

RMS-CES ROCKET NEWSLETTER

March 2024



March

March 12th

5th Grade FT to
Baker

March 21st

End of 3rd Quarter

March 22nd-

March 29th

No School-Spring
Break

April 1st

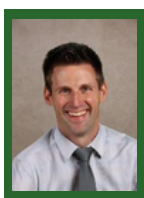
Start of Quarter 4

April 18th

RMS-CES Showcase

At RMS-CES, students are empowered to become innovators through engaging, authentic and developmentally appropriate opportunities, access to a strong academic foundation, and a commitment to lifelong learning.

We are a STEM (Science, Technology, Engineering, and Mathematics) School with a focus on Environmental Studies.



From the Principal

Dear Parents,

As we step into March, it's crucial to reflect on our journey so far and set our sights on the progress ahead. With the days getting longer and spring on the horizon, our students are gearing up for a season of growth and learning. Together, we can ensure that they make the most of every opportunity that comes their way.

Reminders for a Successful March:

Timeliness Matters: Encourage your child to arrive promptly for class. Sign up for Infinite Campus to receive alerts about tardiness.

Cell Phone Etiquette: Cell phones can be disruptive in the learning environment and personally distracting. Encourage your child to keep their phones out of sight during class. Consider implementing phone-free zones at home during study times. In addition, please be mindful that if you need to communicate with your child that the time to do that is during passing times or at lunch.

Social Media Awareness: Help your child navigate social media responsibly can be a team effort. Consider setting limits on screen time and encouraging breaks from social media to promote healthy sleep habits. We appreciate any encouragement you can give on positive online interactions.

Encourage Healthy Habits: Emphasize the importance of regular exercise, balanced nutrition, and sufficient sleep. A healthy lifestyle contributes significantly to academic success.

Communication is Key: Stay connected with your child's teachers and school staff. Open lines of communication ensure that we can work together to support your child's educational journey.

Spring Break Reminder: As a heads up, spring break will begin with no school on March 22nd and will be closed the following week with classes resuming on Monday, April 1st. It's an excellent opportunity for your child to recharge and spend quality time with family.

As always, we deeply appreciate your support and collaboration in nurturing our students' growth and development. Together, we can inspire them to reach new heights of achievement. Here's to a March filled with progress, positivity, and endless possibilities.

Warm regards,

Paul Marzecha



CHARACTER STRONG!

These CharacterDare challenges also provide students with more opportunities to practice habits discussed in class such as:

- Conversation Starters: Ways to practice positive communication for the whole family.
- Acts of Kindness: Simple ideas to support each other at home and in the community.
- Recreation and Rest: Fun and relaxing ways to unwind and enjoy each other's company.
- Expressions of Love: A variety of invitations family members can use to give & receive love.

This school year students and staff have been participating in weekly Character Strong lessons during their Boost classes. As we move into the new year we would like to introduce you to Family CharacterDares. Each Family CharacterDare offers families the opportunity to engage in challenges designed to increase connection and conversation at home.



Guided Imagery

Guided imagery can have many health-related physical and emotional benefits. The steps that follow can help you teach teens to use their imaginations to actually change how they are feeling and what they are focused on.

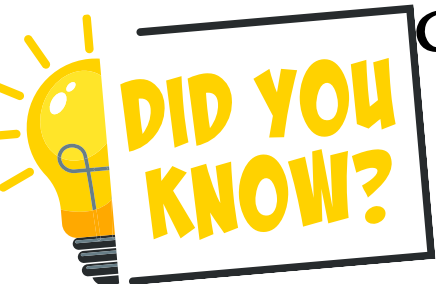
www.changetochill.org



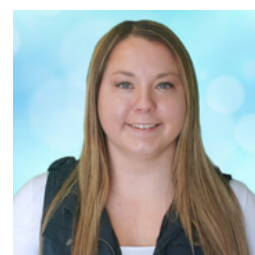
Advancing Student Success By Reducing Chronic Absence

Please click [HERE](#) to read more about Chronic Absentism

Since COVID, chronic absenteeism has increased substantially. Up to 30% of Minnesota students are considered chronically absent. The criteria for being considered chronically absent is missing 10% or more of school days. When students are absent from school they miss critical instruction time and are at the greatest risk of falling behind. Please review the link below to learn more.



