

## RAMS Back To School Handbook 2022-23

Roseville Area Middle School 15 County Road B2 East Little Canada, MN 55117

www.isd623.org/rams

#### **IMPORTANT PHONE NUMBERS**

Main Office	651-482-5280	<u>CULTURAL</u>	LIAISONS
Principal	651-482-5284	African American	
Assoc. Prncpl Grd 7	651-482-5297	Faustina Mullen	TBD
Assoc. Prncpl Grd 8	651-482-5287	American Indian	
Athletics/Activities	651-482-5290	Gabriella Carroll	651-359-0572
Attendance	651-482-5281 or	Lupe Thornhill	651-332-6513
<u>ramsattendance</u>	@isd623.org	<u>Lupe momini</u>	031-332-0313
Counselors	651-482-5289	<u>Hmong</u>	
Health Office	651-482-5291	Maider Lee	651-210-7821
Special Education	651-288-5000	Karen	
Student Records	651-482-5288	Hsar Htoo	651-332-6929
Centerline Bus	651-482-1794		001 002 0020
Tech Support	651-288-5001	<u>Spanish</u>	
Tech Support	651-482-5285	Cecilia Martino	651-235-3426
School Fax	651-482-5299	Bhutanese/Nepali Li	aison
		Indira Kharel	651-307-7471
		Oamali Liaiaan	
		Somali Liaison	054 000 0400
		Kowthar Ismail	651-322-0468

<sup>\*</sup>Roseville Area Schools website is being updated this summer. Links will be updated on the digital version of this document once the new website is in place after Aug 19, 2022.

#### **Change In Plans?**

If you have received this mailing in error and your child is not planning on attending RAMS, please contact us at 651-482-5280 so that we can correct our records.



#### **Back To School Night**

WEDNESDAY 8/31/2022 4:00pm to 7:00pm

Tues 9/6/22 = First Day Of School for 7th Grade ONLY Wed 97/22 = First Day of School for 8th Grade

#### **Back To School Night**

All students and families are invited and encouraged to attend our Back To School Night at RAMS from 4:00pm to 7:00pm on Wednesday, August 31. The evening will be an open-house format.

In an attempt to accommodate everyone, we have been giving permission to use Abbott's parking lot across the street from RAMS as our overflow parking.

No schedules will be sent home prior to Back To School Night. Please plan to pick up your student's schedule at RAMS on Wednesday, August 31 or view them online StudentVue or ParentVue (see page 9-10 for more details).

#### Things to do:

- Pick-up Your Back to School Packet that includes your students:
  - iPad (7th grade and new 8th grade students only)
  - Class Schedule
  - ParentVue/Schoology Login information
  - iPad help sheets
- Get Your School Picture Taken
- Purchase School Locks \$12/pair
- Find Your Classes & Meet Your Teachers
- Find Your Hall Locker
- Update Contact or Health Information (optional)
- Sign up for Synergy/Parent Vue (optional)
- Register for Athletics (optional)
- Purchase Raider Gear Phy Ed T-shirts \$9.00 a T-Shirt or 2 for \$17 (optional)
- Pre-Order Yearbooks (optional)
- Put \$\$ into Lunch Account (optional)
- Complete Application for Educational Benefits (AEB)

#### **Change in Information?**

Has any of your contact information changed over the summer? Address, phone numbers, emergency contact information, etc? If so, please contact the main office by calling 651-482-5288 or email <a href="mailto:janelle.gunderson@isd623.org">janelle.gunderson@isd623.org</a> and we will update our records. Thank you!

#### **First Day**

7th Grade students will start school on Tuesday, September 6, 2022 and 8th Grade students will start school on Wednesday, September 7, 2022. This will allow our 7th grade students to familiarize themselves with their classes and the building prior to the 8th grade students starting.

#### **Subscribe to School News**

Future correspondence will be sent electronically to all email addresses contained in the students school records. If you would like to sign-up additional email addresses, please follow the instructions below.

- Go to www.isd623.org/rams
- Click "Quick Links"
- Click "Subscribe to School News"
- Enter your email address

#### **Switchboard Hours & Phone Calls**

Our switchboard hours are from 7:30am to 3:30pm. If you need to speak to someone after 3:30pm during the school year, you may call the Activity Office at 651-482-5290. There is typically someone at that number until 5:00pm Monday through Friday. During the course of an average school day we receive multiple calls from parents who wish to talk immediately to their students. RAMS policy is to not interrupt class. If a student forgets something like homework or lunch, it can be dropped off at the main office. The student can then come and pick it up after their next class.

**School Pictures** Individual pictures for all students will be taken at Back To School Night on Wednesday, September 1st at RAMS. All students are required to have their picture taken for identification purposes. Families are NOT required to purchase picture packages. You can order your pictures online directly from <a href="Lifetouch"><u>Lifetouch</u></a> (<a href="https://my.lifetouch.com/mylifetouch/#/pictureDayId/EVTCNBQXG">https://my.lifetouch.com/mylifetouch/#/pictureDayId/EVTCNBQXG</a>) school code: EVTCNBQXG or fill out a form at the Open House on Wed, Aug 31.

