

# RMS-CES ROCKET NEWSLETTER

*January 2025*



*January*

**January 17th**

End of Quarter

**January 20th**

No School-Staff Development  
Day



**HAPPY**  
*New Year*

*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*

RRMS-CES Families,

First and foremost I hope that each of you has had a delightful winter break filled with laughter and moments of joy with loved ones. The hallways were filled with a mixture of excitement and feelings of tiredness as we transitioned back to our routines after a long break. There are great things happening in t

See Something, Say Something: In the coming months, we will launch the See Something, Say Something program from Sandy Hook Promise. This initiative teaches students to identify and report warning signs of potential safety concerns, such as threats or bullying, to a trusted adult or through a confidential system. By promoting awareness and communication, we aim to build a safer, more connected school community. More details will be shared soon on how families can support this effort.

**D.A.R.E. Overview:** This Spring, our fifth graders will participate in an 8-week D.A.R.E. program, led by a Wright County officer during one class each week. The D.A.R.E. program focuses on teaching students decision-making skills to resist peer pressure, avoid risky behaviors, and build confidence. We're excited to partner with local law enforcement to support our students' personal and social growth.

# RMS-CES ROCKET NEWSLETTER

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## *from the Principal...continued*

**Middle School Outdoor Club (New!)** We have a new opportunity to spend 4 Tuesdays at Baker Park (transportation provided to Baker park and back to the MS) for the following activities: Feb. 11th- Snowshoeing March 18th- Orienteering April 15th- Archery May 20th- Rock Climbing Price is for ALL four Tuesdays and can't be paid for separately. Click [HERE](#) for more information.

**Welcoming New Staff!** We are excited to welcome many new staff members to our team including Erin Sindelir as our Student Support Specialist, Nathan Stanek as a Special Education Teacher, Myka Hirschey as our school Nurse and Sarah Burch as a paraprofessional. We can't wait to see the positive impact these individuals have on our RMS-CES School Community.

As we move into the heart of winter and the start of a new year, we're excited about the opportunities ahead for our students and school community. Your ongoing support and involvement play a vital role in making these initiatives successful, and we're grateful for the partnership we share. Let's continue to work together to ensure that 2025 is a year of growth, learning, and connection for all our students.

*Thank you for being an integral part of the RMS-CES family, and here's to a fantastic year ahead!*

Go Rockets!

*Principal, Paul Warzecha*



## 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.

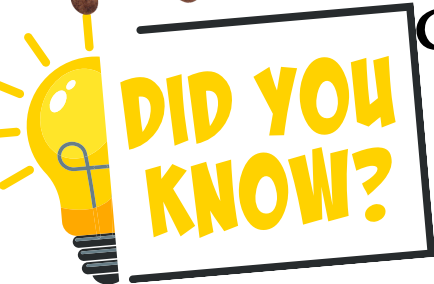
[www.changetochill.org](http://www.changetochill.org)



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

NYSTROM  
& ASSOCIATES



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*



# YEARBOOK

ORDER YOUR  
STUDENTS 2024-2025  
HERE



*Walsworth* yearbooks

**Tax**   
**Season**

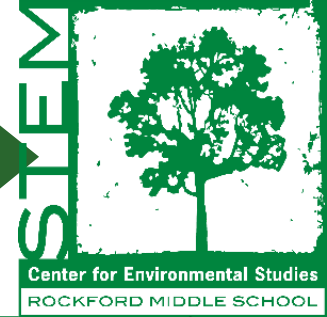


The Minnesota Department of Revenue offers families valuable tax benefits on the 2024 income tax returns. Minnesota offers several credits that ease the financial burden for families, renters, homeowners, and working individuals

