

ROLAND-STORY MIDDLE SCHOOL
MONDAY, AUGUST 26, 2019 #002

LUNCH

Monday-Pork rib sandwich, french fries, fruit cocktail, green beans
Tuesday-Beef taco, black beans, rice, fruit salsa
Wednesday-Grilled chicken salad, wheat roll, strawberries
Thursday-Turkey sub, chips, mixed veggies, kiwi
Friday-Spaghetti, breadstick, salad, apple slices

BREAKFAST

Monday-Sausage and pancake stick, strawberries and blueberries, milk
Tuesday-Mini bagel w/ cream cheese, grapes, milk
Wednesday-Breakfast pizza, peaches, milk
Thursday-Cereal, granola bar, peaches, milk
Friday-Breakfast bar, banana, milk

Be GRATEFUL for TODAY!

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.)

Attention 7th and 8th graders-During the school day please do not go through the 5th and 6th grade hallway. However, you may use the hallway going to and from the buses.

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.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Holmes 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.

Activity Passes: If you would like to purchase an activity pass, please bring \$50.00 to the office. (Checks can be made out to Roland-Story School). The secretaries will punch your student ID card and that will serve as your pass to enter Norsemen activities.

The following link can be used to order NEW Roland-Story Apparel. The online store will be open until Monday, September 2nd. <https://rsboosterclub19.itemorder.com/>

Seventh grade volleyball will begin TODAY after school. Be sure you have all forms completed, signed and handed in prior to being able to participate.

Eighth grade volleyball practice will start TODAY after school in the south Gym. Be sure you have all forms completed, signed and handed in prior to being able to participate.

Seventh and eighth grade cross country practice will start TODAY right after school. Please change your clothes and meet on the north side of the school by parent pick up.

Quote of the Week:

"Life is not about what you get out of it, but what you put into it." Tom Rath

R-S MS Practice/Bus Schedule

Monday 8/26

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Tuesday 8/27

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Wednesday 8/28

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Thursday 8/29

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Friday 8/30

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

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.