26-27 Rebel Report

COMPASSION HONESTY RESPECT RESPONSIBILITY

October 30, 2026

SNAPSHOTS OF THE WEEK



This week was COWPALOOZA!



Students at the 6th grade assembly



Annually we practice bus evacuation drills

COWPALOOZA

Meet Your Calf

Gloria



Birthday:
August 21, 2026
Gender:
Heifer (Female)
Breed:
Holstein
Birth Height:
30 inches
Birth Weight:
120 pounds
Caretaker:
Farmer Patricia

Cow Code:
GLORIA

Meet Your Calf

Vega



Birthday:
August 22, 2026
Gender:
Heifer (Female)
Breed:
Holstein
Birth Height:
27 inches
Birth Weight:
75 pounds
Caretaker:
Farmer Patricia

Cow Code:
VEGA

Dear Families,

It's a busy time of year! Daylight saving time ends this weekend, and our first quarter is quickly coming to a close. Here are a few reminders and important dates.

Parent-Teacher Conferences

Fall conferences will take place on Monday, November 23 and Tuesday, November 24. Conferences are held in person, but you are welcome to choose a virtual meeting if that works better for your family. Sign-ups will be sent out soon, so please keep an eye out and sign up early to get a time that works for you. If you need an interpreter or any other accommodation to take part in your conference, please let me know when you sign up. Teachers look forward to talking with you about your child's progress and goals for the rest of the year.

Winter Sports Tryouts

The finalized winter sports tryout schedule for the 2026-2027 season is attached. Before tryouts, please complete these two steps:

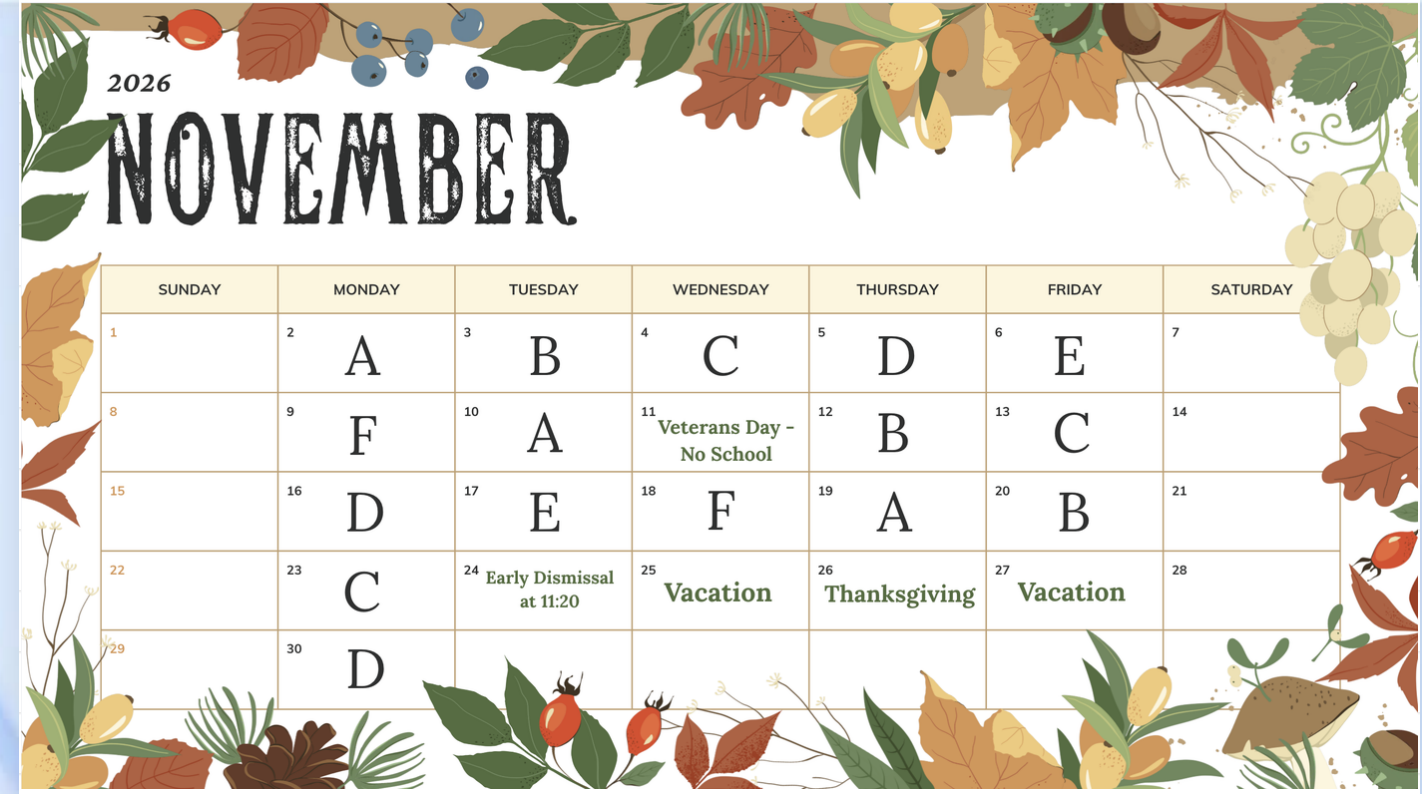
1. **Register on FamilyID.** Every athlete must be registered before trying out. Register for 2026-2027 winter sports on FamilyID.
2. **Check your athlete's physical.** Every athlete needs a valid, up-to-date athletic physical on file with the Reeds Brook Middle School (RBMS) office.

