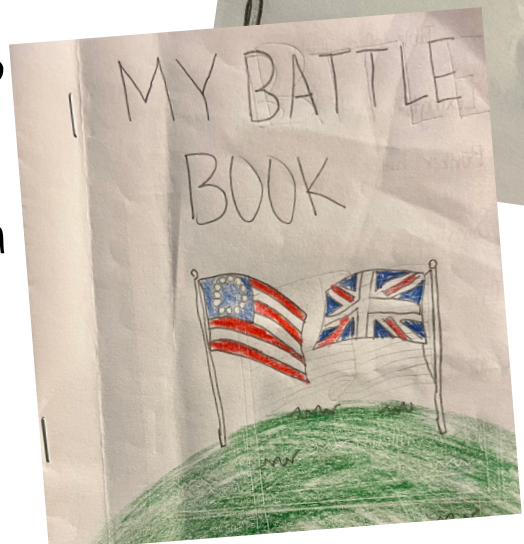
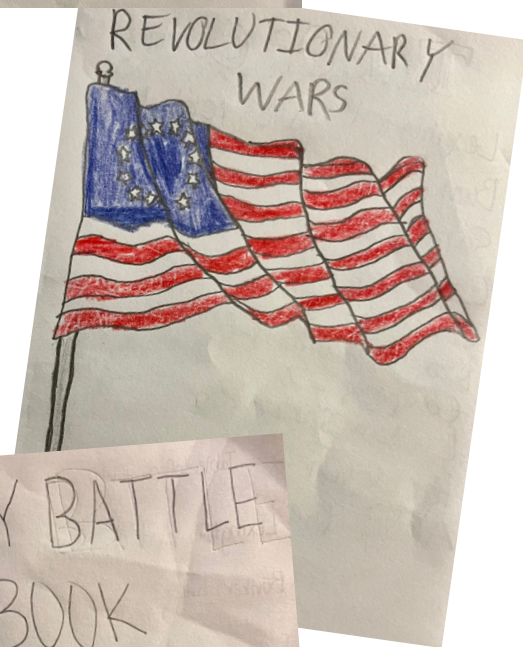
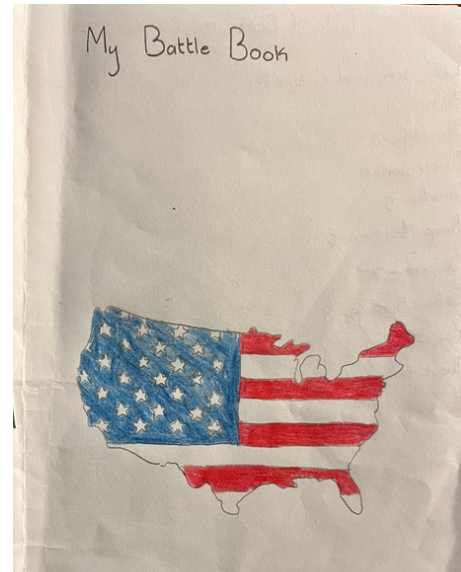


# RMS-CES CLASS NEWS



## SOCIAL STUDIES with Ms. Reeck

As we near the end of the school year, 5th graders have been busy wrapping up the Revolutionary War unit. Their final summative project was to create a "Battle Book." In their books, students summarized and illustrated 9 major battles of the Revolutionary War. This week they also participated in a Revolutionary War escape room activity. Students had to decode a series of secret messages in order to reveal a 4 digit code. The individuals or groups that finished first in each hour are pictured here.





