

RMS-CES ROCKET NEWSLETTER

March 2026



UPCOMING DATES:

3/6/26

RMS-CES Dance

3/8/26

Daylight Savings Time
Starts

3/10/26

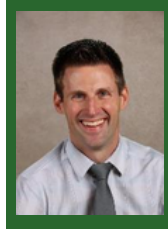
5th Grade Baker Field
Trip

3/26/26

End of Qtr 3

3/27/26-4/6/26

No School/Staff
Development Day
and/or Spring Break



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

Rockford Middle School Families,

As we welcome March, we often find ourselves not quite being certain what to expect from the weather, bringing us puddles, rain, snow, ice, or sunshine. Additionally, adolescents can often bring us the same unpredictability this time of year from tiredness to excitement and everywhere in between. We appreciate your partnership as families and all you do to support your child. Within our spaces, we are engaged in meaningful learning and our spaces are busy with projects, discussions and building skills for the future. Below are a few reminders and updates....

- We are proud of our students who are showing growth on the latest FAST test, which measures growth from September to Jan/Feb. Truly incredible. We cannot wait to see this growth continue into the spring.
- Just a reminder that tonight we will have a school dance from 6 pm to 8 pm. Tickets are available at the door, however, we are pleased to announce that we have a record-setting amount of pre-sale tickets so we anticipate many middle school students enjoying the fun. Pizza will be available for purchase at the concessions while supplies last. The cost of the dance is \$6.



RMS-CES | Principal Letter

Continued



- **As a reminder**, our quarter ends on March 26th, in just 14 school days. Please continue to monitor your child's grades and missing work. Also, know that we will start Spring Break on March 27th and return to school on April 7th.
- **Words Matter**: Please continue having conversations at home about the importance of using language that builds others up. We encourage students to speak with kindness, avoid hurtful or disrespectful comments, and think about how their words affect others. When students practice positive, respectful language, it helps create a school environment where everyone feels safe, included, and valued.
- **School Safety**: Just a few reminders, as the temperatures warm and snow melts, that any student walking after school should have permission from their parent and use sidewalks and crosswalks. One additional reminder is that students cannot drive e-bikes to school because in the state of Minnesota, e-bikes cannot be used by anyone under the age of 15.

Thank you for the many ways you support our students, our staff, and our school community.

Paul Marzecha
Principal, RMS-CES

Be Kind

WORDS
MATTER

Announcements



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



RMS-CES | PARENT-COMMUNITY Announcements



Upcoming Screening for RMS Families

RMS families are invited to a special screening of the 2025 documentary *Can't Look Away: The Case Against Social Media*.

The film explores how social media platforms are designed, how they influence behavior, how young people are targeted, and what current research shows about the impact of social media on children and adolescents.

Through expert perspectives, data-driven research, and real family stories, the documentary helps families better understand how digital platforms shape students' attention, habits, and mental health. It offers practical context and information parents and caregivers can use to make thoughtful decisions about technology use at home.

This screening is meant to give families a shared starting point for conversations at home and a clearer picture of the online spaces students are navigating every day. It will be especially helpful for parents and caregivers of middle school students.



MENTAL
Health
MATTERS

The Big 5 (+1) for Mental Health

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy.



The Big 5 (+1) are interconnected. Making improvements in one area often helps with the others too!

Mrs. Lindsey Menard

RMS-CES | POINTS OF PRIDE

Change to Chill...



RMS-CES students had the opportunity to take part in a guided meditation hosted by school counselors, Molly Wirth and Ellie Engstrom. The light up igloo was provided by our partnership with Change to Chill to creat a "Chill Zone" to help students build self-regulation skills.





REF News & Updates

March 2026

Mini-Grant Impacts

Growing Opportunities. Inspiring Potential. Stengthening Our Schools

Because of your generosity, powerful learning experiences are happening across our schools. Prize patrol was out in February providing mini-grant funding to support literacy growth, hands-on science, creative writing, and meaningful interventions for students who need it most.

Here's a look at the impact you are making:

Literacy for Neurodivergent Learners

Engaging resources from Reading.com and The Fidget Game are helping students strengthen reading skills through interactive, targeted support.

