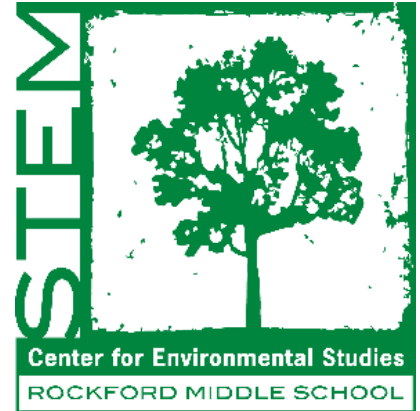


ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



A NOTE FROM THE PRINCIPAL

Bobbi A. Anderson-Hume, Ph.D.

It's hard to believe it's mid-October and we have our annual short school week for Education Minnesota's annual conference, what we still call MEA Weekend. Fortunately for RMS-CES October has been perfect to get outside for some learning! We are so happy to get our regular trips to Lake Rebecca and Baker Park back in action. These trips touch on so much of our curriculum, but out in the "real world" instead of in a textbook. They allow students to see, hear, smell, and touch their learning, one of our big goals in a STEM school! These trips are a chance for real hands-on learning, which many of our students need desperately. It is also an opportunity to get outside and have a change of scenery to keep learning fresh and alive as well as to see staff and fellow classmates in a different environment and hear from experts outside of our school staff. We have used the excuse of this short week to share some more about these valuable learning opportunities. Have a great weekend!

b

Bobbi A. Anderson-Hume, Ph.D.

Principal

Rockford Middle School - Center for Environmental Studies

RMS-CES PARENT/COMMUNITY NEWS



A BIG Congrats to the **7th Grade Football Team** on their impressive 30-0 **WIN!** over Glencoe-Silver Lake last night!!

Coach Johnson and Coach Roelofs would like to thank all the players for a great season!

THANKYOU

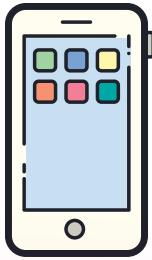
RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

Publicity Photographs

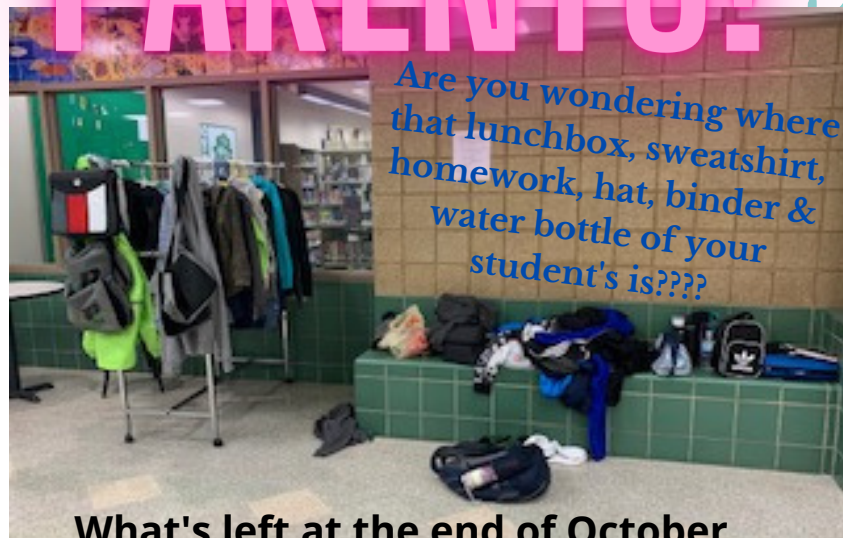
Throughout the year, photographs and videos are taken in classrooms and at school activities. Some of these may be published in local newspapers, on the local cable station or in Rockford Area Schools' publications and websites. Parents may request that their child's photograph and identifying their 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.)