As always, please reach out if you have any questions.

Have a wonderful weekend!
Sincerely,
Jen Cyr, Principal

UPCOMING

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH *Includes Milk, Fruit, and Salad Bar each day. Check the cafeteria menu board for Chef's Specials and Peanut Butter & Jelly Meal.*				
2	3	4	5	6
Ham & Cheese Croissant *Savory Sandwich served with choice of toppings* Pickles & Chips	**Popcorn Chicken Bowl** *Crispy white chicken with Mashed Potato, Corn, & Gravy* Dinner Roll	**Nachos** *Crispy tortilla chips topped with seasoned beef, cheese, and choice of south border toppings*	**Chicken Caesar Salad** *Romaine lettuce tossed with chicken, parmesan cheese, homemade croutons, and Caesar Dressing* Garlic Bread	**Deep Dish Pizza** Cheese, Pepperoni, & Special

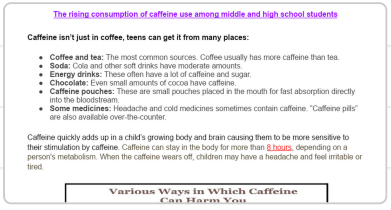


Important November Dates

- **Sunday, November 1:** Daylight saving time ends. Remember to turn your clocks back one hour Saturday night. The time change can make mornings and bedtimes feel a little off for a few days, so a consistent routine really helps!
- **Friday, November 6:** Quarter 1 ends.
- **Wednesday, November 11:** No school in observance of Veterans Day.
- **Friday, November 13:** Report cards come home.
- **Monday, November 23 and Tuesday, November 24:** Parent-Teacher Conferences.
- **Tuesday, November 24:** Early Release (students dismissed at 11:20 AM)
- **Wednesday November 25-Friday, November 27th**: No School-Thanksgiving break

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Nurse's Corner


The rising consumption of caffeine use among middle and high school students

Caffeine isn't just in coffee, teens can get it from many places:

- **Coffee and tea:** The most common sources. Coffee usually has more caffeine than tea.
- **Soda:** Cola and other soft drinks have moderate amounts.
- **Energy drinks:** These often have a lot of caffeine and sugar.
- **Chocolate:** Even small amounts of cocoa have caffeine.
- **Caffeine pouches:** These are small pouches placed in the mouth for fast absorption directly into the bloodstream.
- **Some medicines:** Headache and cold medicines sometimes contain caffeine. "Caffeine pills" are also available over-the-counter.

Caffeine quickly adds up in a child's growing body and brain causing them to be more sensitive to their stimulation by caffeine. Caffeine can stay in the body for more than 6 hours, depending on a person's metabolism. When the caffeine wears off, children may have a headache and feel irritable or tired.

Various Ways in Which Caffeine Can Harm You

THE NURSE'S CORNER Caffeine 10/28/26

THE NURSE'S CORNER Alison Ramsdell RN The rising consumption of caffeine use among middle and high school students Caffeine isn't just in coffee, teens can get it from many places: Coffee and tea: The most common sources. Coffee usually has more caffeine than tea. Soda: Cola and ot...

