

26-27 Rebel Report

COMPASSION HONESTY RESPECT RESPONSIBILITY

September 25, 2026

Weekly Schedule: September 28 – October 2

	Monday 9/28 B Day	Tuesday 9/29 C Day	Wednesday 9/30 D Day	Thursday 10/1 E Day	Friday 10/2 F Day
Lunch	Chicken Tenders with Dipping Sauces Buffalo Cauliflower Bites Salad & Fruit Bar	BBQ Chicken, Mashed Potato, Dinner Roll Salad & Fruit Bar	Cheesy Breadstick Dippers with Tomato Marinara Dipping Sauce Salad & Fruit Bar	Hamburger with cheese, toppings, and roasted potatoes	Deep Dish Pizza
Clubs 7:00– 7:40	Jazz Band	Show Choir	Jazz Band	Show Choir	Jazz Band
Clubs 2:00– 3:00	TombStone Math Club	TombStone Garden Club	Chess Club	Unified	Writing Role Playing Games Student Council
Athletics	XC: 2:10–3:45 Girls Soccer: 2:15–3:45 Field Hockey: 2:45–4:00 @ HA Track Boys Soccer: 3:45–5:15 Football: 5–7 @ HA	XC: 2:10–3:45 Girls Soccer — Home vs. Cohen (A 3:30, B 4:45) Boys Soccer — @ Cohen (A 3:30, B 4:45), Bus 2:30 Field Hockey: 2:45–4:00 @ HA Track Football: 5–7 @ HA △ Medomak Football moved to 9/30	XC: 2:10–3:45 Girls Soccer: 2:15–3:45 Field Hockey: 2:45–4:00 @ HA Track Boys Soccer: 3:45–5:15 Football — @ Medomak (RB/WG TBD), 4:00pm	XC — Host Meet, Girls 4:15 then Boys Girls Soccer: 2:15–3:45 Field Hockey @ LMS — A team only 3:30 Bus: WG 2:00, RB 2:20 Boys Soccer: 3:45–5:15 Football — JV Home vs. Hermon, 5pm @ HA	XC: 2:10–3:45 Girls Soccer — @ Doughty (A 3:00, B 4:15), Bus 2:15 Boys Soccer — Home vs. Doughty (A 3:00, B 4:15) Field Hockey: 2:45–4:00 @ HA Track Football: 5–7 @ HA

October 9 is an early release day. October 12th is Indigenous Peoples Day

PLANNED ABSENCE FORM

Regular school attendance is essential for academic success.

When students miss school, they miss direct instruction, collaborative learning experiences, and important classroom interactions that cannot be fully replicated through make-up work. Research shows that students who miss more than 10% of school days (approximately 18 days per year) are at risk of falling behind academically, regardless of the reason for absence.

This [form](#) is required for planned absences of **three (3) or more** consecutive days. Return this form to the main office **five (5) school days** prior to date(s) of absence and no later than the start of classes on the first day of absence.

RSU #22

Parent Notification of Planned Absence

SECTION I: COMPLETED BY PARENT/GUARDIAN:

This form is required for planned absences of **three (3) or more** consecutive days. Return this form to the main office **five (5) school days** prior to date(s) of absence and no later than the start of classes on the first day of absence.

Student's Name:	Date Submitted:
School & Grade Level:	Date(s) student will be absent:

Indicate the Purpose of Absence: (These are Excused Absences as Defined by State Statutes.)

☐ Educational (College visit, internship opportunity)	☐ Recreational (vacation, family reunion, etc.)
☐ Medical (surgery, appointment that requires travel, etc.)	☐ Religious (observance of a religious holiday)

Understanding the Impact of Absences on Learning:

Regular school attendance is essential for academic success. When students miss school, they miss direct instruction, collaborative learning experiences, and important classroom interactions that cannot be fully replicated through make-up work. Research shows that students who miss more than 10% of school days (approximately 18 days per year) are at risk of falling behind academically, regardless of the reason for absence.

Please note: Live virtual online learning is not an option in RSU 22 for planned absences.

IMPORTANT: These days absent will be included in the total number of days absent as defined by the attendance policy and may lead to your child being considered **chronically absent**.

I acknowledge that not sending my child to school on these days may result in learning loss and understand the impact absences may have on my child's academic progress.

Parent/Guardian Signature: _____

Friendly Reminder About Activity Eligibility

Dear Families,

We're so glad your student is part of our athletics and activities program! These experiences build teamwork, confidence, and lasting friendships, and we love seeing our students thrive. As the season gets going, we wanted to share a quick reminder about eligibility. Our guiding principle is **student first, athletics second**, so we ask that students:

- **Attend school regularly each day.** Unexcused absences may place a student on monitor status.
- **Stay enrolled in all regular middle-school classes.**
- **Keep a grade of 70 or higher in each class** throughout the activity.

If a grade dips below 70, there is support. A student who falls below 70 at a grade check is placed on academic probation and has one week to bring the grade up or show significant effort toward doing so. If needed, there is a second week to show growth. Our goal is to help students get back on track, and we'll work with them along the way.

How you can help: Checking PowerSchool regularly is one of the easiest ways to spot concerns early, before they affect eligibility. A quick weekly look and a conversation at home can make a big difference.

If you ever disagree with an eligibility decision, you and your student can reach out to me. We can arrange a meeting with the teacher(s), you, and your student to talk it through. We're a team, and we're here to support your student in the classroom and in their activity. Thank you for your partnership, and please reach out with any questions.

