

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, September 16, 2019 #016**

LUNCH

**Monday-Pizza, carrots, grapes
Tuesday-Walking tacos, corn, cantaloupe
Wednesday-Meatballs, potatoes and gravy, peas, mixed fruit
Thursday-Turkey fritters, corn, baked apple slices
Friday-Orange Chicken, pork eggroll, fried rice, pineapple**

BREAKFAST

**Monday-Sausage breakfast bar, pears
Tuesday-Whole wheat pancakes, cantaloupe
Wednesday-Breakfast pizza, mixed fruit
Thursday-Sausage pancake sticks, orange slices
Friday-Cereal, poptart, banana**

Be GRATEFUL for TODAY!

Roland-Story Middle School will celebrate **homecoming THIS week** by showing off our fun and creative school spirit! As we celebrate the excitement leading up to Homecoming Day and the big game, we get to have some cool dress up days here at the middle school! Here's the quick rundown of what to look forward to each day:

**Monday: Favorite t-shirt Day!
Tuesday: Hat Day!
Wednesday: Crazy Sock Day!
Thursday: Jersey/Team Shirt Day!
Friday: Norsemen Spirit Day! (Red & Black)**

**We encourage all students and staff to participate!
GO NORSEMEN!!!**

Fall Sports Pictures

Cross Country - Thursday, Sept. 19th
Volleyball - Monday, Oct. 14th
Football - Monday, Oct. 21st

Students-YOU DID IT AGAIN!! Great job modeling Norse Strong behavior at the last home football game. Let's do it again this Friday! Thank you for showing how GRATEFUL you are for our country by honoring the playing of the National Anthem and for picking up trash after the game in the middle school section. I am GRATEFUL to be YOUR Principal!

Backpacks MUST go in your locker and NOT in the hallway at any time. RSMS is NOT responsible for any stolen property if you choose to not follow this rule.

Concession stand workers are needed for the 7th and 8th grade volleyball matches. Please sign up in the office.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Doyle's room at 3:30. You MUST check in with the teacher. Next Wednesday please report to Mrs. Barker's room (band).

Reminder to all students attending middle school and high school events: Please come to watch the event and NOT be running around. Remember to demonstrate the Norse Code positively cheering for both teams.

Activity Passes: If you would like to purchase an activity pass, please bring \$50.00 to the office. (Checks can be made out to Roland-Story School). The secretaries will punch your student ID card and that will serve as your pass to enter Norsemen activities.

Girls Kindergarten to Seniors! Are you ready for adventure, fun, and friendship? Girls Scouts of Roland-Story is hosting their Registration event Thursday Sept. 19th from 5:30-6:30 p.m. at the Roland Library. We will have a short meeting to start to answer any questions you may have with current leaders and Girls Scouts available. Sign up at the event or online. Contact Lindsay Crowe at 515-720-7704 or armywifecrowe@gmail.com for more information. We are also looking for adult leaders if you are interested in making a difference. Hope to see you there for an amazing year!

Premier Athlete Training will be offering a 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. First session will be September 17th. Forms and checks need to be returned to the middle school office by Thursday, September 12th. Forms can be printed on our website or picked up in the middle school office.

NBA Registration is Now Open - Deadline to register is October 2nd! NBA is our youth basketball program for students enrolled at Roland-Story in 3rd - 8th grade. The mission of the program is to teach athletes the skills and mentality necessary in order to succeed on and off the basketball court. In other words, the focus is to teach our athletes the "NORSEMEN WAY"! To register for the 2019 -2020 season, please go to <https://go.teamsnap.com/forms/211145>. **Registration deadline is October 2nd.** If you need more information about registration or about NBA please pick up a flyer in the office or send an email to rolandstorynba@gmail.com.

Quote of the Week:

"The power to question is the basis of all human progress." Indira Ghandi

R-S MS Practice/Bus Schedule

Monday 9/16

7 th Football @ Iowa Falls	4:30 - Bus leaves at 3:15. Athletes dismissed at 3:05.
8 th Football vs. Iowa Falls	4:30
7 th Volleyball vs. South Hamilton	4:30
8 th Volleyball @ South Hamilton	4:30 - Bus leaves at 3:35. Athletes dismissed at 3:25.
7 th /8 th Cross Country @ Ballard	4:30 - Bus leaves at 3:15. Athletes dismissed at 3:05.

Shuttle bus will pick up Volleyball (practicing players) Roland at 5:15 and drop off in Story City.

Tuesday 9/17

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Wednesday 9/18

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Thursday 9/19

7 th Football @ South Hamilton	5:45
8 th Football @ South Hamilton	4:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City.

Friday 9/20

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

FRIDAY NIGHT FOOTBALL EXPECTATIONS

Caring (for those around me), Responsible (for my actions), and Respectful (myself and others) School spirit is important at the Roland-Story High School Athletic events. During home varsity football games in which the crowds are larger, issues may arise due to the large number of adults, elementary, middle school, and high school students. Our goal is to positively cheer our team on to a victory and to enjoy our time with family and friends.

In order for this to occur and to help avoid any potential conflicts during the home Friday night football games, the following are guidelines that are expected to be followed:

1. No footballs or skateboards, etc. should be brought to the game.
2. Students are not allowed to stand, play games, or run around directly behind the home bleachers before, during, or after the game.
3. Students must remain in their seats until quarter breaks or halftime.
4. Students should either sit in the bleachers with their parents or at the very south end.
5. Students are expected to practice and follow our NORSE CODE.
6. Failure to follow these rules may result in a student being asked to sit with their parents or perhaps leave the game.
7. National Anthem-A reminder during this special presentation to BE QUIET, PLACE YOUR RIGHT HAND OVER YOUR HEART, STAND STILL AND FACE THE FLAG, AND SING IF YOU WOULD LIKE TO. This is a time for us to recognize all of those who have served our country and to be proud of the amazing country we are so fortunate to call home. It is OK to remind your classmates of these expectations during the National Anthem.