# RMS-CES CLASS NEWS



## SOCIAL STUDIES with Ms. Reeck

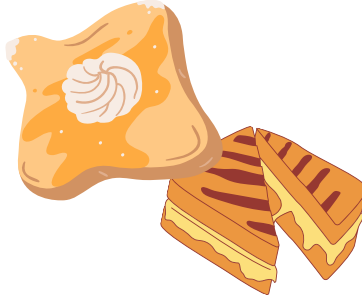




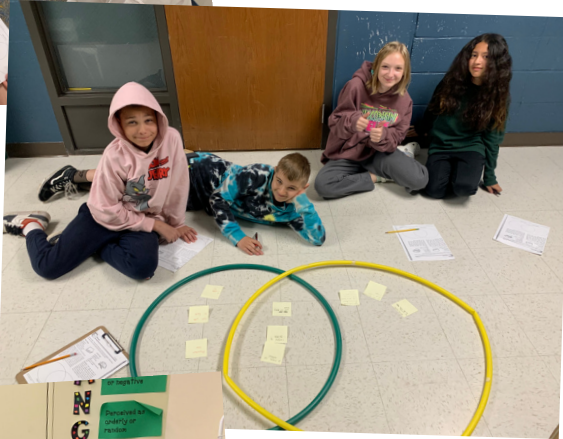
# RMS-CES CLASS NEWS



## LANGUAGE ARTS with Ms. Mateyka



Fifth grade readers have been busy learning and having fun this past week. Some students have been learning about different text structures. One of them is compare/contrast. Students show how grilled cheese and french toast are the same and different by creating a Venn Diagram with hula hoops. Students then tried out their hula hooping skills after learning took place.

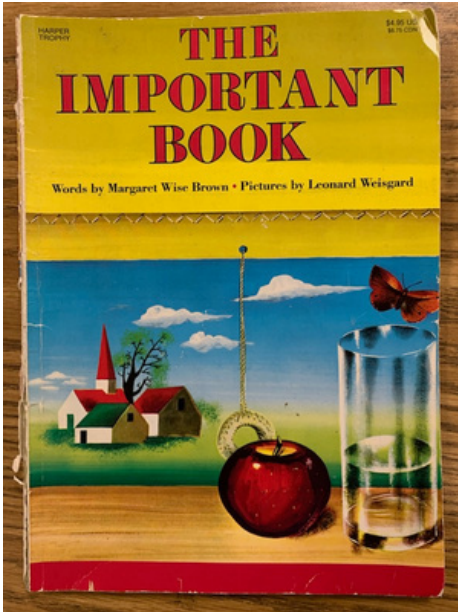




# RMS-CES CLASS NEWS



## LANGUAGE ARTS with Ms. Mateyka



Other fifth grade readers just performed their **Important Presentation** for their families. They created projects centered around important items that were mentioned in a recent read. Some students dressed up as well. Items mentioned to have importance were rain, a daisy, grass, wind, snow and many others. The students enjoyed reading Margaret Wise Brown's book, *The Important Book*.

thank you





## RMS-CES CLASS NEWS

# 7 & 8

7th and 8th grade choir students are finishing up the year by working on our last power standard: Create an original artistic work.

Students are using the rhythm of fruit words and solfege syllables to create a 24 beat song that they perform for their class.

Although we didn't memorize them, ask your student if they can perform part of their composition for you!