- Make-up day is Monday, Sep 12, 2022
- Retake day is Wednesday, Oct 12, 2022

#### **School Supplies**

- 3 inch 3-ring Binder (Zipper Binder Preferred)
- 8 Tab Dividers
- 1 Pack Loose Leaf Paper
- Up to 4 notebook (3 ring punched)
  - Science 7 & 8
  - World Language 8 (notebook or use Notability on iPad)
  - FACS
  - Industrial Technology (7 & 8)
- 2 Boxes of Tissues (for STAR class)
- Tri Fold Poster Board (Soc. Studies 8) Needed by Nov 2022
- 24 Pencils
- 10 Pens (Black/Blue)
- Pencil Sharpener
- Erasers
- Pencil Pouch
- Colored Pencils
- Highlighters
- Wired Earbuds
- Ruler
- Backpack
- Phy Ed Clothing

\*Students are required to wear the following clothes for Phy Ed class:

- Athletic/Tennis Shoes
- Athletic Shorts, Sweatpants or Yoga Pants
- T-shirts
- 1 yard Fabric cotton/cotton blend (optional for FACS-7)
- Calculator:
  - Intermediate Algebra & Geometry: OPTIONAL or for at home use: A Graphing calculator (TI 83 or TI 84)
  - All other math classes: TI-30XS Multiview Scientific Calculator

\*The Phy-Ed Department will be selling t-shirts at Back To School Night for \$9.00 per t-shirt or 2 for \$17. These shirts are optional. Students may order Raider sweatshirts and sweatpants later this fall. Purchase online as well:

https://roseville.epaytrak.com/RAMS-Phy-Ed-Short-Sleeve-Gray-T-shirt-P3018C331.aspx

(T-Shirts ordered online will be given to students during their physical education class the first week of school).



#### **Music Class Supplies Needed**

All band and orchestra students will need an instrument in good playing condition. Some instruments are available for rent from the school; see music teachers for more details. More information about required lesson materials and other instrument specific supplies will be sent home during the first week of school.

Incoming 7th graders who play on school owned instruments should have returned their elementary instruments to their elementary schools. They will be issued a RAMS instrument the first week of school. All students should have a music stand at home for practice - some music stands are available to check out from the school library.

#### **Donations**

As always, RAMS will gladly accept donations of any school supplies to accommodate students throughout the school year. You can check out our <u>Amazon Wish List</u> and have donation items shipped directly to the school. (<a href="https://a.co/c6rt8zo">https://a.co/c6rt8zo</a>)
Most desired items are:

- Tissues
- Case-It Zipper Binder
- Pencils
- Pens
- Highlighters
- Colored pencils

- Lined Filler paper
- Notebooks
- 8 Tab Dividers
- Corded Ear Buds
- Athletic/Tennis Shoes (clean, used okay)

#### **Lockers**

Each student is assigned a hall locker and a phy-ed locker, and they need a school lock for each. Students will get their hall locker assignment at Back To School Night. Those who do not attend orientation will get locker assignments in STAR on their first day of school. Phy-Ed locker assignments are made during the first week of school in student's phy ed class.

Locks will be available for purchase at Back To School Night and also in the Activity Office during the school year. You will need to purchase 2 locks - one for your hall locker and one for your gym locker. Locks cost \$10 for a pair of new locks with the same combination or \$1.00 each for used locks (used locks will not have the same combo). They will be available for purchase during the Back To School Night on Wednesday, August 31 in the Media Center. Non-school locks will be removed from lockers. We encourage all students to always lock their personal belongings.

#### **2022-23 IMPORTANT DATES**

\*All dates subject to change - please watch the weekly email and website for up to date information.

#### **AUGUST**

18 Meet the Admin Team 2:30-4:00pm

31 Back to School Night - 4:00-7:00pm

#### **SEPTEMBER**

6 First Day of School – 7th grade only 7 First Day of School – 8th grade 12 School Photo Make-Up Day

#### **OCTOBER**

3 Tchr Workshop/No School

11 RAMS Family Night 5:30-7:30pm

12 School Photo Retake Day

20-21 Fall Recess/No School

27 Conferences 3:30-8:00PM

#### **NOVEMBER**

3 Conferences 3:30-8:00PM

8 Tchr Workshop/No School

17-19 RAMS Theatre Fall Play

24-25 Thanksgiving Break

#### **DECEMBER**

1 Last day of Tri 1

2 Tchr Workshop/No School

12 7th Grade Music Concert 5:30PM

12 8th Grade Music Concert 7:30PM

15 Extra Curricular Groups Concert 7:00PM

22 Asynch.Day / Workshop NO SCHOOL

23-30 Winter Break/No School

#### **JANUARY**

2 Winter Break/No School

10 RAMS Family Night 5:30-7:30pm

10 RAS Music Faculty Recital @ RAHS 7:00PM

16 M.L.K. Day/No School

26 Conferences 3:30-8:00PM

30 K-8 Tchr Workshop/No School

#### **FEBRUARY**

2 Conferences 3:30-8:00PM 9-11 RAMS Theatre One-Acts

13 Jazz Night Out @ RAHS 7:00PM

20 Presidents Day/No School

#### **MARCH**

2 RAMS Theatre Winter Improv 7:00pm

9 End of Tri 2

10 Tchr Workshop/No School

13-17 Spring Break/No School

#### **APRIL**

\*MCA Math, Reading and Science typically take place in April

7 No School

20 RAMS Family Career Night 5:30-7:30pm

21 No School / Workshop Day

27 6th into 7th Grade Open House 5:00-7:00pm

#### MAY

9 AVID Family Night 5:00-6:30PM

10-13 RAMS Theatre Spring Musical

15 7th Grade Music Concert 5:30PM

15 8th Grade Music Concert 7:30PM

17 Chamber Groups Concert 7:00PM

18 Academy Family Night 5:30-7:30pm

26 Tchr Workshop/No School

29 Memorial Day/No School

#### JUNE

1 RAMS Theatre Awards 6:00pm

8 Last Day of School

9 Tchr Workshop/No School



## <u>ATTENDANCE</u>

School attendance is important for student learning. RAMS uses an automated calling system for absences. If your student is marked unverified (absent) or tardy for ANY class period, you will receive an automated call that afternoon. Please use ParentVUE to check your student's attendance.

