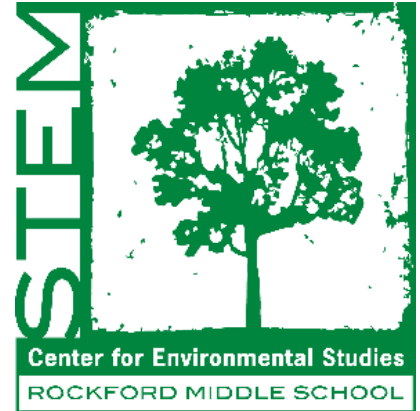


ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



A handwritten signature in black ink that reads "Bobbi A. Anderson-Hume".

GO
ROCKETS

A NOTE FROM THE PRINCIPAL

Bobbi A. Anderson-Hume, Ph.D.

It was a great week at Rockford Middle School-Center for Environmental Studies. Congratulations to all of our Spelling Bee participants, we are proud of your hard work and dedication. Third place finisher was 8th grader Laura Ickes. Second place went to 7th grader Ada Koranda. The winner of the Spelling Bee is 6th grader Imani Gladney.

Well done!

Have a wonderful weekend, everyone!

b

Dr. Bobbi Anderson-Hume
Principal, Rockford Middle School

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

PARENTS & STUDENTS



Please **LABEL** your student's chromebook charger (put name on piece of masking tape and apply to block of charger)

Contact Christa Larson in our District Office

Publicity Photographs

Throughout the year, photographs and videos are taken in classrooms and at school activities. Some of these may be published in local newspapers, on the local cable station or in Rockford Area Schools' publications and websites. Parents may request that their child's photograph and identifying their name not be published in district productions or websites. The request must be made in writing and sent to the **Rockford Area Schools District Office**, at **6051 Ash Street, Rockford, MN 55373**. (This does not apply to pictures of school events taken by the news media.)

OPPORTUNITIES



Special Education Paraprofessional:

RAS has open paraprofessional positions for the 2021-22 school year! We are looking for positive, student centered individuals to join us in supporting RAS students. If you know of anyone interested, you can find the job posting [HERE](#) Individuals would work 4-8 hours/day at our hourly rate, with possible bus route assignment. Feel free to reach out to Emily Seitzer via email, text or phone call for more information. Email: eseitzer@mawseco.k12.mn.us Office Phone: 763-477-5837 Ext

1030



SCHOOL STORE

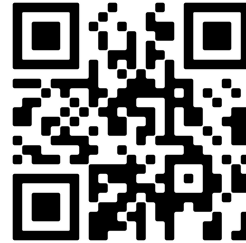
LOCATED AT ROCKFORD HIGH SCHOOL



Please click [HERE](#) for the School Store Hours

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:



ORDER THE 2021-2022 RMS-CES YEAR BOOK [HERE!](#)

OR USE THE QR CODE BELOW

LAST DAY TO ORDER IS JANUARY 28TH!



Lake Sarah Dental will be hosting our annual [Give Kids a Smile Event](#) on Friday, February 4th, 2022 from 9 am -1 pm.

We will be providing cleanings, x-rays, exams, fluoride, sealants, fillings and extractions of baby teeth at no cost to children age 1-18 years of age. These services will be provided free of charge and are for families with no insurance or inability to pay for dental care. Our appointment slots will open in December and are scheduled first come first serve.

We will not be able to take walk-ins appointments.

Please feel free to send this information to your families as you feel it is best served. We do need parents to fill out paperwork if they can not be present for the day of treatment, but the child must be accompanied by an adult.

Sincerely,

Lake Sarah Dental
7500 State Highway 55, Suite 200
Greenfield, MN 55373
www.lakesarahdental.com
763-575-8038



RMS-CES PARENT/COMMUNITY NEWS



Reminders & Opportunities:

A message from the nurse
regarding COVID notification:



As we get back into the swing of things and spend more time together, there are going to be cases of COVID, especially with the Delta variant making its way through. In order to not inundate you with emails, we will not be sending a general notification letter to an entire grade level after every positive case of COVID. We will be alerting you if your child is a close contact of a positive case of COVID. Please be vigilant in monitoring your child for symptoms and keep them home if any present.



