

RMS-CES ROCKET NEWSLETTER

October 2024



October

October 5th

5th Grade Baker Field Trip

October 8th

Picture Retakes

October 15th

Fall Conferences

October 16th-18th

No School-Fall Break

October 22nd

6th Grade Baker Field Trip

November 1st

Last day of First Quarter

November 3rd

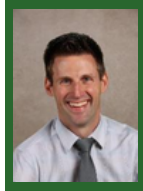
Daylight Savings

November 4th

No School-Staff Development

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.

In these first few weeks of school, our staff has worked hard to create safe spaces for students to learn and grow while connecting to one another. Listed below you will find a bulleted list of items that I want to make you aware of as parents with a short summary for each item which allows you as a parent to get the information that you feel like you need given your very busy schedules. As always, if there is anything you feel like you need, please do not hesitate to reach out and ask.

How are cell phones going? I was recently asked by a community member how the students responded to the cell phone changes. My response was "the fact that students have responded almost perfectly to the cell phone changes is a huge testimony to our parents who took the information we gave them and made sure that their own children were ready to follow the cell phone expectations on day one." Thank you for your efforts! Please continue to prioritize learning as a focus of our schools by encouraging your students to not use cell phones, smart watches, and all other earbuds/listening devices during school.



Stone Wachtler, Darartu Mohamed,
Mackenzie Lockwood & Alexis Johnson

These four amazing WEB Leaders were identified by the WEB advisors having gone above and beyond in the areas of leading student activities, encouraging other WEB leaders, helping out any student who needed it, and being a positive source of enthusiasm for incoming students on the first day to ensure all kids felt welcomed and connected!

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From the Principal...continued

How did safety day go? Safety day was a massive success as we got a lot of positive feedback from staff, students and parents. We know that students have the information and are prepared to respond in the event of a variety of different emergency situations. Not only will this decrease the overall amount of days that are disrupted due to drills, it allows us the ability to connect overall themes of safety as we talk about a variety of different contexts.

What about bullying? Within the first 3 weeks of school, our counselor did grade level lessons to the student body about bullying awareness, definitions, reporting, etc.. Oftentimes we have heard from students of mean or rude comments that happened on social media outside _____. If there is a direct connection to school, we may be able to support you if you connect with us. Given this information, we encourage all parents with children. Have social media accounts maintain an active role in monitoring their child's activity on social media. We encourage students to report any incident of bullying they may be experienced

The Power of Words: Words matter! We believe that the words we choose have a powerful impact on those around us. Speaking kindly fosters a supportive and respectful environment where every student feels valued. Whether it's in the classroom, hallways, or online, or in the community at large let's encourage our kids to think before they speak and choose words that build each other up. Together, we can make sure that kindness and respect are at the heart of our community.

As we move forward in the school year, I want to extend my appreciation to all our families for the support you've shown. It takes a community to help our students grow, not only academically but also as kind and responsible individuals. Your involvement makes a world of difference. I look forward to the continued success of our students, and I encourage you to stay engaged with the school as we strive to provide the best possible experience for every learner. Please don't hesitate to reach out if you have any questions, concerns, or suggestions.

It is a great day to be a Rocket!

Paul Marzecha, Principal

RMS-CES ROCKET NEWSLETTER



School Store October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Store Hours: 5:30pm-8:30pm C/JV/V Volleyball	8	9	10	11 Store Hours: 6:30pm -End of Half *at field V Football	12
13	14 Store Hours: 5:30pm-8:30pm C/JV/V Volleyball	15	16 Store Hours: 6:30pm -End of Half *at field V Football	17	18	19
20	21	22	23	24 Store Hours: 4:30pm-7:30pm RHS Conferences	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.

Come get your Rockford Spirit Wear!



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.

