

**ROLAND-STORY MIDDLE SCHOOL
FRIDAY, JANUARY 29th, 2021 #099**

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, pop tart, 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.

Attention ALL Students-Middle School students are NOT permitted to attend middle school athletic events, unless they are attending as the sibling of an athlete, due to capacity constraints.

RYS 2020 CIRL Softball is now open for online registration. Registration is open to all 1st-6th graders. We look forward to an exciting and fun season for our softball interested kiddos! Registration deadline is February 19th, 2021 and skills assessment night is Thursday, March 4th at the Middle School from 6-8:30 (3rd through 6th graders only for skills night). Please click on the link below to register ONLINE! www.rolandyouthsports.com/2021-registration. Follow Roland Youth Sports on Facebook for season information and updates. <https://www.facebook.com/rolandyouthsports>

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

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