

Wednesday, March 1, 2023

LUNCH

Wednesday: Chicken Tenders, Green Beans, Peaches, Milk

Thursday: Beef Burger, Fried, Pineapple, Milk

Friday: Macaroni and Cheese, Popcorn Shrimp, Peas & Carrots, Applesauce Cup, Milk

BREAKFAST

Wednesday: Breakfast Pizza, Apple/Orange/Banana, Milk

Thursday: Cheese Omelet, Muffin, Apple/Orange/Banana, Milk

Friday: Cereal, Granola Bar, Apple/Orange/Banana, Milk

Happy Birthday! 🎂

Friday, March 3 - Ms. Houck, Caiden Latch, Morgan Thompson

Saturday, March 4 - Brianna Tjaden

Sunday, March 5 - Wyatt Ramus

Staff Absent

Patty Ruben - coverage within

I am contacting you today on behalf of The RedShirt Foundation. Our mission is to support youth, and their support systems, as they navigate life's journey. (You can learn more about us at redshirtfoundation.org)

We are super excited to announce we are bringing a nationally renowned speaker to Ames, IA on March 14th. Emma will speak about her mental health journey and a suicide attempt that left her wheelchair bound. We love Emma for many reasons but we especially appreciate how she is able to keep it REAL and HOPEFUL when talking about a topic many find to feel overwhelming and hopeless.

For our event we will be showing Emma's film and then doing a live Q&A with her. This event is fully funded (so free to the participant), with a target audience of everyone high school age and older. We find that Emma really resonates with highschoolers and college age students.

[Here](#) is the link to a trailer for her film.

[Here](#) is the link to a youth and adult review of the film and Q&A event.

[Here](#) is a link to the Facebook event.

We have also attached a flyer to this email with more info.

We would like to ask for your help in spreading the word about this event, and in organizing groups of people to attend. Youth suicide rates are ever increasing and we know that our kids are talking about suicide. If we do not give them a framework and safe space in which to have these conversations, they

will continue to only rely on one another and Tic Tok or Reddit for answers. Simply put, that is too dangerous a thing to continue and we truly believe that Emma can help us begin to have the healing conversations our community, and our youth, so badly need.

Thank you,

The RedShirt Foundation

Congratulations to all the 6th, 7th and 8th grade students who took a solo to contest this week at RSMS!! The following students were selected as "Best of Center" performances in each grade.

8th Grade--Jenna Birkland, Kara Patterson, Cecilia Slifka, Maddie Templeton

7th Grade--Levi Britten, Jake Byersdorfer, Brianna Tjaden

6th Grade--Lexi Carpenter, Julianne Schwartz, Alex Watson

7th and 8th Boys and Girls Track Practice begins on Monday, March 20 immediately after school. Athletes will need: Running Shoes, Shorts, Shirt, and Sweats (for colder days).

Softball Camp fliers for softball players grades 5th and 6th are available in the office. Camp will be Saturday, March 25th at the MS Gyms in Roland. Deadline for sign up is Friday, March 10th. Form also available on Facebook and on the HS Softball website: <http://tinyurl.com/norsesoftball>

RSMS Extra-Curricular Attendance Policy: RSMS students are expected to be in attendance for the entire school day in order to participate in athletic or fine arts practices, games, or concerts. A student cannot stay home in the morning because they don't feel well, come to school during the day, and then participate after school. They would be allowed to attend practice or game, but would not be able to participate. Students with an Excused Absence will be allowed to participate. Examples of an excused absence would be: doctor or dentist appointment, funeral, etc. These types of absence should be **pre-arranged** with the middle school office. A doctor's note is required upon the student's return to school in order to participate.

Bertha Bartlett Public Library: Just a reminder that the highschool and middle school will be combined for programming at the library and we will meet the first and third Wednesday of the month. February 1 will be "Cookie Decorating At The Library" and February 15 will be "Snowflake ID."

R-S PTO Presents: School Staff Monthly Recognition Program - Let's recognize teachers, staff and administrators who demonstrate dedication, professionalism, excellence and FUN in the classroom! Anyone can nominate anyone – a student can nominate a teacher, a teacher can nominate a bus driver, a parent can nominate a member of the lunch staff, etc. There are NO SMALL gestures that shouldn't go noticed. Each month, a winner will be drawn from each school to receive a gift card to a local place of

their choosing provided by the RS PTO. Nominations are due by the end of each month for that month's drawing. Please see the linked form for more information and to submit your nomination!

[NOMINATION FORM.](#)

RSMS to offer "Skip the Trip" Iowa DOT instruction permit knowledge tests

Do you have a student who is ready to take the operator knowledge test to get an Iowa instruction permit to drive? RSMS is now offering the test right here at school as part of the Iowa Department of Transportation's "Skip the Trip" program. In partnering with the Iowa DOT, RSMS can save families time, cost, and the hassle of making a trip to a driver's license service center for testing. Students will be able to take the web-based test in a more familiar environment that works to reduce test anxiety and increase success rates. Tests are overseen by trained school staff to assure the integrity of test results. To be eligible to take the remote knowledge test, your student must be age 14 or older and not currently hold an Iowa instruction permit. Students that have turned 14 prior to the testing date must sign up in the office and have permission given from their parent by either email or phone. Please email Mrs. Kowalke at akowalke@roland-story.k12.ia.us, with any questions.

Students will have the opportunity to test on the second Tuesday of each month. "Skip the Trip" allows students to take their initial test at school as the first step in getting your student to be a confident driver. Once a student has successfully passed the test, the student will receive an email verifying a successful test. The student brings a copy of the email to the driver's license service center along with the other required documentation that will prove their identity to be issued their instruction permit. Service center staff will verify passing test result emails with Iowa DOT records. Visit www.iowadot.gov/mvd/realid/success.asp to determine what documentation to bring with you to receive your student's permit. To prepare for a successful knowledge test, students should study the Iowa

Driver's Manual and online practice test, both available at:

<https://iowadot.gov/mvd/driverslicense/manuals-and-practice-tests>.

R-S MS SHUTTLE SCHEDULE

MUSICAL / BOYS BASKETBALL

February 27 - March 6, 2023

MONDAY, FEBRUARY 27 – Shuttle @ 5:10

Musical Practice 2:45 - 5:00

TUESDAY, FEBRUARY 28 – Shuttle @ 4:40-4:45

Boys Basketball 7th & 8th Basketball Pictures

Uniform Turn In

WEDNESDAY, MARCH 1 – Shuttle @ 4:10

Musical Practice 1:45 - 4:00

THURSDAY, MARCH 2 – Shuttle @ 5:10

Musical Practice 2:45 - 5:00

FRIDAY, MARCH 3 – No Shuttle

No musical practice.

MONDAY, MARCH 6 – Shuttle @ 5:10

Musical Practice 2:45 - 5:00