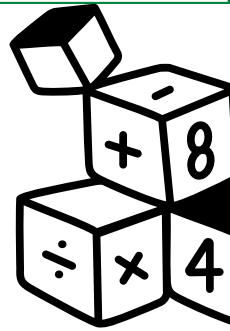
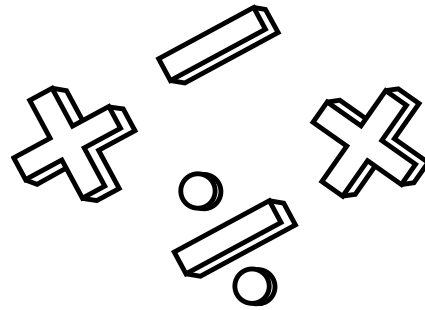
Please click [HERE](#) to view the Child Tax Credit Benefits

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

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



## News after school Math HELP



Our after-school math help program empowers students to strengthen their math skills, build confidence, and achieve academic success. With personalized guidance and a supportive environment, students tackle challenging concepts while connecting with peers who share their goals. Together, we're creating a thriving community that celebrates learning and growth—one equation at a time!

*Meets every Thursday in Room 304 from 3:00-4:00pm*

Check  
this  
out

## SCHOOL STORE INFORMATION

**Scan the QR  
code to see  
store hours or  
Click HERE**

Rocket Store Hours



A decorative border at the top of the page features green pine branches with yellow lights.

# **Happy New Year from the Rockford Education Foundation!**

**As we welcome 2025, we  
want to express our heartfelt  
gratitude to all the parents,  
donors, volunteers, and  
community members who  
supported REF in 2024.**

A large, stylized yellow starburst or fireworks graphic is located in the bottom left corner.

**Together, we made a lasting  
impact on our schools,  
students, and teachers.**

# RMS-CES | PARENT-COMMUNITY

## Rockford Education Foundation



### **Here are some highlights from an incredible year: Key Impact Stories of 2024:**

- 26 Mini-Grants Awarded: REF funded \$12,990 in mini-grants to support innovative classroom projects and enrich student learning.
- IB Program and Career Pathways: We provided critical supplies for the IB program and career exploration opportunities at Rockford High School, helping students prepare for their futures.
- Trout in the Classroom: At Rockford Middle School, students experienced hands-on environmental education through this engaging program.
- Arts Experiences at REAMS: Students enjoyed field trips to the Children's Museum, Stages Theater, and Children's Theater, along with an inspiring Artist in Residency program.
- REAMS Theater Program: REF helped bring the stage to life with new curtains and equipment, enhancing the theater experience for elementary students.
- Deep Portage: Rockford Middle School students participated in this unforgettable outdoor environmental learning adventure.

### **Other Initiatives:**

- Gratitude Gifts: In both spring and the holiday season, REF shared gifts to show appreciation for our teachers and staff.
- Staff Appreciation Luncheon: A small way to say thank you to those who dedicate themselves to our students.
- Senior Signs: Celebrating the graduating class with pride and recognition across the community.

A Successful Fall Event! Our Passport to Travel themed Fall Event raised an incredible \$118,400 in support of Rockford Area Schools. A special thank you to all of our sponsors, donors, parent volunteers, and participants who made this success possible.

### **Thank You, Donors! We could not achieve this impact without the generosity of our entire REF community, including:**

- Fall Event Sponsors and Donors
- Rocket Launch & Employee Giving Members
- Parent Volunteers
- Families who supported fundraising initiatives like our catalog sales

Looking Ahead As we step into 2025, REF remains committed to our mission: to support and enhance education, maximize students' potential, and inspire our community. Together, we will continue to fund projects that enrich the educational experience for every Rockford student.

Thank you for being part of this journey. Wishing you and your family a joyful and fulfilling New Year!

