

Rebel Report

COMPASSION HONESTY RESPECT
RESPONSIBILITY

February 13, 2026



The Winner of the Ultimate School Burger Challenge is

PICKLE POWER BURGER!!

The **PICKLE POWER BURGER** will be on the menu until **FEBRUARY 14th!!**
15% of every burger supports the RSU 22 Education Foundation



DOWN TO THE LAST BITE: THE BURGER BATTLE GOES FULL THROTTLE!

The crowd was on its feet, grills were blazing, and they were screaming down the front stretch to the finish...

BLASTING ACROSS THE LINE IN FIRST PLACE – the crowd favorite, the unstoppable, the flavor-packed **PICKLE POWER BURGER** with a jaw-dropping **265 SALES!** WHAT. A. RUN.

CHARGING HARD INTO SECOND – smooth, steady, and never backing down, the **STABLE SPECIAL BURGER** storms home with **156 SALES!**

HOLDING THE LINE FOR THIRD PLACE – the bold and beefy **22 SUPREME BURGER**, powering through with **118 SALES!**

FINAL TALLY FROM RACE CONTROL:

That's a massive **539 BURGERS SOLD** in just **4.5 DAYS** – an average of **120 BURGERS A DAY!**

VICTORY LANE SHOUT-OUTS!

A HUGE congratulations and THANK YOU to our **students, school staff, and community members** who showed up race after race and helped raise serious funds for our schools. You brought the energy and the appetite!

MAJOR THANKS TO OUR PIT CREW & SPONSORS:

Marsh Island Kitchen, Dennis Food Service, and Pineland Farms – you kept the grills hot and the race rolling!

BUT HOLD ON – THIS RACE IS HEADING INTO OVERTIME!

The **WINNING PICKLE POWER BURGER** is **STILL ON THE MENU** at **Marsh Island Kitchen** until **Saturday, February 14!**

8th Grade Transition Activities

March 9: Class Sign ups due

May 21: Step Ahead Night 6pm (parents and students attend)

Hampden Academy has notified us that PowerSchool for 8th-grade registration is not open yet. They have informed us that it will be open by **2/25**. We ask that students still get their classes selected, sheets signed, and we will get everyone registered as soon as it opens. If you have any questions please email Ms. Moody. amoody@rsu22.us

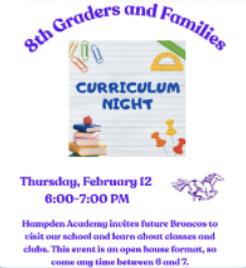
What's for lunch this week?

9	10	11	12	13
Chicken Tenders Potato Wedges Goldfish Crackers Assorted Sauces Salad & Fruit Bar	Swedish Meatballs Mashed Potato & Gravy Buttered Carrots Chocolate Pudding Salad & Fruit Bar	Chicken Sandwich with Cheese Lettuce & Tomato Chips Salad & Fruit Bar	Cheesey Breadsticks Marinara Dipping Sauce  Salad & Fruit Bar	Early Dismissal Snack Pack TO GO <i>Banana Bread, Cheese Stick Apple, Carrots, Sun Chips Rice Krispy Square, Juice</i>

SPIRIT WEEK





Monday, February 9th A DAY	Tuesday, February 10th B DAY	Wednesday, February 11th A DAY	Thursday, February 12th B DAY	Friday, February 6 13th A DAY
<p>COZY & KIND</p> <p>Clubs: Yearbook Tech</p>	<p>VALENTINES COLORS</p> <p>Clubs: Student Council</p>	<p>RHYME WITHOUT A REASON</p> <p>Jazz Festival at Nokomis</p>	<p>DRESS TO UNIMPRESS</p> <p>Clubs Civil Rights Garden RPG MOE'S BBQ NIGHT FOR GRADE 8</p> <p>6:00-7:00 8th Grade Curriculum Night Open House at HA</p>  <p>8th Graders and Families CURRICULUM NIGHT Thursday, February 12 6:00-7:00 PM Hampden Academy invites future Broncos to visit our school and learn about classes and clubs. This event is an open house format, so come any time between 6 and 7.</p>	<p>NO CLUBS TODAY</p> <p>ANTI-VALENTINES DAY- WEAR ALL BLACK</p> <p>EARLY DISMISSAL</p> <p>6:30-8:00 PM 8th grade Parent Dance</p>

Unified Basketball

Seamless Registration:
Quick, Easy, Secure


Arbiter Registration

Wagner/Reeds Brook Unified BBall 2026

students.arbitersports.com

Music Events

All Dates and times are subject to change pending inclement weather or other factors, if any event is to be rescheduled, guardians will be notified promptly.

Feb. 5th - Middle School Pep Band Night @ HA - Students arrive at 6:00pm

Feb. 11 - District Jazz Festival @ Nokomis - Time TBA, Students will leave during the school day or immediately after school.

