

RMS-CES ROCKET NEWSLETTER

June 2026



UPCOMING DATES:

June 4th

Last Day of School
ENJOY SUMMER

August 26th

Open House Night
4:00-6:00pm
School Picutres 3:30-
7pm

September 1st

First Day of School

September 4th

No School

September 7th

No School
Labor Day



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,

As we close another incredible school year at RMS-CES, I find myself filled with gratitude and pride. This year has been marked by growth, perseverance, learning, and countless moments that reminded me why our school community is so special. One of the things I am most proud of is the strong sense of community that continues to define our school. Whether through classroom learning, extracurricular activities, or simply supporting one another, our students and staff demonstrated what it means to belong to something bigger than themselves.

As summer begins, I encourage all students to continue learning in ways that spark their curiosity. One of the best ways to do this is through reading in any form. Whether it is novels, graphic novels, magazines, audiobooks, sports articles, nature guides, recipe books, how-to manuals, or even instructions for a new hobby, every minute spent reading helps build knowledge, vocabulary, and confidence. Learning doesn't stop when school ends—it simply looks different.



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Continued....

For parents, summer provides wonderful opportunities to foster curiosity and a love of learning. When your child asks a question, consider treating it as an opportunity to explore together rather than simply providing an answer. Whether you're wondering about a plant on a hike, how a machine works, why the weather changes, or where a historical event took place, modeling curiosity and helping children seek answers teaches them one of life's most valuable skills: how to learn. Some of the most powerful learning moments happen through everyday conversations, shared experiences, and the simple act of wondering together.

As I close, I would also like to recognize our 8th-grade class. As they prepare to take the next step into high school, they have represented our school with maturity, leadership, and pride. Their positive example has helped shape our culture and has left a lasting impact on our younger students. Thank you to all of our families for your partnership and support throughout the year. Together, we have celebrated successes, overcome challenges, and created meaningful experiences for students. I hope each of you has a safe, relaxing, and well-deserved summer. We look forward to welcoming our students back in the fall and continuing the great work ahead.

Paul Marzeka,
Principal, RMS-CES

RMS-CES | PARENT-COMMUNITY

School Pictures



NEW

**2026-2027
SCHOOL YEAR**

**School Pictures will be held
on OPEN HOUSE NIGHT
August 26th 2026!**



Location: Gymnasium

Time: 3:30-7:00pm

★ **Re-Take Day is October 20th during
school hours: 8:00am-12:00pm**

RMS-CES | PARENT-COMMUNITY School Pictures



NEW

**2026-2027
SCHOOL YEAR**

Open Houses naturally create a free-flow environment, which can lead to long lines at the photo station. To help manage the crowd and keep wait times low, we recommend coming during these time slots!

Last Name starts with:

A–F: 3:30–4:30

G–M: 4:30–5:30

N–S: 5:30–6:20

T–Z: 6:20–7:00

Families who arrive outside their window can still be accommodated, but these time blocks help maintain a steady flow.

RMS-CES | PARENT/COMMUNITY



PROJECT
pencils
Providing school supplies for
Wright County's students in need

ProjectPencils.com



Families that have financial difficulty purchasing school supplies for their K-12 students can complete the form on our website at www.ProjectPencils.com/request.html (open from June 1-July 31 each year), and we will post a request in our closed Facebook group for volunteers to "adopt" the student. We provide the specific supplies needed for each student based on their school and grade. The only information that is shared with our volunteers to help them purchase the correct supplies for each student is: the student's school, grade, sex, and favorite colors/characters (optional).

Students/families can pick up their school supplies at The Saville Family home in St. Michael (the address will be sent via email to those who register and are approved) on these two dates:

Saturday, August 15 from 9 a.m. – 1 p.m.

Tuesday, August 18 from 4 p.m. – 8 p.m.

Our website is ProjectPencils.com. We post information in our Facebook group, Facebook.com/groups/ProjectPencils, about those who need to be "adopted." Please let us know if you have any questions.

Thanks for all you do. We hope you have a fun, relaxing, and rejuvenating summer!

Yours in service,
Hollie Saville

Social Media

Helpful Tips

Social media can be a great way to connect with friends, family and your community.

How does social media impact your life?

PROS

- Connect with friends and social supports
- Explore interests and identity
- Access knowledge
- Hear from diverse perspectives
- Develop personal and professional skills

CONS

- Increase risk of poor mental health
- Lose sleep
- Increase contact with cyberbullies and harmful language
- Miss out on in-person connections

Is social media making you feel disconnected?

- Pay attention to how you feel while you're scrolling
 - If you notice yourself getting stressed or jealous, take a break
 - Avoid doomscrolling and content that causes you stress
 - Find content that makes you feel good
- Reach out to friends about their posts instead of reacting and scrolling on
- Stay in the moment
 - Wait until you get home to post about your day

Do you take control of your accounts?

- Adjust your algorithm
 - Interact with posts that make you feel good and unfollow accounts that make you feel bad
 - Search for terms that enrich your feed
 - Examples: #queerbooks, #hijabstyle, #mentalhealth, #paraathletics
- Change your settings
 - Make your accounts private
 - Turn off notifications

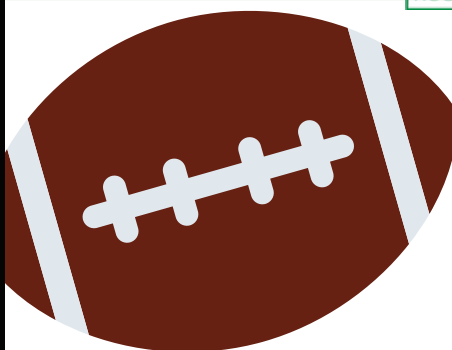
How do you protect yourself from cyberbullies?