Sensory Support at RMS

New sensory bags provide Tier One interventions to help students regulate emotions and stay focused in the classroom.

AVID Magazine Subscriptions

Upfront and Action Scholastic News are building critical thinking and reading skills — with built-in support for struggling learners and digital resources included.

Author Visit with William Durbin

This Spring, sixth graders will explore history and writing through engaging presentations and hands-on writing workshops designed to inspire young authors.

Hands-On Science

Students will investigate DNA damage and the effects of UV light using interactive lab kits from Carolina Biological Supply.

Literary Orangizers

Printed curriculum materials and vocabulary resources are supporting structured, effective instruction.



Upcoming Events



SAVE THE DATE

FREE Family Fun Bingo Night+ Swap!

Friday, April 17th

Doors open at 5:30pm

Bingo starts at 6:00pm

★ Multiple rounds of bingo

★ Concessions available for purchase

★ Fun prizes

★ Board game, book, & puzzle swap

Registration Required

<https://secure.qgiv.com/for/familybingofunnightregistration/event/freefamilybingoswap/>

Stay Connected

Follow the Rockford Education Foundation on Facebook, Instagram, or sign up for our newsletter to stay up to date on funding stories, upcoming events, and the incredible impact happening in our schools every day.



Thank you for being part of the REF community. Together, we are investing in students, supporting educators, and building strong futures for Rockford.

Get Involved - We Need Volunteers!



As REF expands its community events and fundraisers, we need volunteers to help bring these opportunities to life!

Sign up to volunteer: www.rockfordfoundation.org/get-involved/

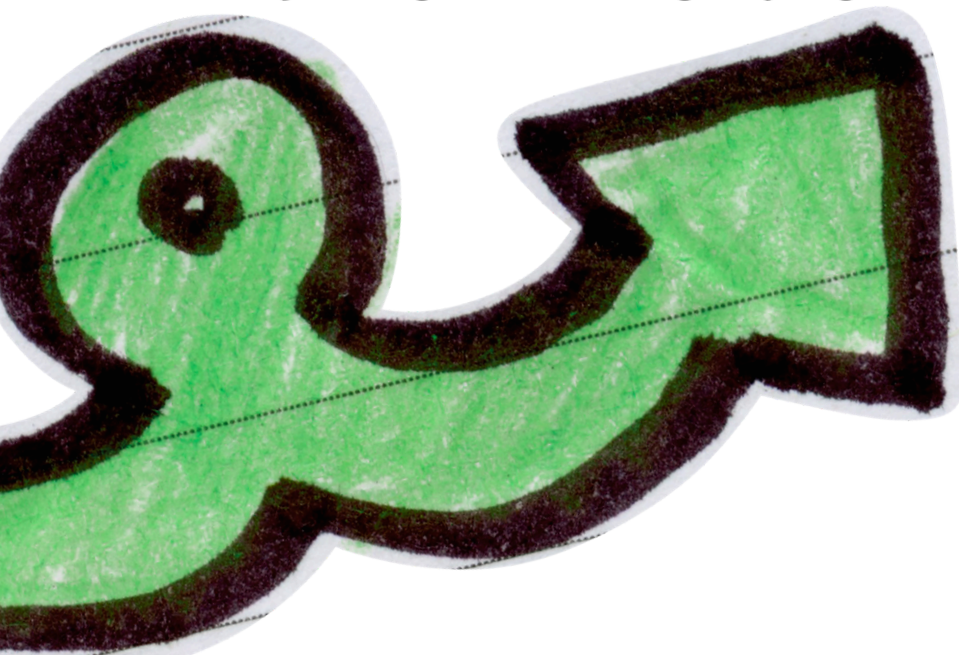
Rockets Boosters



SCHOOL STORE March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Store Hours 6-8pm	6	7
8	9	10	11	12	13	14 Store Hours 9am-12pm
15	16	17	18	19 Store Hours 6-9pm	20	21
22	23	24	25 Store Hours 5-8pm	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.



