

ROLAND-STORY MIDDLE SCHOOL

Monday October 17th, 2022

LUNCH

Monday: Hot Dog, Mixed Vegetable, Mixed Fruit, Milk

Tuesday: Crispito, Chips w/ Cheese, Corn, Pears and Milk

Wednesday: Three Cheese Calzone, Romaine Salad, Peaches, Milk

Thursday: Orange Chicken Fried Rice Steamed Broccoli Mandarin Oranges Milk

Friday: Grilled Cheese Tomato Soup Applesauce Milk

BREAKFAST

Monday: Chocolate Filled Crescent Apple/Banana/Orange Milk

Tuesday: Ham Breakfast Bar Graham Crackers Apple/Banana/Orange Milk

Wednesday: Breakfast Pizza Apple/Banana/Orange Milk

Thursday: Soft Cinnamon Toast Crunch Bar Apple/Banana/Orange Milk

Friday: Cereal, Granola Bar Apple/Banana/Orange Milk

RS Middle School conference suppers are Tuesday, Nov 1st, and Thursday, Nov 3rd. We would love your help in supplying a hot meal for all of the teachers.

Please use the [following link](#) to sign up!

RSMS!

It is anti-bullying month, so the 7th grade student ambassadors are helping send anonymous kindness notes! With these notes, you can write a kind note to your friend or someone in the school. We are doing this at lunch starting today, through this Thursday, 10 minutes per grade. If you would like to participate, these notes are free so you do not need to bring any money, just go to the table and fill out a note! All notes will be delivered Friday at homeroom time. Thank you for participating!

Be on the lookout for the new bulletin board outside of Mrs. Alonzo and Mrs. Handsaker's room. This bulletin board is brought to you by your student ambassadors and will be interactive. You will be able to take a note of encouragement, or leave one for someone else to take at another time! When you are feeling down we hope these notes will help raise your spirits.

Picture Retakes

Picture retakes are scheduled for Friday, November 18.

MS Winter Sports -- Bound Registration

Parents -- Please register your student(s) if they are planning to participate in a winter sport at the Middle School. This includes Girls Basketball, Girls Wrestling, Boys Wrestling, and Boys Basketball.

You may use the QR code (found on the RSMS Athletics Facebook page) or the link below to Register or Sign In on Bound. Please follow the directions to register your student for winter sports participation.

Link: <https://manager.gobound.com/ia/rolandstory/students>

Please register prior to the start of your student's winter sports practice start date.

Reminder:

Girls Basketball Practice Begins Monday, October 17

Boys & Girls Wrestling Begins Tuesday, October 25

All Students: You may enter the building as early as 7:45. It is expected that you either sit in the gym or at breakfast until you are dismissed by an adult. The only food being eaten happens in the Norse Cafe.

If you ride a bike to school, be sure to park your bike in the racks provided. Do not park bikes in the lot north of the building.

Reminder to all students attending middle school and high school events: Please come to watch the event. Remember to demonstrate the Norse Code (Caring - Respect - Responsibility) positively cheering for both teams.

InterACT for families and children: We are excited to share about an upcoming FREE virtual educational offering for families with children in **grades 3 to 6** – [Helping Families InterACT](#). Adults and youth will learn evidence-based skills to help [Accept, Choose/Commit, and Take Action](#) for self-care and healthy relationships. To register, visit <https://go.iastate.edu/XLEZ8X>

Participants, both adults and youth, will receive a **\$50 gift card** upon course completion.

Virtual live sessions meet via Zoom

Sunday evenings

October 9, 16, 23, 30

Youth sessions 6:00-7:00 PM

Adult sessions 7:15-8:15 PM

Norseman Basketball Association Skills Nights This is a great opportunity to get a basketball back in your hands and get working on the basic skills of basketball that you will need when the season starts. September 19th – October 31st, (Monday Nights ONLY), 6:00 pm – 8:00 pm @ the Roland Middle School. Grades 3rd-8th (girls only this year). Cost: \$25 (includes all 7 sessions)

- Form shooting
- Dribbling/Passing
- Rebounding
- Defensive Positioning
- Boxing out

Please register your daughter using the following [online link](#). Bring cash or check on the first night. Please make a check out to the Norsemen Basketball Association. Questions reach out to Kevin Krausman at kevinkrausman@gmail.com

Attention parents of Roland-Story students. The 2021-2022 Iowa Statewide Assessment of Student Progress (ISASP) results are available for you to view through your [PowerSchool parent portal](#). Once logged in, click on the Document Vault along the left side, then click the Continue to the Document Vault button, and finally click download next to the ISASP Student Report. Click [here](#) to view this 3 step picture document. ISASP is intended to provide information to schools and families on how students are performing on the Iowa Core Academic Standards. To help understand how to interpret the Individual Student Report, click [here](#) for further information.

