

ROLAND-STORY MIDDLE SCHOOL

Tuesday, August 23, 2022

TODAY'S LUNCH

Tuesday - Crispito, chips w/cheese, corn, peaches

Wednesday - Cheeseburger, baked beans, pears

Thursday - Grilled chicken sandwich, green beans, mixed fruit

Friday - Corndog, mixed veggies, pineapple

BREAKFAST

Tuesday- Ham breakfast bar, graham crackers, fruit

Wednesday - Breakfast pizza, fruit

Thursday - Apple fuel, fruit

Friday- Cereal, apple cinnamon muffin, fruit

WELCOME BACK! Have fun, follow the Norse Code (Caring - Respect - Responsibility) and come to school each day Ready to Learn! We have the privilege of attending an amazing school so be grateful each and every day and have pride in our building.

Schedule Changes - If you want to change your schedule you need to follow this procedure:

1. Bring a note from your parents.
 2. Get an add/drop form from Mr. Cline.
 3. Get a signature from the class you are adding.
 4. Get a signature from the class you are dropping.
 5. Turn the finished form into Mr. Cline for approval.
- (This does not apply to required classes, those aren't getting changed)

Lunchroom Reminders:

1. Enter the lunchroom the same as in the past. Pick up your tray, food, and then enter your number in last.
2. There is a refrigerator in the kitchen for you to use for your sack lunches. Please bring them in before school.
3. There are two microwaves in the kitchen for you to use for warming up your lunches.

Attention 7th and 8th graders - During the school day please stay out of the 5th & 6th grade hallway.

All Students: You may enter the building as early as 7:45. It is expected that you either sit in the gym or at breakfast until you are dismissed by an adult. The only food being eaten happen in the Norse Cafe.

If you ride a bike to school, be sure to park your bike in the racks provided. Do not park bikes in the lot north of the building.

Student Drop-Off- Reminder to those that ride to school with parents that our drop off is on the north side of the building.

7th and 8th Grade Roland Rural Bus Room please report to Ms. Houck's room at dismissal time.

Reminder to all students attending middle school and high school events: Please come to watch the event. Remember to demonstrate the Norse Code (Caring - Respect - Responsibility) positively cheering for both teams.

PTO Meeting: The first PTO meeting is Thursday September 8th at 7:30 at the Middle School Library.

***R-S MS PRACTICE / SHUTTLE SCHEDULE
CROSS COUNTRY, FOOTBALL, VOLLEYBALL***

AUGUST 22 - 26

CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.

FOOTBALL -- SHUTTLE @ 5:35 P.M.

TUESDAY, AUGUST 23 – First Day of School – Football Shuttle @ 5:10

Cross Country No Practice

Football 3:45 – 5:00 Equipment Check Out

Volleyball No Practice

WEDNESDAY, AUGUST 24 – Early Out – VB Shuttle @ 2:45

Cross Country No Practice

Football No Practice

Volleyball 1:45 - 2:45 Team Meeting

THURSDAY, AUGUST 25

Cross Country 3:45 – 5:00 Team Meeting & Practice

Football 3:45 – 5:20

Volleyball 3:45 – 5:05

FRIDAY, AUGUST 26

Cross Country 3:45 – 5:00

Football 3:45 – 5:20

Volleyball 3:45 – 5:05