Warmly,

Jen Cyr, Principal



MONDAY SEPTEMBER 28

NO EVENTS

TUESDAY SEPTEMBER 29

GIRLS SOCCER HOME V. COHEN
A - 3:30 B - ~4:45

BOYS SOCCER @ COHEN
A - 3:30 B - ~4:45

WEDNESDAY SEPTEMBER 30

FOOTBALL GAME @ MEDOMAK
4PM

THURSDAY OCTOBER 1

HOST X COUNTRY MEET
GIRLS FIRST THEN BOYS
4:15 START

FIELD HOCKEY @ LEONARD MIDDLE
A ONLY - 3:30

JV HOME FOOTBALL GAME V. HERMON
5PM

FRIDAY SEPTEMBER 25

BOYS SOCCER HOME V. DOUGHTY
A - 3:00 B - ~4:15

GIRLS SOCCER @ DOUGHTY
A - 3:00 B - ~4:15

REBEL EVENTS SEPTEMBER 21-25

October 2026 A–F Day Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
September 28 B Day	September 29 C Day	September 30 D Day	October 1 E Day	October 2 F Day
October 5 A Day	October 6 B Day	October 7 C Day	October 8 D Day	October 9 EARLY DISMISSAL No letter day
October 12 HOLIDAY Indigenous Peoples' Day No school, no letter day	October 13 E Day	October 14 F Day	October 15 A Day	October 16 B Day
October 19 C Day	October 20 D Day	October 21 E Day	October 22 F Day	October 23 A Day
October 26 B Day	October 27 C Day	October 28 D Day	October 29 E Day	October 30 F Day

RE-TAKE **Picture Day** **is coming!**

Lifetouch



HONORING OUR VETERANS

Honoring Our Veterans

Reeds Brook Middle School would like to honor our veterans! We invite students and staff to submit a photo of their Veteran(s), along with the following information:

- Veteran's name
- Branch of service
- Submitted by (your name)

Please bring your submission to one of our Social Studies teachers: Mrs. Gourmelon, Mr. Kash, or Ms. Oliver.

Thank you for helping us honor your Veteran(s)!

Nurse's Corner

Reminder if you have not filled out the Online Annual Health Report please complete as soon as possible. Click on the link below.

The image shows a digital form titled "Annual Health Report 2026-2027". It includes instructions for parents/guardians to provide health records up to date by September 30, 2026. The form has fields for "Email *" and "Last Name (surname) *", both marked as required questions.

Annual Health Report 2026-2027

Dear Parents/Guardians, In order for us to keep your child's health records up to date, we would like you to provide the following information. Please submit this form no later than **SEPTEMBER 30, 2026**. One response per student please.

track.spe.schoolmessenger.com



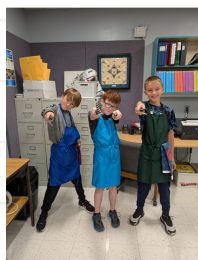
National Self-Care Awareness Month is a great time to emphasize the importance of self-care for overall mental, emotional and physical well being. A new school year brings new routines and demands so it's a great time to focus on small realistic goals that support health and well-being throughout the school year.



- **Prioritize Sleep:** A good night's sleep can help you feel more focused, energized, and ready to meet the demands of the day. Try turning off screens at least 30 minutes before bedtime and establishing a calming, consistent night-time routine.
- **Stay Hydrated:** Keep a water bottle nearby and make hydration part of your daily routine. Taking regular water breaks is a simple way to support your energy and concentration throughout the day.
- **Fuel Your Body:** Busy school days can make healthy eating challenging. Plan ahead by bringing nutritious snacks such as fruit, vegetables, nuts, yogurt, or whole-grain options.
- **Make Connections:** Well-being is strengthened through connection. Find a peer you can laugh with, share successes and frustrations with, or simply check in with during the day.
- **Get Outside:** A little time outdoors can provide a welcome reset. Take a walk or spend a few minutes enjoying fresh air and natural surroundings.
- **Celebrate the Small Wins:** Take a moment to identify something that went well, someone who helped you, or something you appreciate. Small moments of gratitude daily can help to improve overall health and mood.

RBMS SPIRIT WEEK







Rebels Sports Calendar [LINK](#)

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BASKETBALL EVALUATIONS

THURSDAY OCTOBER 1ST
REEDS BROOK MIDDLE SCHOOL

$\frac{3}{4}$ - BOYS 5:00-6:15

$\frac{3}{4}$ GIRLS 6:15- 7:30

SATURDAY OCTOBER 3RD
HAMPDEN ACADEMY

5/6 BOYS 9:00 - 10:30

$\frac{7}{8}$ BOYS 10:30-12:00

5/6 GIRLS 1:00-2:30

$\frac{7}{8}$ GIRLS 2:30-4:00

PLEASE REGISTER ON THE BRONCO TRAVEL BASKETBALL CLUB
FACEBOOK PAGE

THIS ACTIVITY IS NOT AFFILIATED WITH OR ENDORSED BY RSU #22 OR ANY OF ITS SCHOOLS.

RBMS WEBSITE

Bus Information

2026-2027 RSU 22 District Calendar

Community Events

CHECK US OUT ON FACEBOOK

 RBMS Student
Handbook 2026-2027

RBMS Student Handbook 2026-2027

Reeds Brook Middle School Handbook for Students and Families 2026–2027 School Year Regional School Unit #22 Letter from the Principal Dear Students and Families, Please join the Reeds Brook staff in creating a supportive learning environment that challenges students to learn and grow. Our sch...

docs.google.com

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)

Athletic Director: McKenzie Madden (mmadden@rsu22.us)

Find us [Facebook](#)

A

Jennifer Cyr