→ Contact Annie
Mickelburg in
our District
Office

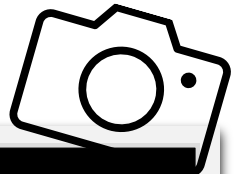


A reminder that student cell phone use is
ONLY permitted during lunch/recess.

PARENTS!



What's left at the end of October,
will get donated or thrown away!



PICTURE
RETAKE
DAY:
**DECEMBER
9TH**

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.


The logo for Infinite Campus, featuring the words "Infinite Campus" in a light green font with a stylized infinity symbol to the right.A red arrow pointing upwards towards the Infinite Campus logo.

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.

A large red arrow pointing downwards towards the text.

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



Reminders & Opportunities:

#yearbook

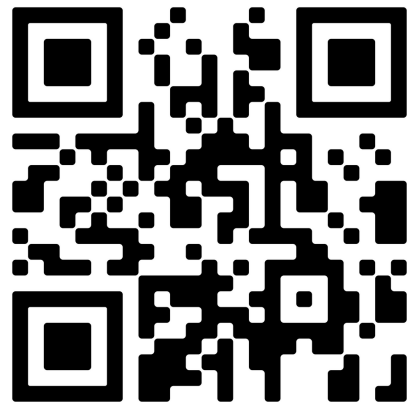
Walsworth yearbooks 2021-2022 Rockford Middle School Switch schools Resume order Help Saved Items 0

↑ Yearbook Snap - Submit photos for your school's yearbook!

Buy a Yearbook

Yearbook \$15.00
Yearbook Only

ORDER THE 2021-2022 RMS-CES YEAR BOOK [HERE!](#)
OR USE THE QR CODE BELOW



→ MEA Break

NO SCHOOL
October 21st & 22nd

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:



Rockford Middle FFA

Learning to do. Doing to Learn. Earning to live. Living to Serve.



FFA MEMBERS

FFA CHAPTER MEETING

MONDAY, OCTOBER 25

6:00–7:30PM

AG ROOM

**JOIN US FOR PIZZA SUPPER, BUILDING MEMBER
PROFILES, AND AN INTRO TO THE FRUIT SALES.**

**RSVP ON GOOGLE CLASSROOM SO WE HAVE ENOUGH
PIZZA**



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

Mrs. Molly Wirth
*Counselor's
Corner*

NYSTROM
& ASSOCIATES

We have two school based therapists here at RMS-CES. Our providers have a passion for school and mental health and are wanting to ensure our clients have a well-rounded treatment plan to encourage mental health wellness and success in the school setting.

ANXIETY & COVID

Anxiety, as many people know, is an emotion triggered in response to any number of events in which future outcomes are unknown. *Common symptoms of anxiety often include shakiness, racing heart, muscle tension and/or spasms, rapid and shallow breathing, upset stomach, and racing thoughts.* Tests, public speaking, attending social events, and facing changes/life transitions are just a small list of events that may trigger fear and anxiety. And now, in a world dominated by the presence of COVID-19, we, as a global community, have been thrust into life-changing transitions that have understandably contributed to skyrocketing rates of anxiety and depression around the world.

"Today I will try not to stress over things I cannot control." ~Unknown



RMS-CES PARENT/COMMUNITY NEWS

...Continued

Mrs. Molly Wirth

Counselor's
Corner

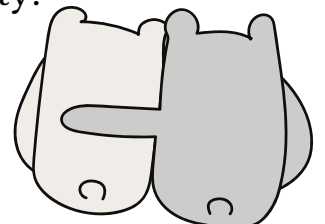
NYSTROM
& ASSOCIATES

Experts bombard us daily with numerous tools for combating feelings of anxiety, fear, anger, sadness, depression, and others considered by many to be uncomfortable and even painful. While finding relief from such emotions is understandably desired, reality is that these emotions are a necessary part of the human experience because ALL emotions communicate to us that an action or actions need to be taken in response to a situation, place, or person. For example, a person assigned to give a presentation to a group of people will generally feel some degree of anxiety, prompting them to take one of the following possible actions: fight (face the anxiety head on), flight (leave the situation entirely or find another way to avoid the situation), or freeze (feeling overcome by anxiety to the point that one feels “frozen” or immobile).