Wright County
MINNESOTA

Truancy Resources

Wright 2 School

Excused vs. Unexcused Absences

Excused Absences:

Family emergency
Illness/Medical or mental health
appointments
(documentation may be
required)
Religious holidays

Unexcused Absences:

Babysitting
Working
Needed at home
Child is not immunized
Car trouble
Missing the bus
Oversleeping
Weather

Habitual truant means a child under the age of 17 years who is absent from attendance at school without lawful excuse for seven full school days. If the child is in elementary school for one or more class periods on seven school days. If the child is in middle school, junior high school, or high school, or the child is 17 years old and has not lawfully withdrawn from school.

Truancy and Educational
Neglect Intervention
Program

Please click [HERE](#) to view Truancy Brochure

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

ANNUAL STUDENT/REGISTRATION UPDATE

This year, Rockford Area Schools has implemented an Annual Update which can be found in the Parent Portal in Infinite Campus.

Keeping this information up-to-date will help families stay connected and be informed on upcoming plans and other important announcements.

Infinite
Campus

Click here

This online update will replace the emergency medical form you have received in the past. Most of the information will auto-populate from data already entered in Infinite Campus. Required fields are marked with a **red asterisk(*)** and information highlighted in yellow needs to be updated. There are also fields required by the Minnesota Department of Education such as technology access and ethnicity.

Once you are logged in to your
Parent Portal:

- Click More
- Followed by Online Registration, and a new window will open.
- Follow the prompts by clicking the Annual Update button to begin.

We are asking all families to complete this year's update **AS SOON AS POSSIBLE.**

Going forward, the Annual Update will take place yearly in August.

If you have any questions, please contact Annie Mickelburg at mickelburga@rockford.k12.mn.us or (763) 477-9165.

RMS-CES PARENT/COMMUNITY NEWS

Mrs. Molly Wirth

Counselor's
Corner

Self Care

DEVELOPING A SELF-CARE PLAN

Self-care is any activity that we do deliberately to take care of our mental, emotional, and physical health. Knowing what self-care is not is also important. It is not something we force ourselves to do, or something we do not enjoy doing. Self-care should be something that refuels us rather than takes from us. It is not a selfish act either; it is not about only considering our needs, but about knowing what we need to do to take care of ourselves so we can perform better at work and take better care of others.

Assess your current level of self-care: You can start this by looking at your typical week and taking note of how many, if any, times you have taken some time for yourself. Pay attention to the types of activities you take part in. Make sure to give yourself credit for smaller actions as well, such as taking time to get your favorite coffee or watching a favorite TV show. It is also important to notice if there is an absence of self-care in your routines. Without self care, you are at higher risk for burnout. Developing a baseline for your self-care activities will help you to be aware of the importance of introducing these activities into your busy schedule.

Find out what you like to do: Once you have determined a baseline for your self-care activities, the next step may be to do some self-exploration. You will need to identify your personal interests and activities that are most enjoyable for you. Consider activities for your physical, mental, spiritual health, and relationships. You may also want to use your self-care time to try new things.

Integrate your self-care plan into your daily life: It is beneficial to develop a realistic self-care plan that you can commit to on a consistent basis. You should aim for incorporating a self-care activity at least once a week. For some, it may be helpful to actually schedule your self-care activities on your calendar each week. For others, using self-care activities as rewards or incentives may work better. You should start incorporating these activities slowly and build up to a schedule that best fits your lifestyle by making small changes. Making small changes and setting easily attainable goals will help you to create a more realistic path to implementing your self-care plan. It is important not to create more stress for yourself with your self-care goals.

Monitor your progress & adjust if necessary: After a few weeks, it will be important to monitor the success of your self-care plan. You should look at whether you are able to fulfill responsibilities without feeling burnt out and whether your plan has been successful in helping you achieve more balance in your life. If you feel you are losing motivation to follow through with your self-care plan, try new approaches or activities. Consider any obstacles that have come up and what is working well.

Adjust your self-care as needed and re-assess again in a few weeks.