School-Based Therapy



Please click [HERE](#) for March Newsletter

Mrs. McKayla M Kent

As the school-based therapist at RMS, I am available to work with students before, during, and after school hours on Tuesdays and Wednesdays with the understanding that I do not request sessions with students during their core classes. Sessions last from 45-60 minutes and, unless needs require otherwise, are held weekly.

On occasion, sessions involving parents and students are required as part of the therapeutic process to ensure that the family dynamics that may contribute to student behaviors are addressed as well. I also am available as a resource for staff to provide any training or input for interventions or needs as they come throughout the year.

my HOURS

Monday-
Thursday 7:30-
5:30pm





Attention: Governor Walz signed a bill into law to provide breakfast and lunch at no charge to students at participating schools, beginning in the fall for the 2023-24 school year.

APPLICATION FOR EDUCATION

BENEFITS:

If you haven't already done so, please take a moment to fill out this [FORM](#). Our school also receives state funding for technology based on qualifying families! For more information or a Spanish version, click [HERE](#).



FOOD SERVICE REMINDER:

Please check your parent portal for notifications (letters) regarding current food service balances.

Please note, per our School Board approved [School Meals Policy](#), Low Account Balance and Negative Account Balance email reminders will continue to be sent.

Since Rockford Area Schools are not receiving additional meal funding at this time, it remains the parent(s)' or guardian's responsibility to ensure adequate funds are available in the meal account.



It is very important to ensure the school district has current household and contact information for all students. Please be sure to log in to your Parent Portal account to complete the Annual Update. The online update will replace the emergency forms you have received in the past. Keeping household information updated will help families stay connected and be informed of upcoming events, and it will ensure you receive information regarding any important announcements.

To complete the annual update, please do the following:

- 1) Log in to your Parent Portal Account
- 2) Select "More."
- 3) Select "Online Registration"
- 4) Select "23-24 School Year Annual Update for Existing Students"

The information that is in our system will auto-populate for parents to review or update. Please be sure to submit your annual update as soon as possible. If you have any questions, please contact Christa Larson at larsonchrista@rockford.k12.mn.us or 763-477-9165.



News!!!

Catalog Fundraiser

March 14 - April 5

STUDENTS PRESCHOOL THROUGH 11TH GRADE HAVE THE OPPORTUNITY TO SELL FOOD AND GIFT ITEMS TO THEIR FAMILY AND FRIENDS TO RAISE MONEY FOR THEIR SCHOOLS. THE ROCKFORD EDUCATION FOUNDATION WILL BE KICKING OFF THE SPRING CATALOG FUNDRAISER WITH STUDENTS ON MARCH 14 AND 15TH. FAMILIES ARE WELCOME TO MAKE ADONATION IN LIEU OF SELLING.

March 14 - Fundraiser kick off at REAMS & RMS

March 15 - Fundraiser kick off at RHS

April 5 - Order forms and money due / online orders due

May 15 - Delivery at REAMS gym 2:45 - 6pm

For information about this fundraiser, visit:

www.rockfordfoundation.org/catalog

This is not an ISD 883 sponsored event.



CATALOG FUNDRAISER PreK - 11th Grade



How participation will benefit your student:

PreK - 3rd Grade	REAMS Field Trips
4th Grade	Deep Portage Trip Proceeds deposited into student's 6th Grade Deep Portage account.
5th Grade	Deep Portage Trip Proceeds deposited into student's 6th Grade Deep Portage account.
6th & 7th Grade	RMS-CES Field Trips
8th Grade	RHS Band & Choir Trips Proceeds deposited into student's Band or Choir account.
9th - 11th Grade	RHS Band & Choir Trips Proceeds deposited into student's Band or Choir account.

Note: Proceeds for Deep Portage and RHS Band and Choir Trips are deposited into individual student activities accounts. High School students who are not in band or choir are welcome to sell. Those proceeds will go into the RHS Music Fund.

★ PLUS - Earn college tuition!

It's never too early to start planning for college. Check out the flyer inside your packet for details on how to earn \$2,500 toward college tuition at over 440 private colleges and universities! (To earn your first \$500 you must register online and send 10 messages using the Clubhouse online system! This step must be done first in order to receive the additional \$2,000!)

