

26-27 Rebel Report

COMPASSION HONESTY RESPECT RESPONSIBILITY

October 2, 2026

Upcoming Surveys

Dear Families,

CharacterStrong Survey

Starting next week, students will take a brief CharacterStrong survey during Guidance (this is in their WIN block). Ms. Moody will introduce the survey and explain it to students .

"To better support you at school, your teachers would like to ask you some questions about how you think and feel when you are here. This survey is anonymous, and your responses will not affect your class grades. Your teachers and school leaders will NOT be able to see your individual answers. Please respond honestly, as there are no right or wrong answers."

The survey asks students about their experiences at school and helps us better support their well-being, sense of connection, and engagement. If you have any questions, please feel free to reach out to our school counselor, Ms. Moody at amoody@rsu22.us or 862-3540.



School Culture and Climate Survey

In addition to the CharacterStrong survey, students will take a short, **anonymous** survey about their experience at school. We give this survey each fall and spring, and the results help guide our work on school culture and climate. Families, you'll have a chance to share your perspective too, and we truly appreciate your participation. If you prefer that your child not take this survey, please contact me at jcyr@rsu22.us or 862-3540.

Thank you for your support!

Warmly,

Jen Cyr, Principal

UPCOMING EVENTS

Date	Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Letter Day	A	B	C	D	NO LETTER — EARLY DISMISSAL
Lunch	French Toast Sticks with syrup, Maine blueberries & sausage	Thai Salad with Chicken, sweet chili dressing & breadstick	Nachos with seasoned beef, cheese & toppings	Cheesy Breadstick Dippers with marinara	Snack Packs To Go
CLUBS & SPORTS	2:00–3:00  Art Club Yearbook Math Club Tech Club Tomb Stone Club	2:00–3:00 Homework Club Tomb Stone	2:00–3:00 Chess Club	2:00–3:00 Homework Club Unified Club Garden Club	NONE

Nurse's Corner



THE NURSE'S CORNER

Alison Ramsdell RN
aramsdell@rsu22.us
862-3540

World Mental Health Day is observed around the world each October 10 to raise awareness and encourage care for mental health. It's a reminder that emotional well-being matters just as much as physical health—and that asking for support is a sign of strength.



Why mental health matters in middle school

Middle school brings important changes. Students are building independence and identity, navigating friendships and peer influence, and managing new academic and social pressures. Ups and downs are a normal part of growing up, but caring adults can help students build healthy coping skills and get support when they need it.

Changes worth noticing

Every young person is different. Consider checking in if changes last, intensify, or interfere with daily life, such as:

- Ongoing sadness, irritability, worry, or loss of interest in favorite activities
- Pulling away from friends or family, or marked changes in sleep, appetite, energy, or concentration
- Frequent physical complaints, increased conflict, or a noticeable drop in school engagement
- Comments about feeling hopeless, being a burden, or not wanting to be here

One sign alone does not tell the whole story. Listen with care, ask directly how your child is doing, and connect with a trusted professional if you are concerned.

Small ways to support your child at home

- Make space for a calm, judgment-free conversation. Try: "What's been feeling hard lately?"
- Listen before offering solutions; acknowledge their feelings, even when you see things differently.
- Keep predictable routines for sleep, meals, schoolwork, and downtime.
- Encourage movement, enjoyable activities, time with supportive people, and breaks from screens.
- Let your child know it's okay to ask for help, and work together on who they can talk to.

Support at school and in the community

At RSU 22, students can reach out to a trusted teacher, school counselor, nurse, social worker or administrator. RSU 22 has also partnered with Northern Light Acadia Hospital to offer Children's Behavioral Case Management to our students. For more information on this service click the link below. Families may contact the school to ask about available supports and how to connect their child.

[Family handout - Acadia NL Case Management.pdf](#)

For urgent support in the United States, call or text **988** for the Suicide & Crisis Lifeline, available day or night. If someone is in immediate danger, call **911** or go to the nearest emergency department. For non-urgent concerns, contact your child's health care provider or a local community mental health provider.

A caring conversation can be a powerful first step. Your child doesn't need perfect words, and you don't need all the answers. By listening, staying connected, and partnering with school when needed, we can help every student feel supported.

