

ROLAND-STORY MIDDLE SCHOOL
FRIDAY, SEPTEMBER 4th, 2020 #010

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.

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

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.

7th and 8th 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.

FRIDAY, SEPTEMBER 4

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

SEPTEMBER 7 – SEPTEMBER 11

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

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

MONDAY, SEPTEMBER 7

LABOR DAY -- NO SCHOOL

TUESDAY, SEPTEMBER 8

Cross Country	3:35 – 5:00
Football	3:45 – 5:20
Volleyball	8th @ Gilbert / 7th vs. Gilbert (H)

WEDNESDAY, SEPTEMBER 9 -- Early Dismissal

Cross Country	No Practice
Football	1:30 – 3:00 Football Shuttle @ 3:10
Volleyball	No Practice

THURSDAY, SEPTEMBER 10 -- No Shuttle

Cross Country	@ Greene Co.-- Spring Lake State Park 4:15
---------------	--

	Dismiss @ 2:30 / Bus @ 2:40
Football	8th-7th @ Nevada 4:30/6:00
	8th -- Dismiss @ 3:20 / Bus @ 3:30
	7th -- Dismiss @ 3:30 / Bus @ 3:40
Volleyball	7th @ W. Marshall / 8th W.Marshall (H) 4:30
	7th -- Dismiss @ 3:15 / Bus @ 3:25

FRIDAY, SEPTEMBER 11

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