

**ROLAND-STORY MIDDLE SCHOOL
WEDNESDAY, SEPTEMBER 9th, 2020 #012**

TODAY'S LUNCH

Tuesday-Beef and bean burrito, black beans, strawberries
Wednesday-Meatballs, potatoes and gravy, peas, mixed fruit
Thursday-Cheese pizza, romaine salad, blueberries
Friday-Chicken nuggets, fries, mandarin oranges

BREAKFAST

Tuesday-breakfast burrito, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, 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.

TODAY is a two hour early dismissal

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.

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.

Story City Parks & Recreation Fall Program Registration is open for Soccer, Flag Football, Volleyball & Dance. Register online at https://apm.activecommunities.com/cityofstorycity/Activity_Search Deadline September 9th!

RS Booster Club Mask Webstore We heard your requests for another chance to order masks! The RS Athletic Booster Club is selling masks now through midnight on September 13th. Two different

styles are available in a variety of sizes (even sizes for little faces) and colors, as well as a customized red RS option. All masks in the web store follow CDC and FDA guidelines. Orders can be sent to the school or can be delivered to your home. Click on the link below for more information or to place your order!

<https://rsboostermask20.itemorder.com/sale>

Quote of the Week:

We generate fears while we sit. We overcome them by action. Dr. Henry Link

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

SEPTEMBER 7 – SEPTEMBER 11

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

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

WEDNESDAY, SEPTEMBER 9 -- Early Dismissal

Cross Country	No Practice
Football	No Practice
Volleyball	No Practice

THURSDAY, SEPTEMBER 10 --

Cross Country	@ Greene Co.-- Spring Lake State Park 4:15 Dismiss @ 2:30 / Bus @ 2:40
Football	8th-7th @ Nevada 4:30/6:00 CANCELLED Practice 3:45-5:20
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.**