Cell PHONE

Away for the Day Website <https://www.awayfortheday.org>

AASA Article: A Mind Shift Over Cellphones in Schools
<https://www.aasa.org/resources/resource/mindshift-over-cellphones-schools>

Book Study: The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness by Jonathan Haidt

United States Surgeon General Dr. Vivek Murthy released a new Surgeon General's Advisory on Social Media and Youth Mental Health - [PDF](#)



Guided Imagery

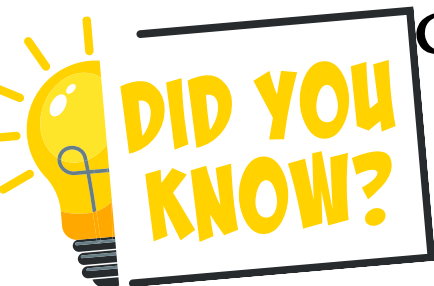
Guided imagery can have many health-related physical and emotional benefits. The steps that follow can help you teach teens to use their imaginations to actually change how they are feeling and what they are focused on.

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



Mrs. McKayla Kent

My HOURS

Monday-
Thursday 7:30-
5:30pm

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.



RMS-CES | PARENT-COMMUNITY

News

Jostens



**MARK YOUR
CALENDAR**

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

School pictures taken at ROCKFORD MIDDLE SCHOOL on 09/12/2024 are now available for parents to view and order online.

**ORDER
NOW**

View and order at <https://shop.jostenspix.com/login>

ROCKFORD MIDDLE SCHOOL

Event Code: FE18224

Also Needed: Infinite Campus Student ID



The Minnesota Department of Revenue offers families valuable tax benefits on the 2024 income tax returns. Minnesota offers several credits that ease the financial burden for families, renters, homeowners, and working individuals

Please click [HERE](#) to view the Child Tax Credit Benefits

Please click [HERE](#) to view the K-12 Education Subtraction and Credit

<https://www.revenue.state.mn.us/>

RMS-CES | POINTS OF PRIDE

Rockford Education Foundation



WELCOME
back to
SCHOOL

As the school year kicks off, the Rockford Education Foundation (REF) is excited to support another year of educational opportunities for our students. We're proud to continue our mission of fostering innovation and enhancing the academic experiences of students from PreK to 12th grade in the Rockford Area School District.

In the past year we have funded items such as:

- REAMS Theater Program (staging and curtains)
- Various field trips for REAMS and RMS
- IB Career Path Supplies and Exam Fees- CNA, Vet Tech, Landscaping and Design
- And so much more!

Here's to a successful and inspiring year ahead!

Nikki Arvold
Executive Director, Rockford Education Foundation
612-226-3910 | nikki@rockfordfoundation.org
www.rockfordfoundation.org

[Click here to donate to CLASSROOM WISH LISTS!](#)



RMS-CES | POINTS OF PRIDE

Rockford Education Foundation



Save the Date:

Passport to Travel Fall Event – November 22, 2024

Mark your calendars for our highly anticipated Fall Event, Passport to Travel! This year's event will be held on November 22, 2024, at Rush Creek Golf Course. We look forward to celebrating with our community and raising funds to support vital educational programs.

Calling All Sponsors!

We invite local businesses and community members to join us as sponsors. Your support is crucial in making this event a success. For details on sponsorship opportunities, visit our website at

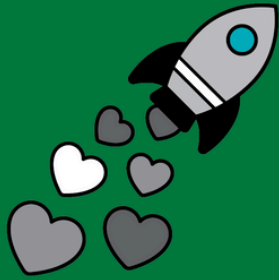
<https://www.rockfordfoundation.org/events/fall-event/>

General Admission Tickets

Tickets for Passport to Travel go on sale starting October 25th, so stay tuned for more information and secure your spot early!

RMS-CES | POINTS OF PRIDE

Rockford Education Foundation



ROCKET LAUNCH — MONTHLY GIVING —

Rocket Launch – Thank You to New and Current Members!

A huge thank you to our new and returning members of the Rocket Launch Monthly Giving Program. Your ongoing support ensures that REF can continue funding long-term educational projects and respond quickly to emerging needs in our schools. Your contributions make a lasting impact on the students and families in our district!