#### **Reporting Absences**

- Parent/Guardian should call 651-482-5281 or email ramsattendance@isd623.org each day the student is absent.
- When leaving your message, please include the student name, grade, reason for absence, your name and a contact number.
- If unable to call or email, send a note when the student returns to school.

#### **Leaving Early/Appointments**

Students should bring a note to the office BEFORE school starts in the morning. Students will be given a pass to leave class at the appropriate time and can sign themselves out in the office. Students should sign back into the office when returning.

#### **Tardy To School**

Students should sign in the office when arriving late to school. Students should have a note or a call from a parent/guardian. Doctor/Dental appointments should provide a clinic note for absences.

#### **Vacations**

If you are taking a student out of school for two or more days, please send a note or contact the office one week prior. The student will be given a "Leave Form" for teachers to sign and use to get homework.

#### **Early Student Arrival**

School starts at 8:05am. Students who do not ride the bus should arrive at school no earlier than 7:45am unless they have an appointment with a teacher.

#### **Class Schedule**

Period 1 8:05- 8:51am
Period 2 8:55- 9:39am
Period 3 9:43-10:27am
Star 10:31-10:56am

#### **Period 4 and 5 with Lunch Breaks**



Period 6 1:06- 1:51pm Period 7 1:56- 2:40pm 7th Grade
Period 4 10:56-11:26am

d 4 10:56-11:26am (**A Lunch**) 11:26-12:14pm P4 Class

or

Period 4 11:00-11:22am P4 Class

11:22-11:52am (B Lunch)

11:52-12:14pm P4 Class

Period 5 12:18- 1:02pm

8th Grade

Period 4 11:00-11:48am

Period 5 11:48-12:18pm (C Lunch)

12:18- 1:02pm P5 Class

or

Period 5 11:48-12:36pm P5 Class

12:36-1:06pm (**D Lunch**)

#### **After School Pick-Up**

Students should take the bus or be picked up by 3:00 pm unless staying after school for a planned activity/sport. All students must leave after school unless in a school-sanctioned activity or with a teacher. Please follow the map below for parent pick-up procedures. Parents should line up on the shoulder of County Rd B2, facing west, while waiting for your student.



## **TECHNOLOGY**

#### **iPad Program**

Every student at RAMS receives an iPad for academic use. By receiving an iPad you and your student are agreeing to follow the district's expectations for student iPad use as found in the 1:1 iPad Program Family & Student Guide. Program goals and other information can be found at <a href="https://www.isd623.org/digitallearn">www.isd623.org/digitallearn</a>. You can also find this information by going to the RAMS web page and clicking on 1:1 iPad Program under the "Families" tab.

#### Please complete the following steps by the first day of school:

- 1. Review the **1:1 Family & Student Guide** with your student(s) at <a href="http://bit.do/623ipadguide">http://bit.do/623ipadguide</a>
- 2. Sign up for iPad insurance each year for each student at www.isd623.org/payonline

Technology support can be found at <u>bit.ly/ramstech4students</u>, and questions about the 1:1 iPad Program can be directed to the 1:1 iPad Program Coordinator by completing the form at <u>www.isd623.org/digitallearn</u>. Students who leave RAMS during the school year MUST return the iPad and school issued charger before leaving or the family will be charged for the full replacement value. If the iPad is not returned and/or the value is not paid within two weeks of leaving RAMS, formal charges will be filed.

Returning 8th grade students, please check that your school iPad is in working order and if there are issues contact the RAMS media tech staff at <a href="mailto:ramstechsupport@isd623.org">ramstechsupport@isd623.org</a>.

#### **STUDENT SCHEDULES**

Student schedules can be found in StudentVue and ParentVue, also called Synergy. Sign into StudentVue using the students district username and password. The username is the first 6 letters of the student's last name and the first 5 letters of the first name in this format: IllIllfffff If the last or first name are shorter than 6 or 5 letters use the shorter amount of letters. Example: Illfff

The password default is the students birthday in this format: mmddyyyy. Once you are logged into StudentVue click on "Class Schedule" found on the left side of links.

Students' schedules will be posted on Wednesday, August 31. If there is an error with your schedule, please email the grade level counselor:

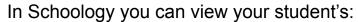
7th Grade julie.gabos@isd623.org or 8th Grade todd.richter@isd623.org

#### **Educational Apps**

Download two free apps to help you stay connected: ParentVUE and Schoology. You can also access ParentVUE (Synergy) & Schoology by going to the Families tab on any Roseville Area School Website (www.ISD623.org)

In ParentVUE (Synergy) you can view your student's:

- Attendance
- Schedule
- Health Records
- Standardized Test History
- Mid-tri and trimester final grades



- Assignments & Class materials
- Assignment calendar
- Student work
- Teacher feedback
- Scores on work
- In-progress grades





#### **Personal Electronic Device/Backpack Policy**

All personal electronic devices and backpacks need to be locked in student lockers from 8:05am to 2:40pm. This includes passing time and lunch time. If you need to contact your student during the school day, you may call the main office and we will contact them at the end of the next class period.

