



# Rockford Elementary Arts Magnet School

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Brenda Nyhus, Principal

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## A NOTE FROM THE PRINCIPAL 10-14-2022

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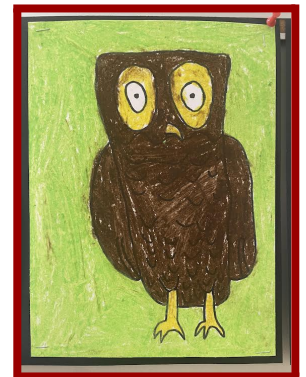


Dear Parents,

Next week Rockford Elementary Arts Magnet School students and staff will be celebrating Unity Day on Tuesday, October 18. This is a day where schools across the nation work together to reduce bullying and are united for kindness, acceptance, and inclusion. **Staff and students will be asked to wear orange** which is the official color for Unity Day or a kindness shirt. Although Unity Day highlights this good work on Tuesday, kindness is at the forefront of our work every day at REAMS. Are we perfect? No. Do we learn from our mistakes and try again? Absolutely! I always say we are human beings and we get under each other's skin. When that happens, we apologize, work hard to repair relationships, and try again. That is definitely real life! I am so proud of our students for working so hard each day at being kind and taking care of each other's hearts. We will continue to work diligently to celebrate kindness in our school each day throughout the year.

Enjoy the beautiful weather and the gorgeous leaves and hopefully, the snow stays away!

Warmly,  
Brenda Nyhus  
Principal



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## Mark it down

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**NO SCHOOL OCT. 19-21**

### October

- 18**     **Unity Day - wear orange**
- 19**     Staff Development Day - no school for students
- 20-21**   MEA No school and school offices are closed
- 28**     Fabulous Friday
- 28**     Preschool picture day

## What's New at REAMS

The Respect, Trust and Responsibility (RTR) Superstar program promotes a culture of being kind to others, being accountable, honoring uniqueness and always doing the right thing at REAMS. Throughout the week, students who show exemplary acts or behaviors of respect, trust and responsibility are recognized as RTR Superstars and receive a special Star Student token from the school principal.

### Fourth grade

Bailey Berent  
Aubrilie Marx  
Samuel Oluwafemi



### Third grade

Everleigh Debilzan  
Adelyn Holovnia  
Griffin Dixon  
Crosby Boyle  
Hazel Ornell  
Brayden Wagner  
Ruby Briggs  
Olivia French  
Layla Huber



### Second grade

Evren Akman  
Colton Lundell  
Kaylie Rubi Montes De Oca  
Malaki Harris

### First grade

Lestat Jacobsen  
Isaac Brady  
Kynlee Enole  
Henry Tombers

### Kindergarten

Isaac Romero Miranda  
Briggs Hutton  
Roxie Blasiak  
Jared Juarez Bahena

## Jackets and nylon gloves are a fall necessity, send them to school

As temperatures drop and the air gets cooler, please send your child to school with **a jacket, a hat and nylon gloves**. All students at REAMS are outside at least 20 minutes a day, everyday. This does not include the additional time students are learning in the school forest or who are outside for an additional earned afternoon recess. If your child is not dressed for outdoor weather they have to stay inside during recess; the school cannot provide jackets, hats and mittens. Please send your child to school with the proper outdoor gear.

If you need help getting outdoor gear for your kiddo please contact the REAMS counselors at (763) 477-5837.

## Accidents happen

From milk spills to tummy troubles there may come a time when your child needs a change of clothes. At REAMS kids play and learn hard, and accidents happen. When accidents happen it can be pretty embarrassing for kids. REAMS needs pants for boys and girls for when accidents happen. If you have extra **boys pants in sizes 6, 7 and 8 or girls pants in sizes 6, 7 and 8**, consider donating them to REAMS. Pants with an elastic waistband are great for kids. Pants can be dropped off at the school office or send the items to school with your child. Thank you for your help.



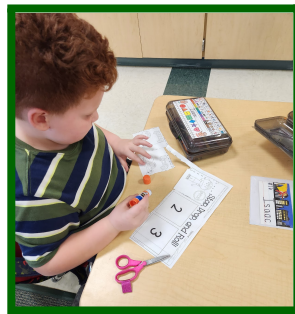
## Football and fire safety in Phy Ed

We have continued to have a great start to our school year in physical education. This week with 2nd-4th grade we started our football unit getting the students throwing, kicking, hiking, and working together. Our Kindergarten and 1st grade students got to practice some fire safety in PE playing Fire and Ice Tag, where when you get unfrozen you have to stop, drop and roll. Days are always great when you're moving.



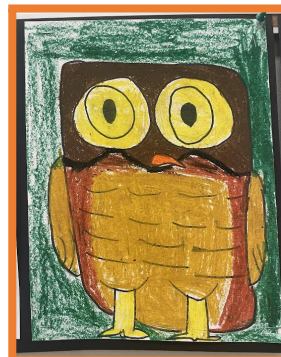
## Fire safety in kindergarten

This week students learned all about Fire Safety! Students practiced how to "Stop, Drop and Roll," and had a very fun visit to the fire station. A big thank you to the Rockford Fire Department for inviting us for a fun field trip on Wednesday. The kiddos had a great time exploring and spraying the water hoses! Ms. Muhonen's class went on a scavenger hunt for fire safety tools around our school. Fire Safety is such an important topic for all of us to discuss- feel free to keep the conversations going at home. What is your fire safety plan and where is your meeting spot?



