

**ROLAND-STORY MIDDLE SCHOOL  
MONDAY, SEPTEMBER 14th, 2020 #015**

**TODAY'S LUNCH**

Monday-Pork rib sandwich, mixed fruit, green beans  
Tuesday-Chicken tacos, corn, diced mango  
Wednesday-PBJ uncrustable, sun chips, apple sauce, celery sticks  
Thursday-Chicken and gravy, biscuit, peas, grapes  
Friday-Turkey and bacon pita, goldfish crackers, baby carrots, pears

**BREAKFAST**

Monday-Ham breakfast bar, graham crackers, fruit  
Tuesday-French toast sticks, sausage links, fruit  
Wednesday-Breakfast pizza, fruit  
Thursday-Sausage pancake stick, fruit  
Friday-Cereal, poptart, fruit

**Hey RSMS students!!** 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.

**7<sup>th</sup> and 8<sup>th</sup> Grade Roland Rural Bus Room** please report to Mrs. Barker'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.

**Home 7th Volleyball Game** -- All students K-8 MUST be accompanied by a parent or adult. Masks are mandated to enter the gym and be worn in all common areas (lobby, restrooms, etc.). There will be no concessions.

**MS Sports Pictures** will be taken on Friday, September 18 right after school.

**Ballard Cross Country Meet Information.** Due to the high number of cases in Story County and Ballard wanting to make sure athletes get the opportunity to run, there will be NO SPECTATORS allowed at the meet. Runners will need a face covering while in the starting box.

**Quote of the Week:**

"Don't judge each day by the harvest you reap, but by the seeds that you plant."  
Robert Louis Stevenson

**R-S MS PRACTICE / SHUTTLE SCHEDULE  
CROSS COUNTRY, FOOTBALL, VOLLEYBALL**

**SEPTEMBER 14 – SEPTEMBER 18**

**CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.  
FOOTBALL -- SHUTTLE @ 5:30 P.M.**

**MONDAY, SEPTEMBER 14**

Cross Country @ Ballard @ 4:20 (time change)  
Dismiss @ 2:40 / Bus @ 2:50

Football -- 3:45 – 5:20  
Volleyball -- 3:35 -- 5:05

### **TUESDAY, SEPTEMBER 15**

Cross Country -- 3:35 – 5:00  
Football -- 3:45 – 5:20  
Volleyball-- 3:35 -- 5:05

### **WEDNESDAY, SEPTEMBER 16**

Cross Country -- NO PRACTICE  
Football-- 3:45 – 5:20  
Volleyball-- 3:35 – 5:05

### **THURSDAY, SEPTEMBER 17**

Cross Country -- 3:35 -- 5:00  
Football -- 3:45 -- 5:20  
Volleyball -- 7th @ Nevada / 8th vs. Nevada (H) 4:30  
7th -- Dismiss @ 3:30 / Bus @ 3:40

### **FRIDAY, SEPTEMBER 18 -- MS Fall Sports Pictures**

Cross Country -- 3:35 – 5:00  
Football -- 3:45 – 5:20  
Volleyball-- 3:35 – 5:05

### **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 with their parents the entire game..
4. Students are expected to practice and follow our NORSE CODE.
5. 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.