

**ROLAND-STORY MIDDLE SCHOOL**  
**Monday, August 29, 2022**

**TODAY'S LUNCH**

Monday - Cheesy pull-aparts, marinara, steamed carrots, applesauce  
Tuesday - Cheese quesadilla, fiesta black beans, mandarin oranges  
Wednesday - Chicken fries, green beans, peaches  
Thursday - Pork rib sandwich, fries, pears  
Friday - Pepperoni pizza, romaine salad, mixed fruit

**BREAKFAST**

Monday - Mini strawberry bagel, fruit  
Tuesday - Ham breakfast bar, graham crackers, fruit  
Wednesday - Breakfast pizza, fruit  
Thursday - Sausage, egg, & cheese biscuit, fruit  
Friday - Cereal, blueberry 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.

**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 PTO would like to share the following with you:**

Amazon Wish Lists:



<https://docs.google.com/document/d/1X-YYd0KHAVNQom0EGWXIU8NDQeF5B6tAStjamfM4MB7w/mobilebasic>

Fall Apparel:

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

**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](#)

**The Roland Story Claybusters** fall trap shooting season will be starting soon. If you are interested in finding out more about the Club or would like to join, stop by Mrs. Vinson room to pick up an information sheet or use one of the following links to get more information.

Find Out More	Join the Club
<a href="https://sites.google.com/view/claybusterinterest/home">https://sites.google.com/view/claybusterinterest/home</a>	<a href="https://sites.google.com/view/claybusterinterest/sign-up-information">https://sites.google.com/view/claybusterinterest/sign-up-information</a>
	

**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-nTpKnFv8vFCJ36deWq9OgYrJU3dhXq2Vw/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.

**R-S MS PRACTICE / SHUTTLE SCHEDULE**

**CROSS COUNTRY, FOOTBALL, VOLLEYBALL  
AUGUST 29 - SEPTEMBER 2**

**CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.  
FOOTBALL -- SHUTTLE @ 5:35 P.M.**

**MONDAY, AUGUST 29**

Cross Country 3:45 – 5:00  
Football 3:45 – 5:20  
Volleyball 3:45 – 5:05

**TUESDAY, AUGUST 30**

Cross Country 3:45 – 5:00  
Football 3:45 – 5:20  
Volleyball 3:45 – 5:05

**PARENT MEETING**

All Parents meet with Mr. Petersen @ 5:15 – Old Gym

Each Sport Parent Meeting @ 5:35

Football – New Gym

Volleyball – Old Gym

Cross Country – Spanish Room

MS Open House – 6:00 - 7:00

**WEDNESDAY, AUGUST 31 – Early Out**

Cross Country No Practice

Football No Practice

Volleyball No Practice

**THURSDAY, SEPTEMBER 1**

Cross Country 3:45 – 5:00

Football 3:45 – 5:20

Volleyball 3:45 – 5:05

**FRIDAY, SEPTEMBER 2**

Cross Country 3:45 – 5:00

Football 3:45 – 5:20

Volleyball 3:45 – 5:05