

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, JANUARY 25th, 2021 #096**

TODAY'S LUNCH

Monday-Cheeseburger, fries, pineapple
Tuesday-Beef and bean burrito, black beans, strawberries
Wednesday-Orange chicken, fried rice, egg roll, mixed fruit
Thursday-Beef stew, roll, corn, applesauce
Friday-Corndog, broccoli, apricots

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Mini Cinnamon Rolls,, 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.

PE Locker Room Tuesday-This locker room will be used by HS wrestlers on Tuesday. Please make sure your lockers are locked and remove all valuables.

Roland-Story 2021 Little League Baseball Season registration is now open! Deadline is February 15. 3rd/4th Grade Minors Division, 5th/6th Grade Majors Division. Registration fee is \$55; scholarships are available. <https://www.centraliowarecleague.org/northstory> Follow Norsemen Youth Baseball League on Facebook for season information and updates. <https://www.facebook.com/RSyouthbaseball/>

Students-You must have on snow boots to play in the snow. There is NO throwing of snowballs or ice.

7th & 8th Grade Choir Students: Please turn your \$10 robe-cleaning fee into the office. Checks can be made out to Roland-Story Schools. Thank you!

7th and 8th Grade Roland Rural Bus Room please report to **Mrs. Handsaker's** room at 3:30.

**R-S MS PRACTICE / SHUTTLE SCHEDULE
BOYS BASKETBALL
JANUARY 25 - JANUARY 29
BOYS BASKETBALL SHUTTLE @ 5:45
1:15 DISMISSAL DAYS -- B BASKETBALL SHUTTLE @ 3:30**

**MONDAY, JANUARY 25 -- Shuttle @ 5:45
B Basketball -- 3:35 - 5:30**

**TUESDAY, JANUARY 26 -- No Shuttle
B Basketball -- 8th vs. PCM (H) 4:30
7th @ PCM (Prairie City) 4:30
Dismiss @ 2:35 / Bus @ 2:45**

**WEDNESDAY, JANUARY 27 -- Early Dismissal -- Shuttle @ 3:30
B Basketball -- 1:20 - 3:15**

THURSDAY, JANUARY 28 -- No Shuttle

B Basketball -- 7th vs. Greene Co, (H) 4:30

8th @ Greene Co. 4:30

Dismiss @ 2:45 / Bus @ 2:55

FRIDAY, JANUARY 29 -- No Shuttle

B Basketball -- 7th vs. N. Polk (H) 4:30

8th @ N. Polk 4:30

Dismiss @ 3:10 / Bus @ 3:20

Quote of the Week:

It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. Jillian Michaels