Music Newsletter

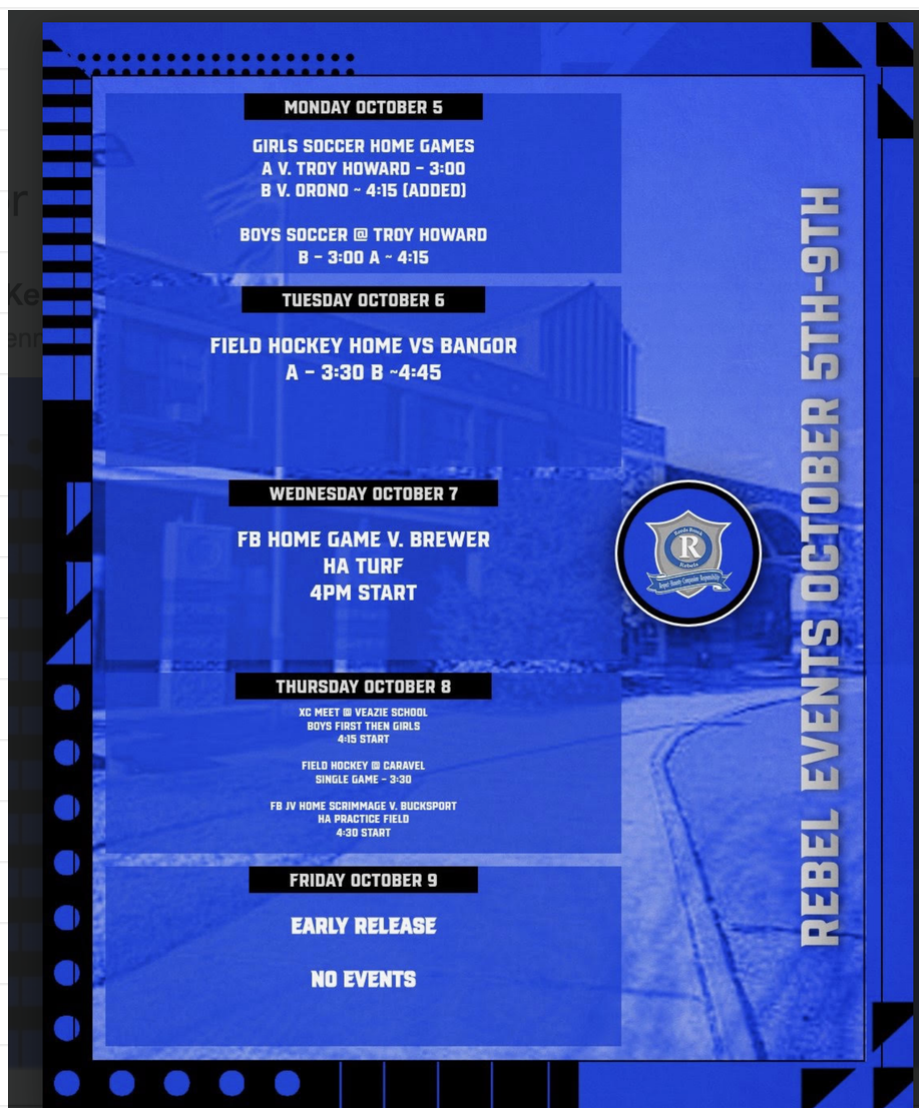
 Start of School Year
Music Newsletter Updated
9/10

Start of School Year Music Newsletter Updated 9/10

Check out this US Letter designed by Maxwell Carter.

[canva.com](https://www.canva.com)

Rebels Sports Calendar LINK



The image is a blue-themed sports calendar for the Rebels team, covering the week of October 5th to 9th. The calendar is set against a background of a school building. On the right side, the text "REBEL EVENTS OCTOBER 5TH-9TH" is written vertically. A circular logo with a shield and the letter 'R' is positioned on the right side of the calendar. The calendar lists the following events:

- MONDAY OCTOBER 5**
 - GIRLS SOCCER HOME GAMES
 - A V. TROY HOWARD - 3:00
 - B V. DRONO - 4:15 (ADDED)
 - BOYS SOCCER @ TROY HOWARD
 - B - 3:00 A - 4:15
- TUESDAY OCTOBER 6**
 - FIELD HOCKEY HOME VS BANGOR
 - A - 3:30 B - 4:45
- WEDNESDAY OCTOBER 7**
 - FB HOME GAME V. BREWER
 - HA TURF
 - 4PM START
- THURSDAY OCTOBER 8**
 - XC MEET @ VEAZIE SCHOOL
 - BOYS FIRST THEN GIRLS
 - 4:15 START
 - FIELD HOCKEY @ CARAVEL
 - SINGLE GAME - 3:30
 - FB JV HOME SCRIMMAGE V. BUCKSPORT
 - HA PRACTICE FIELD
 - 4:30 START
- FRIDAY OCTOBER 9**
 - EARLY RELEASE
 - NO EVENTS

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, grade 6
- Mr. Kash, grade 7

- Mrs. Oliver, grade 8

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

Friday, October 9th is an Early Dismissal at 11:20 AM.