This is not an ISD 883 sponsored event.

For more information, visit: rockfordfoundation.org/catalog

News



RMS-CES DANCE-ACTIVITY NIGHT

The RMS-CES Student Council is excited to announce our upcoming Activity Night/Dance on Friday, March 8th from 6:00p.m. - 8:30p.m.

The theme will be Candyland and will surely be a sweet time for students!

The cost of admittance will be \$5 or \$4 with a food shelf donation.



SAVE THE DATE

**RMS-CES
SHOWCASE
APRIL 18TH,
2024**

STEM RMS-CES SHOWCASE

SCHOOL STORE HOURS



School Store
March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Store Hours: 6:30p-8:30p V Boys BB Section Game	5	6	7	8	9
10	11 Store Hours: 6:00p-8:00p 4 th Gr Concert	12	13	14	15	16
17	18 Store Hours: 7:00p-9:00p HS Band Concert	19	20	21	22	23
24	25	26	27	28	29	30
31						

Dates and times subject to change based on event changes. Any changes will be updated and posted on our social media platforms.

**RMS-CES COULD USE
SOME KLEENEX!
PLEASE DONATE IF
YOU CAN. YOUR
STUDENT CAN BRING
TO THE OFFICE**





ATTENTION

News

MARK YOUR CALENDAR!

For the 2024-2025 School Year, we will be doing

Picture Day during the RMS-CES Open House

on 8/28/24

Picture re-takes will be in September



On January 9th, the district board made the decision to change the legal newspaper to the Wright County Journal

Press. All legal notices will be printed in the Wright

County Journal Press going forward.

You can subscribe by clicking [HERE](#)



A Tax Tidbit

Save Receipts for School Supplies

Tax 
Season

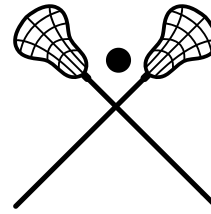
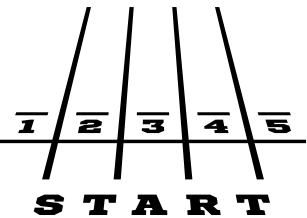
The Minnesota Department of Revenue offers two valuable tax benefits for parents who purchase school supplies for their K-12 students: the K-12 Education Credit and Subtraction. These benefits can reduce parents' taxes to increase their refund, but is only available for those who keep their receipts. Purchases for most school supplies, field trips, and musical instruments for school band are eligible.

Most Minnesota parents qualify for the K-12 subtraction, which reduces their taxable income. Parents under certain income limits may also qualify for the K-12 credit, which can refund up to 75% of their costs – even for parents who do not owe any taxes. [Visit Revenue's website for details.](#)

RMS-CES | ATHLETICS & ACTIVITIES



RAS Activities: Registration is open for Spring Activities



Spring Sports - Meet Your Coach(es)

Rockford High School - Monday, March 4, 2024 - **5:00pm new start time**

Meeting Locations:

Baseball – meet in the Rockford Community Center meeting rooms (new location).

Golf (boys & girls) – meet in the Heritage Room 502 (across from auditorium).

Lacrosse (boys & girls) – Rockford has a cooperative agreement with Delano High School for lacrosse. For information, please contact the coach:

Boys Lacrosse Head Coach: Aaron Hagerdorn, ahagerdorn@gmail.com. Boys lacrosse parent meeting: March 5, 2024 at 7pm in the Delano High School Auditorium.

Girls Lacrosse Head Coach: Mindy Evers, coachmindy@icloud.com

Softball – meet in the Choir Room 701 (hallway between the gym and restrooms).

Tennis (boys) – meet in Coach Kenady's classroom 401.

Track & Field – meet in the Auditorium.

Trap Shooting – meet in the RHS Media Center.



RMS-CES| POINTS OF PRIDE

6th Grade Field Trip Experience



Sixth graders enjoyed a day of outdoor learning at Baker Park. They did some orienteering on the compass course along with fire making 101 using a variety of supplies. Students worked in teams to keep jars of water warm using insulation and different methods of heat transfer: conduction, convection, evaporation, and radiation. Sixth graders had time to explore the woods and play camouflage tag while waiting to see the results of their experiment.