Nikki Arvold, Executive Director, Rockford Education Foundation

Learn more, donate, or get involved: [www.rockfordfoundation.org](http://www.rockfordfoundation.org)

# RMS-CES| PARENT-COMMUNITY

## Rockford Education Foundation



**GRATITUDE GIFTS: IN BOTH SPRING AND THE HOLIDAY SEASON, REF SHARED GIFTS TO SHOW APPRECIATION FOR OUR TEACHERS AND STAFF.**

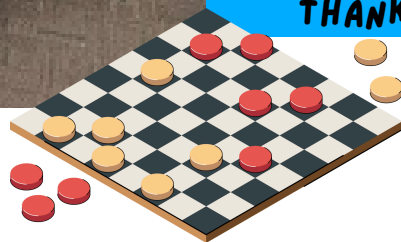


**TROUT IN THE CLASSROOM: AT ROCKFORD MIDDLE SCHOOL, STUDENTS EXPERIENCED HANDS-ON ENVIRONMENTAL EDUCATION THROUGH THIS ENGAGING PROGRAM.**

**thank you**



**THE MIDDLE SCHOOL WAS SURPRISED THIS WEEK WITH A "MINI GRANT" FROM THE ROCKFORD EDUCATION FOUNDATION! WE WILL BE PURCHASING GAMES, CARDS, COLORING BOOKS, AND COLORED PENCILS TO BE USED DURING OUR LUNCHES. WE ARE VERY EXCITED TO BRING ACTIVITIES INTO THE LUNCHROOM TO ENHANCE THE ENGAGEMENT BETWEEN STUDENTS. STUDENTS WERE ABLE TO PROVIDE FEEDBACK REGARDING WHAT GAMES AND ACTIVITIES THEY ENJOY. WE ARE HOPING TO HAVE ALL SUPPLIES HERE AND READY TO USE AFTER THE NEW YEAR. THANK YOU ROCKFORD EDUCATION FOUNDATION!!!!**



FREE

# Mental HEALTH Café



Rockford Community center

Tuesdays at 7:00-8:00pm

- \***January 14th:** The Mountain ahead: How to hike the mountain of mental health challenges.
- \***February 11th:** Why Creation Rests in Winter: Creating good sleep appetites.
- \***March 18th:** Movement is Momentum: Cure what ails you.
- \***April 8th:** New Spring Green: Watching for rebirth in your life.

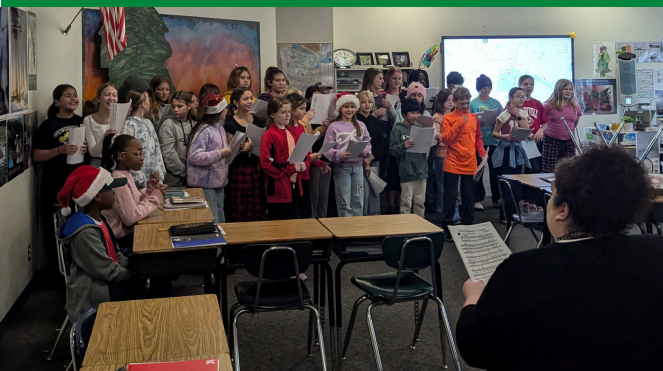
All classes are FREE and snacks and beverages will be provided. Scan to register.