**DEADLINE FOR THE SIGNATURE WHITE YETI HAS BEEN
EXTENDED UNTIL OCTOBER 16TH**

First Monthly Giveaway Drawing – October 7th

As a member benefit, the first monthly drawing will be held on October 7th. Don't miss out!

Follow us on Facebook

(www.facebook.com/rockfordeducationfoundation) for updates and announcements.

Thank you for being part of our journey to enhance education in Rockford. Together, we're making a difference!



6th grade made their annual trek to Deep Portage, and were blessed with wonderful weather and fun memories! Students stayed for a 2-night overnight in Hackensack, MN, and participated in numerous outdoor activities. Canoeing, Charlie to Base (an outdoor game where students use a compass to navigate), and Nocturnal Hunters (a hide-and-seek type game) were favorites of the students, and nearly all enjoyed all of the fresh air and adventuring they were able to do. This trip is always a highlight of the Fall and 6th grade, and we are thankful for the opportunity to go each year!



RMS-CES | PARENT-COMMUNITY

DEEP PORTAGE

Center for Environmental Studies



2024 DEEP PORTAGE CHAPERONES



News

The RMS-CES student body, as well as staff, had a blast participating in the Homecoming Festivities by having "Dress Up" Week



HOMECOMING WEEK

HOMECOMING THEMES

MONDAY	JERSEY DAY
TUESDAY	<i>Dress Your Best</i>
WEDNESDAY	VACATION/TOURIST
THURSDAY	COZY DAY
FRIDAY	Green Out/Spirit Day




RMS-CES | PARENT-COMMUNITY

RMS-CES 2024-2025



WE
LEADERS



RMS-CES | PARENT-COMMUNITY

RMS-CES 2024-2025



8th Grade Leadership Team:

President: Maggie Cihlar

Vice President: Stone Wachtler

Secretary: Alexis Johnson

Treasurer: Cody Gillman

7th Grade Representatives:

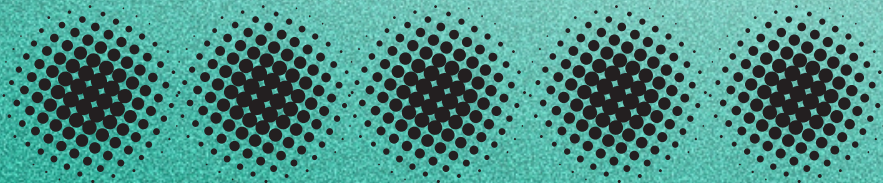
Bikonna Osakwe and Ephraim Nyerkeh

6th Grade Representatives:

Brady Freed and Elijah Jensen

5th Grade Representatives:

Azariah Nyerkeh and Adalina Bartels



SENIOR
OFFICERS

Fifth grade Language Arts students recently went outside to one of the outdoor learning classrooms and created nature bookmarks with items they found. Check out the variety of beautiful bookmarks that were made!



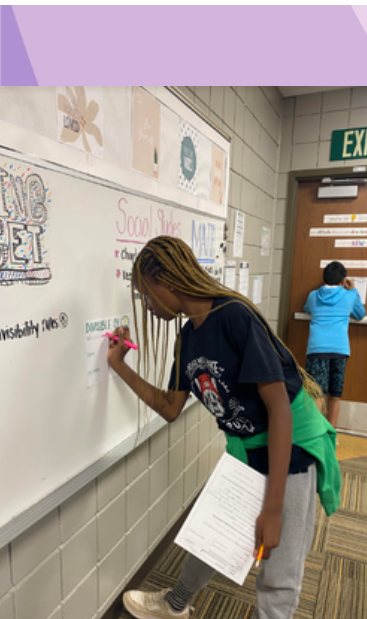
This week, we have been reviewing multi-digit multiplication in math. We have also been focusing on our basic facts. Having a solid foundation with facts will help when we move to division. Math facts are important building blocks for future math concepts. Knowing the basic facts will help students to estimate, solve larger problems, and use mental math. Students can practice using a variety of games or even online games

