

RMS-CES ROCKET NEWSLETTER

April 2020



April

April 11th

MCA Reading
Testing

April 18th

RMS-CES Showcase

April 23rd

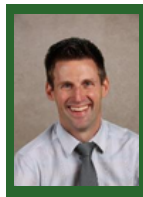
MCA Math Testing

April 30th

MCA Science Testing

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

RMS-CES Families,

I hope each of you and your families had a wonderful spring break, even if it felt more like winter break. We just finished kicking off the first week of the fourth quarter and our students have transitioned to their last quarter class of the year. April brings many exciting changes as we look to end the year on a positive note with our students continuing to grow as learners and individuals. Being mindful of your time, I want to take the opportunity to list out some of the most essential updates and reminders as we finish the year!

Please save the date on April 18th from 4:30pm -7pm where we will be hosting many fun activities listed below. This is a great time for us to connect as a community and showcase all the amazing things happening at RMS-CES. Please consider attending and I would encourage you to invite any family or friends with you for this great event which includes...

- Choir Concerts (5th Grade @5pm, 6th Grade@ 5:30pm, 7th Grade @ 6pm and 8th grade @6:30pm
- Jazz Band Concert @6:45pm
- Art Gallery, Raptor Center, Riverworks, Thousand Hearts, Deep Portage, Book Fair, Rockford Mountain Bike Team, Robotics, Volunteer Club, and Excel Fun Fair
- Planting Succulents!
- Rock Wall Open from 5-6pm
- Food Trucks throughout the event!

RAS students will be completing the Minnesota Comprehensive Assessments (MCAs) beginning in April. If you have any questions regarding the MCAs, please contact me at your earliest convenience. All tests will be completed in their respective Math, Language Arts, or Science Classes with Makeups to follow after the initial assessments.

- Reading MCA's (~150 minutes) On April 16th - 19th
- Math MCA's (~120 minutes) On April 22nd - 26th
- Science (~90 min) On April 30th - May 3rd

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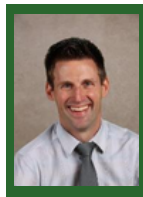
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From the Principal-Continued....

RAS as we head into Spring I just want to send a few reminders as it pertains to our expectations with electronics. Consider reviewing the [Middle School Cell Phone Expectations](#) for additional information.

- Electronic devices such as Cell Phones, watches, and listening devices are a distraction to the learning process. We recommend that devices be kept at home, in a locker, or off and away so that they cannot be seen or accessed within the learning environment.
- Recording, filming, or photography of students, staff members, or school activities on your school or personal electronic device is strictly prohibited unless given permission to do so by school staff for a specific purpose.

A few General reminders...

- Our counselors are here to support students as they have experiences that require some additional time, support and connection. Please know that any student can stop by the counseling office throughout the day.
- With the recently planted prairie on many of our side hills we will continue to do our very best to keep students off designated spaces to reduce the mud on shoes that ultimately end up in our hallways, classrooms and your own floors.
- RMS-CES recently joined the CoCoRaHS - "Community Collaborative Rain, Hail and Snow Network" and will begin having students help use a rain gauge to gather and report data.

Thank you for your continued support and efforts in assisting your children to grow and develop throughout the year!

Paul Marzecha

RMS-CES | COUNSELORS CORNER



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

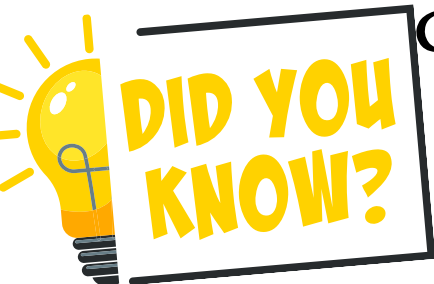
Guided imagery can have many health-related physical and emotional benefits. The steps that follow can help you teach teens to use their imaginations to actually change how they are feeling and what they are focused on.

