

# RMS-CES ROCKET NEWSLETTER

*January 2026*



## UPCOMING DATES:

**1/16/26**

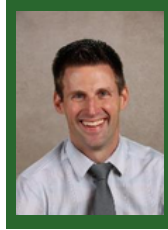
End of Quarter 2

**1/19/26**

No School-Staff  
Development Day

**1/20/26**

Start of Quarter 3



*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 has had a wonderful winter break. We have had a wonderful return back to school. To welcome students back to the building, I gave students a message that centered around concepts such as finishing strong in the remaining days of the second quarter, treating others with kindness, supporting others around you, and being mindful to make sure to limit screens to learning during the school day. Although these messages are timeless, we know that by taking the time to refresh students' expectations after a long break helps to create a smooth transition back.

- With only five days left of the second quarter, I would encourage all students/families to review their child's standing in their class in the portal, make sure to turn in any missing assignments and ensure that you are ready for any summative assessments upcoming this week (tests, quizzes, project, essay, etc)
- Save the Date for our Conferences on February 12: 3:30-7:15 and our Band Concert on the evening of February 26th. Additionally, we are working on an evening parent night regarding the topic of social media. More information to follow regarding that event.
- Just a reminder that Rockford families can access the [Say Something anonymous reporting system](#), a tool that lets students and adults confidentially share safety concerns via app, website, or hotline so school teams can intervene early and help keep our schools safe.



# RMS-CES | Principal Letter Continued



- Over the Holiday break, I learned that I understand teenage slang. The fact is that we all navigate slang terms, even if we don't wish to do so! I cannot actually believe I am doing this, but given the sheer volume of words/phrases that are used frequently that didn't fully exist 5 years ago I have included in this newsletter my first ever ***Parent Slang Glossary!***

Please click [HERE](#) for those who wish to learn more.

Most slang is normal, but it's a concern if it is repeatedly aimed at one person, comments on someone's body, or is used to provoke, exclude, or embarrass others. Pay attention if slang is paired with changes in mood, withdrawal, anger, or avoidance of responsibilities.

*I wish you all a wonderful 2026! I am grateful for all of our parents and your support of the learning.*

*Paul Marzecha*  
RMS-CES Principal

**GLOW UP**

**Cap**  
**SIGMA**

**BRUH**

**Bet**  
**VIBES**

# RMS-CES | PARENT-COMMUNITY

## *RMS 2025-2026*

### *YEARBOOK*



# ORDER NOW!

Walsworth yearbooks

[Order History](#) [Resume Order](#) [Help](#)

2026 Rockford Middle School  
Rockford, MN



2026 Rockford Middle School, Rockford, MN | [CHANGE SCHOOL](#)

## BUY A YEARBOOK

### Yearbook

Buy a yearbook to help your student remember the year forever.

\$20.00

[BUY YEARBOOK](#)



To place a  
yearbook order,  
please click on  
the link [HERE](#)  
or scan the  
QR code





**Lake Sarah Dental**  
Preserving your natural smile



*Lake Sarah Dental is hosting a free dental day.*

***Give Kids a Smile*** will be held on

***Friday, February 6th, 2026 from 9am-1pm***

*We open the schedule for these appointments in December. If you are interested in scheduling, please call our clinic as they are first come first serve reserved time slots. 763-575-8038*

*Services are provided free with no questions asked, we just need to register the child, have an emergency contact, medical history and consent to treat completed. A legal guardian or parent needs to be present unless paperwork is filled out prior.*

*Services offered during the reserved time slot include: exam, cleaning, fluoride treatment, sealants and x-rays.*

*If time available we will perform: fillings, stainless steel crowns, and primary extractions. (Need consent from legal guardian or parent to perform non-reversible procedures once we establish what work needs to be completed.)*

*We accept appointments for children from birth to 18 years.*

*If you have any questions, please call our office.*

***\*Not an ISD 883-sponsored event***

# RMS-CES | PARENT-COMMUNITY *Volunteer*



## VOLUNTEER OPPORTUNITY HWY. 55 & MAPLE STREET CROSSING GUARDS

**WE ARE LOOKING  
FOR VOLUNTEERS  
TO BE CROSSING  
GUARDS AT THE  
INTERSECTION OF  
HWY. 55 AND  
MAPLE STREET. (AT  
THE CROSSWALK)**

Click [HERE](#) to  
view the Sign  
Up Genius





# In Need of Food?



Rockford Area Schools offers FREE Breakfast and Lunches  
for Students!



## Every Meal

Reach out to a school counselor or  
click the link below  
[Donate or Accept Food Here](#)

## Find a Local Food Pantry

Find a Food Pantry Near You!  
[Search Here](#)



Loaves & Fishes - Plymouth  
Covenant Church  
Prepared/Community Meals  
<https://www.loavesandfishesmn.org/>

- Saturday from 5:30-6:30pm



## River Works Food Shelf

<https://riverworksonline.org/>

- Monday 3:30pm - 7:00pm
- Tuesday 9:30am - 11:30am

WeCAN Mobile Market  
<https://www.wecanmn.org/get-help>

- Mobile Food Market delivers groceries to those in need, who may not be able to access a traditional food shelf.