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TWINNING









Rebels Sports Calendar LINK

IT'S TIME TO SIGN UP FOR WINTER SPORTS

Attached is the finalized tryout schedule for the 2026-2027 season! Don't forget to Register on FAMILY ID & make sure your athlete has a valid and up to date Athletic Physical on File with the RBMS office!

Register Here: LINK



RBMS CLUB UPDATES

RMBS Yearbook Information:

2026 - 2027 Yearbooks can be ordered online ONLY at:

www.Treering.com → Buy a Yearbook
PassCode=1017259887783996 → You will need to create an account to purchase

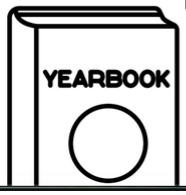
Copies of the Yearbook will NOT be available for purchase on-site at RBMS

The deadline to order a yearbook is:
Saturday, 5/1/2027

For 8th Graders Only:

Please email a baby or toddler photo of your 8th Grader to RBMSYearbook@RSU22.us by no later than 12/22. Photos must be in .jpg or .png format (iPhone HEIC photos and .pdf files can not be accepted.)

Please name the photo file your student's first and last name and include "(Student Name) Baby Photo" in the subject of your email.



Information about 8th Grade Tribute Ads will be sent home after winter break

Tombstone Club Finished for Fall

The Tombstone club had their last day on Tuesday 10/27/2026 until the Spring.

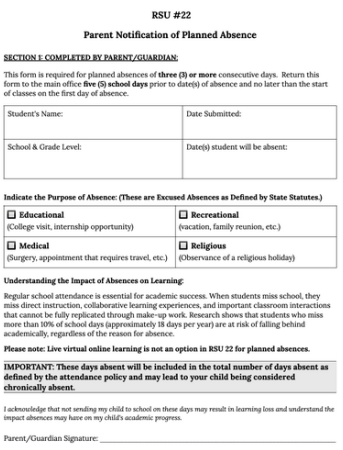
SAVE THE DATE! DECEMBER 3rd



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.

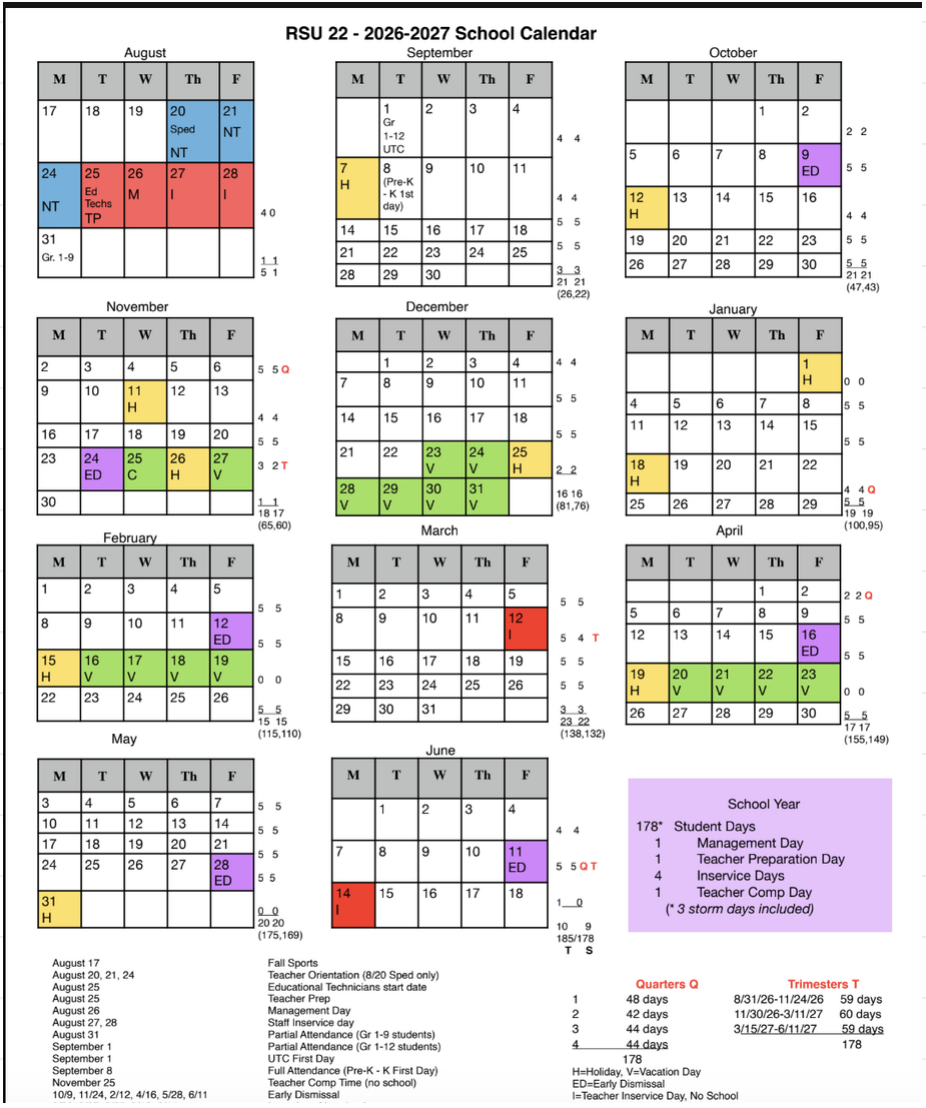
I acknowledge that not sending my child to school on these days may result in learning loss and understand the impact absences may have on my child's academic progress.