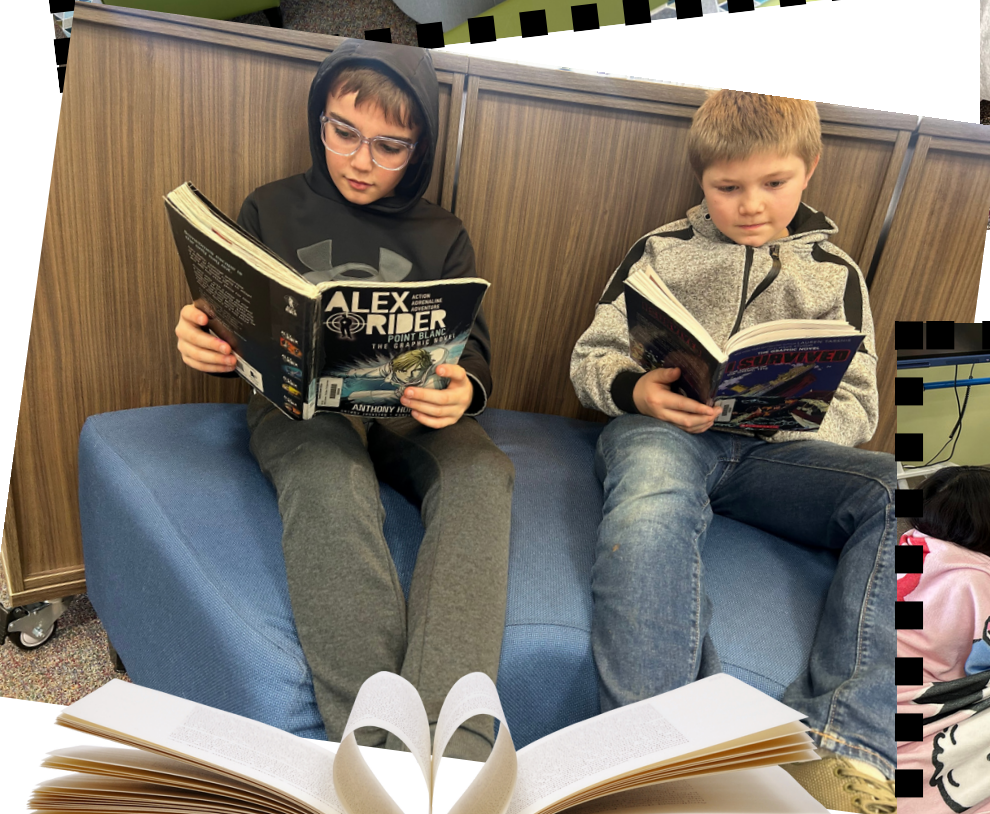
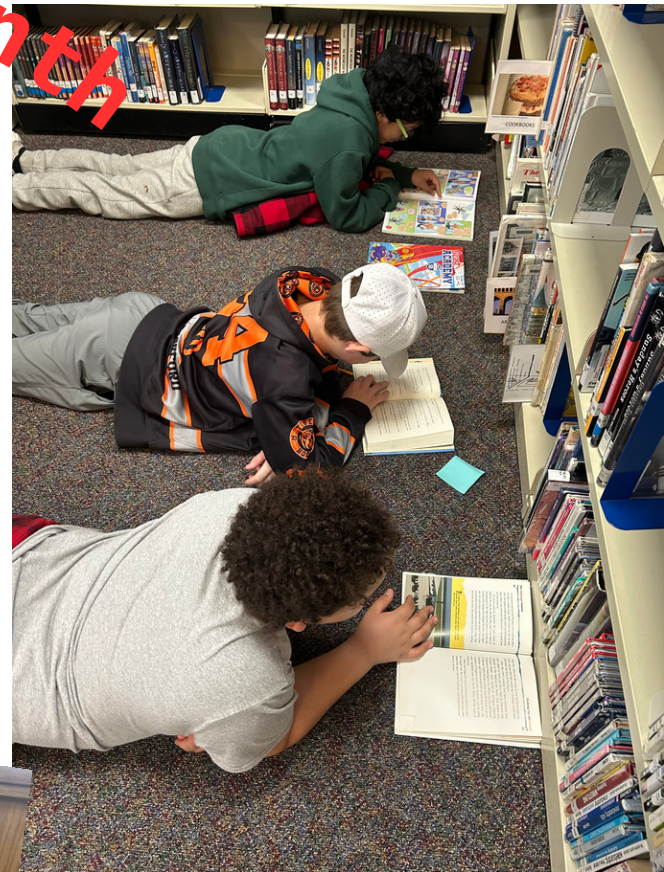
RMS-CES | POINTS OF PRIDE



