

ROLAND-STORY MIDDLE SCHOOL

MONDAY, September 9, 2019 #011

LUNCH

Monday-Corndogs, green beans, peaches

Tuesday-Chicken tacos, corn, diced mango

Wednesday-French toast stick, hasbrowns, sausage oranges

Thursday-Sub sandwich, chips, carrots, pineapple

Friday-Chili Cheese Dog, fritos, corn, pears

BREAKFAST

Monday-Ham breakfast bar, pineapple

Tuesday-Egg and cheese burrito, honeydew melon

Wednesday-Breakfast pizza, peaches

Thursday-Sausage Pancake sticks, applesauce

Friday-Cereal, granola bar, mixed fruit

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.

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.

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. Doyle's 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.

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.

Quote of the Week:

“The secret of getting ahead is getting started.” Mark Twain

R-S MS Practice/Bus Schedule

Monday 9/9

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

7th/8th 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.

Tuesday 9/10

7th/8th Football Practice 3:30

7th Volleyball vs. Gilbert 4:15

8th Volleyball @ Gilbert 4:15

7th/8th Cross Country Practice 3:30

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

Wednesday 9/11

7th Football Practice 1:30

8th Football Practice (No Practice)

7th Volleyball Practice 1:30

8th Volleyball (No Practice)

7th/8th Cross Country (No Practice)

Shuttle bus will pick up 7th Football and 7th Volleyball in Roland at 3:30 and drop off in Story City.

Thursday 9/12

7th Football @ Iowa Falls 4:30

8th Football vs. Iowa Falls 4:30

7th Volleyball @ Nevada 4:30

8th Volleyball vs. Nevada 4:30

7th/8th Cross Country @ Spring Lake 4:00

No Shuttles Needed

Friday 9/13

7th/8th Football Practice 3:30

7th/8th Volleyball Practice 3:30

7th/8th 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.