

**ROLAND-STORY MIDDLE SCHOOL
WEDNESDAY, October 30, 2019 #047**

LUNCH

Wednesday-Chicken and biscuits, mixed vegetables, mixed fruit
Thursday-Halloweenie, fries, baked beans, pears
Friday-Tuna noodle casserole, peas, applesauce, roll

BREAKFAST

Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, granola bar, fruit

Be GRATEFUL for TODAY!

7th and 8th grade student ambassadors should report to Mr. Arp's room with their lunch to plan for the dance.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Paulson's room at 3:30. You **MUST** check in with the teacher.

The Roland-Story High School invites you to the 2019 fall play production of "**Romeo & Winifred**" by Charlie Lovett. Performances will be held on Friday, November 1 and Saturday, November 2 at 7:00p.m. at the Roland-Story High School auditorium. Advance tickets available Wednesday, October 16 at the Roland-Story High School office. All seats are \$5.00.

Norse Force Wrestling Registration 2019 - November 4th is the first night of practice. Registration forms can be picked up in the middle school office or visit https://stores.inksoft.com/norse_force_wrestling/shop/home

RS Baseball Annual Non-Sport Specific Apparel Order - The annual fall apparel order ran by the RS Baseball team is now live. There are over two dozen non-sport specific items. Some items include an option to purchase gear that celebrates our district's 50 years. With Christmas right around the corner these items are sure to make great gift ideas for family and friends in and out of the RS community. Orders will arrive prior to Christmas break. Orders can be placed online, <https://fancloth.shop/PFJUY>. If not wanting to do online orders hard copies of the catalog and order form can be found in the office. The online store closes Friday, 11/8. Contact Chris Hill at chill@roland-story.k12.ia.us with any questions.

2019 Angel Gift Program: For more information on the Angel Gift Program or to find forms to apply as a recipient, please visit our website or stop by the middle school office. With questions, please contact Alyssa Loots at (515) 733-4386.

Premier Athlete Training will be offering another Strength/Speed/Agility Training opportunity for our 7th/8th grade Roland-Story students. Cost will be \$30 for 14 sessions on Tuesday and Friday mornings from 6:30-7:15 at the high school. Second session will start November 1. Forms and checks need to be returned to the middle school office by Thursday, October 31. Forms can be printed on our website or picked up in the middle school office. Also, if you would like to receive **REMIND notifications** for Junior High Premier (including any potential weather-related schedule changes) follow these instructions: for push notifications on a smartphone, open this link on a web browser: rmd.at/ak4d78 ; for text notifications on a non-smartphone, text @ak4d78 to 81010.

Quote of the Week:

“People will forget what you said, people will forget what you did, but they will never forget how you made them feel.” Maya Angelou

R-S MS Practice/Bus Schedule

Wednesday 10/30

7th/8th Girls Basketball Practice 3:30

7th/8th Wrestling Practice 3:30

Shuttle will pick up 7th/8th Girls Basketball and Wrestling in Roland at 5:45 and drop off in Story City.

Thursday 10/31

7th/8th Girls Basketball Practice 3:30

7th/8th Wrestling Practice 3:30

Shuttle will pick up 7th/8th Girls Basketball and Wrestling in Roland at 5:45 and drop off in Story City.

Friday 11/1

7th/8th Girls Basketball Practice 3:30

7th/8th Wrestling Practice 3:30

Shuttle will pick up 7th/8th Girls Basketball and Wrestling in Roland at 5:45 and drop off in Story City.