ATTENTION

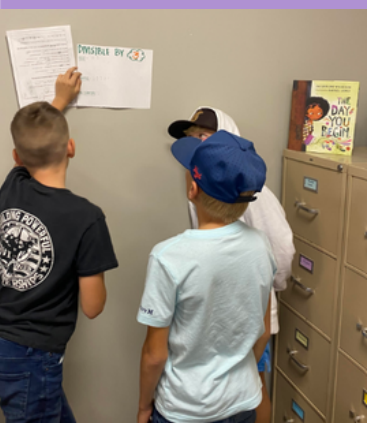
5 Ways you can help your child master basic facts:

- 1. Repetition... practice***
- 2. Use songs and chants***
- 3. Work on math fact strategies***
- 4. Model***
- 5. Make it hands-on***

Sixth Graders just took their first test on the order of operations, also known as PEMDAS! We have now started working on applying the divisibility rules. The divisibility rules help students identify if large numbers are divisible by 1,2,3,4,5,6,9, or 10.



- We found that...**
- A number is divisible by two if the one digit is even.**
 - A number is divisible by three if the sum of the digits is divisible by 3.**
 - A number is divisible by four if the number formed by the last two digits is divisible by 4.**
 - A number is divisible by five if the digit in the one's spot is a 5 or 0.**
 - A number is divisible by six if the number is divisible by both 2 and 3.**
 - A number is divisible by nine if the sum of the digits is divisible by 9.**
 - A number is divisible by ten if the digit in the one's spot is 0.**



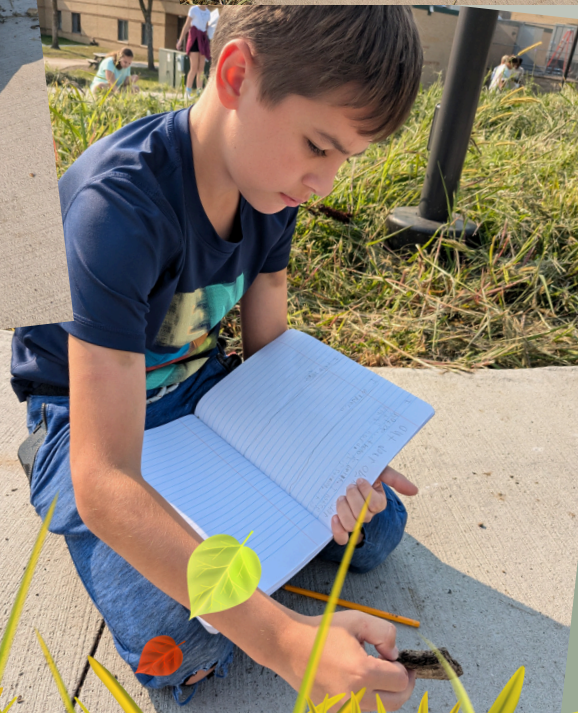
RMS-CES | POINTS OF PRIDE

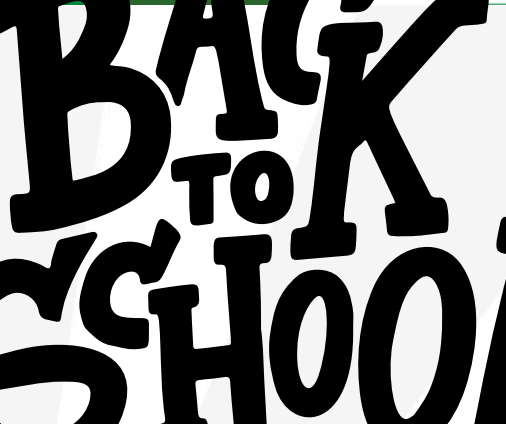
Back to School w/ Mrs. Werth



6th grade science students went out to look more closely at natural objects found on or near our Prairie Path. Students recorded their noticings, wonderings, and things that their nature object reminded them of before sharing their findings with their classmates.