www.changetochill.org



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

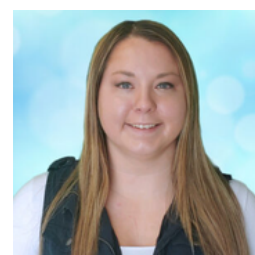
Since COVID, chronic absenteeism has increased substantially. Up to 30% of Minnesota students are considered chronically absent. The criteria for being considered chronically absent is missing 10% or more of school days. When students are absent from school they miss critical instruction time and are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



School-Based Therapy

NYSTROM
& ASSOCIATES

Please click [HERE](#) for March Newsletter



Mrs. McKayla MKent

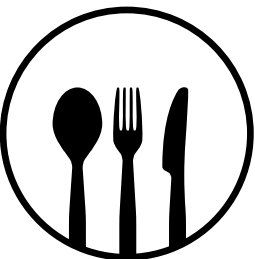
As the school-based therapist at RMS, I am available to work with students before, during, and after school hours on Tuesdays and Wednesdays with the understanding that I do not request sessions with students during their core classes. Sessions last from 45-60 minutes and, unless needs require otherwise,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

ATTENTION

News



MARK YOUR CALENDAR!

For the 2024-2025 School Year

Picture Day will be on September 12th, 2024

Picture re-takes will be on October 8th, 2024



SCHOOL STORE



School Store April 2024

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

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

BOOK FAIR

April 16th-18th

Before School, during Boost , and
during the RMS-CES Showcase



RMS-CES | PARENT-COMMUNITY

News



STEM RMS-CES SHOWCASE

Save
the
date

APRIL 18TH
4:30-7:00PM

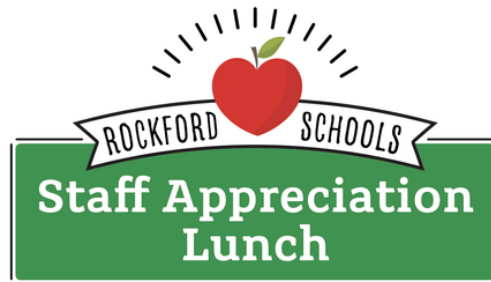
- EXPLORE A TOPOGRAPHIC MAP OF THE RMS-CES CAMPUS
- PLANT A SUCCULENT IN THE GREENHOUSE
- SHOP THE SCHOLASTIC BOOK FAIR
- LISTEN TO PERFORMANCES BY THE RMS-CES CHOIRS AND JAZZ BAND
- APPRECIATE STUDENT WORK IN THE ASH STREET GALLERY



News



Thank you to all who participated in the Club's Choice Catalog Fundraiser! Reminder: paper orders and money were due back to the school Friday, April 5th. **If you forgot to turn in your orders, please bring them to the school on Monday, April 8th. Delivery Date: Wednesday, May 15th 2:45-6pm @ REAMS gym.**



*Coming Up: Staff Appreciation
Week May 6-10, 2024*

The Rockford Education Foundation will be hosting a Mexican-themed Potluck on Tuesday, May 7th to show appreciation for all our wonderful staff! We are asking for your help by donating food or funds for our staff at the schools and bus garage. If you would like to contribute, you can sign up to [Donate Food](#) or [Donate Funds](#).

This is not an ISD 883 sponsored event.

7th Grade Boys Basketball



Coach: Mr. Westgaard

The 2023-2024 7th grade season was an exciting one! This year we had 22 players sign up and were able to play a full A & B team schedule. The A team was 8-6 and had wins over Hutchinson, Annandale, Glencoe-Silver Lake and Litchfield along with 2 wins each over Watertown-Mayer and Howard Lake. The two biggest wins were over Annandale in overtime and Glencoe in the last home game of the season. The B team went 10-4 and started the season off on a 6 game winning streak before ending the season with wins over Dassel Cokato and Glencoe. This season saw lots of kids get time on the court which resulted in lots of growth!