If a personal electronic device is out during the day, it will be collected by the behavioral staff and may be picked up by your student at the end of the day. If the device has been taken away before, a parent/guardian will be asked to pick it up from the office.

## **NUTRITIONAL SERVICES**

#### **Free Meals For All Are Ending**

Our school nutrition staff looks forward to welcoming students back to school! We will continue serving healthy school meals to fuel our students for success. During the pandemic, federal waivers allowed schools to offer free meals to all students. Those waivers expired on June 30th, we now must charge families for meals unless they apply for and are approved to receive meal benefits. Households will need to complete an Application for Educational Benefits to see if they qualify for no-cost meals (link below).

#### **Educational Benefits/Free and Reduced Lunch:**

We implore ALL families to fill out the Application for Educational Benefits form (previously called Free/Reduced Meal Application) EVERY year. This form determines **funding for your child's school** and provides direct benefits for your child if you qualify. Benefits include funding for:

- Social workers, paraprofessionals and counselors
- Decreased student to instructor ratios
- Increased technology (at home Internet discounts)
- · Waived fees for athletics, testing and transportation for your child

Applications are available online at <a href="https://family.titank12.com/">https://family.titank12.com/</a> or use your smartphone to scan with your camera app below:



Each year a new application for Educational Benefits and Free/Reduced price meals needs to be completed. **These completed forms not only provide meal benefits but can help RAMS get crucial funding.** 

- A new application must be completed **EACH YEAR**.
- Applications can be completed online at <a href="https://family.titank12.com/">https://family.titank12.com/</a> or you can request a paper copy. You can fill out a new form any time your family's income changes.
- Paper applications can be returned to the RAMS Office or mailed to Nutrition Services at the District Center, 1251 West County Road B2, Roseville, MN 55113

- This form not only determines benefits for students and families such as no-cost meals at school but also provides free bus cards, discounted internet service, discounted/no-cost early childhood classes and scholarships for summer camps and childcare centers, discounted field trips, standardized test fee waivers, and sports team scholarships and fee waivers.
- Educational Benefits also impacts your school's funding and the district's budget including state and federal dollars that may be used for administration, social workers, family liaisons, and more! The results of these applications are crucial to funding for things like Title 1, compensatory revenue, and summer and non-school day meals.

In addition this can afford your school money for family engagement, early childhood programs, professional development opportunities for staff, direct instructional services, remedial instruction services in reading, language arts, mathematics, study skills, additional teachers and teacher aides, lower instructor to learner ratios, out of school time programming, instructional materials, digital learning, truancy reduction programs, bilingual and bicultural programs, and all day Kindergarten

#### **Lunch Account Procedures**

Students purchase all meals and snacks by depositing enough money in an account to cover what the student chooses to eat each day. Students are assigned a "PIN" number (same as their Student ID) that they memorize and keep confidential, and enter into a keypad at the cashiers stand. If you do not know your student's school ID, please email <a href="mailto:food@isd623.org">food@isd623.org</a>.

#### **Payment Methods**

Please check breakfast/lunch accounts frequently. Make checks payable to RAMS Nutrition. Money can be left in the "birdhouse" in the main office and should include the student's name and pin number. Deposits made before 10:00am will be available for use that day. Parents may also use a credit card by logging onto <a href="https://family.titank12.com/">https://family.titank12.com/</a>.

Breakfast: \$1.90 Lunch: \$3.10

Milk: \$.50

#### **Important information**

- Returning students use the same PIN number each year.
- New or transferring students will receive a new PIN number.
- Parents wanting to restrict purchases made by their student may call the RAMS Nutrition Manager at 651-482-5296.

#### **Breakfast**

Breakfast is available daily in a grab-and-go style that students take to their 1st period. Students should enter directly from the bus through Door #4 marked "Cafeteria", and may eat in the cafeteria from 7:45am to 8:00am. Options may include breakfast burritos, smoked turkey & cheese croissants, yogurt & whole grain muffin, low sugar cereals, mini pancakes, strawberry cream cheese filled bagel bars, breakfast sandwiches and more with daily options of fruit, milk, and 100% juice.



#### **Lunch**

Lunch will include a daily rotating option, a weekly hot grill line, and a weekly vegetarian option. Each meal features whole grains, lean proteins, vegetables, fruit, and a milk. We'll have favorites like the crispy chicken patty, honey sriracha boneless chicken wings with waffles, cheeseburgers, Caprese sliders, and all-beef hot dogs on the grill line as well as the all-time most-loved items like pizza, chicken drumsticks, brunch-for-lunch, macaroni & cheese, nachos, Mandarin orange chicken, and pasta with beef Bolognese sauce. Students are required to take at least three items with one item being a fruit or vegetable. We make it easy with our fruit and veg bar offering a variety of fresh options. Again this year, we will be featuring *twice* monthly all-local menus on our Minnesota Thursdays! We'll be using local produce, dairy, grains, and proteins to support our local farmers.

Interactive menus can be found online at <a href="www.RosevilleNutrition.com">www.RosevilleNutrition.com</a>. Please call the RAMS Nutrition Manager at 651-482-5296 if you have any questions or concerns about the menu.

#### **Super Snack**

A free, after school snack will again be available in the cafeteria between 2:40-2:50pm to all students staying on site after hours for school sanctioned activities.

#### **Outside Food Deliveries**

There shall be no deliveries intended for students during school hours, unless pre-approved by administration. All delivery services will be turned away and any penalty costs will be the responsibility of the person who placed the order, not the school.