Parent/Guardian Signature: _____

RBMS WEBSITE

Bus Information

Community Events



RSU 22 - 2026-2027 School Calendar

August

M	T	W	Th	F	
17	18	19	20 Sped NT	21 NT	
24 NT	25 Ed Techs TP	26 M	27 I	28 I	4 0
31 Gr. 1-9					1 1 / 5 1

September

M	T	W	Th	F	
	1 Gr 1-12 UTC	2	3	4	4 4
7 H	8 (Pre-K - K 1st day)	9	10	11	4 4
14	15	16	17	18	5 5
21	22	23	24	25	5 5
28	29	30			3 3 / 21 21 (26,22)

October

M	T	W	Th	F	
			1	2	2 2
5	6	7	8	9 ED	5 5
12 H	13	14	15	16	4 4
19	20	21	22	23	5 5
26	27	28	29	30	5 5 / 21 21 (47,43)

November

M	T	W	Th	F	
2	3	4	5	6	5 5 Q
9	10	11 H	12	13	4 4
16	17	18	19	20	5 5
23	24 ED	25 C	26 H	27 V	3 2 T
30					1 1 / 18 17 (65,60)

December

M	T	W	Th	F	
	1	2	3	4	4 4
7	8	9	10	11	5 5
14	15	16	17	18	5 5
21	22	23 V	24 V	25 H	2 2
28 V	29 V	30 V	31 V		16 16 (81,76)

January

M	T	W	Th	F	
				1 H	0 0
4	5	6	7	8	5 5
11	12	13	14	15	5 5
18 H	19	20	21	22	4 4 Q
25	26	27	28	29	5 5 / 19 19 (100,95)

February

M	T	W	Th	F	
1	2	3	4	5	5 5
8	9	10	11	12 ED	5 5
15 H	16 V	17 V	18 V	19 V	0 0
22	23	24	25	26	5 5 / 15 15 (115,110)

March

M	T	W	Th	F	
1	2	3	4	5	5 5
8	9	10	11	12 I	5 4 T
15	16	17	18	19	5 5
22	23	24	25	26	5 5
29	30	31			3 3 / 23 22 (138,132)

April

M	T	W	Th	F	
			1	2	2 2 Q
5	6	7	8	9	5 5
12	13	14	15	16 ED	5 5
19 H	20 V	21 V	22 V	23 V	0 0
26	27	28	29	30	5 5 / 17 17 (155,149)

May

M	T	W	Th	F	
3	4	5	6	7	5 5
10	11	12	13	14	5 5
17	18	19	20	21	5 5
24	25	26	27	28 ED	5 5
31 H					0 0 / 20 20 (175,169)

June

M	T	W	Th	F	
	1	2	3	4	4 4
7	8	9	10	11 ED	5 5 Q T
14 I	15	16	17	18	1 0 / 10 9 185/178 T S

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, 2/12, 4/16, 5/28, 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		Trimesters T	
1	48 days	8/31/26-11/24/26	59 days
2	42 days	11/30/26-3/11/27	60 days
3	44 days	3/15/27-6/11/27	59 days
4	44 days		178
	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

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...

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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