RMS-CES ROCKET NEWSLETTER

OCTOBER 2026

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.





Follow us!

Ms. Miller's 5th Grade Social Studies class "snuck" into Mr. Warzecha's office to surprise him with singing Happy Birthday!



Rockford Middle School

CenterforEnvironmentalStudies

Paul Warzecha,Principal
6051 Ash Street | Rockford, MN 55373
Phone 763-477-5831 | Fax 763-477-5832
www.rockford883.org

RMS-CES Families,

It is hard to believe the calendar has already hit October. Fall brings many things as does the cycle of a school year. As you may have noticed previously, I often will have my communication to you be in bulleted lists form to allow for easier reading, as I know the busy schedules of parents.

Caffeine: We have noticed an uptick in students bringing highly caffeinated beverages and caffeine pouches (which resemble nicotine pouches) to school. Many of these products contain up to 200mg of caffeine. High levels of caffeine can cause increased heart rates, jitteriness, sudden energy crashes, elevated anxiety, and dehydration, which all of which hinder a student's ability to learn. We ask for your partnership in keeping all energy drinks and caffeinated products at home and encouraging students to bring water to school instead. For more information please consider looking at this resource or infographic.

Cement Steps: The concrete steps on the south end of the building leading from Door 13 to the bus loop are currently taped off for repairs due to significant cracking. Until repairs are complete, please remind your students to use the hillside or the cement path ("Prairie Path") to access the buses.

Fall Conferences: Please know that Fall Conferences are from Tuesday, October 13th 3:30pm to 7:30pm and will be Open to all parents. Please note that the October 27th conferences listed on the district calendar are reserved for targeted, invite-only meetings based on student need.

Fall Fundraiser: On October 29th we are partnering with the Rockford Education Foundation and REAMS to join the Kindness fundraiser. *More details to follow.*

Listening: We ask for your continued partnership in reminding students that actively listening to their teachers and peers, especially by remaining quiet when someone else is speaking, is essential for maintaining a respectful classroom. Because most off-task behaviors stem from simple distractions and side conversations, reinforcing these fundamental habits helps ensure every child can absorb the lesson and succeed.

Community: We have been starting each Monday with a short message that talks about our quarter one theme of community and highlights a certain aspect such as building trust, using your strength, acknowledging others, etc.

Youth Fan Expectations for Spectators: Please know that in working with the RHS Activities department we have and will continue to give these expectations to students. Additional communication may follow from the Activities department, however, it is important to me that you know the message we are working on.

See Something,Say Something: Please know that anytime that the school hears a report from a student, parent, teacher or community member we take that very seriously and as a reminder if you ever wish to make a report anonymously you can do so by using our see something, say something link or by contacting the school office.

Wishing you all a wonderful weekend ahead!

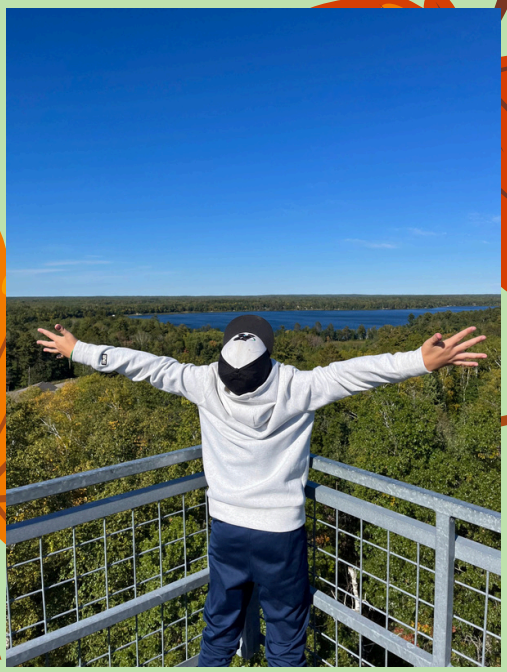
Mr. Paul Warzecha
RMS-CES Principal

RMS-CES ROCKET NEWSLETTER

News

October Happenings...