“Hugging the cactus” is a therapeutic skill that emphasizes the importance of learning to “sit” with uncomfortable emotions without ignoring, avoiding, or denying them. *The trick* to this skill is to first, observe and identify the emotion by acknowledging the symptoms, both physical and mental, that occur in response to a triggering event or person. *Next*, when feeling highly escalated, it is suggested that we find a way to effectively distract ourselves from focusing directly on the painful emotion until we may find a way to solve or confront the problem with a clear mind. *Finally*, it is essential that we remind ourselves that the problem is only temporary (which in most cases, it is) and that it will pass.

Other strategies recommended for helping to cope with anxiety and uncertainty include focusing on gratitude, maintaining virtual connections with loved ones, practicing mindfulness, and engaging in physical activity.



RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:



Please click on one of the link below to fill our registration!

[Every Meal Weekend Food Registration RAS in English](#)

[Every Meal Weekend Food Registration RAS in Spanish](#)



Beyond physical development, good food improves academics, behavior, attendance, and even self-esteem.

At Every Meal, we say food is good if it meets three categories: Nutritious, Delicious, and Relevant.

Nutritious: Our staff dietitian works to ensure all of our bag types meet current nutrition standards for children and youth as outlined by the Dietary Guidelines for Americans and the National School Lunch and Breakfast Programs.



Delicious: We taste test the food we buy for our food bags. Taste also includes sight and smell. For each item we provide, we make sure it looks, smells, and tastes delicious.



Relevant: What good is dried rice if you don't have access to a kitchen to cook it? What good is mac and cheese if you're an immigrant and have never seen it before? What good are pork and beans if your religion forbids eating pork? We offer five food bag options with a variety menus designed to be relevant for the different children and families we serve.



Contact Madison Holm at
6125670114 or at
holm@rockford.k12.mn.us
with any questions

RMS-CES SPORTS NEWS



Registration for WINTER ACTIVITIES

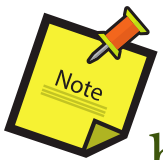


The 2021-22 school year is in full swing and that means that fall activities are winding down and the start of *winter activities for students in grades 7-12* is rapidly approaching!

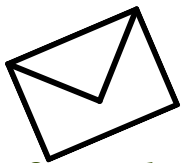
Links on the Activities section of the district website contain information about the following:

Save
the
date

Winter Sports Meeting
October 25, 2021 at 6:00pm, RHS
Auditorium
Click [HERE](#) for more information



Practice for dance team and middle school girls basketball begins on October 25, 2021. Your child's registration must be completed prior to this date to be eligible to participate.



If you have registration questions, please contact the Activities office:

- Dan Pratt, Activities Director: prattd@rockford.k12.mn.us
- Stacey Larson, Activities Coordinator: larsonst@rockford.k12.mn.us

Thank you and Go Rockets!

RMS-CES SPORTS NEWS



ROCKFORD YOUTH WRESTLING

**PreK-Kinder.
OR 1st Year Wrestlers**
Mondays
11/15-1/22
6:00– 6:45 pm

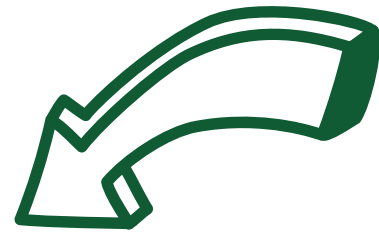
1st-2nd Grade OR 2nd Year Wrestler
Tues./Thur. 11/9 – 1/22
5:30– 6:15 pm

3rd-6th Grade OR 3rd Year Wrestler
Tues./Thur. 11/9 – 1/22
6:30– 8:00 pm

Why Should Kids Wrestle?

