

**ROLAND-STORY MIDDLE SCHOOL**  
**WEDNESDAY, SEPTEMBER 2nd, 2020 #008**

**TODAY'S LUNCH**

Monday-Chicken sandwich, baked beans, mixed fruit  
Tuesday-Crispito, chips with cheese, corn, pears  
Wednesday-Spaghetti, bread stick, green beans, apple sauce  
Thursday-Turkey sub sandwich, carrots, pineapple  
Friday-Chili cheese dog, mixed vegetables, peaches

**BREAKFAST**

Tuesday-Mini bagel, cream cheese, fruit  
Wednesday-Breakfast pizza, fruit  
Thursday-Sausage pancake stick fruit  
Friday-Cold cereal, poptart, fruit

WELCOME BACK!! 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.

**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.

**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.

**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:**

"If you're not making mistakes, then you're not doing anything. I'm Positive that a doer makes mistakes."  
John Wooden

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

**AUGUST 31 – SEPTEMBER 4**

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

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

**WEDNESDAY, SEPTEMBER 2**

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

**THURSDAY, SEPTEMBER 3**

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

**FRIDAY, SEPTEMBER 4**

Cross Country	NO PRACTICE
Football	3:35 – 5:20

**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.