

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, SEPTEMBER 21st, 2020 #020**

TODAY'S LUNCH

Monday-Chicken strips, broccoli normandy, peaches
Tuesday-Cheese quesadilla, grapes, carrots and celery
Wednesday-Mac and cheese, roll, mixed vegetables, mandarin oranges
Thursday-Beef teriyaki dippers, rice, green beans, applesauce
Friday-Turkey fritter sandwich, capri vegetables, mixed fruit

BREAKFAST

Monday-Ham breakfast bar, graham crackers, fruit
Tuesday-French toast sticks, sausage links, 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.

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

MS Pictures will be October 1st

FFCRA Lunch Program Starting Monday, September 21st, students will not be charged for regular school meals. Students may continue to purchase a la carte items, seconds, and milk, which will be charged to the family's account. The program is scheduled to expire on December 31st, or when funds run out—whichever happens first. We expect the funding to last at least 2-3 months. Once the program ends, we will move back to the regular National School Lunch and National School Breakfast programs and previous meal rates will apply. The federal government has provided this opportunity under the Families First Coronavirus Response Act (FFCRA).

Federal Meal Requirements for **FREE Breakfast**

Breakfast consists of three components

- 1.** Milk
 - 2.** Fruit or Orange Juice
 - 3.** Main Dish
- ⇒ You **MUST** take all **three** items in order to charge as a **Free Breakfast**
- ⇒ You may **substitute a bagel in place of the Main Dish** for Breakfast
- ⇒ **If all three items are not taken you will be charged separately for each item via Ala Carte**

Federal Meal Requirements for **FREE Lunch**

Lunch consists of the following components

- 1.** Milk
 - 2.** **¾ Cup Fruit or Vegetable**
 - 3.** Meat or Meat Alternative
 - 4.** Grain (buns, rolls, pizza crust, biscuit, spaghetti noodles, hard/soft taco shells)
- ⇒ You **MUST** take all **four** choices with **one of the choices being ¾ cup of fruit or vegetable** in order to charge as a **FREE Lunch**
- ⇒ **If all four items are not taken you will be charged separately for each item via Ala Carte**

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. Students will have the opportunity to test on the second Tuesday of each month. "Skip the Trip" allows students to take their initial test at school as the first step in getting your student to be a confident driver. Once a student has successfully passed the test, the student will receive an email verifying a successful test. The student brings a copy of the email to the driver's license service center along with the other required documentation that will prove their identity to be issued their instruction permit. Service center staff will verify passing test result emails with Iowa DOT records. Visit www.iowadot.gov/mvd/realid/success.asp to determine what documentation to bring with you to receive your student's permit. To prepare for a successful knowledge test, students should study the Iowa Driver's Manual and online practice test, both available at: <https://iowadot.gov/mvd/driverslicense/manuals-and-practice-tests>.

Quote of the Week:

We did not come to fear the future. We came here to shape it. Barack Obama

**R-S MS PRACTICE / SHUTTLE SCHEDULE
CROSS COUNTRY, FOOTBALL, VOLLEYBALL**

**CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.
FOOTBALL -- SHUTTLE @ 5:30 P.M.**

MONDAY, SEPTEMBER 21 -- 5:15 Shuttle only

Cross Country @ N. Polk @ 4:30

Dismiss @ 3:00 / Bus @ 3:10

Football -- 8th / 7th @ W. Marshall, 8th 4:30 / 7th 6:00

8th -- Dismiss @ 3:10 / Bus @ 3:20

7th -- Dismiss @ 3:25 / Bus @ 3:35

Volleyball -- 7th @ N. Polk 4:30

7th -- Dismiss @ 3:10 / Bus @ 3:20

8th Practice -- 3:35 - 5:05

TUESDAY, SEPTEMBER 22

Cross Country -- 3:35 – 5:00 @ River Bend / Shuttle Pick up in SC @ 5:00

Football -- 3:45 – 5:20

Volleyball -- 8th vs. N. Polk (H) 4:30

7th Practice -- 3:35 - 5:05

WEDNESDAY, SEPTEMBER 23 -- Early Dismissal

Cross Country -- No Practice

Football -- 1:25 - 3:00 -- Shuttle @ 3:10

Volleyball -- No Practice

THURSDAY, SEPTEMBER 24 -- 5:30 Shuttle only

Cross Country -- (H) @ River Bend Golf Course @ 4:30

Dismiss @ 3:20 / Bus @ 3:30

Football -- 8th Practice -- 3:45 - 5:20

7th vs. S. Hamilton (H) @ 4:30

7th -- Dismiss @ 3:30 / Bus @ 3:40

Volleyball -- 8th @ Greene Co. / 7th (H) @ 4:30

8th -- Dismiss @ 2:40 / Bus @ 2:50

FRIDAY, SEPTEMBER 25

Cross Country -- 3:35 – 5:00

Football -- 3:45 – 5:20

Volleyball -- 3:35 – 5:05

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 with their parents the entire game..
4. Students are expected to practice and follow our NORSE CODE.
5. 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.