- There is room for everyone and wrestlers only compete against others in a similar skill/weight
- Wrestling builds intensity, footwork, agility, balance, strength & body awareness
- It is one of the few sports where a child's foot speed, ball-handling skills, hand-eye coordination, & size do not matter

Questions? Or join our 2-week FREE Intro
Class contact: raaawrestling@raaasports.com



Register online:

www.raaasports.com/raaawrestling

NOT an ISD 883 Sponsored Event

RMS-CES SPORTS NEWS



ROCKFORD AREA ATHLETIC ASSOCIATION JO VOLLEYBALL

www.raaasports.com/jo-volleyball

Looking for a fun activity this winter where you can meet new friends and develop lifelong skills? Join the Rockford Area Athletic Association JO Volleyball team for our 2021/22 season. Rockford JO Volleyball is open to boys and girls in grades 3-12 and is a great way to stay active and have a lot of fun!



Gather your friends and sign up!

Registration opens for grades 3-8 on Sunday, October 31, 2021
Registration opens for grades 9-12 on Sunday, November 14, 2021

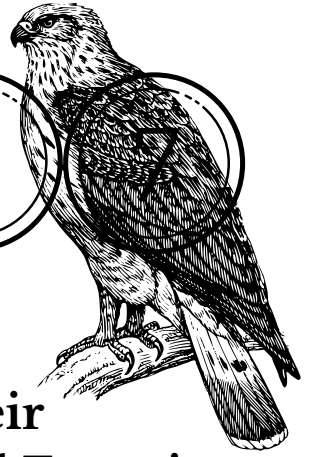
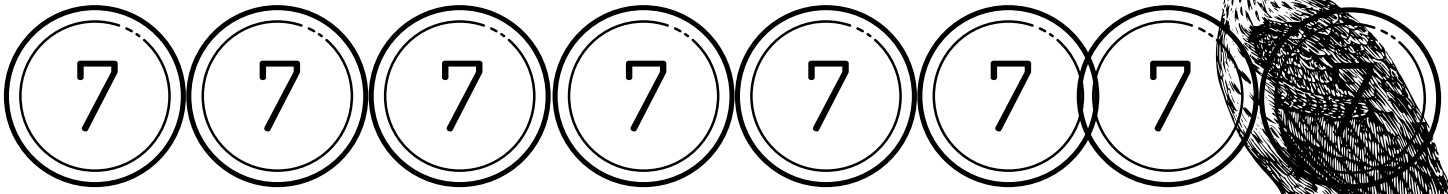
See our website for more information

<https://www.raaasports.com/jo-volleyball>

Contact us at raaajovolleyball@raaasports.com to sign up!

“This is not an ISD #883 sponsored event”

RMS-CES CLASS NEWS



BAKER/LAKE REBECCA FIELD TRIP

7th Graders had a phenomenal day on their Baker Outdoor Learning Center/Lake Rebecca Field Experience.

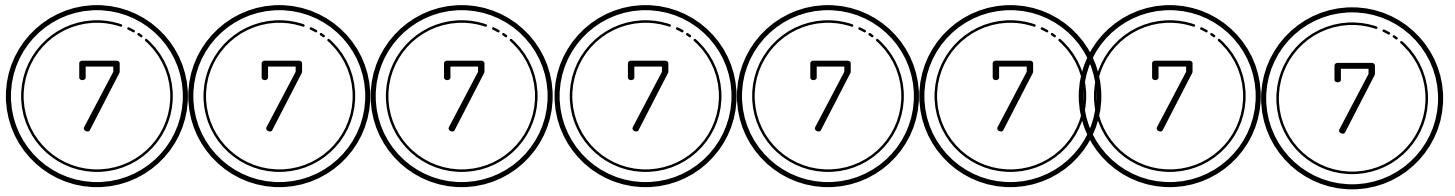
Pond Studies let students explore water quality, including performing **physical, chemical, and biological** studies on the pond. They also searched for macroinvertebrates. In the GPS session, students used their technical skills to find locations in the park.