10/13
RMS Parent Teacher Conferences (3:30pm-7:30pm) Join Us

10/14-10/16
No School

10/20
RMS Picture Re-Take Day (8:00am-12pm)

10/21-10/23
6th Grade Deep Portage

10/30
End of Qtr 1

11/2
No School & Winter Sports Meeting

11/3
Start of Quarter 2

Follow us!

RMS-CES| PARENT-COMMUNITY

News

STEM Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL

Prom Fundraiser

Rockford High School Class of 2028 prom committee **is teaming up with the *NW Area JCs* in selling Christmas wreaths and other items as a fundraiser for Prom 2027. The funds raised will help bring a fun and safe night for students attending prom. Ordering is open now and will go until November 4, 2026. The anticipated date to pick up your order(s) will be the week of November 30th in the Rockford Community Center parking lot. More details will be shared at a later date regarding pickup. Please use the link provided to place your online order: Wreath Online Order**



Preferred payment method is our class VENMO account (@RHS2027) or a check payable to Rocket Boosters Class of 2028.

If you have any questions, you may email Sarah Schmidt at sarahschmidt006@gmail.com. Thank you for supporting Rockford High School prom and NW Area JCs!

Not an ISD883 sponsored event

RMS-CES| PARENT-COMMUNITY

News

STEM Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL

26-27 YEARBOOK

Order the RMS-CES yearbook NOW!

order now!

order now!

You can also click HERE to order!

NOTE: RMS-CES uses Walsworth (not Josten's) so please be sure to use the QR code or link provided above to order your student(s) RMS-CES 26-27 Yearbook! *ORDER today so you don't forget!*

REF News & Updates

October 2026

Connecting Our Community. Supporting Our Schools.

October is here,and we're kicking off the month with some family fun, exciting opportunities to support Rockford students, and a look at how your generosity is making a difference in our schools!

YOUR SUPPORT IN ACTION





Did you know the Rockford Education Foundation has awarded **more than $141,000 in Mini-Grants since 2010?**

Through our Mini-Grant Program, Rockford teachers and staff can request funding for creative projects, classroom experiences, and resources that go beyond what traditional school funding can provide.

These grants help bring learning to life - from hands-on STEM activities and classroom resources to unique learning experiences that give students opportunities to explore, create, and grow.



And we're just getting started this school year!

Our first round of Mini-Grants for the 2026-27 school year will be voted on by the REF Board on October 7. We can't wait to see the ideas our teacher and staff have submitted!

Stay tuned - we'll be sharing the projects that receive funding soon.





Thank You, Rocket Launch Members!

This work is possible becuase of the incredible support of our Rockford community.

A special **thank you to our Rocket Launch members**, our monthly donors provide reliable, ongoing support to help REF say "yes" to more opportunities throughout the school year.

And thank you to our Employee Giving members - Rockford Area Schools employees who choose to support the Foundation through giving. Your generosity directly helps create opportunities for the students and staff you work alongside every day.

REF News & Updates Continued

FREE FAMILY PUMPKIN BINGO & COSTUME SWAP

DATE: FRIDAY, OCTOBER 2

TIME: DOORS OPEN 5:30 PM | BINGO STARTS AT 6:00 PM

LOCATION: REAMS COMMON AREA - DOOR #35

CONCESSIONS AVAILABLE FOR PURCHASE Pizza, Sweet & Salty Snacks, Water, Sparkling Water

COSTUME SWAP
BRING AGENTLY USED COSTUME TO TRADE IT FOR A "NEW-TO-YOU" ONE.

THIS EVENTISFREE,BUTREGISTRATION IS REQUIRED!
Not an ISD 883 Sponsored Event



Not an ISD 883 Sponsored Event

SAVE THE DATE: FRIDAY, NOVEMBER 13 | 6-11 PM AT THE JEROME IN DELANO

Saddle up for the Rockford Education Foundation's biggest fundraiser of the year!

Nashville Nights will be an evening of dinner, dancing, auctions, games, raffles, and plenty of country fun - all while raising money to support Rockford Area Schools.

Last year, our community came together to raise **$114,000** for students!