"The more anger towards the past you carry in your heart, the less capable you are of loving in the present". ~Barbra De Angelis

- **Crisis Text Line: 741741**
- **In a life-threatening emergency call 911**



**NYSTROM
& ASSOCIATES**

**School-Based Mental
Health Services**

<https://www.nystromcounseling.com/our-services/school-based-mental-health-services/>

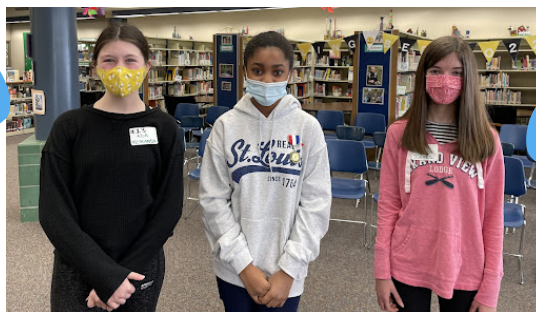
RMS-CES CLASS NEWS

spelling
bee
winner



Next Stop... the Regional Spelling Bee!

The room was quiet, the tension was mounting, not even a buzz of the bee was heard. Rockford's annual District Spelling Bee was in progress. Twenty-six fifth through eighth grade students displayed their spelling abilities in the district-level spell-down on Tuesday, January 11th. In the 10th round, **6th grader Imani Gladney**, reigned as our 2022 RMS-CES Spelling Bee champion! Her winning word was "hawsers," meaning "large ropes for towing or mooring a ship or securing it at a dock." Imani defeated the **2nd place contestant, Ada Koranda (7th Grader)**, ending with word "conurbation," and **3rd place contestant, Laura Ickes (8th Grader)**, ending with word "mien." Congratulations Imani! Miss Gladney will go on to represent Rockford Area Schools at the Regional Spelling Bee on February 8th in Sartell, MN. Congratulations to all of Rockford's qualifying Spelling Bee participants!



RMS-CES CLASS NEWS

SPARK Conference 2022

On our first Thursday back from winter break a group of 5th and 6th grade student applicants had the opportunity to attend a student conference called SPARK, hosted by Resource Training and Solutions. Our thirty students joined 8 other districts on the St. Cloud State University campus where they attended a variety of science and nature topic presentations and hands-on learning experiences. Sessions ranged from Life in the Deep Sea, to Our Solar System and the Current Night Sky, STEM Magic, and Snake, Rattle & Roll. Students chose four 60 minute sessions, out of 20 possible sessions. Sessions were led by professionals in their fields such as paleontologists, entomologists (insects), or civil engineers. This was an opportunity brought to 5th and 6th grade through our EXCEL Gifted and Talented Program. The purpose of the conference is to introduce students to a variety of scientific and natural elements to inspire their natural interests and talents in the field. The group experience was provided to students who show an intense and advanced interest in science topics.

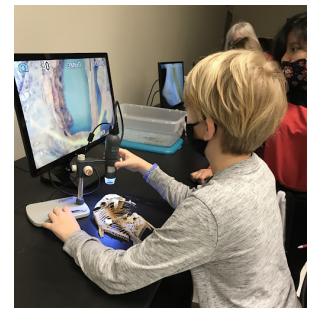
Our student-scientists reported the following discoveries!



"I learned about bioluminescence, which is when underwater sea animals glow."

Savannah Fenrich, Life in the Deep Sea session

Oliver Johannsen pictured investigating Deep Sea discoveries



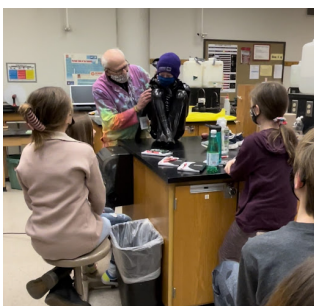
"Electricity and lasers can be very dangerous, so we need to make sure to wear safety gear when working with them." Gavin Altman, Pew, pew, pew! Can a laser vaporize metal?

session

Liam Anderson, Gavin Altman, and Alexander Schaumburg Pictured in their safety gear and working with lasers