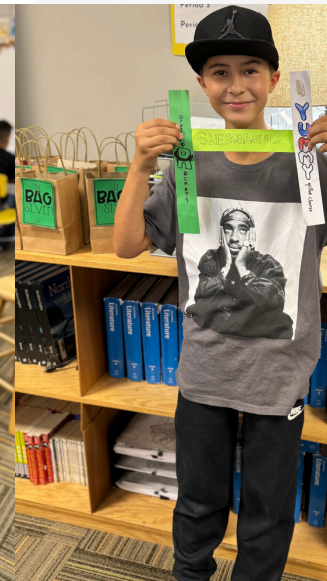
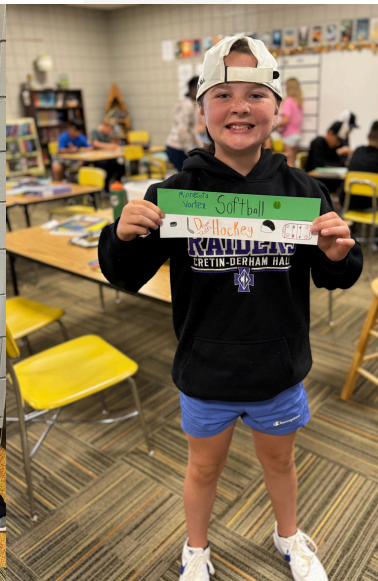
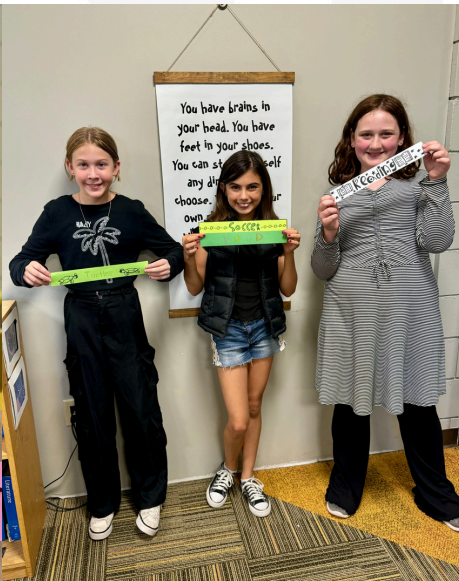
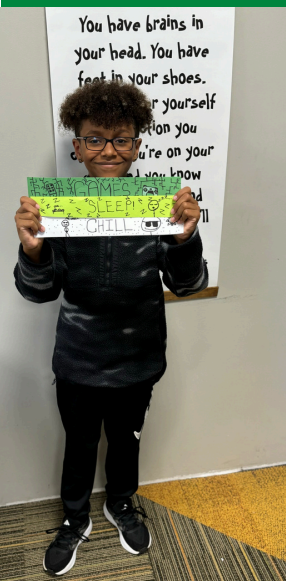
6th





**BACK
TO
SCHOOL**

Center for Environmental Education
ROCKFORD MUSEUM



RMS-CES | POINTS OF PRIDE

Back to School w/ Ms. Pellaton



STUDENTS WORKED TOGETHER TO CIRCLE 1-100 IN NUMERICAL ORDER. THEY DISCUSSED WHAT COULD HELP THEM IMPROVE THEIR SPEED. AT THE END OF THE LESSON WE TALKED ABOUT WHAT EFFECTIVE GROUP WORK LOOKS AND SOUNDS LIKE.