Individual award winners included

Sully Moran - Offensive MVP

Colby Freed - Defensive MVP

Cody Gilman - Best Teammate

Luke Vajgrt - Most Improved (A)

Marshall Borders - Most Improved (B)



RMS-CES | ATHLETICS & ACTIVITIES

8th Grade Boys Basketball



8th Grade Boys Basketball

The 8th grade basketball team had an up-and-down year in the record column, but overall had a great season with incredible growth. With 14 boys going out for the team this season, there were a lot of minutes played, and many players were able to get minutes on both the A and B teams. Unfortunately, due to some injuries and illnesses, there were times that players would play almost 2 complete games, but the in-game minutes created an awesome opportunity for competitiveness and improvement. Most players said they plan on returning to basketball next year in High School, so we're excited to see their continued growth as Rockford Rockets. Great season, 8th graders!



Offensive MVP – Cole Miller

Defensive MVP – Cullen Kirch

Best Teammate(s) – Jack Pilot & Trevor Werman

Most Improved – Kaleb Borders



RMS-CES| POINTS OF PRIDE

RMS 2023-2024 Volunteer Club



Volunteer club has been part of the culture at RMS-CES for six years and has grown and evolved into something truly special. *This club was the vision of a group of sixth graders, who are now seniors;* that wanted a way to give back! Since its beginning, over 100 students have experienced the joy of putting others first, community building, learning valuable life skills, and working with peers to make the world a better place. It is 100% student-led and driven by the passion and ideas of its members. Each meeting provides students an opportunity to volunteer at a different location in the community and empowers them to be agents of change.



SPREAD KIND NESS



RMS-CES| POINTS OF PRIDE

RMS 2023-2024 Volunteer Club



To date RMS-CES Volunteer Club members have volunteered at the RiverWorks Thrift Store, Food Shelf, senior communities, RMS-CES, and have sponsored various charitable drives. Changing the world happens one act of kindness at a time, and with each meeting and each student who participates we get one step closer!

RMS-CES| POINTS OF PRIDE

RMS 2023-2024 Student Council

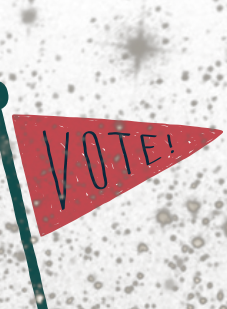


The RMS-CES Student Council works diligently to be the voice of the student body.

At the start of the school year students voted for their representatives after viewing compelling campaign videos. Since then, grade Level representatives have met twice a month in the RMS-CES conference room. Each meeting begins with an open forum, where members voice the concerns of their constituents and discuss ways to create a positive school culture.

The student council has the responsibility of deciding the ever important spirit dress up days and planning the Veterans Day program. They worked collaboratively with Thaher, the district's food service company, to make the RMS cafeteria a "gum free zone", and selected menu items for hot lunch.

They voted to use student council funds to sponsor a hot cocoa and popcorn treat for the student body the day before winter break, and decorated festive cookies to pass out.



RMS-CES| POINTS OF PRIDE

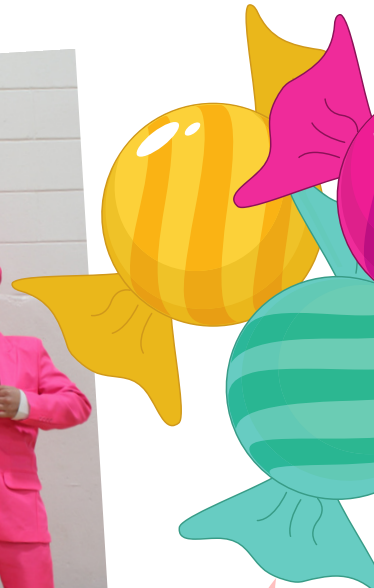
RMS 2023-2024 Student Council



Their shining accomplishment was bringing over half of the school together at the RMS- CES Candyland Dance!