"I learned how a hog nose snake eats. To eat a toad, they use their fangs to pop the toad. Then the snake's spit, which is venomous to the toad, enters the body and kills them. This session was so awesome because I got to meet my idol, Emily Roberts, from Snake Discovery. She has a youtube channel, zoo, and pet store that sells supplies for reptiles." Alexander Schaumburg (pictured with Doug the Boa Constrictor), Snake, Rattle & Roll session



"We learned about low and high pressure and how that moves things and makes pressure." Mary Dahl, It's Not Magic, It's STEM session

Cade Kaszubowski is pictured demonstrating the Bernoulli Principle. As Google states, "Vacuum cleaners work because of Bernoulli's Principle, which states that as the speed of air increases, the pressure decreases. Air will always flow from a high-pressure area to a low-pressure area, to try to balance out the pressure."

RMS-CES CLASS NEWS

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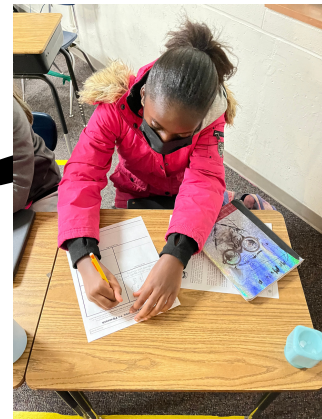
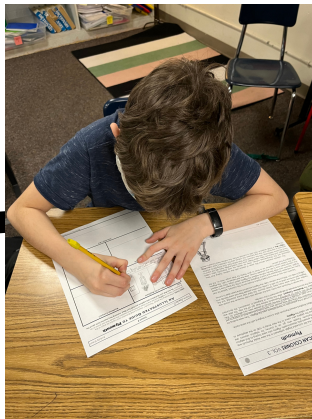
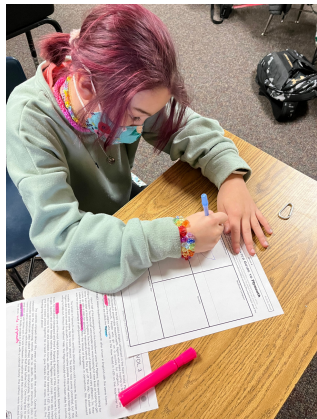
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Social Studies

This week in 5th grade social studies, students learned about the *first English colonies established in the New World*. The three colonies we focused on were: Roanoke, Jamestown, and Plymouth. Students participated in a variety of activities to deepen their understanding of each unique colony which included examining theories about the mysterious disappearance of Roanoke, piecing together cause/effect relationships that led to the Jamestown troubles, and illustrating key points about the Plymouth Colony.

On Friday, we explored the most recent issue of Scholastic News, "The Exploration Issue." Next week, we will start learning about the three colonial regions.



RMS-CES CLASS NEWS

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Social Studies...continued

Passengers on the Mayflower 	Mayflower Compact
Half of the passengers were Pilgrims, the other half were escaping debt or trouble.	The Mayflower Compact was a list of rules each colonist would have to follow.
Life in Plymouth 	Squanto
The land they chose was rocky, cold, by the ocean, and thick forests.	Squanto made peace with the colonists and got them to live.
King Philip's War 	
Squanto died - so his sons became leaders of the natives. So they started war w/ the colonists.	

©Teaching is the Sweetest Thing 31

Passengers on the Mayflower 	Mayflower Compact
Half of the passengers were Pilgrims, others were trying to escape debt or trouble.	The Mayflower Compact is like a list each one had to follow.
Life in Plymouth 	Squanto
The climate there was very rocky and cold making it hard for them.	The Native Man, Squanto is very hospitable and welcoming to the settlers.
King Philip's War 	
After their fathers seeing Philip no longer wanted to help the native and turned on them.	

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Passengers on the Mayflower 	Mayflower Compact
About half of the passengers on Mayflower were looking for religious freedom others were looking to get away from their expenses.	The Mayflower Compact was a list of rules all colonists would have to follow.
Life in Plymouth 	Squanto
They land they chose was rocky cold and very harsh.	Squanto was a famous Native American who brought peace to both sides.
King Philip's War 	
Colonist and the natives began a war.	Squanto died and his sons are now...