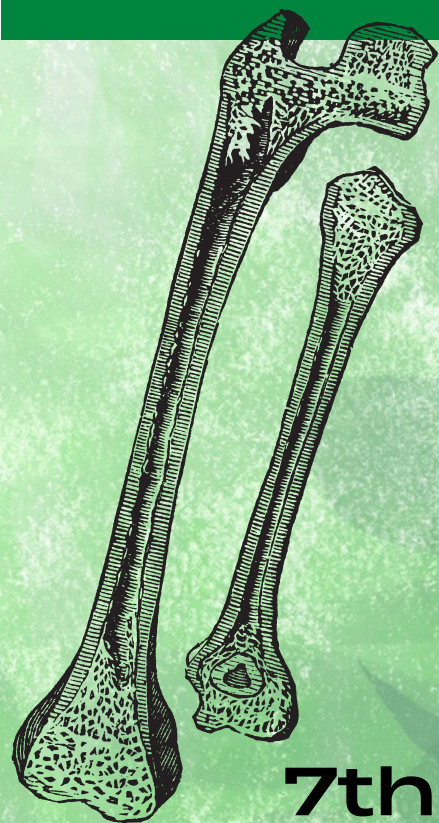
**7th
GRADE**



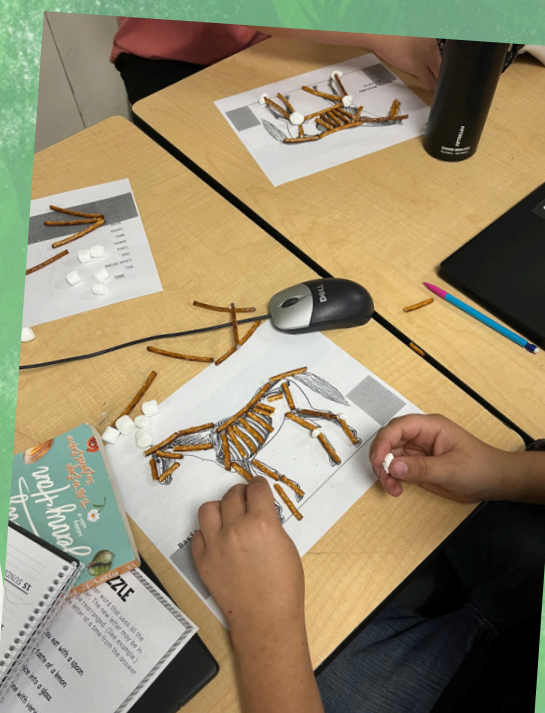
RMS-CES | POINTS OF PRIDE

7TH

Back to School w/ Mrs. Binsfeld



**7th grade Agri-Science
took advantage of the weather
worked outside on the skeletal
structure of horses.**



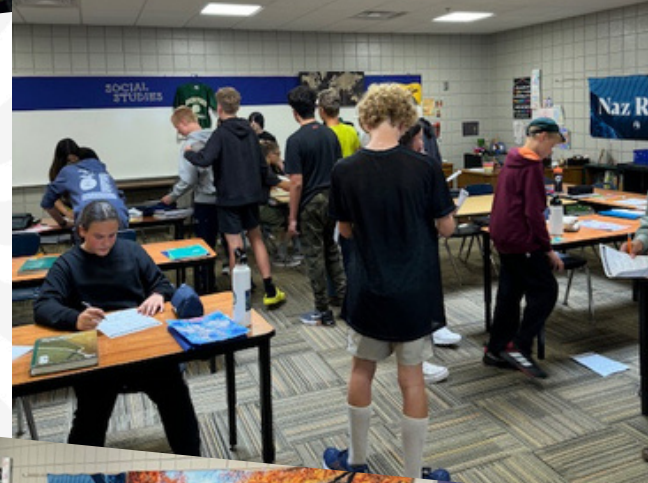
RMS-CES| POINTS OF PRIDE

Back to School w/ Mrs. Miller

8th



8th grade students started their Global Studies journey by playing World Geography Walk-around Bingo during the 1st week of school. Students had to find other students in their classes that had experienced certain things in their lives, such as "Has seen the ocean" or "Has traveled to a different country outside of North America". We were able to learn about each other while also familiarizing ourselves with some of our 8th grade Geography terms. It was a great way to move around and talk to different people!



Back to School w/ Ms. Herold

8th



STUDENTS ARE COLLABORATING IN SMALL GROUPS, STANDING AT WHITEBOARDS AS THEY WORK THROUGH SOLVING MULTI-STEP EQUATION TASK CARDS. THEY ARE DISCUSSING STRATEGIES AND WRITING THEIR SOLUTIONS TOGETHER.

