

**ROLAND-STORY MIDDLE SCHOOL**

**MONDAY, AUGUST 24, 2020 #001**

**TODAY'S LUNCH**

Monday-Cheeseburger, chips, broccoli w/ranch, grapes, milk  
Tuesday-Walking turkey tacos, celery and cucumbers, apple slices, milk  
Wednesday-Orange chicken, fried rice, egg roll, oranges, carrots  
Thursday-Corndog, green beans, pineapple  
Friday-French bread pizza, romaine salad, applesauce

**8-25-20 BREAKFAST**

Tuesday-Mini pancakes, fruit, milk  
Wednesday-Breakfast pizza, fruit  
Thursday-Sausage pancake stick, fruit  
Friday-Cereal, muffin, fruit

Happy First Day of School!! Just a reminder to have fun, follow the Norse Code 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. Town.
  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 into Mr. Town for approval.
- (This does not apply to required classes. I will not change those classes.)

**Lunchroom Reminders:**

1. Enter the lunchroom the same as in the past, but go along the **west** wall. Pick up your tray, food, and then punch 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.
4. We are strongly recommending that all students wear a mask while waiting in line and use a glove when self serving.

**Attention 7<sup>th</sup> and 8<sup>th</sup> graders**-During the school day please do not go through the 5<sup>th</sup> and 6<sup>th</sup> grade hallway.

**ALL STUDENTS: PLEASE WAIT UNTIL 8:15 AM TO COME INTO THE OFFICE FOR HELP WITH ANYTHING UNLESS YOU ARE SICK, HAVE AN INJURY, OR NEED MEDICINE! Thank you!**

**All Students:** Please be sure to check the main office window throughout the day for your name for any messages you may have.

**All Students:** Please remember any after-school plans or arrangements need to be made with parents before you come to school. If you are doing something different concerning riding buses, you must bring a note.

**If you ride a bike to school,** be sure to park your bike in the racks provided. This should be done at the elementary and high school buildings, as well as here at the middle school. Do not park bikes in the lot north of the building.

Reminder to those that ride to school with parents that our drop off is on the NORTH side of our building. Please use the sidewalks in this new area.

**7<sup>th</sup> and 8<sup>th</sup> Grade Roland Rural Bus Room** please report to Mrs. Alonzo's room at 3:30.

**R-S athletics apparel online store** closes on September 3rd: [https://rsnorseath20.itemorder.com/sale?read\\_message=true](https://rsnorseath20.itemorder.com/sale?read_message=true)

**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.

**Quote of the Week:**

"I never dreamed about success. I worked for it." Estee Lauder

**R-S MS Practice/Bus Schedule**

**CROSS COUNTRY, FOOTBALL, VOLLEYBALL**

**AUGUST 24 –28**

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

**FOOTBALL -- SHUTTLE @ 5:30 P.M.**

**MONDAY, AUGUST 24**

Cross Country	No Practice
Football	3:45 – 5:20
Volleyball	No Practice

**TUESDAY, AUGUST 25**

Cross Country	3:35 – 5:00	Team Meeting/Practice
Football	3:45 – 5:20	
Volleyball	3:35 – 4:30	Team Meeting only

**WEDNESDAY, AUGUST 26**

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

**THURSDAY AUGUST 27**

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

**FRIDAY, AUGUST 28**

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

*\*Athletes may sign-up for fall sports on the first day of school in the office or at lunch.*

*\*Athletes must turn in their athletic physical, athletic acknowledgement form, and concussion form before they will be allowed to practice.*

**PTO Meeting:** The first PTO meeting is Thursday September 3rd at 7:30 at the Middle School Library.

**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.