Tickets Go On Sale to the Public: Thursday, October 15 at 8:00 AM

Whether you come with a group of friends, coworkers, or your favorite Rocket family, it's going to be a night you won't want to miss! Watch for ticket details and more information coming soon.

Not an ISD 883 Sponsored Event



Not an ISD 883 Sponsored Event

💙 KINDNESS IS COMING!

Our Kindness Fundraiser kicks off October 29!

This fall, we're turning kindness into action with a fundraiser benefiting students at REAMS and Rockford Middle School (RMS). The fundraiser will help support:

REAMS Arts Experiences
RMS Environmental Experiences
Deep Portage Field Trip
GagaBall Expansion

We're planning some fun ways for students and classrooms to participate, compete, and spread a little kindness along the way! 🌟 **More details coming soon!**

JostensPIX

Picture Day, simplified.

Get ready for

picture day!

ROCKFORD MIDDLE SCHOOL

AUGUST 26, 2026

OCTOBER 20, 2026 - Retake






Please, don't wear green.
Our green screen lets you choose your background when ordering your photos, but it also makes green clothing disappear.

YOUR EVENT CODE IS: FE120626

Your Photos, Your Way.

About one week after picture day, you'll be able to customize and order your photos online at jostenspix.com/shop, and your order will be shipped directly to your home.

ROCKFORD MIDDLE SCHOOL
FE120626

Preview
We'll let you know when your pictures are ready to order.

Personalize
Get creative with fun (and free!) customization options.

Pay
Order a photo package, collage, calendar or à la carte item and enjoy easy, at-home delivery.

Order now!

ORDER YOUR PHOTOS TODAY!
jostenspix.com/shop

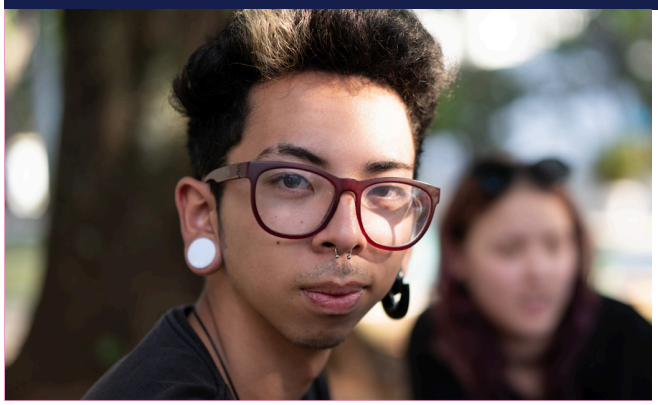
Questions? Visit our website for FAQs, or call us at 1 (877) 515-1447.

Jostens takes its responsibility to keep children's images and data safe very seriously. Learn more at jostens.com/security.

©2026 Jostens, Inc. 260152 (JPXS-500-26E)

SUICIDE WARNING SIGNS FOR YOUTH

You Are Not Alone







It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
   - Withdrawal from or changing social connections/situations.
   - Changes in sleep (increased or decreased).
   - Anger or hostility that seems out of character or out of context.
   - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Text or **call 988** or chat **988lifeline.org**,
or reach out to a mental health professional.

988 | SUICIDE & CRISIS LIFELINE

PEP24-988-017


Your Voice Matters!
LET US KNOW WHAT YOU THINK OF SCHOOL LUNCH
Survey:
www.surveymonkey.com/r/SRCZY76
TAHER
TAHER INC.

RMS-CES| POINTS OF PRIDE

STEM
Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL



I ♥ 80's

I ♥ 90s













Red Carpet Ready!





YEEHAW!

RMS-CES| POINTS OF PRIDE

RMS-CES

STEM
Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL

Student Council

2026-2027



RMS-CES| POINTS OF PRIDE

STEM w/Ms Sarsland

STEM
Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL









5th grade STEM

Taking advantage of all the nice days to explore outside!