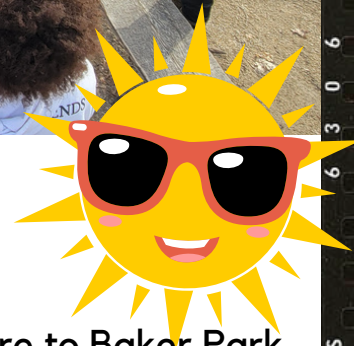
Every detail of the dance, from the decorations to the concessions, was discussed, voted on, and planned by the student council. The impressive work of this group is far from over, as they continue to meet to plan out events for the remainder of the school year.

These student leaders make a difference at RMS-CES, and will be the leaders of tomorrow!



LET'S GO

ADVENTURE

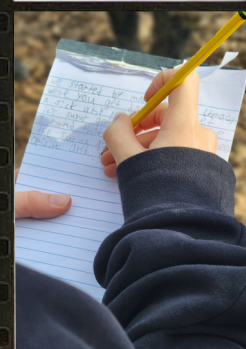
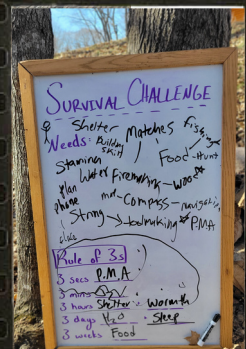


Fifth grade students recently had a learning adventure to Baker Park. Students enjoyed the day with a Naturalist, learning about the process of making maple syrup. Fifth graders also taste tested between real maple syrup and store bought maple syrup. They observed the color, texture, smell and finally the taste to notice the differences.

Fifth graders also put their survival skills to the test. They learned about what items are needed in order to survive out in the wilderness, whether it be 3 seconds, 3 hours, or 3 days. Students worked collaboratively in small groups to construct an outdoor shelter that would support their entire group until help would arrive.

Fifth graders also learned how to build a fire with the necessary items. In groups again, students built a fire and then roasted a small marshmallow over the fire to enjoy!

It was an enriching experience for all students with wonderful weather and sunshine! It was a great day to learn!



P5 PLUS

6 3 0 6

P5 PLUS

P5 PLUS

0 6

RMS-CES| POINTS OF PRIDE BATTLE OF THE BOOKS



Battle of the Books competition has been going on for 13 plus years at RAS. The concept is to have students read up to nine books and then in the spring have a “competition” with other teams to see who can recall the information from the books that they have read. The books are chosen through the Alaska Association of School Librarians and purchased with monies from the RAS Education Foundation.



The students are asked questions about the books in two rounds and then a final round for the top three teams goes on to compete to see who is the winner. *The top three teams are given Scholastic Book Fair gift certificates to use at their schools' book fair.* It is a great opportunity to get books in students hands and read.