Have a musical summer!  
-Ms Augsburg

Choir





# RMS-CES CLASS NEWS

ART

7th Grade Art with Ms. Gunderson



SEVENTH GRADE  
PLASTER CAST ART



PIC•COLLAGE

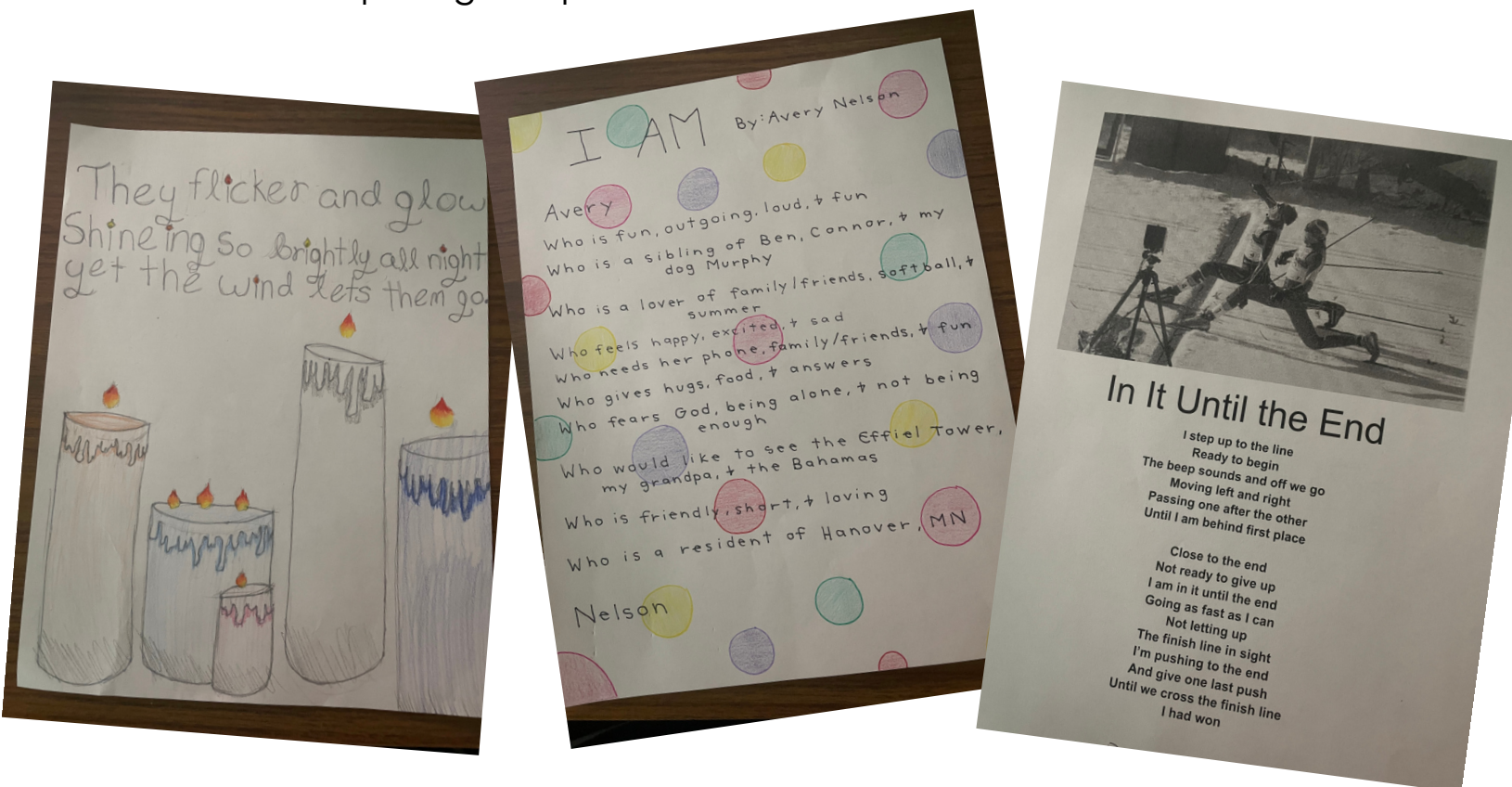


# RMS-CES CLASS NEWS

## 7 LANGUAGE ARTS with Ms. Udalla

Seventh graders have traveled the world in the last couple of weeks and discovered many different styles of poetry. With this new found knowledge, students were asked to create 4 different types of poems. They selected their first two poems from specific countries with specific rules and formats. Students focused on word choice, mood, rhythm, and rhyme scheme. The worldly poems consisted of a Haiku from Japan, a Naani from India, a Limerick from Ireland, a Terza Rima from Italy, and an Acrostic, Diamante, and an I Am poem all from the USA.

The third poem our poets created is a form of FOUND poetry or Blackout Poetry. Students were amazed and delighted when they were able to FIND a poem within a page of text. They then used their artistic abilities to make their poems come to life. Their final poem is called - A Picture is Worth 1000 Words. Students were given a wide variety of pictures. They took their time and found one that was inspiring. With their photograph they could choose any type of style or format to use when writing their poems. Many tried free verse and allowed their ideas and feelings to flow out on the paper! Overall, it has been a wonderful couple of weeks listening, creating, and finding poetry. The poems will be sent home next week!