RMS-CES| POINTS OF PRIDE

ADSIS Math w/Ms. Nolby

STEM
Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL

We often hear the question: "Why do I need to learn math?"
To help answer that, we've included a special attachment titled "Why Math?"—a short but powerful article exploring:

- **The role of mathematics in critical thinking and decision-making**
- **How math opens doors in career paths across science, tech, art, and beyond**
- **Real-world examples of math impacting innovation and progress**
- **Tips on how to develop a positive mindset toward math at any age**

Check out the attached article to learn more! It's a great read for students, parents, and anyone curious about the true value of math.

Kristen Nolby
ADSIS Math Intervention Teacher
Article Source:
"Why Math?" originally published by Math Mashups.

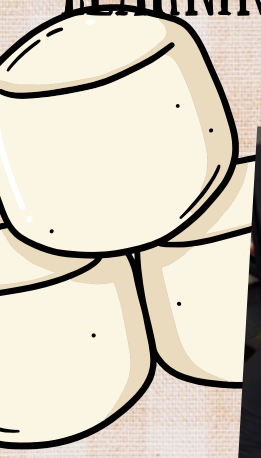
why Math

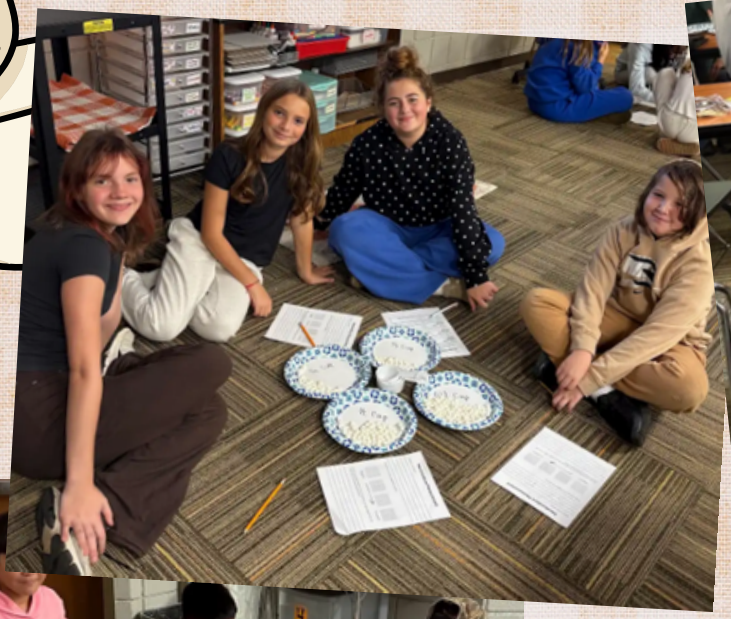
RMS-CES| POINTS OF PRIDE

6th Grade Math w/Ms. Hill

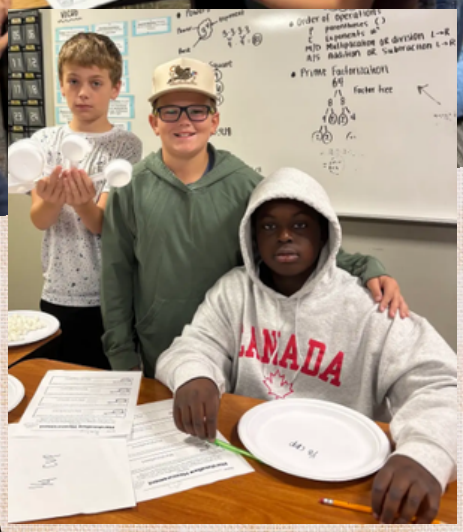
STEM Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL

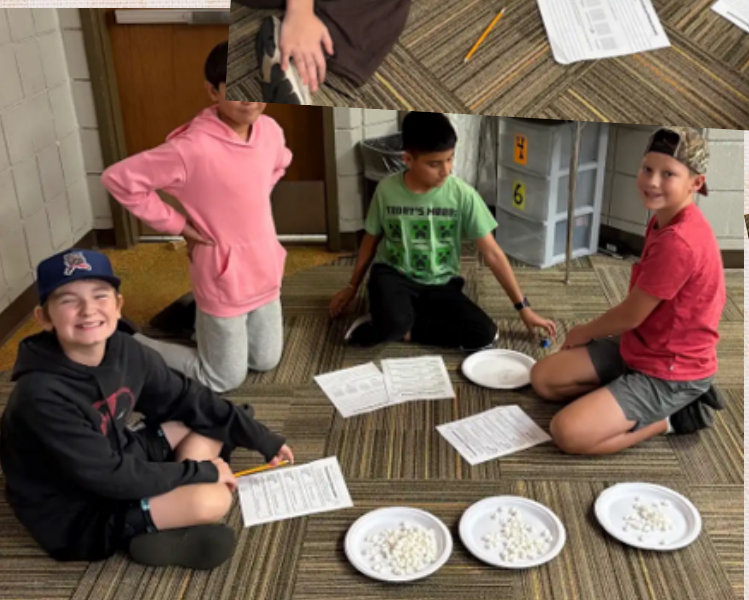
MAKING FRACTIONS COUNT! OUR 6TH-GRADE MATHEMATICIANS SCOOPED AND COUNTED MARSHMALLOWS USING 1, 1/2, 1/3, AND 1/4 CUP MEASURING TOOLS TO VISUALIZE FRACTIONS SIZES IN ACTION. STUDENTS THEN PUT THEIR CRITICAL THINKING SKILLS TO WORK TO DISCOVER WHY BIGGER DENOMINATORS MEAN SMALLER PIECES. WHO KNOW LEARNING ABOUT DENOMINATORS COULD BE THIS SWEET?