RMS-CES| POINTS OF PRIDE

BATTLE OF THE BOOKS

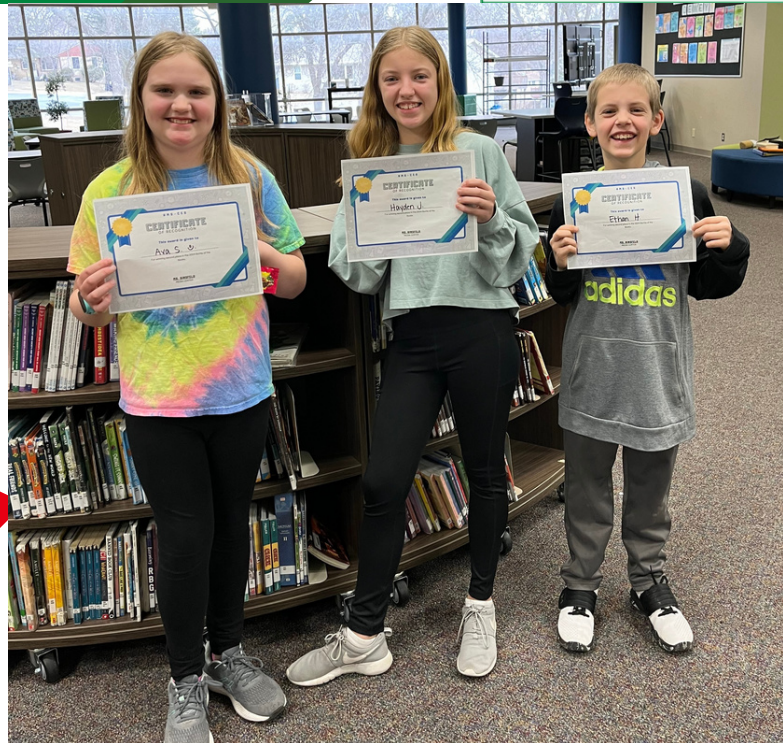


WINNER 5th & 6th Grade

1st place: Gabbi Altman and Charlotte Bittner

2nd place: Ethan Hillstrom, Ava Stendahl and Hayden Jennings

3rd place: Samantha Fitcher, Lillian Rocha (not pictured in winner photo), Corbyn Ash



WINNER 7th & 8th Grade

1st place: Hannah Kartak, Lucy Zednik, Veronica Ferdig

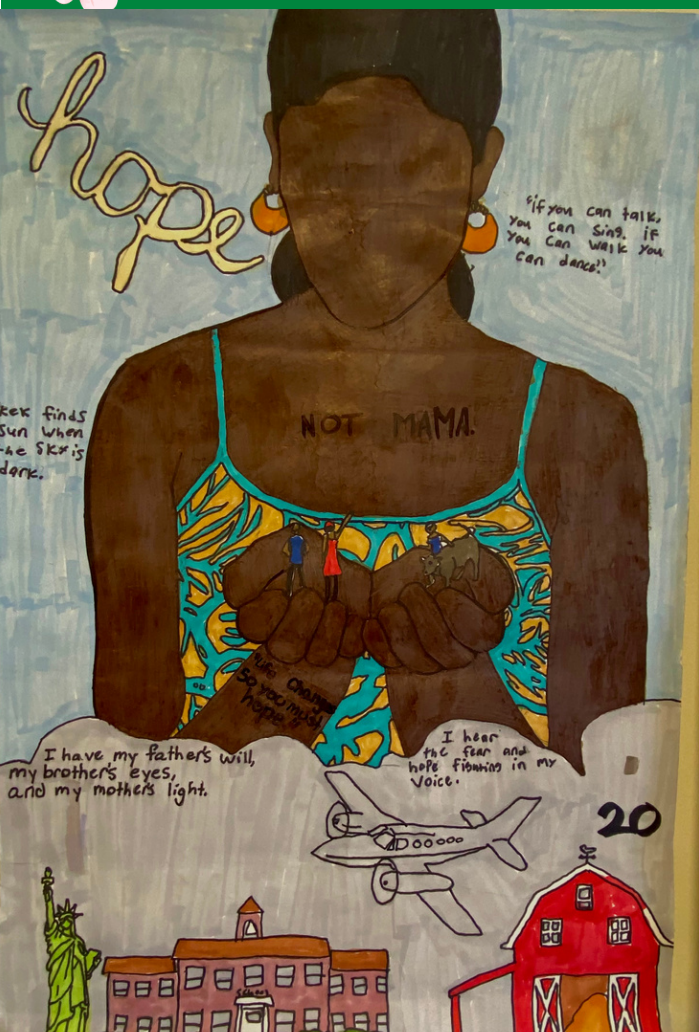
2nd place: Derek Byers, Marshall Borders, Liam Anderson

3rd place: Anders Simonson, Charley Smith



RMS-CES| POINTS OF PRIDE

MS. HENDRICKSON'S 8TH GRADE LANGUAGE ARTS



Earlier this month, LA8 students cast their ballots for their favorite Theme Collage. This project was part of a Final Assessment for Theme from the novel, "Home of the Brave", by Catherine Applegate. I am always amazed at the depth of knowledge and talent that these students demonstrate through their work. We all gathered in the Media Center for the Awards Ceremony and honored these winners:



