

ROLAND-STORY MIDDLE SCHOOL
WEDNESDAY, September 4, 2019 #008

LUNCH

Wednesday-Chicken sandwich, broccoli normandy, applesauce

Thursday-Pizza, green leaf salad, blueberries

Friday-Orange Chicken, egg roll, fried rice, mandarin oranges

BREAKFAST

Wednesday-Breakfast pizza, pears

Thursday-Sausage pancake stick, pineapple

Friday-Breakfast bar, banana, milk

Be GRATEFUL for TODAY!

Students-Great job modeling Norse Strong behavior at the football game last Friday night. 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.

All Discretionary bus riders will ride the blue bus when they LEAVE RSMS.

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. Holmes room at 3:30.

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.

The following link can be used to order NEW Roland-Story Apparel. The online store will be open until Monday, September 2nd. <https://rsboosterclub19.itemorder.com/>

Calling all actors! JSTT Children's Theatre is holding auditions for our Christmas production, *The Lion, The Witch, and the Wardrobe* on Saturday, September 7th from 10:00-1:00. Auditions will be at our rehearsal space (down the hall from Upper Story Studio above PDG). We will provide a reading for your audition. Just bring your ENERGY! Attention Actors! Copies of the JSTT play *The Lion, The Witch, and the Wardrobe* are available to check out in the office. Please bring them with you to auditions on Saturday.

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!

Quote of the Week:

“Life’s most persistent and urgent question is: What are you doing for others?”

Dr. Martin Luther King Jr.

R-S MS Practice/Bus Schedule

Wednesday 9/4

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 9/5

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 9/6

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.