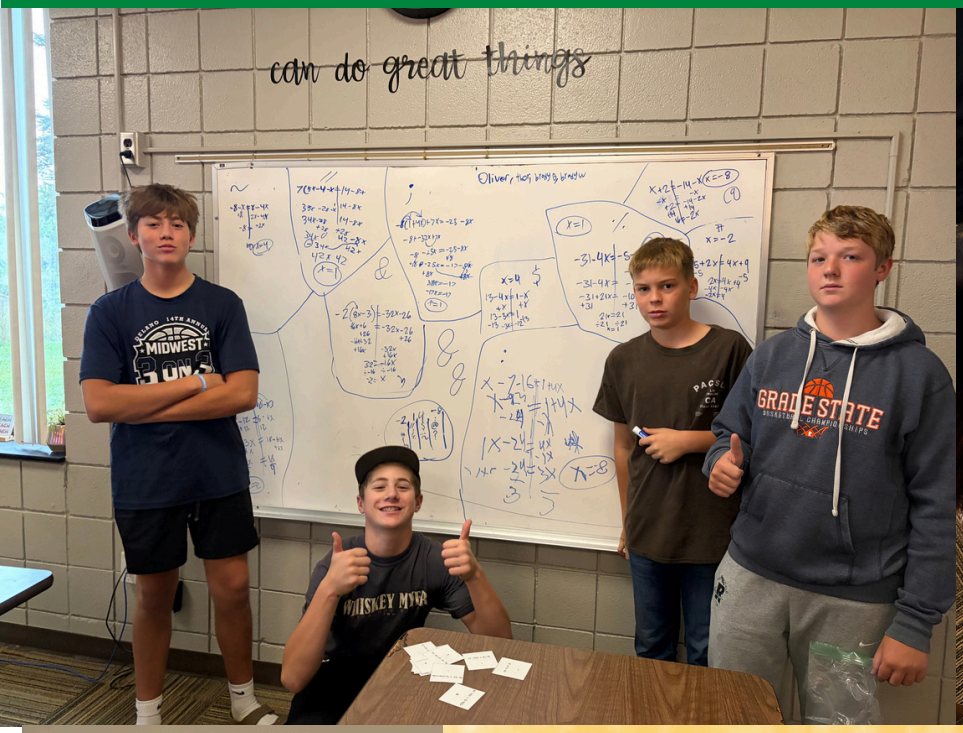


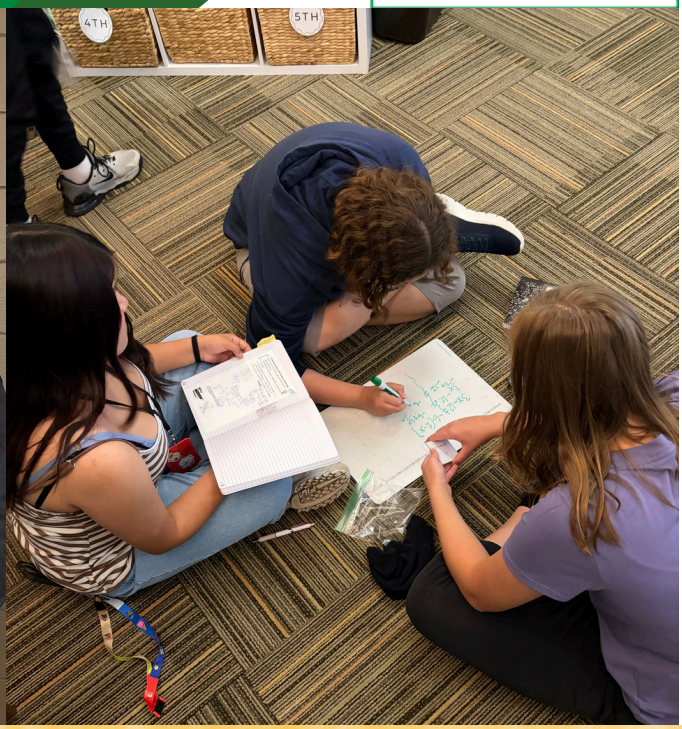


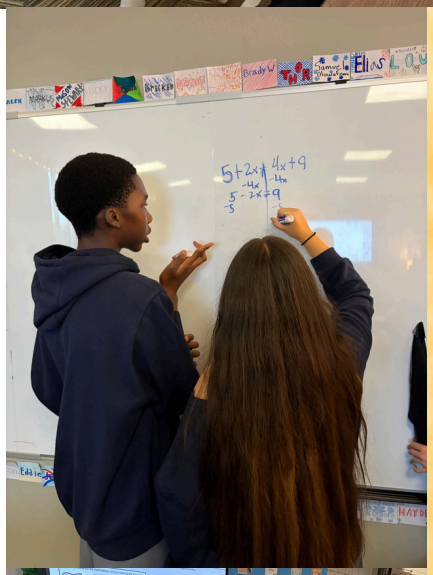
RMS-CES| POINTS OF PRIDE

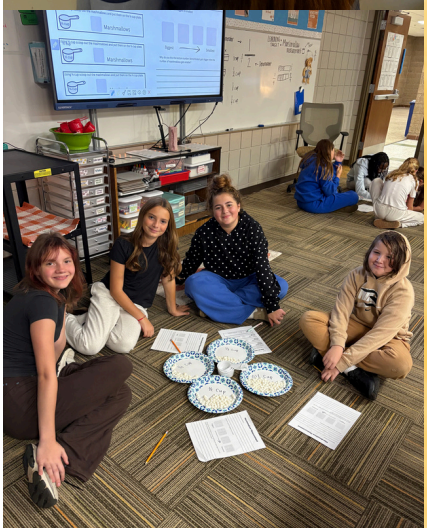
8th Grade Math w/Ms. Herold

STEM
Center for Environmental Studies
ROCKFORD MIDDLE SCHOOL









Our 8th graders have been busy getting started in math! We are on the tail-end of Chapter 1, focusing on solving multi-step equations. Students are building on their previous knowledge and practicing how to solve equations with variables on both sides and literal equations.

In the pictures, students are working together in groups on whiteboards to complete a card sort involving equations with variables on both sides. This activity gives students the opportunity to practice their problem-solving skills, collaborate with classmates, and explain their thinking.

One question students have already heard me ask quite a bit (and will continue to hear!) is, "Why or how do you know that?" I want students to not only find the correct answer but also be able to explain their reasoning and understand why their steps work.

I'm looking forward to a great year of learning and seeing our 8th graders continue to grow as mathematicians!