

LUNCH

Thursday: Cheeseburger, Fries, Pears, Milk

Friday: Cod Nuggets, Dinner Roll, Green Beans, Applesauce, Milk

BREAKFAST

Thursday: French Toast Sticks, GoGurt, Apple/Orange/Banana, Milk

Friday: Cereal, Muffin, Apple/Orange/Banana, Milk

If you are needing any food assistance over spring break or every week, we are here to help. Please let us know by contacting:

maggiehermanson@gmail.com, telling the school principal or telling the school counselor.

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).

R-S Track Apparel Online Store is Open!!

Athletes, Parents, and Fans can order from the store.

<https://rstrack23.itemorder.com/shop/sale/>

Deadline extended to: Monday, March 6, 2023 (11:59 PM CST)

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>.