# RMS-CES CLASS NEWS

7

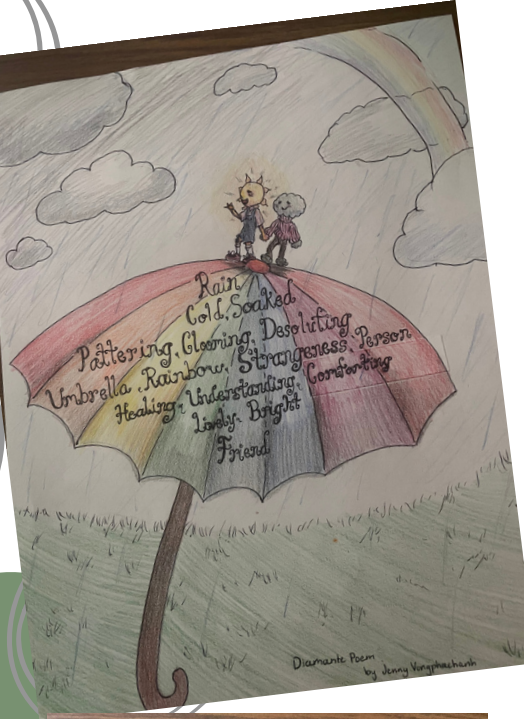
## LANGUAGE ARTS with Ms. Udalla

=DOUG=

There once was a lazy pug named Doug  
Who liked to sleep all day on his rug  
Doug enjoys good food  
He is a cool dude  
But he is always up for a hug



Limerick by Katie Icke



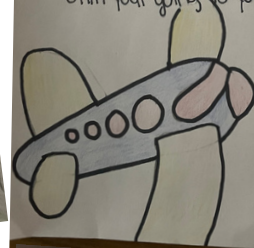
Diamond Poem by Jenny Venghachari

VACATION



Your Suitcase rolling on the floor  
When you take in the sight  
As you finally open the hotel room door

As the day turns into night  
When the week passes you by  
Until your going to your next flight



Terza-  
Rima  
Allison B

The Iuke

THE CASTLE IN THE ATTIC 133

chosen, a rocky hill with a path that curled back and forth until it reached the top. A tower stood at each corner, and arrow windows dotted the exterior walls in a random pattern. A single black pennant flew from the corner of one tower. William pulled out his binoculars and focused in on the main gate.

The dragon, a brownish-green scaly creature, prowled in front of the double wooden doors, endlessly turning on himself so that the occasional bursts of flame from his mouth barely missed his tail. As William watched, the dragon spied a bird that had flown too close, and he shot his tongue of flame high into the

sky. The bird dropped like stone. William shuddered. He stood without moving, remembering the time he had picked up the waffle iron without a doorknob. The pain of the burn was with him for days afterward. But he could put down the waffle iron. Once he started walking toward the dragon, there would be no turning back.

William put away the binoculars and began to look around quickly for a place to spend the night. The heat that the dragon discharged into the air had withered away much of the undergrowth. Finally, he found shelter under some lower bushes.

He couldn't eat. The sight away his appetite. He lay

REAL FRIENDS

139

know when to trust

He couldn't eat. The sight away his appetite. He lay

He couldn't eat. The sight away his appetite. He lay

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Quit Crying

27

Although the snow is to crumble

Everything will work out

filled with joy

the face was ashen, her eyes

ebbing moonlight

the rest of you

want to hold you back

have been

of such

we must

so they

for several

utes.

Stop! Stop! Listen to me

right now

could not stop, but she did quiet down a bit. Her

who became water

Elli H. 4

ENDING  
Acrostic poem by Kaia Seavers

Running across the grass  
In the middle of the plains  
Doing just what I love  
Inspiring books, poems, movies  
No wonder, they're magnificent creatures  
God's beautiful, powerful, and (sometimes!) graceful creati



I ❤️ POETRY