Park & Recreation Basketball Registration is Open!

Register Here: <https://anc.apm.activecommunities.com/cityofstorycity/home>

Kinder Basketball

October 18th-November 29th
Tuesdays and Thursday 5:15- 6:15pm

5th & 6th Basketball

October 19th-December 17th
Thursday Evenings & Saturdays
Games: November 5th-December 17th

1st/2nd & 3rd/4th Basketball

November 7th-January 28th
Games: December 3rd-January 28th (no games over holidays)
Practices will be one weeknight and one Saturday time. TBA

Did you know that the Roland-Story Athletic Booster Club helps support our RS athletes to be the best they can be on the field, court, track, mat, and at the course? The Booster Club provides financial support to our RS athletic programs to help pay for uniforms, equipment, facility needs, and coaches requests to help our athletes succeed. Another BIG support for our RS athletes, paid for by the Booster

Club, is our strength and conditioning program. RS athletes receive instruction and guidance from Premier Athlete Training coaches based out of Ames. Their training and experience have helped pro, college, high school, and middle school athletes excel in the sports they love. With support from the Booster Club, our athletes receive instruction AT RS schools...making it a HUGE COST SAVINGS for families. Help us continue to provide these much needed items and services for our Roland-Story athletes. Click on the link below to join the Booster Club today! GO NORSE!!

<https://rolandstory.revtrak.net/Roland-Story-Athletic-Booster-Club/>

RSMS Extra-Curricular Attendance Policy: RSMS students are expected to be in attendance for the entire school day in order to participate in athletic or fine arts practices, games, or concerts. A student cannot stay home in the morning because they don't feel well, come to school during the day, and then participate after school. They would be allowed to attend practice or game, but would not be able to participate. Students with an Excused Absence will be allowed to participate. Examples of an excused absence would be: doctor or dentist appointment, funeral, etc. These types of absence should be **pre-arranged** with the middle school office. A doctor's note is required upon the student's return to school in order to participate.

Bertha Bartlett Public Library: Just a reminder that the highschool and middle school will be combined for programming at the library and we will meet the first and third Wednesday of the month.

R-S PTO Presents: School Staff Monthly Recognition Program - Let's recognize teachers, staff and administrators who demonstrate dedication, professionalism, excellence and FUN in the classroom! Anyone can nominate anyone – a student can nominate a teacher, a teacher can nominate a bus driver, a parent can nominate a member of the lunch staff, etc. There are NO SMALL gestures that shouldn't go noticed. Each month, a winner will be drawn from each school to receive a gift card to a local place of their choosing provided by the RS PTO. Nominations are due by the end of each month for that month's drawing. Please see the linked form for more information and to submit your nomination! **NOMINATION FORM**

RSMS to offer "Skip the Trip" Iowa DOT instruction permit knowledge tests

Do you have a student who is ready to take the operator knowledge test to get an Iowa instruction permit to drive? RSMS is now offering the test right here at school as part of the Iowa Department of Transportation's "Skip the Trip" program. In partnering with the Iowa DOT, RSMS can save families time, cost, and the hassle of making a trip to a driver's license service center for testing. Students will be able to take the web-based test in a more familiar environment that works to reduce test anxiety and increase success rates. Tests are overseen by trained school staff to assure the integrity of test results. To be eligible to take the remote knowledge test, your student must be age 14 or older and not currently hold an Iowa instruction permit. Students that have turned 14 prior to the testing date must sign up in the office and have permission given from their parent by either email or phone. Please email Mrs. Kowalke at akowalke@roland-story.k12.ia.us with any questions.