1st Place: Hannah Kartak
and Ava Shackelton

2nd Place: Belinda
Armstrong, Thora Binsfeld,
and Olivia Larson

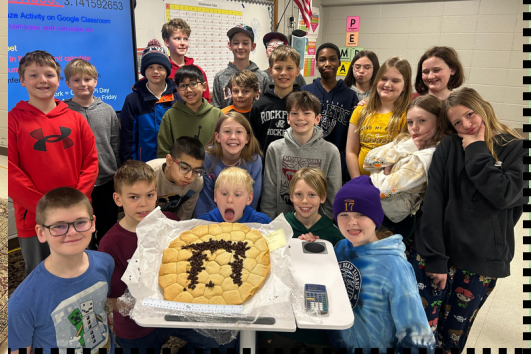
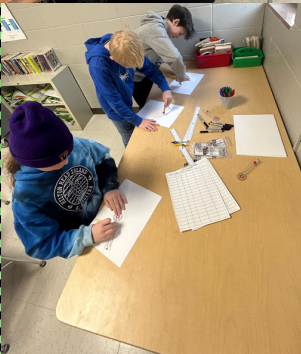
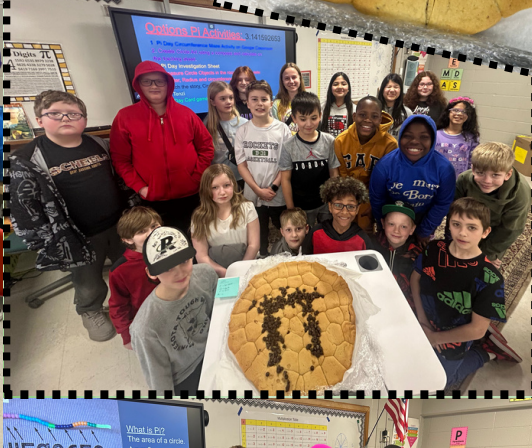
3rd Place: Elise Belasco,
Lauren Bittner, and Ashlyn
McClelland

RMS-CES | POINTS OF PRIDE

MRS. NOBLY-5TH GRADE MATH



Students in 5th-grade math celebrated Pi Day today with a giant circle cookie. (Thank you Chef Harlan for making cookies!) Each class measured the diameter, radius, circumference, and area of a circle using the correct formulas. Students were able to choose various activities involving Pi and circumference.



RMS-CES | POINTS OF PRIDE

MS. SARSLAND'S SCIENCE CLASS



Spring has sprung and the Grape-ology Inquiry Experiment is underway in Ms Sarsland's 7th Grade Science Classes. We have gathered cuttings from our vines and students have chosen their projects. It's been fun to see what variables students want to test. As we come back from Spring Break it has been a wonderful surprise to see the changes in the cuttings. Looking forward to watching the growth continue and evaluate which variables worked the best.