Find more information about Roseville Nutrition Services at: https://www.isd623.org/families/resources/nutrition-services

- Practice PIN Pad
- What's in a Meal?
- Plant Powered Protein
- Better Food Initiative
- Farm to School
- New Online Menus
- Special Diets
- Want to work with us?

## **HEALTH INFORMATION**

RAMS Health Office will be staffed starting 8/29/22. P: 651-482-5291 F: 651-288-5034

Emails: <u>linsey.owen@isd623.org</u> (Aug 1-Oct 15, 2022) <u>linda.livingston@isd623.org</u> after Oct 15 - (health assistant)

#### **Medications**

All regularly prescribed medication as well as non-prescription medication (e.g. ibuprofen/Tylenol) taken by students must be dispensed through the Health Office. Inhalers for the treatment of asthma and allergy emergency medication (e.g. Epi-pen, AvuiQ) may be carried by the student with the proper authorization from a healthcare provider and school nurse. We recommend to always have one set of a student's emergency medication in the health office. All students who request permission to self-carry must first be assessed by the school nurse. Students are not permitted to share medication with anyone else.

A new medication permission form is required each school year.

You may pick up the medication permission form at the nurses office or print one from the district website:

https://www.isd623.org/our-district/education-services/student-services/health-service

#### **Immunizations**

Minnesota School Immunization law requires documentation of immunizations to be on file at school prior to the start of school. Students entering 7th grade typically need to get the "7th grade boosters" of 1 Tdap (tetanus) vaccine and 1 meningitis vaccine. Need to know if your student is ready with the vaccines at their age group? Click here to be directed to a chart from MDH with vaccine information (<a href="https://www.health.state.mn.us/people/immunize/basics/readykidswhento.pdf">https://www.health.state.mn.us/people/immunize/basics/readykidswhento.pdf</a>).

A statement from a healthcare provider is required for a medical exemption from vaccinations. A notarized parent/guardian signature is required for any exemption due to religious or philosophical considerations. Each exemption statement must list the specific vaccines that the student will not receive. This MDH immunization form has a section for documentation of exemptions. The school health office can provide you with that form.

(https://www.health.state.mn.us/people/immunize/basics/imzform.pdf)

Immunizations can be obtained at your clinic or any Ramsey County Public Health clinic. To access information on free or low-cost shots, please call 651-201-5522 for the Minnesota Vaccines for Children program or visit <a href="https://example.com/health.state.mn.us/immunize">health.state.mn.us/immunize</a>.

For more information about MN school immunization program, go to MDH-Vaccines for infants, children, and adolescents (https://www.health.state.mn.us/people/immunize/basics/kids.html#laws).

COVID: Please note that COVID vaccination is NOT required for school. However, if your student receives a COVID vaccine, please share the date with the school health office so we can update their school immunization record.

Because of the COVID-19 we understand that many of our incoming students did not get their "7th grade shots" last year. Please check your child's record and make sure they have all of the following:

All 7th and 8th graders are required to show proof of the following:

• 3 Hepatitis B doses

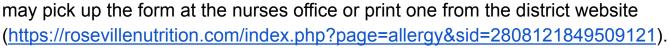
- 1 Tdap and 2 Tetanus and Diphtheria doses
- 3 Polio doses
- 2 Measles, Mumps and Rubella (MMR) doses
- 1 Meningococcal dose
- 2 Varicella doses or a record from the doctor of having had the chickenpox

Please notify your school health office whenever your child receives a vaccination. It is important that we maintain accurate immunization records. If you have any questions about which vaccines your student needs, contact the school health office at 651-482-5291. For further information on immunizations from the Minnesota Department of Health, go to

www.health.state.mn.us/immunize.

#### **Nutrition / Food Allergies**

Students who have food allergies need to contact the school nurse. We will make every effort to provide gluten free or dairy free items. Please submit a Special Diet Food Request form to your healthcare provider to be returned to the Nutrition Service Department at District Center at the district center to authorize substitutions. No alternatives will be made without a Special Diet Food Request form on file. You

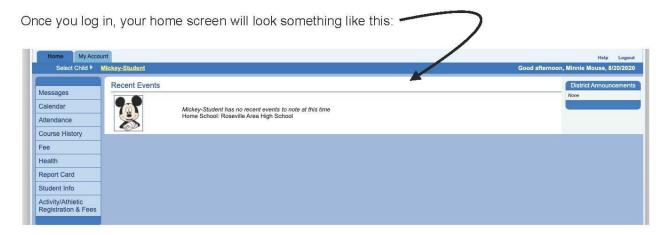


We are often asked to substitute milk with orange or other fruit juice. Please be aware that there is no nutritional comparison between juice and milk. We offer lactose free milk and soy milk for any milk substitution requests.



### Notes from the Health Office at RAMS Welcome New Students!!!!

Welcome parents! Once you have received your login information from the district for Synergy ParentVue, we are asking you to check that your Contact information and Health information is correct. Here are some ideas for checking this information...

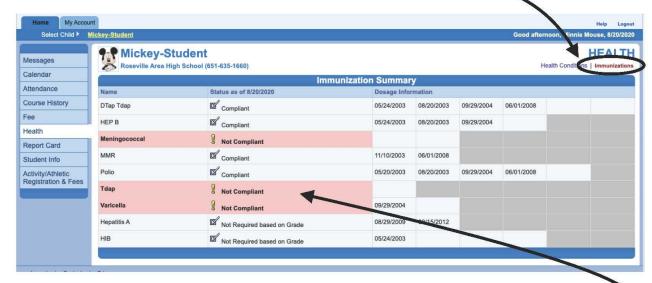


When you click on the 'Health' folder in the column on the left, you will get a screen that looks something like this-listing health conditions we know about, if any.



