

**ROLAND-STORY MIDDLE SCHOOL
TUESDAY, AUGUST 31st, 2021 #007**

TODAY'S LUNCH

Monday-Pork rib on a bun, peas, mixed fruit
Tuesday-Cheese quesadilla, mandarin oranges, carrots
Wednesday-Orange chicken, fried rice, eggroll, steamed broccoli, mixed fruit
Thursday-Turkey sub sandwich, celery, apple slices
Friday-Sausage and pepperoni calzone, romaine salad, pears

BREAKFAST

Monday-Ham breakfast bar, graham crackers, fruit
Tuesday-Mini pancakes, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, muffin, fruit

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 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.

Cross Country, Football, & Volleyball Athletes -- Reminder that you are required to wear a mask when riding the athletic shuttle bus per federal law.

FALL SPORTS -- PARENT MEETINGS -- Please have at least 1 parent attend the parent meeting for your student-athlete.

Cross Country Parent Meeting -- Tuesday, August 31 @ 5:00. Please meet in the grassy area north of the middle school building.

Football Parent Meeting -- Tuesday, August 31 @ 5:15. Meet in the New Gym.

Volleyball Parent Meeting -- Tuesday, August 31 @ 5:15. Meet in the Old Gym.

Mock Trial: 7th and 8th graders, If you are interested in learning about our legal system, consider joining us in mock trial. Mock trial will give you opportunities to challenge yourself, while working as a team. The team will be investigating a case, as well as presenting the case as lawyers and witnesses in an academic competition. The sign up sheet is in the office with the final sign up date of September 3. We look forward to working with you! Mrs. Lyman, Mrs. Sirna, Mr. Klett

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.

Student Drop-Off- 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. Krause'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:

Work for a cause, not for applause. Live life to express, not to impress. Don't strive to make your presence noticed, just make your absence felt.

Kevin Carroll

PTO Meeting: The first PTO meeting is Thursday September 2nd at 7:30 at the Middle School Library.

**R-S MS PRACTICE / SHUTTLE SCHEDULE
CROSS COUNTRY, FOOTBALL, VOLLEYBALL
AUGUST 30 - SEPTEMBER 3**

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

FOOTBALL -- SHUTTLE @ 5:35 P.M.

TUESDAY, AUGUST 31

Cross Country 3:35 – 5:00
XC PARENT MEETING @ 5:00 -- Meet in grassy area north of MS
Football 3:45 – 5:15
FOOTBALL PARENT MEETING @ 5:15 -- NEW Gym
Volleyball 3:35 – 5:05
VOLLEYBALL PARENT MEETING @ 5:15 -- OLD Gym

NOTE: MS Open House @ 6:00 p.m.

WEDNESDAY, SEPTEMBER 1

Cross Country 3:45 – 5:00
Football 3:45 – 5:20
Volleyball 3:45 – 5:05

THURSDAY, SEPTEMBER 2

Cross Country 3:45 – 5:00
Football 3:45 – 5:20
Volleyball 3:45 – 5:05

FRIDAY, SEPTEMBER 3

Cross Country 3:45 – 5:00
Football 3:45 – 5:20
Volleyball 3:45 – 5:05