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: _____

School is closed on Monday, October 12 in honor of Indigenous Peoples' Day

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

Community Resource Fair

Save the date! Our Community Resource Fair is coming up on Thursday, October 22, at Hampden Academy!

This is a wonderful opportunity for parents and families to connect with local organizations and learn about the many services available in our community to support children and families.

Families of students in grades 6–12: we'll also have information focused on the transition into adulthood, including planning ahead for life after high school.

RSU 22 FAMILY RESOURCE NIGHT

Open Doors

Support for your family today, pathways for your student beyond the school doors.



THURSDAY

**October
22**

TIME

**4–6
PM**

LOCATION

**Hampden
Academy**

89 Western Avenue, Hampden, ME 04444

Two Featured Presentations

Attend one, both, or just gather resources!

4:15–4:45 PM

Behavioral Health Home Case Management

Resources to support your whole family

PRESENTED BY
PENQUIS



5:00–5:45 PM

Transition to Adulthood

Services available for students beyond high school

PRESENTED BY UCP OF
MAINE



Visit Agency Resource Tables

Agencies from Penobscot & Waldo County will have tables open all evening, even during the presentations. Stop by to ask questions and take home helpful information and materials on:

 Behavioral Health Professionals

 Mental Health Providers

 Case Management

 Guardianship

 Vocational Rehabilitation

 Adult Services

FREE

**All families & students
welcome!**

Questions? Contact the
Office of Special Services • 862-2774

PICTURE RETAKE DAY IS FRIDAY, OCTOBER 23RD

RE-TAKE Picture Day is coming!

Lifetouch



RBMS WEBSITE

Bus Information

Community Events

August

M	T	W	Th	F
17	18	19	20 Spd NT	21 NT
24	25 Ed Tchs TP	26	27 I	28 I
31	Gr. 1-9			

September

M	T	W	Th	F
	1 Gr 1-12 UTC	2	3	4
7 H	8 (Pre-K - K 1st day)	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

October

M	T	W	Th	F
			1	2
5	6	7	8	9 ED
12 H	13	14	15	16
19	20	21	22	23
26	27	28	29	30

November

M	T	W	Th	F
2	3	4	5	6
9	10	11 H	12	13
16	17	18	19	20
23	24 ED	25 C	26 H	27 V
30				

December

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 V	24 V	25 H
28 V	29 V	30 V	31 V	

January

M	T	W	Th	F
				1 H
4	5	6	7	8
11	12	13	14	15
18 H	19	20	21	22
25	26	27	28	29

February

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12 ED
15 H	16 V	17 V	18 V	19 V
22	23	24	25	26

March

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12 I
15	16	17	18	19
22	23	24	25	26
29	30	31		

April

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16 ED
19 H	20 V	21 V	22 V	23 V
26	27	28	29	30

May

M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28 ED
31 H				

June

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11 ED
14 I	15	16	17	18

School Year

178* Student Days

- 1 Management Day
- 1 Teacher Preparation Day
- 4 Inservice Days
- 1 Teacher Comp Day

(* 3 storm days included)

August 17
August 20, 21, 24
August 25
August 25
August 26
August 27, 28
August 31
September 1
September 1
September 8
November 25
10/9, 11/24, 4/16, 5/26, 6/11

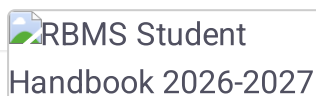
Fall Sports
Teacher Orientation (8:20 Sped only)
Educational Technicians start date
Teacher Prep
Management Day
Staff Inservice day
Partial Attendance (Gr 1-9 students)
Partial Attendance (Gr 1-12 students)
UTC First Day
Full Attendance (Pre-K - K First Day)
Teacher Comp Time (no school)
Early Dismissal

Quarters Q
1 48 days
2 42 days
3 44 days
4 44 days

Trimesters T
8/31/26-11/24/26 59 days
11/30/26-3/11/27 60 days
3/15/27-6/11/27 59 days

178
H=Holiday, V=Vacation Day
ED=Early Dismissal
I=Teacher Inservice Day, No School

CHECK US OUT ON FACEBOOK



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