Raptor Center and Flight studies let students learn about hawks, eagles and other birds as well as experiment with rocket flights.

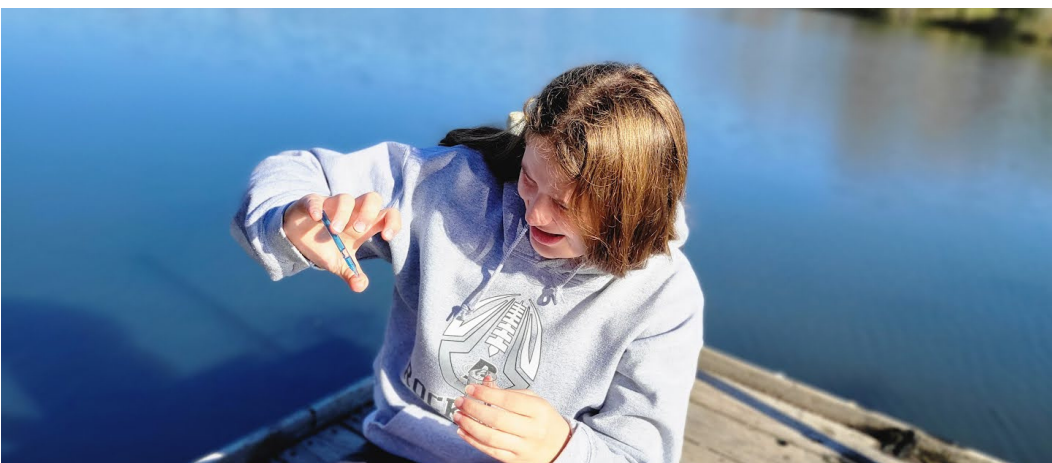
It was a beautiful day, lots of fun, and smiles!



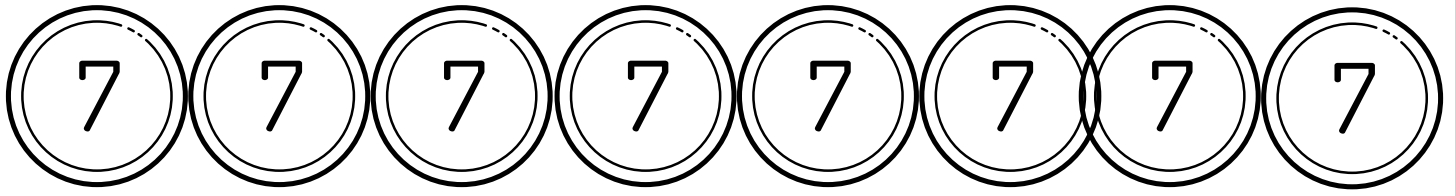
RMS-CES CLASS NEWS



BAKER/LAKE REBECCA FIELD TRIP



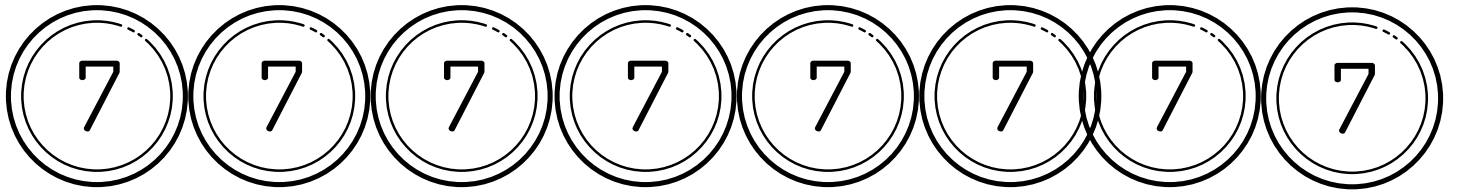
RMS-CES CLASS NEWS



BAKER/LAKE REBECCA FIELD TRIP



RMS-CES CLASS NEWS



BAKER/LAKE REBECCA FIELD TRIP