SCAN ME

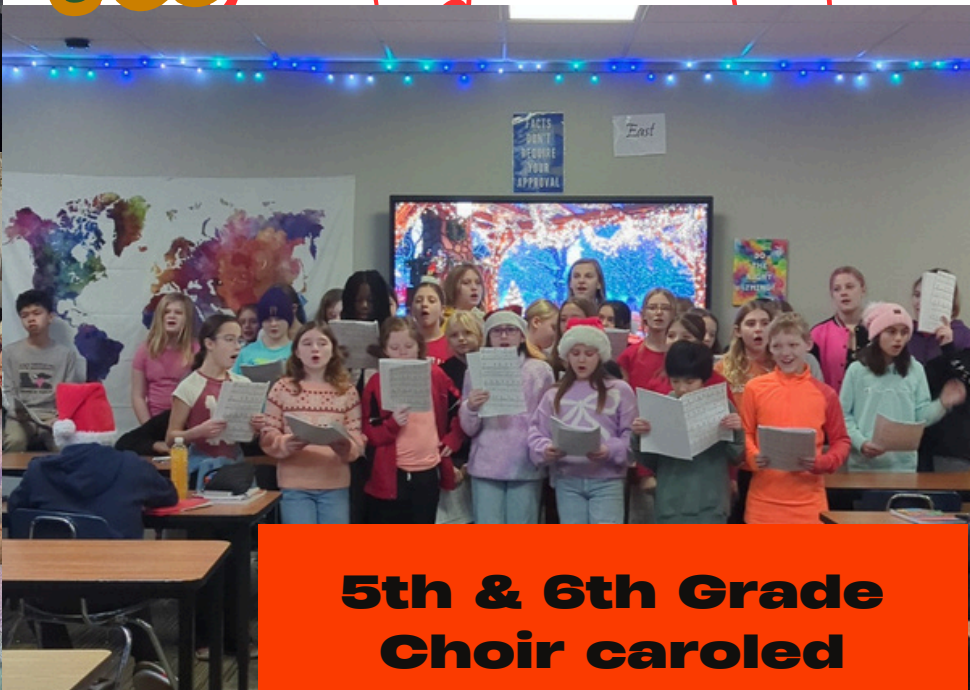
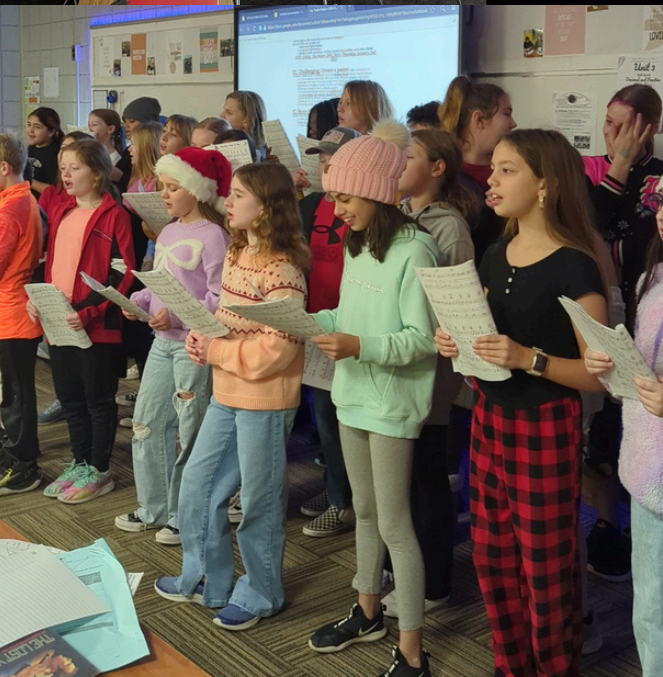


# RMS-CES | POINTS OF PRIDE

## CAROLING



fa la la la

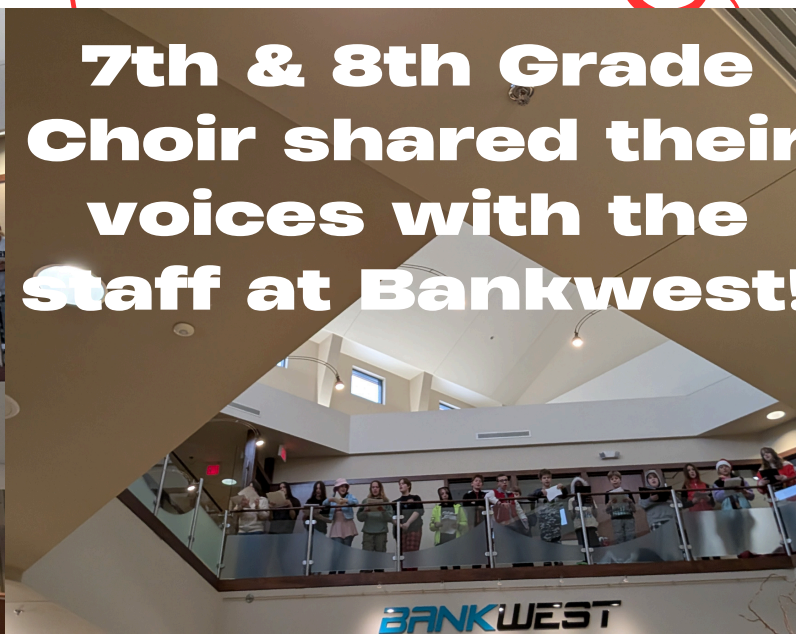


**5th & 6th Grade  
Choir caroled  
thier way through  
the Middle School!**

Thank you Ms. Udalla!