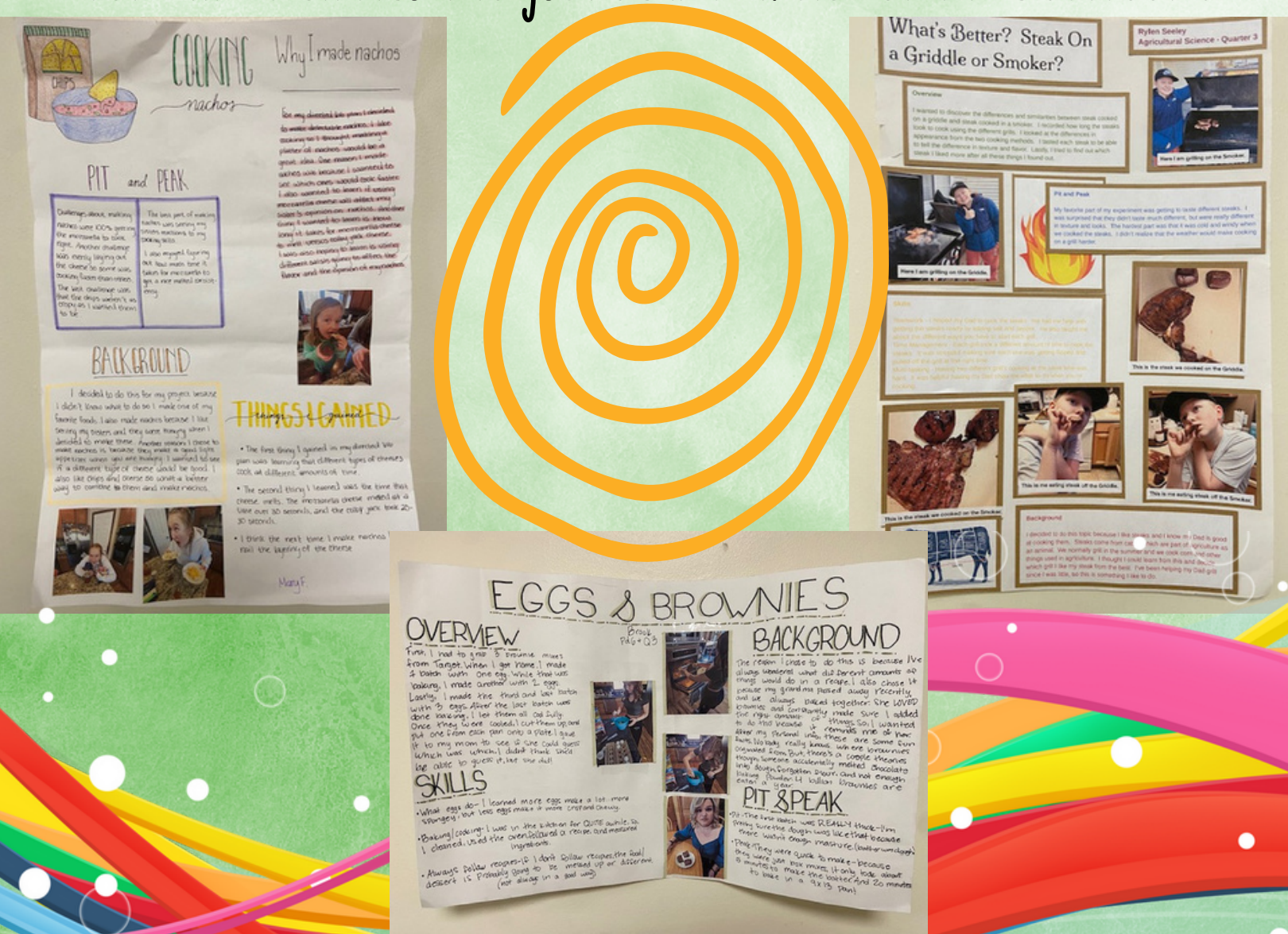


RMS-CES | POINTS OF PRIDE

MS. PINKERMAN'S AGRI-SCIENCE CLASS



Agriscience has been hard at work finishing out the end of the quarter. Students have a quarter long experiment they get to complete related to not only agriculture but their hobbies as well. Then at the end they make a poster with pictures and reflect on their accomplishments. Students then share their experiences with one another to help demonstrate how many different ways agriculture plays a part in our everyday lives and how learning is sometimes difficult to just achieve inside of the classroom.



RMS-CES | POINTS OF PRIDE

FFA



Our FFA chapter has also been busy preparing for our last regional events this March. We had 2 out of our 3 teams that went to compete, qualify for state and land in the top 6 for our entire region. They will now be buckling down to make sure they are ready for state mid April! Additionally, both our FFA students and our agriscience students have had significant time in the greenhouse as we start planting and preparing for our spring plant sale. Students get to learn how plants are started from seed and how to carefully transplant plants safely and effectively. We are excited for all the amazing achievements of our chapter and students as they kick off the last quarter of the year.