- If you're being cyberbullied or harassed online, tell a trusted adult
- Report cyberbullying and exploitation
 - Cyber Tipline (missingkids.org)
 - TakeItDown.ncmec.org
 - LoveIsRespect.org
 - StopBullying.gov
- Report, Mute, Block!



Sources:

<https://engage.youth.gov/resources/tip-sheet-social-media-use-and-mental-health>
<https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>
<https://www.unicef.org/stories/5-ways-better-mental-health-online>



ROCKFORD ROCKETS FOOTBALL T-SHIRT PRE-ORDERS

The Rockford Rockets football team is selling apparel again this year to help support their team. The choices this year include short sleeve t-shirts (Dri-fit available), long sleeve t-shirts (Dri-fit available), sweatshirts, and hoodies. Choice of a women's cut is available on some items. Apparel comes in five different colors - forest green, white, black, grey or light pink. If you are interested in ordering, please click the link below. If you have any questions, please contact Coach Houghton at dan.houghton@rockford883.org.

Rockford Football 2026-27 Spirit Wear now available for ordering. Orders due by June 7, 2026.

[Click here to be directed to the Online Team Store](#)

RMS-CES | TRACK & FIELD



Rocket Record Alert
Congratulations to our boys
who set a new school record
in the 4x400 meter relay at
True Team State Saturday!
They ran 3:28.39 breaking the
previous record set in 2013 by
Zach Guthrie, Thomas
Hayden, Jordan O'Reilly &
Sasha Galka...Congrats to the
team of Oliver Nikolav, Wilmot
Bemah, Joshua Janus & Ethan
Robran



2026 WCC WEST



Boys Team Champions!

2026 WCC West



Girls Team Champions!

RMS-CES | TRACK & FIELD



Our MS Rocket T&F boys & girls teams each had a great season, with boys winning the conference championships and the girls placing 2nd. To close out the MS track season, we had several athletes qualify for the Komet JH Elite meet in Kasson-Mantorville. Top highlights include the boys 4x100m relay (Nick Buchino, Sam LaFave, Jonah Seevers, Matthew Dorbor) that took 1st place with a new middle school record of 49.07. On the girls side, Rockford had two champions: Callie Borders in High Jump at 5' and Lima Radach in Pole Vault at 9'. Other top-three finishers included Samuel LaFave, 2nd in Pole Vault and Callie Borders placing 3rd in Triple Jump. Another notable, Matthew Dorbor qualifying through to finals in the 100m placing 6th overall. It's an honor to qualify and a fun way to round out the track season for these athletes: Evan Bakken, Nick Buchino, Oliver Cancino, Matthew Dorbor, Brady Freed, Max Freeland, Josh Janus, Sam LaFave, Brecken Rebstock, Jonah Seevers, Edrin Xhelilaj, Kirra Armbruster, Callie Borders, Madi Iacano, Abby Kinnan & Lima Radach. Lima Radach is still competing after qualifying at the Section meet for the Class AA State Meet. Good luck at State Lima. Way to go Rockets – the future looks bright!



RMS-CES | TRAP TEAM



The Rockford High School Trap Team, which includes boys and girls in grades 7-12, completed its regular season in 2nd place for their Conference! While the team had some great shooting, they were inched out in the end by Robbinsdale. The team will be awarded the second-place trophy at the Minnesota State High School Clay Target League Championship in Alexandria on June 20th.

The team had a lot of additional success in the conference. Senior Owen Jeatran finished 2nd in the conference. Hunter and Owen will receive individual awards at the Alexandria event. Others reaching top honors at the Conference level include: Colton Kettenacker in 6th, Grant Usher in 7th, Sam Bidwell in 17th, Jaxon Delaney in 22nd, and Isaac Staggemeyer in 22nd. For females, Mackenzie Fitch came in 6th, Taylor Eickholt in 7th, Abigail Ketcher in 11th, Ashley Storz in 17th and Bethany Dougherty in 22nd. We are very proud of all our shooters this year!

The trap season continues into the summer with three more events. On Tuesday June 2nd the team takes on Delano High School at our Annual Crow River Shoot off, hoping to win back the coveted traveling trophy. Next the shooters compete at the Minnesota State High School Clay Target League Championship in Alexandria on June 20th.

We'd love to see you at our summer fundraising event! The team is holding a big event at Billy's in Rockford on Friday June 26th from 4-8pm. Come out and support us!



RMS-CES | POINTS OF PRIDE



Forty of Rockford's finest authors, actors, and artists in grades 3-6 were nominated and applied for the opportunity to attend a student conference called Young Authors Young Artists, or YAYA, that was hosted at the College of St. Benedict on May 20th.



SPANISH

8th grade students had the chance to learn some words and phrases used outdoors through a scavenger hunt in the school forest. Some of the words they practiced and looked for include:

Algo azul - something blue

Una piedra - a rock

Unas huellas - tracks/footprints

hojas verdes - green leaves

un brote - a bud

una oruga - a caterpillar

We enjoyed un día bonita afuera (a beautiful day outside).



RMS-CES | POINTS OF PRIDE

Last Day

FUN!



RMS-CES | POINTS OF PRIDE



8th Grade WALK!

