

**ROLAND-STORY MIDDLE SCHOOL**  
**Thursday, August 25, 2022**

**TODAY'S LUNCH**

Thursday - Grilled chicken sandwich, green beans, mixed fruit  
Friday - Corndog, mixed veggies, pineapple

**BREAKFAST**

Thursday - Apple fuel, fruit  
Friday- Cereal, apple cinnamon muffin, fruit

Great first day, students! We have 1:45 dismissal every Wednesday this school year. Continue to 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 in to 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 7<sup>th</sup> and 8<sup>th</sup> 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 happens 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.

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

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

**R-S PTO would like to share the following with you:**

Amazon Wish Lists:

<https://docs.google.com/document/d/1X-YYd0KHVNQom0EGWXIU8NDQeF5B6tAStjamfM4MB7w/mobilebasic>

Fall Apparel:

[https://stores.inksoft.com/rs\\_pto/shop/home](https://stores.inksoft.com/rs_pto/shop/home)

**OPUS HONOR CHOIR:** Hello! If you are a 5th-8th Grader that wants to participate in Opus Honor Choir, head down to the Choir room and talk with Mr. Peter about that process before or after school. Rehearsals will be starting soon, so see him as quickly as possible!

**Cross country, volleyball, and football practices** will start on Thursday. All permission forms and a sports physical must be on file with the middle school prior to being able to practice. Please sign up on Bound. Acknowledgement forms will have an e-signature and the sports physical can be uploaded to the site. Link for Registration: <https://manager.gobound.com/ia/rolandstory/students>

**MS Premier Athlete Opportunity -- Information & Sign Up.** Link:

<https://docs.google.com/forms/d/e/1FAIpQLSekUOALqI6kVrZo-nTpKnFv8vFCJ36deWg9OgYrJU3dhXq2Vw/viewform>

**MS Athletics -- Parent Meeting. Tuesday, August 30.** Mr. Petersen will meet with all parents at **5:15 p.m. in the North (old) Gym.** Each sport will have a separate parent meeting at 5:35. **Football Parents** -- New Gym. **Volleyball Parents** -- Old Gym. **Cross Country** -- Spanish classroom. Please have at least one parent attend the parent meeting.

**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.

***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.***

***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*