©Teaching is the Sweetest Thing

Passengers on the Mayflower 	Mayflower Compact
Half of the passengers were Pilgrims. The others were escaping debt.	Both parties signed and create a law.
Life in Plymouth 	Squanto
The land was rocky, yet had lots of resources and natives helped them.	Squanto helped the colonists a lot and was kidnapped when he was young. He taught the colonists how to hunt and grow.
King Philip's War 	
The leader Massasoit died and then his sons took over causing a war between the Wampanoag and the colonists. The colonists ended up winning.	

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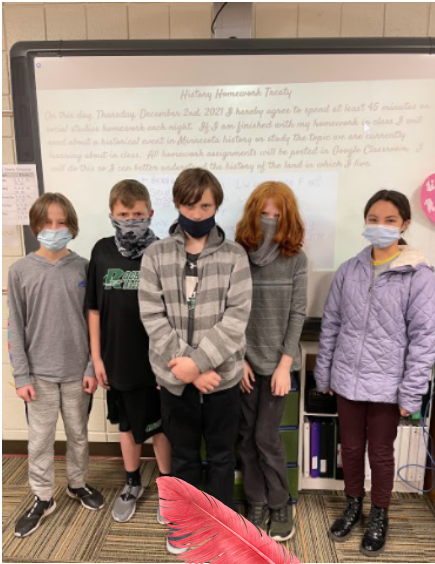
Passengers on the Mayflower 	Mayflower Compact
Some were Pilgrims, some were escaping debt or trouble.	This was only the second document ever made saying that it was successful.
Life in Plymouth 	Squanto
The land was rocky, cold, thick forests, and oceans nearby.	Squanto was one of the most helpful Native Americans ever, he did some...
King Philip's War 	
The natives enjoyed over 50 years in peace, but that changed quickly...the war finally ended in 1676.	V.S.

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RMS-CES CLASS NEWS

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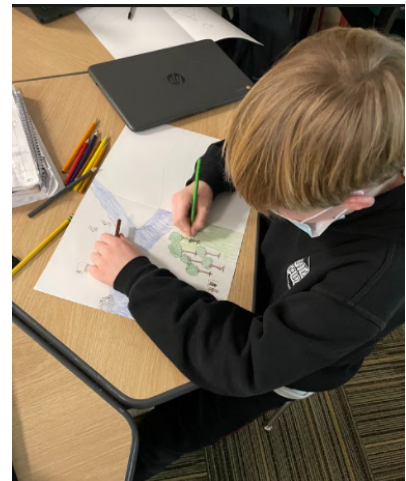
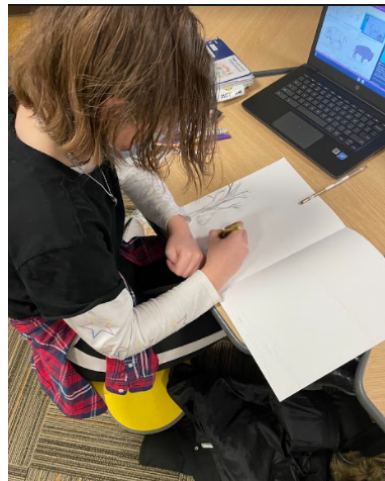
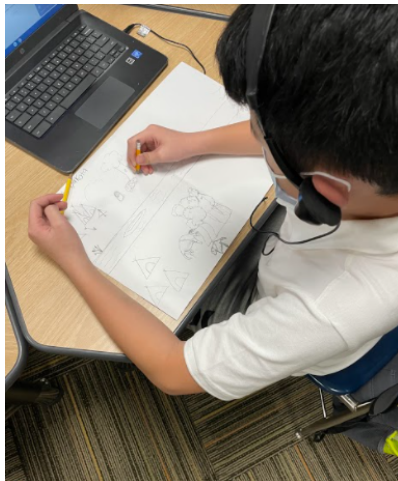
Social Studies



Sixth grade social studies students have been learning about a turning point in Minnesota history when millions of acres of land was acquired from Minnesota's Dakota and Ojibwe. Students looked at the different motivations Native American and European-Americans had for signing treaties and learned what happened during the treaty negotiations at Traverse des Sioux and Mendota. *Students signed their own History Treaty which they weren't very happy about. Ask them how it was similar to the Treaty of Traverse des Sioux.*



To end our study of treaties, students traveled back in time to 1851 to write two "I Am" poems, one from the viewpoint of the Dakota and one from the viewpoint of the newcomers. Finished poems will be shared in an upcoming newsletter.