FEBRUARY

I love to read month

Ms. Nolby "Cozy Reading Day"



RMS-CES | POINTS OF PRIDE

Ms Udalla-7th Grade Language Arts



**7TH GRADE
STUDENTS
CONSTRUCTING
RMS MURAL OF
FAVORITE
CHARACTERS!**



RMS-CES| POINTS OF PRIDE

Ms. Udalla- 1th Grade Language Arts

Center for Environmental Studies



Gigantic Puzzle Piece of all students and staff's favorite character (This is now hanging up in the cafeteria!! It is soooooo cool)

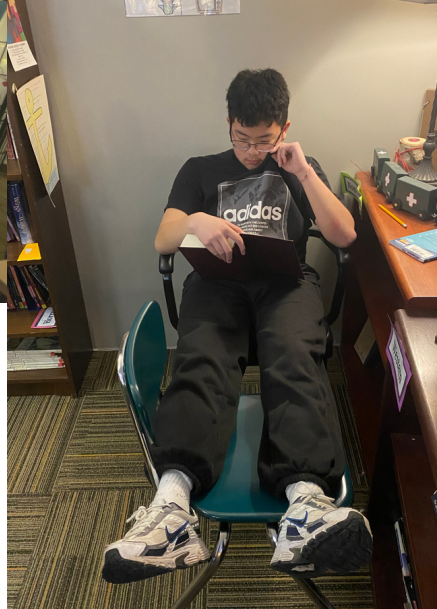
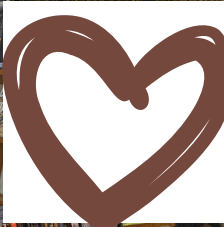
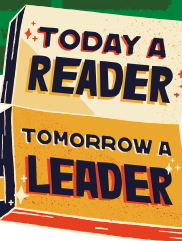
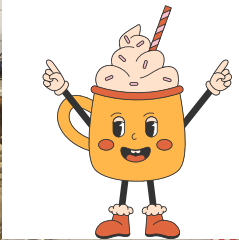


Guess the baby (educator) bulletin board and Google form

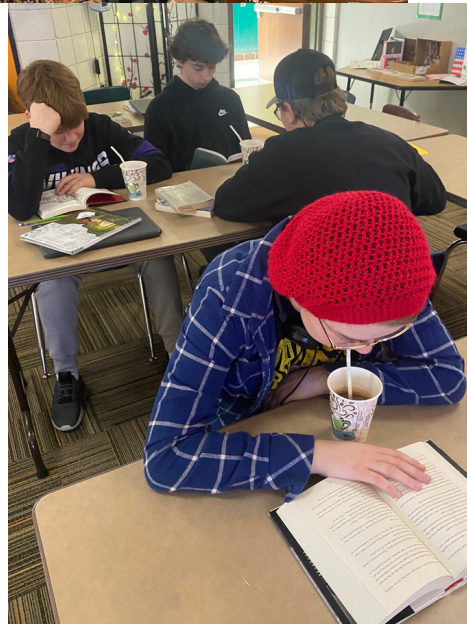
RMS-CES | POINTS OF PRIDE

Ms. Hendrickson's 8th Grade Language Arts Class

8th Grade LA enjoyed a cozy reading day & hot chocolate for I Love to Read Month!