<sup>\*\*</sup>Students that are **brand-new to our DISTRICT** may not have health conditions documented in the system for a month or so; (if you filled out the New Student Health Questionnaire, we will get that information).\*\*

Next, please toggle to the 'Immunizations' tab on the Health page.



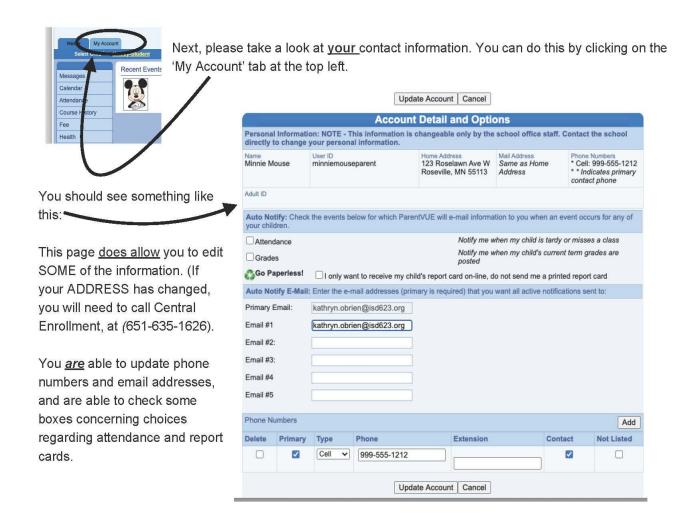
Here you will see the information we have received regarding your student's immunizations. Anything highlighted and listed as Non-Compliant are immunizations that your student **NEEDS**, according to their age, to be able to return to the school.

As you can see here, Mickey, according to his age, needs a Meningoccocal, a Tdap booster, and his second Varicella (chicken pox) booster (or proof that he has had the disease and is immune, per his physician). If your student has received immunizations we don't show, please send a copy of their record to the Health Office so we can update our records.

If you need more information regarding immunizations, including information in other languages or an immunization form: go to the district website @:https://www.isd623.org/sites/isd623.org/files/040619%20Immunization%20Form.pdf



This page lists your student's address, primary care clinic, and the Emergency Contacts that you have provided. Please check the emergency contact information carefully, and contact us if something needs to be changed.



Thank you for taking time to make sure we have the most up-to-date information!

Please contact the RAMS Health Office if you have questions, comments, or revisions that need to be completed; or if you need assistance with any of this.

- RAMS Health Office: Ph. 651-482-5291 Fax: 651-288-5034
   School Nurse, TBD
   Linda Llvingston, Health Assistant <a href="mailto:linda.livingston@isd623.org">linda.livingston@isd623.org</a>
- Roseville Area Schools Central Enrollment: 651-635-1626 (address and custody changes)
- Roseville Area Schools Technology Assistance: email <u>helpdesk@isd623.org</u>.
   Please provide your full name, students name, birth date and mailing address for verification purposes.

## **ACTIVITIES/ATHLETICS**

#### **After School Activities**

A list of available extracurricular activities will be posted on the RAMS website. The selection of activities varies each year depending on what is proposed by staff and members of the community. Students must register and pay Online. Activities may have different fees, depending on length and other expenses.

Some activities meet in the morning before school, but most will take place after school. This makes it very difficult for a student to be in both a sport and an after-school activity during the same session. A student can jump into some activities mid-session when his/her sport season ends.



In the past RAMS has offered academic clubs like Science Club, International Club, Hmong Writing; academic teams like Destination Imagination, Future Problem Solvers, Math Counts; performing arts like Morning Choir, Jazz Band, Theater; creative arts like Pottery Club, Painting Club, Anime Club, athletic activities like Rock Climbing, Ultimate Frisbee, Badminton; and game clubs like Chess Club, Trading Card Club.

Anyone in the community who is interested in offering an extra-curricular activity may contact Tanysha Scott at 651-482-5290 for more information.

#### **Unity Center**

Unity Center is an afterschool program available to RAMS students federally funded by 21st Century Community Learning Center grants. The goal of this grant is to bring "learning to life" by uniting as a community to see that all of our students have the opportunity to learn, earn and lead.

Unity meets Monday through Thursday from 2:50pm-5:00pm and runs from late September through late May. There is no cost and after school snacks are provided. Regular attendance is required. Watch for registration materials in September. Contact the RAMS Unity Site Coordinator at 651-288-5017 for more information.

Unity offers a variety of unique academic, artistic and cultural enrichment opportunities that focus on building 21st century skills, i.e. self direction, perseverance, leadership and critical thinking. We do this through programming in the following areas:

- STEAM Science, Technology, Engineering, Arts and Math
- Health and Wellness
- Leadership Development and Team Building
- Problem Solving and Critical Thinking
- Career Development
- Academic Support (Targeted Services)

#### **Activity Buses**

RAMS offers transportation within district 623 for students who stay after school to participate in athletics, activities, academic help or detention. A bus pass is required to board any activity bus. Students staying after for academic reasons should request 1-day pass from their teachers, which they give to the driver when boarding. Students staying after for regular activities like sports or theater should request a seasonal pass from the coach or director. If the seasonal pass is lost, a replacement can be obtained from the adult supervisor of the activity.

Students who are not directly involved in a supervised activity are expected to leave school at the end of the day. Students are not allowed to leave RAMS property and then return to school to ride the activity buses.