RMS-CES CLASS NEWS



Physical Education



7th grade phy ed classes enjoyed a beautiful day and great snow conditions for snowshoeing



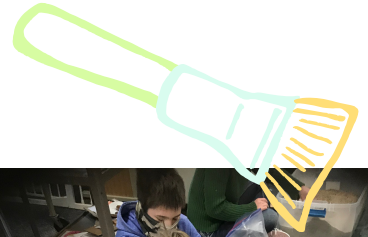
RMS-CES CLASS NEWS



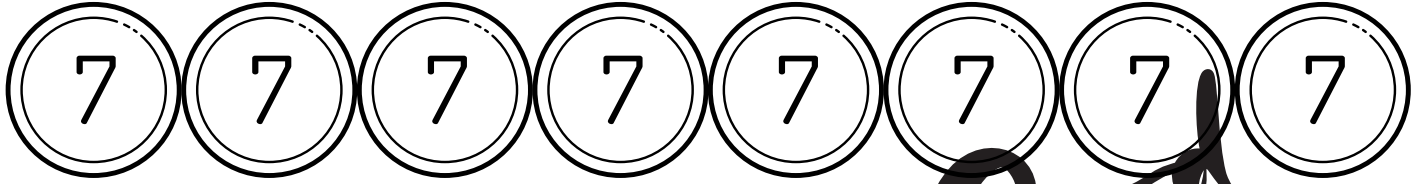
Social Studies

This week in Social Studies started with a visit from one of Mrs. Kaufman's doppelgängers, Virginia Dawson. Virginia regaled students with her "firsthand account" of Lincoln's assassination, from the night of April 14th, 1865 at Fords Theater.

The week continued as our students turned into archeologists and excavated a Civil War battle site. They unearthed authentic relics from the Civil War era, and had fun examining the artifacts to gain a deeper insight into life during the Civil War. The week ended with students showing what they learned with an assessment.



RMS-CES CLASS NEWS



Language Arts



January 4, 2022

Hey 2021,

This has been a weird year for both of us. I liked all the roadtrips we took, and when my sister got her permit to drive. I also liked when we celebrated my cousin's wedding. I got two new cousins, one is just a couple years younger than me and she is super funny! Thank you for that. Also i loved staying home while distance learning i woke up one minute before my first hour almost every time. But the best part of all was meeting Sam. I complimented her glasses and ever since then we became besties and we do everything together. We also had a really funny sleepover. Her brother Josh fell asleep in the fort we built after he forced me to download Roblox so he could play. And he didn't even like play it. Thank you for blessing me with Sam.

Don't get all mushy. You haven't been all nice. First of all, Betty White! You made her go two weeks before she turned 100. For me, double digits was a big deal, but she was going to be TRIPLE DIGITS. That's a big deal. She wasn't just a good girl, she was a GOLDEN girl. Don't even get me started on everything else that happened. For example, COVID, getting bullied, arguing, and not being able to see my friends that I couldn't see for like a year because either their parents thought it wasn't safe or because they didn't want to get covid. This is why I want to break up. Because of all the trouble you've caused us... I just can't even deal with you anymore.

Hopefully 2022 will be better than you. I hope that my sister gets the hamster she asked for (and I want one too), also I asked for some shoes and I hope I will get them! More than stuff, I honestly just want to be happy again. I believe in 2022, so out with the old and in with the new! Goodbye 2021, by the way I never liked you. From the start, I knew you were toxic. I don't ever wanna see you again.