**HOT
COCOA**



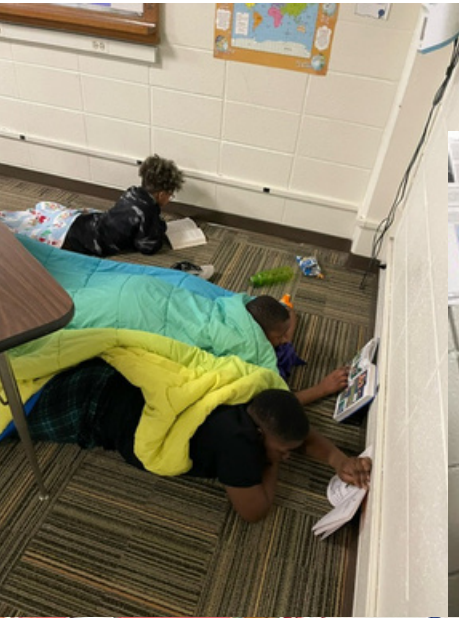
RMS-CES | POINTS OF PRIDE

Mrs. Miller's 5th Grade & 8th Grade



Cozy Reading Day for I love to read month

 **READ**
LEAD 
SUCCEED

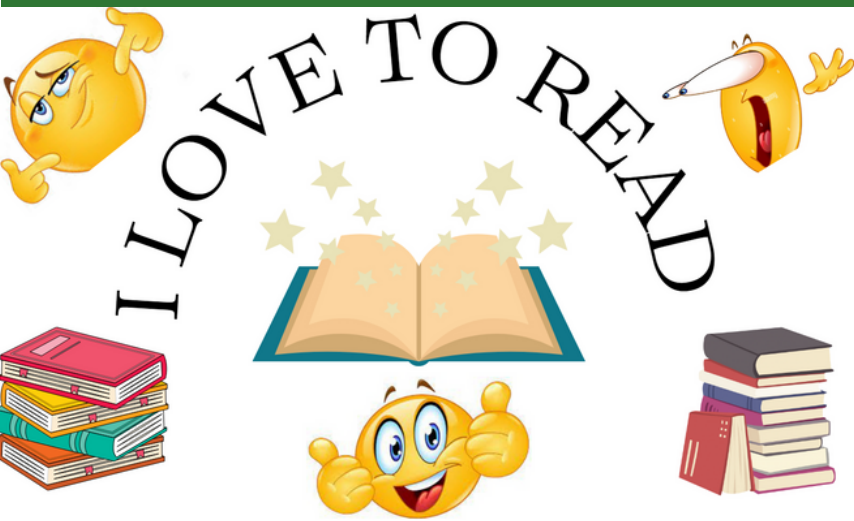


 **NEVER**
STOP
READING 



RMS-CES | POINTS OF PRIDE

Ms. Russell's Digital Skills Class



by Sebastian Marquez



by Addyson Tweedy

6th grade Digital Skills students created GIFs for "I Love to Read" month. Students learned how to animate words and images using Canva. They brainstormed what the goal or message of their GIF would be and then decided the key elements, font, and images. Happy Reading!

by Cole A.