Maps of the activity bus routes are posted by the Activity Office and Media Center. There are no predetermined stops. Drivers follow set routes and pull over at safe locations when asked. The buses leave from the front of the school at the following times Monday through Friday:

- Bus 1, 4:10pm = To RAHS and then the west end of the district
- Bus 2, 4:20pm = East area of the district
- Bus 3, 4:20pm = Middle area of the district

There are also two late activity buses Monday through Thursday. There are no late activity buses on Fridays.

- Bus 1, 5:15pm = West end of district
- Bus 2, 5:15pm = East end of district



## <u> ATHLETICS</u>

#### **Sports Physicals**

To register for a sport, a student MUST have an updated Sports Physical Form (within

the last 3 years) entered into the registration program by the activity office. These physicals must note that the student is cleared by their physician to play sports. Please contact the Athletic Office if you are unsure if your physical is up to date. Blank forms are available online and in the Activity Office. Physicals can be emailed to Tanysha.scott@isd623.org or sent to the Activities Office

Physicals can be emailed to Tanysha.scott@isd623.org or sent to the Activities Office.

Sports physicals can be found online at:

https://www.mshsl.org/sites/default/files/2020-07/2020-21-sqpe-3-25-20.pdf

#### **Athletic Registration**

The link to the online registration is <a href="https://roseville2062a.cf.affinetysolutions.com/">https://roseville2062a.cf.affinetysolutions.com/</a> which can be found on the RAMS Athletic webpage. All information should be reviewed by the student and parent/guardian before signing. The registration process, including payment, must be completed online or at the activity office before a student is cleared to participate. Please contact the RAMS Athletics and Activities office if you need assistance registering.

No student will be allowed to participate in practices or games of any sport until the sports physical requirements and registration process is complete!

#### **Refund Policy**

In case of a major injury or a move out of the district during the first half of the season, 100% of the fee will be refunded. No refund will be granted after the midpoint of the season. There will be no refunds after the first game for athletes who quit voluntarily or who are removed from participation for attendance or other disciplinary reasons.

#### **Reduced Fees**

Families who qualify for free or reduced lunches are eligible for reduction of athletic fees upon application. Applications are done online at <a href="https://family.titank12.com/">https://family.titank12.com/</a>. Further financial assistance is available as needed. Please contact the RAMS Athletic Office at 651-482-5290 with any questions.

#### **Practices/Games**

Practices are every school day, normally from 3-5pm on Monday through Thursday, no practices on Friday.

Transportation will be provided to and from all away games, but athletes will need to provide their own transportation home from RAMS on game nights. This also pertains to home games as they end after the activity buses have left.

\*The family maximum for RAMS/RAHS athletics is \$600.00.

Fall Sports	Start Dates	Fee *
7/8 Football	9/8/22 at 3pm	\$110.00
7/8 Girls Volleyball	9/8/22 at 3pm	\$110.00
7/8 Boys/Girls Soccer	9/8/22 at 3pm	\$110.00
7/8 Girls Tennis	9/8/22 at 3pm	\$110.00
7-12 Boys/Girls Cross Country (see <a href="https://www.Rosevilleraiders.org">www.Rosevilleraiders.org</a> )	8/15/22	\$200.00
7-12 Girls Swimming/Diving (see <a href="https://www.Rosevilleraiders.org">www.Rosevilleraiders.org</a> )	8/15/22	\$200.00

Winter Sports	Start Dates	Fee *
7/8 Boys Wrestling	TBD	\$110.00
7/8 Girls Basketball	TBD	\$110.00
7/8 Boys Basketball	TBD	\$110.00
7-12 Boys Swimming/Diving	TBD	\$200.00
7-12 Girls Gymnastics	TBD	\$200.00
7-12 Boys/Girls Nordic Skiing	TBD	\$200.00
7-12 Boys/Girls Alpine Skiing	TBD	\$200.00
7-12 Girls Hockey	TBD	\$200.00
7-12 Varsity Dance Team	TBD	\$200.00

Spring Sports	Start Dates	Fee *
7/8 Boys/Girls Track	TBD	\$110.00
7/8 Boys Tennis	TBD	\$110.00
8 Boys Baseball	TBD	\$110.00
8 Girls Softball	TBD	\$110.00
7-12 Boys/Girls Golf	TBD	\$200.00

#### **RAMS THEATRE 2022-23 Season**

A Spotlight for Everyone! No previous experience is necessary! Any RAMS or PCS student who is interested and willing to make the after school commitment shall be given a spot on the stage or behind the scenes for our RAMS Theatre productions.

Theatre is a great way to make new friends and get connected at school. More information can be found on our website:



https://sites.google.com/a/apps.isd623.org/rams-theatre/

Please note that all dates of auditions and performances are subject to change. Ms. Owen is still reading scripts for the 2022-23 school season. Once selected she will update the RAMS Theatre Website with the name of the shows. Please watch the daily Schoology announcements and RAMS Theatre bulletin board for information about the most current show.



#### **PLAYWRITING WORKSHOP**

**WHAT:** groups of 3-4 students will work together with our resident playwright, Joan Linck and program director, Linsey Owen to write short one-acts, approx. 15-20 mins in length, for the winter one-act session. Students will work after school once a week in the theatre after school and be expected to do writing and editing at home. Contact Ms. Owen for more information at 651-482-5284 or <a href="mailto:linsey.owen@isd623.org">linsey.owen@isd623.org</a>

**WHEN**: Writers will meet once a week in September through December based on the fall play calendar. They will also be doing writing on their own at home.