Dearest 2021,

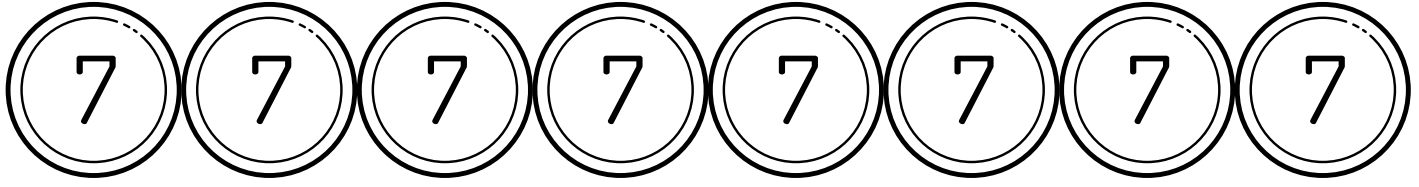
2021 you were an amazing year. I can remember when I had my mom as a teacher, and all the friends I made. I got to spend loads of time with my family because of you. We went on walks and played board games. Also I had an amazing Christmas this year. I got to spend Christmas with my family and extended family. It was amazing spending Christmas with my grandparents, aunt, uncle, and my cousin Trevor and cousin Nicole even though my cousin, Kelsey, was not able to come. Luckily we were able to Facetime and put her on the tv. She got to join our family pictures! This year was also great because I was able to play basketball. I was able to play RAA and AAU basketball and not have to wear a mask. I also was able to play baseball this year. I was able to play RAA and Millers baseball.

Now just because there were so many good things that does not mean there weren't any bad things. You had this virus going around called COVID. You made us wear masks during school and sports. You also made us go in distance learning for half of the year. My family was not able to have normal holiday gatherings for most of the year because of you. My family was not able to eat out as much because of you. Also my family was not able to go to the movies because of you. You made life hard.

2021 you weren't the worst and I thank you for teaching me many things like slowing down and enjoying the extra time with family. I will learn from my mistakes. I will become a better person next year. I want to build off the experience I had with you and get better. Thank you for the highs. Thank you for the lows. But now I am seeing someone else. I am seeing 2022.

Farwell 2021 I will not forget you.