**7th & 8th Grade  
Choir shared their  
voices with the  
staff at Bankwest!**



RMS-CES | POINTS OF PRIDE

# Choir Party!



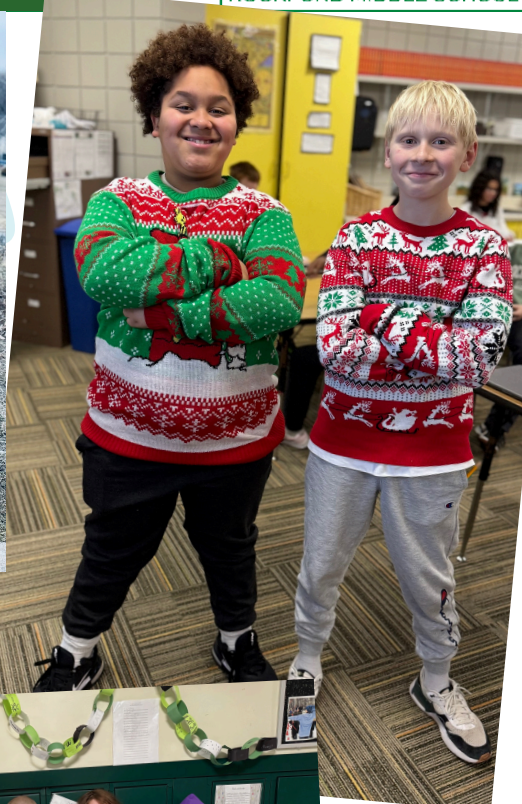
## fa la la la

**After a couple months of rehearsing for our week of caroling - all choir students enjoyed a holiday party to celebrate all their hard work!**



RMS-CES | POINTS OF PRIDE

# WINTER FUN at RMS



# RMS-CES| POINTS OF PRIDE

## Language Arts wins Udalla



Seventh grade Language Arts students have recently completed the dramatization of A Christmas Carol. Lessons include an essay comparing and contrasting A Christmas Carol dramatization to The Muppets Christmas Carol movie. Students also participated in creating "chains" similar to those carried by Jacob Marley - Scrooge's old business partner. Marley carries chains that represent his greed, wealth, and other wrongdoings he committed. Seventh grade students created "chains" in areas of their lives that are weighing them down or in which they might struggle. Examples included - being kind towards others, stop procrastinating, less screen time, respectful towards adults, read more, and many more. Their "chains" will be destroyed in a special ceremony during class after winter break.



Seventh grade students are also required to independently read a certain number of books throughout the year. For each book they read - they get a star. Stars include the students name, the title of the book, and a rating of the book. Students also have the option of making their star sparkle and shine with glitter. The Language Arts classroom will soon be completely filled with stars! Many students have completed their reading goals and are going above and beyond. It is an amazing sight to see the walls sparkle with so many stars when we are not even halfway through the year!

# RMS-CES | POINTS OF PRIDE

## Agri-Science

# 8<sup>th</sup>



8TH GRADE AGRI-SCIENCE STUDENTS HAVE BEEN LEARNING ABOUT MANY ASPECTS OF FOOD SCIENCE IN CLASS. THIS WEEK STUDENTS PUT THEIR KNOWLEDGE ABOUT NUTRITION AND MARKETING TO CREATE THEIR OWN ENERGY BAR RECIPE. STUDENTS DEVELOPED THEIR RECIPES IN SMALL GROUPS, NAMED THEIR PRODUCT AND DESIGNED EYE-CATCHING PACKAGING