Hanover Food Shelf  
Hours on their [website](#)  
Serves: Hanover, St. Michael, Albertville,  
NW Loretto  
Families can visit once per month



Buffalo Food Shelf  
<https://buffalofoodshelf.com/>

- Tuesdays 6:00 – 7:30 PM
- Thursdays 6:00 – 7:30 PM
- Fridays 10:30 AM – 12:00 PM



Westonka Food Shelf  
<https://westonkacommunityfoodshelf.com/>

- Monday-Friday 9:30am-3pm
- (\*Wed special hours: 9:30am-3pm & 6pm-8pm),
- Saturday 10am-12pm (appointment)



## Who do I Contact?

### REAMS

Katie Reynolds  
Allison Leistico

### RMS-CES

Molly Wirth  
Ellie Engstrom

### RHS

Samantha Bloom  
Ellie Engstrom



# RMS-CES | PARENT-COMMUNITY School News



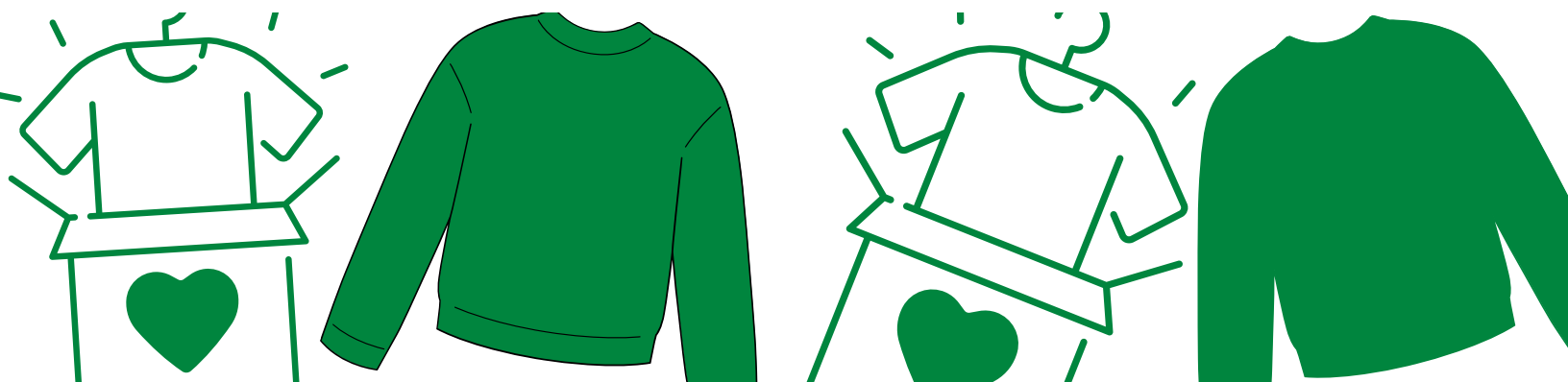
## STOP BY THE SCHOOL STORE!



### SCHOOL STORE January 2026

| Sunday | Monday | Tuesday                    | Wednesday | Thursday                         | Friday                           | Saturday |
|--------|--------|----------------------------|-----------|----------------------------------|----------------------------------|----------|
|        |        |                            |           | 1                                | 2                                | 3        |
| 4      | 5      | 6                          | 7         | 8                                | 9                                | 10       |
| 11     | 12     | 13<br>Store Hours<br>5-8pm | 14        | 15                               | 16<br>Store Hours<br>5-8pm       | 17       |
| 18     | 19     | 20                         | 21        | 22                               | 23<br>Store Hours<br>6:30-8:30pm | 24       |
| 25     | 26     | 27                         | 28        | 29<br>Store Hours<br>5:30-7:30pm | 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 | POINTS OF PRIDE

*8th Grade Social Studies*  
*w/ Mrs. Miller*



**8th Grade Global Studies students completed a collaborative project on Environmental Interconnectedness. Students discussed how decisions made in one place impact other places and people around the world, and worked together to make a class poster about interconnectedness. This project challenged students to work as a large group, but resulted in amazing classroom posters!**



# RMS-CES | POINTS OF PRIDE WEB



Our WEB leaders talked to the 5th graders about how we are all unique and colored snowflakes to showcase our individuality.



# RMS-CES | POINTS OF PRIDE

6th Grade Social Studies with  
Mrs. Wilts



Sixth grade social studies students have been learning about the fur trade business!

The fur trade brought American Indians and Europeans together as trading partners in Minnesota and other parts of North America. Many people were involved in this trade over the course of several hundred years. Students explored the role the trader, clerk, voyageur and Native American played in making the fur trade successful.



After learning about the roles of the people in the fur trade, students simulated the fur trade by working in a group as a Native American tribe or a fur trade company. The Native American tribes were given cards that represented beaver pelts, berries, wild rice and other items they had to trade. The fur trade companies had cards representing manufactured goods such as glass beads, guns, blankets, and fishing nets. Each group was given a list of items they had to get by trading the items they had with the other groups. They had a successful fur trade season if they were able to trade for all the items on their list.



# RMS-CES| POINTS OF PRIDE

6th Grade Social Studies with  
Mrs. Wilts