Feb. 12 - Snow Date for District Jazz Festival

Mar. 4 - RSU 22 Jazz Night @ HA PAC

Mar. 21 - State Jazz Festival @ Waterville

Apr. 9-10 - District 5 Honors Jazz Festival

April 15: RBMS Spring Band Concert

May 1: District 5 Honors Band Festival @ Penquis

May 7: RBMS Spring Chorus Concert

May 30: 7th and 8th Grade Band/Chorus Funtown Trip - All Day, schedule TBA

June 5: 5th and 6th Grade Moose Point Trip - All Day, schedule TBA

Nurses Corner



February is American Heart Month

Help your heart stay healthy! This month we focus on simple, science-backed ways middle schoolers can take care of their hearts — and have fun doing it.

What is American Heart Month?

American Heart Month is a national observance in February that raises awareness about heart disease and encourages healthy habits to prevent it. Even young people can build heart-healthy routines now that last a lifetime.

Fast Facts:

- The heart is a strong muscle about the size of your fist.
- Your heart pumps blood to every part of your body.
- Healthy habits now lower the chance of heart problems later.

How the Heart Works:

- The heart has four chambers that pump blood in two loops: one to the lungs, one to the body.
- Blood carries oxygen and nutrients to cells and removes waste.
- Your pulse is how many times your heart beats per minute.

Healthy Habits You Can Start Today

- Move daily: aim for at least 60 minutes of activity — sports, biking, dancing, or brisk walks.
- Choose whole foods: fruits, vegetables, whole grains, lean protein, and water.
- Limit sugary drinks and highly processed snacks.
- Sleep well: middle schoolers need about 8–10 hours per night.
- Reduce stress: try deep breaths, stretching, journaling, or talking with a friend.

Quick Heart-Healthy Snack Ideas

- Apple slices with peanut butter
- Yogurt with berries and a sprinkle of oats
- Veggie sticks + hummus
- Whole-grain toast with mashed avocado

Stay heart-smart — and have a great February!

DENTAL HEALTH

February is National Children's Dental Health Month



How can you help
your child
maintain a
healthy smile?



-Encourage them brush
their teeth at least
twice a day

-Encourage them floss
at least once a day

-Take them to visit a
dentist twice a year

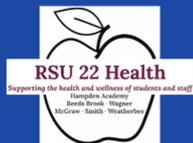
-Encourage them to
drink plenty of water

-Encourage them to limit the amount of sugary
and acidic beverages they consume (energy
drinks, coffee, soda, juice, sports drinks, etc)

-Encourage them and help them to eat a
healthy diet. Fresh fruits, fresh vegetables,
lean meats, and dairy products contain
vitamins and minerals that are crucial in
maintaining strong teeth

-Encourage the use of a mouth guard during
contact sports

-Discourage vaping, smoking, and the use
of chewing tobacco. These products are
known to cause bad breath, decreased
taste, teeth staining, mouth sores, gum
disease, oral bone loss, and oral **CANCER**.



RSU22 offers dental hygiene and fluoride clinics to elementary and middle school students . Please reach out to your child's school nurse for more information.

RBMS FAMILY RESOURCES

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PARENTS CAN PUT AN 8TH GRADE TRIBUTE AD IN THE YEARBOOK (SEE LINK BELOW)



2025-2026 Tribute Ad Form.docx

Download

11.5 KB

YEARBOOK INFO



8th Grade Tribute Ads are due by 4/1.

Yearbook orders must be completed online ONLY and orders are due by 5/1.

www.Treering.com → Buy Yearbooks

Passcode: 1017259887783996



No preview yet

RBMS Student Handbook 2025-2026

Reeds Brook Middle School HANDBOOK FOR STUDENTS AND FAMILIES 2025-2026 Dear Students and Families, Please join the Reeds Brook staff in creating a supportive learning environment that challenges students to learn and grow. Our school is a p...

docs.google.com

RBMS WEBSITE

Bus Information

2025-2026 RSU 22 District Calendar

Community Events

SUPPORT SERVICES



CHECK US OUT ON FACEBOOK

Strategic Plan 2022-2027

Four Building Blocks

1	2	3	4
Student Success	Professional Excellence	Community Partnerships	Operational Excellence
Academic Excellence & Achievement	Recruitment & Retention	Family & Community Engagement	Budget Development
Foundational Skills	Professional Development	RSU 22 Educational Foundation	Fiscal & Facilities Management
Instructional Models	Best Practices	Communication & Transparency	Comprehensive Planning
Engagement		Campus Based Services	

About RBMS

Reeds Brook Middle School currently serves approximately 300 students from Hampden and Newburgh, as part of RSU 22. Students at RBMS are in grades 6-8. We challenge all students to achieve individual success in a supportive environment.



Principal: Jennifer Cyr (jcyr@rsu22.us)

Dean of Students: Sandi Bellerose (sbellerose@rsu22.us)

School Counselor: Ann Moody (amoody@rsu22.us)

Nurse: Alison Ramsdell (aramsdell@rsu22.us)

Find us [Facebook](#)



Tina Hinkley

Tina is using Smore to create beautiful newsletters