**PLEASE CLICK
[HERE](#) TO VIEW
ALL OF THE
GIF'S**

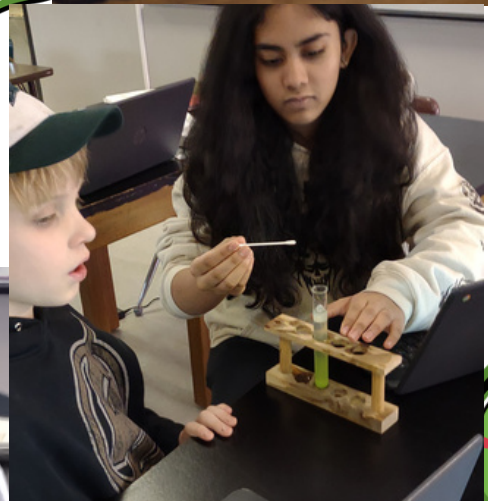
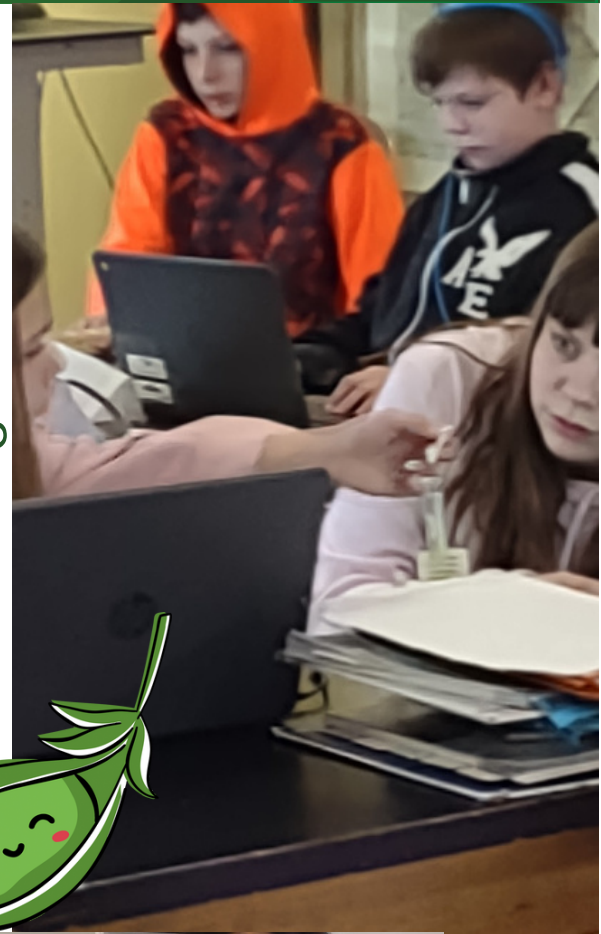
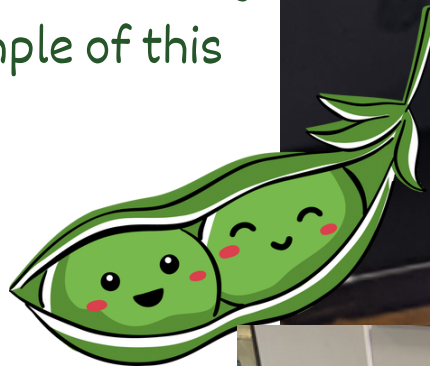
RMS-CES | POINTS OF PRIDE

7th Grade Science w/ Ms. Sarsland



In 7th Grade Science, students extracted DNA from PEAS. Just as Gregor Medel, the father of genetics, started the exploration of genetics with peas, so did RMS-CES 7th graders! Using a blender, soap, contact cleaning solution and isopropyl alcohol we were able to get the DNA to float to the top of the test tube. It was clear, stringy and nearly see through. It was exciting to be able to see a concrete example of this material.

Great job, scientists!!!



RMS-CES | POINTS OF PRIDE

CHOIR



Choir students gave a wonderful winter concert at the beginning of February.

Some performance highlights include 5th grade's "Take Me Home, Country Roads," 6th grade's "Route 66," 7th grade's "I'm Just Ken," and 8th grade's "I'm a Believer."

We are immensely grateful to the custodians for setting up the stage, the tech staff for running lights and sound, Stephanie Cosgrove for her excellent piano playing, Mr. Warzecha for his support and guidance, and to all family members of the performing musicians for encouraging their child's continued education in the arts. We're already looking forward to our next performance at the RMS-CES Showcase in April!



RMS-CES | POINTS OF PRIDE

BAND



THE ROCKFORD MIDDLE SCHOOL BAND CONCERT ON THURSDAY, FEBRUARY 8TH WAS A HUGE SUCCESS! THIS EVENT WAS PARTICULARLY SPECIAL FOR OUR 5TH GRADE STUDENTS AS IT WAS THEIR FIRST-EVER BAND CONCERT. CONGRATULATIONS TO ALL THE SOLOISTS AND STUDENT SPEAKERS, AND THANK YOU TO ALL OF OUR SUPPORTIVE PARENTS, FAMILIES, AND COMMUNITY MEMBERS.