RMS-CES CLASS NEWS



Language Arts

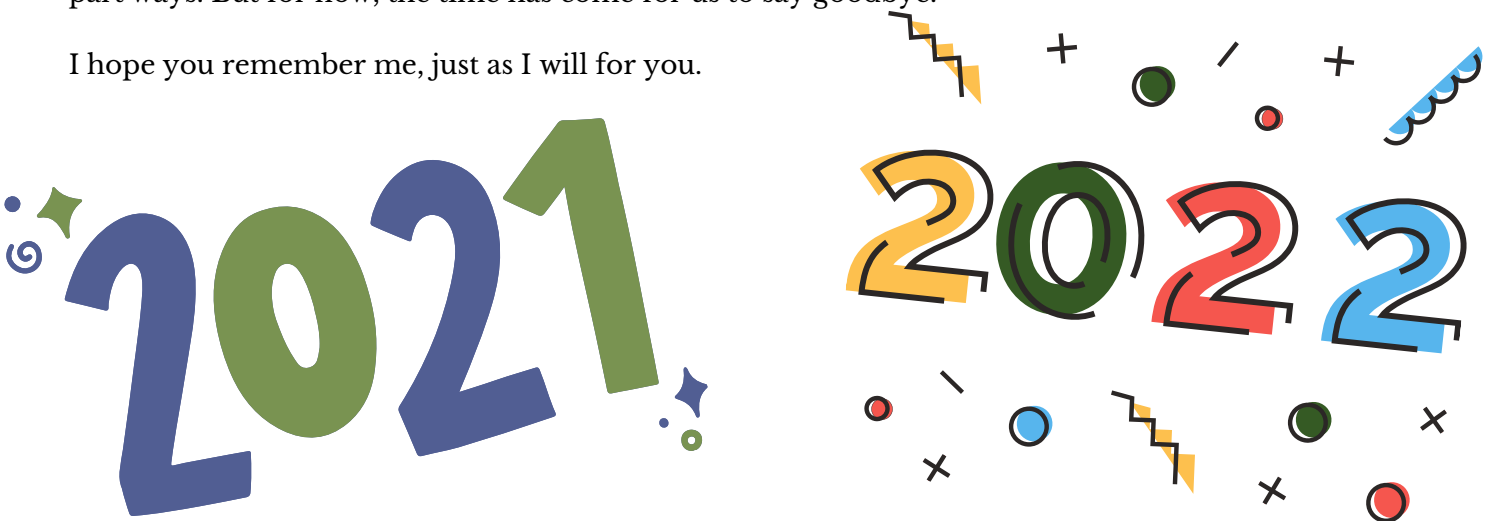
Dear 2021,

I believe it is time we say farewell. I just cannot stand this relationship any longer. You've caused the people around me to struggle, and that is not okay. I know we've always had our good times, such as when you allowed my family and I to reunite on Christmas Eve after the year 2020 caused us to be so far apart. I remember whenever the weather was nice, we would go on nature walks, which would never fail to give me a sense of peace and a connection to nature. You even gave me a second chance to act on stage in the highschool production of the musical "Annie." I will never forget this experience which I hold close to my heart. I remember in the summer, when you allowed us to finally get a trampoline. It was always so much fun to try and make up games and tricks, bouncing on our trampoline on a summer day in the blazing heat. My sister even once lost her water bottle in it, which we finally removed when we disassembled it about a month ago. We watched so many movies, and shared a lot of laughs. I remember when we went mini golfing at a sculpture garden that had goats. They even had a ping-pong table where we played for the first time. I will miss you, 2021. You gave me so much.

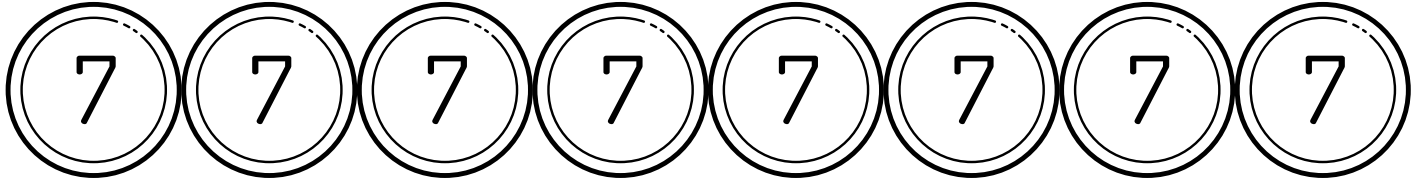
You weren't all giving, though. You gave so many people, including myself, a terrible matter. You allowed the virus of COVID 19 to continue, which caused far too many lockdowns, and a dreadful many deaths. You even caused me a bit of emotional pain. Nights full of worry and tears did exist when you were around. I worried about every little thing. I worried for one of our cats, who's health has been declining. I worried for the people around me, just longing for them to be happy while you destroyed their lives. I can't believe how terrible you were to so many people, causing them heartache and pain. You even put a risk to my happiness every once and awhile, just like every year. Though, just like them, you weren't all horrible circumstances. There will always be some light in any form of darkness.

You truly weren't the best year, but I don't hate you, 2021. You only gave me hope for a better year to come. I would love to do so many things in that time to improve my skills and my happiness. I would love to read and go outside more, but I can only hope 2022 gives me enough free time in the future to do so. I would like to do more chores around the house and create a better schedule for schoolwork, that way I could spend more time with my family. In eighth grade, I hope to participate in the autumn school theater production, so that I can improve my acting skills and have a fun time. That could only come if we were to part ways. But for now, the time has come for us to say goodbye.

I hope you remember me, just as I will for you.



RMS-CES CLASS NEWS



Language Arts...continued

Seventh graders have finished reading the dramatization of "A Christmas Carol." Along with the reading, they did a comparison of the dramatization and the Muppets film version of the story. They did a very thorough job analyzing the similarities and differences between the two.

We will soon be starting the wonderfully adventurous short story by Rudyard Kipling - "Rikki Tikki Tavi"!