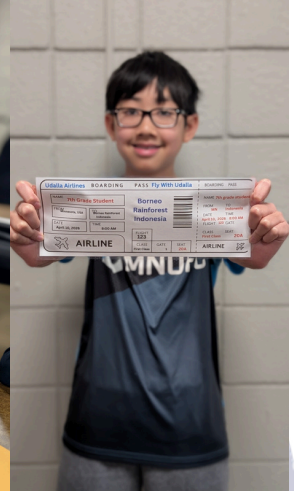
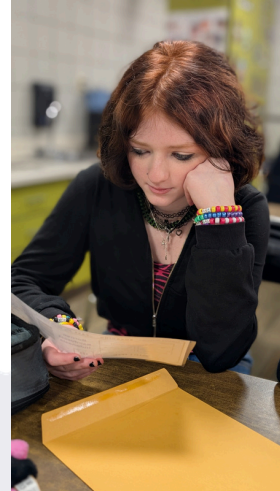
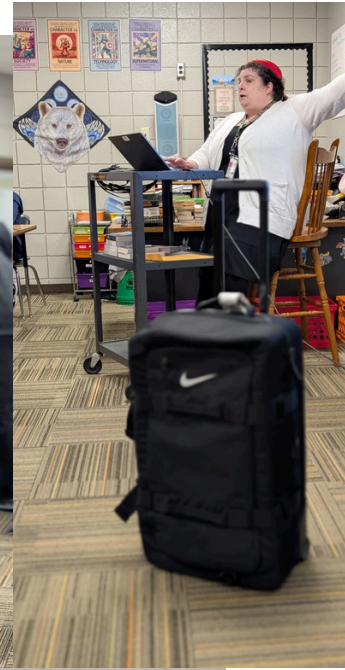
RMS-CES| POINTS OF PRIDE

7th Grade Language Arts



Seventh graders are starting a very exciting interdisciplinary project called "The Great 7th Grade Survival Expedition." This project combines Language Arts and Environmental STEM standards in an engaging, real-world simulation experience.

Students will imagine surviving for one full year in a wilderness environment. They will be conducting research, creating a survival diary throughout their "time" at their location, creating a visual aid, and giving a presentation. This unit encourages problem-solving, critical thinking, creativity, research skills, environmental awareness, and public speaking confidence. Students are really engaged in this exciting project.



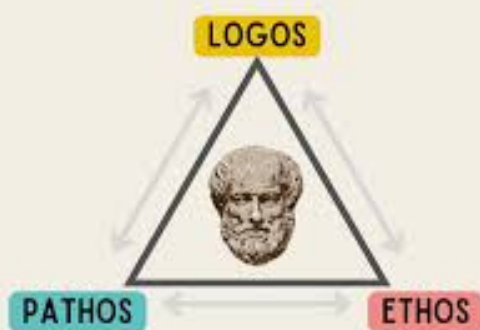
RMS-CES| POINTS OF PRIDE

8th Grade Language Arts



As we head into the homestretch of the 3rd Quarter, LA8 students continue to gain momentum! In February, we wrapped up our study of the novel, *Home of the Brave* as teams collaborated on a Theme Collage that included visual evidence to support an assigned theme from the book. Each collage demonstrated a deep understanding and interpretation of either “Hope” or of “Too Much, Too Little”. We also celebrated I Love to Read Month with a day of reading and sipping hot chocolate.

Currently, we are knee-deep in our journey of *The Art of Persuasion* and Aristotle’s Rhetorical Triangle – Ethos, Pathos, Logos. Through collaborative work, students are reading informational text to evaluate Claims, Evidence, and Reasoning (CER.) for validity, credibility, and relevance. Next, students will prepare for “The Great Debate”, by applying their knowledge to this in-depth process. Teams will research, organize, and strategize to present evidence and counterclaims to reach the ultimate goal of Persuasion: to convince the other side to agree with their argument! Aristotle would have been really proud of this 8th Grade crew as they “... entertain a thought without accepting it”. Not only has this work prepared them for the Great Debate, but it will further support their writing of a Persuasive Essay.



RMS-CES| POINTS OF PRIDE

8th Grade Language Arts