RMS-CES | POINTS OF PRIDE



Fun at RMS-CES

*wearing
all the
pink*



*Our kitchen staff
showed our
students all the
love for
Valentine's Day!*

*We appreciate all you do & the fun you
bring to our school!*



RMS-CES| POINTS OF PRIDE

Ms. Hendrickson-8th Grade Language Arts



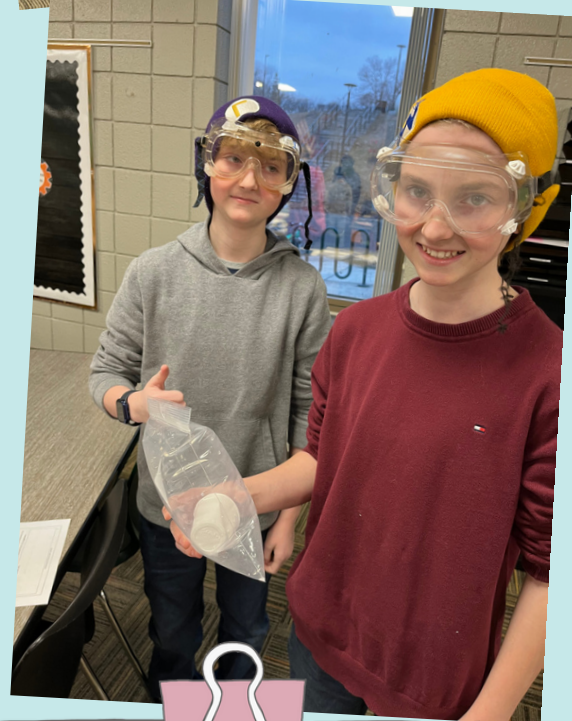
Last week, we put the finishing touches on our study of the novel, *Home of the Brave* as students evaluated each other's Theme Collages. As part of the Final Assessment, small teams collaborated to include visual evidence on their collage to support an assigned theme from the book. Each piece demonstrates a deep understanding and interpretation of either the theme of "Hope" or of "Too Much, Too Little". After completing a "Gallery Walk", students cast their ballots and voted for their favorite collage. In the near future 1st, 2nd, and 3rd Place winners will be announced at the Awards Ceremony!



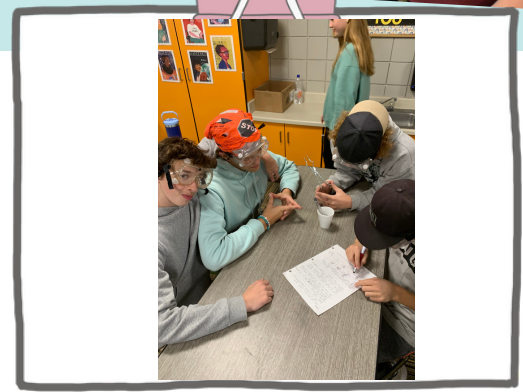
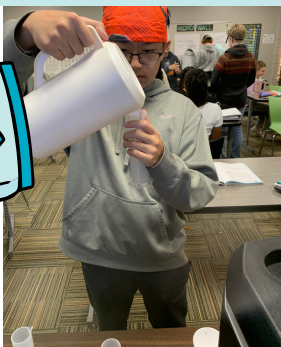
RMS-CES | POINTS OF PRIDE

Mrs. Budde - 8th Grade Science

During February, eighth grade students studied chemistry and chemical reactions! Students did an amazing job completing their Unit 5 Project: a lab-based, problem-solving assessment where they designed, built, and tested their own chemical cold packs! Students completed preliminary lab work to determine the best reaction for their cold packs and defined their engineering problem. They designed multiple prototypes using that reaction, developed procedures to test them, and analyzed their data to determine if their prototypes met their criteria and constraints. Their final task in this project was to write a comprehensive lab report to communicate their findings. The lab report also contained a persuasive argument explaining which of their cold pack prototypes was the best solution. I am so impressed with the quality of their work and their attention to lab safety during the entire process! Well done, everyone!



COLD PACK



RMS-CES | POINTS OF PRIDE

Mrs. Korzendorfer-6th Grade Language Arts



a Visit from author William Durbin

William Durbin, Minnesota author of *The Broken Blade*, visited with RMS-CES sixth graders early last month. He shared what inspired him to become a writer and brought history to life by showing students archival photos and sharing stories of the different time periods that he researched and wrote about including the fur trade, logging history, immigration, and labor history, homesteading, etc. Durbin also shared the path that he took to become an author and most importantly, he worked to inspire young authors to work on their craft, one page at a time! This opportunity was made possible through a mini grant with the Rockford Education Foundation. Here's some student drafts from the writing workshops that he led: Beginning with a Bang and Flash Fiction - Micro Stories.