Proposed meeting dates are Wed's after school from 2:45-5:00pm starting Wed, Sept 28 through Wed, Dec 14. (subject to change).

#### FALL PLAY INFORMATION - TBD (Most likely a Shakespeare spoof!)

AUDITIONS: Mon, Sept 26 & Tues, Sept 27 - after School 2:45-4:00pm

- You only need to come to ONE DAY
- You do NOT need to prepare anything for auditions! Just show up!

**CALL BACKS:** Thurs, Sept 29 (2:50-4:00pm)

**REHEARSALS:** Tuesday, Oct 4 - Wednesday, Nov 16

• Typically Mon, Tues and Thur After School 2:45-5:00pm with a few Friday's 2:45-4:00pm

CREW SIGN-UPS (limited to 35 students): Mon, Sept 26 & Tues, Sept 27

- Crew is limited to 35 students for safety reasons as we use power tools
- Come fill out a Google Form & get more information at Auditions
- Crew typically meets Wed's After School 2:45-5:00pm

MANDATORY Tech/Dress Rehearsals: Sat 11/12, Mon 11/14, Tues 11/15 and Wed, 11/16 PERFORMANCES: Thur, Nov 17 @ 7:30pm

Fri, Nov 18 @ 7:30pm

Sat, Nov 19 @ 3:00pm & 7:30pm

#### **STUDENT WRITTEN WINTER ONE-ACTS**

AUDITIONS: Mon, Dec 12 and Tues, Dec 13 - after school - 2:45-4:00pm

- You only need to come to ONE DAY
- You do NOT need to prepare anything for auditions! Just show up!

**CALL BACKS:** No Call Backs for the Winter Production

REHEARSALS: Tues, Jan 3-Wed, Feb 8

■ Typically Mon, Tues and Thur After School 2:45-5:00pm with a few Friday's 2:45-4:00pm

CREW SIGN-UPS: Mon, Dec 12 and Tues, Dec 13

- Crew is limited to 35 students for safety reasons as we use power tools
- Come fill out a Google Form & get more information at Auditions
- Crew typically meets Wed's After School 2:45-5:00pm

MANDATORY Tech/Dress Rehearsals: Sat 2/4, Mon 2/6, Tues 2/7 and Wed 2/8

PERFORMANCES: Thur, Feb 9 @ 7:30pm

Fri, Feb 10 @ 7:30pm

Sat, Feb 11 @ 3:00pm & 7:30pm

**SYNOPSIS:** During Jan and Feb we will be rehearsing and building for the student written one-acts. Students will rehearse the one-act they are assigned to 2-3 days a week.

#### **WINTER IMPROV**

**AUDITIONS:** Mon, Dec 12 and Tues, Dec 13 - after school - 2:45-4:00pm - (you will NOT need to audition, just come to the One-Act auditions and sign-up & you only need to come to ONE DAY)

#### **IMPROV WORKSHOP DATES:**

- Thur, Jan 26 2:45-5:00pm
- Thur, Feb 2 2:45-5:00pm
- Tues, Feb 14 2:45-5:00pm
- Thur, Feb 16 2:45-5:00pm

- Tues, Feb 21 2:45-5:00pm
- Thur, Feb 23 2:45-5:00pm
- Tues, Feb 28 2:45-5:00pm
- Thur, Mar 2 2:45-5:00pm + supper

**PERFORMANCES:** Thursday, Mar 2 @ 7:00pm

**SYNOPSIS:** Improv is the art of acting out a scene without a script. RAMS Theatre students will have the opportunity to work side by side learning Improv with students from the RAHSProv troupe. They will meet several times as a group to learn how to work together as well as a wide variety of Improv games and performing styles. They will then have one evening Improv performance.

#### **RAMS THEATRE SPRING MUSICAL - TBD**

AUDITIONS: Mon, Mar 6 & Tues, Mar 7 - after school - 2:45-4:00pm

You only need to come to ONE DAY

Students will need to prepare 30-45 seconds of a song to sing for the directors. It is recommended that you choose a song from a musical, Disney movie or music class. Please do NOT sing something from the radio or your favorite artist.

CALL BACKS: Wed, Mar 8

**REHEARSALS:** Tues, Mar 21-Tues, May 10

■ Typically Mon, Tues, Wed, and Thur After School 2:45-5:00pm with a few Friday's 2:45-4:00pm

CREW SIGN-UPS: Mon, Mar 6 & Tues, Mar 7

- Crew is limited to 35 students for safety reasons as we use power tools
- Come fill out a Google Form & get more information at Auditions
- Crew typically meets Wed's After School 2:45-5:00pm

MANDATORY Tech/Dress Rehearsals: Sat 5/7, Mon 5/9, 2:45-8:00pm, Tues 5/10

**PERFORMANCES:** Wed, May 11 - Elementary Matinees during the school day

Thur, May 12 @ 7:30pm

Fri, May 13 @ 7:30pm

Sat, May 14 @ 3:00pm

Sat, May 14 @ 7:30pm

#### **Yearbooks**

RAMS yearbooks can be pre-ordered online at

https://www.jostens.com/apps/store/customer/1062183/Roseville-Area-Middle-School/.

Yearbooks can also be pre-ordered with cash or check at RAMS order forms will be available in the main office.







jostensyearbooks.com | 1-877-767-5217



#### **TOP REASONS TO ORDER** 2022-2023 ROSEVILLE AREA MIDDLE SCHOOL YEARBOOK!

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