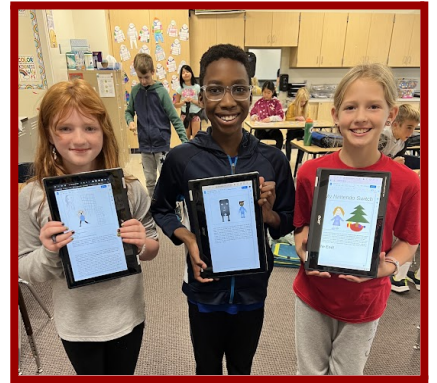
## Whoooo is in first grade

First graders have been busy learning all about owls! Did you know that owls are raptors and have a silent flight? First graders do! Did you know that owls can turn their heads *almost* all the way around? We know that too! Students in Mrs. Rasset's class got to put their art skills to the test, by completing an owl directed draw, and then using sharpies and oil pastels to make our projects really come to life. Students did an amazing job!



## Fourth graders navigate a digital world

Fourth graders in Digital Literacy with Mrs. DeLassus have been busy learning how to use various functions of Google Docs. First, students wrote a story by hand about themselves and their favorite form of technology. Next, students typed their story and used spell check to help them edit their work. Finally, they used the drawing tools to create a cartoon illustration to accompany their story.



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## Other opportunities

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### Rockford Fire Department Open House

\*Not an ISD 883 sponsored event.\*



## JO VOLLEYBALL

ROCKFORD AREA ATHLETIC ASSOCIATION

\*Not an ISD 883 sponsored event.\*



[www.raaasports.com/jo-volleyball](http://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 2022/23 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

Registration opens for grades 3-8 on Sunday, October 30, 2022

Registration for grades 9-12 – email us your interest in playing for RAAA.

See the website for more information <https://www.raaasports.com/jo-volleyball>

Contact us at [raaajovolleyball@raaasports.com](mailto:raaajovolleyball@raaasports.com) to sign up!

## Rockford Youth Wrestling

\*Not an ISD 883 sponsored event.\*



# ROCKFORD YOUTH WRESTLING

**PreK  
through  
6<sup>th</sup> Grade**

<b>PreK-Kinder. Wrestlers</b>	<b>1<sup>st</sup> -3<sup>rd</sup> Grade Wrestlers</b>	<b>4<sup>th</sup> -6<sup>th</sup> Grade Wrestlers</b>
Mondays 11/14 - 01/16 5:30-6:15 p.m	Tues./Thur. 11/8 - 01/19 5:30– 6:30 p.m	Tues./Thur. 11/9 – 1/19 6:45– 8:00 p.m

Register online:

<https://www.raaasports.com/raaa-wrestling>

Questions? Or join our **2-week FREE Intro Class**  
contact: [raaawrestling@raaasports.com](mailto:raaawrestling@raaasports.com)

### 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 and body awareness
- It is one of the few sports where a child's foot speed, ball-handling skills, hand-eye coordination and size do not matter.

## Meal Rates Return for Nutritious School Meals

\*Not an ISD 883 sponsored event.\*

In the 2022/2023 school year, schools are required to return to charging for school meals on the National School Lunch Program (NSLP) based on program eligibility. If you are an income-eligible family, complete these steps:

- Contact your school district to access the NSLP application form for Free and Reduced-Price School Meals.
- Return the form to the school office or submit online if available electronically no later than September 30, 2022.
- Watch for notification of eligibility in the mail or in an email.
- Familiarize yourself with how your school accepts payment in the cafeteria for meals and a la carte items.
- Ask questions! Contact your district or your School Food Service Director for any questions about the NSLP program, we're here to help!

### Things to know about filling out the NSLP Application Form:

- A new application is needed every year.
- Benefits from the previous year expire on September 30th without a new application.
- Income cannot be listed as an hourly rate. Provide your gross income only (money earned before taxes and other deductions are subtracted).
- Provide the last four digits of your Social Security number.

- Sign and date the form.
- If you answered yes to an assistance program, you must provide the case number.

**Why Aren't Meals Free to All Students?**

During the COVID-19 pandemic, schools were able to offer no cost meals to all students due to temporary program flexibilities provided by the federal government. These flexibilities have expired, and the U.S. Congress did not provide funding in this year's budget to allow schools to serve free meals to all students in the 2022/2023 school year. Your school nutrition team is committed to serving healthy, balanced meals to every student. These meals offer a good source of nutrition for children and fuel them to learn during their school day.

**If I don't qualify now, may I apply later?**

Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, W-2 Cash Benefits, or other Benefits. If you lose your job, your child(ren) may be able to get free or reduced-price meals during the time you are unemployed.