

**ROLAND-STORY MIDDLE SCHOOL
TUESDAY, FEBRUARY 23rd, 2021 #113**

TODAY'S LUNCH

Monday-Hot ham and cheese sandwich, peaches, country trio veggies
Tuesday-Crispito, chips w/cheese, corn, pears
Wednesday-Sausage and pepperoni calzone, romaine salad, pears
Thursday-Chicken and gravy w/ biscuit, mashed potatoes, apricots
Friday-Shrimp poppers, mac n cheese, green beans, peaches

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Sausage, egg and cheese biscuit, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, graham crackers, 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.

Please check the lost and found for items that may belong to you. ALL items will be donated after spring break.

Softball apparel order info - Here is the link to our softball specific apparel order and hat and visor order. All items available to fans and the community. (Our non-sport specific FanCloth apparel order will be coming soon). Deadline March 3rd at midnight. Thanks for your support!

https://rssoftball21.itemorder.com/sale?read_message=true

Norsemen Baseball Spring Apparel Order - Our programs annual spring gear/apparel order is now live and can be accessed by visiting, <https://rsbaseball21.itemorder.com/sale>. There are items available for any Norsemen fan big or small. Items include helmets, cleats, bags, belts, shirts, tanks, shorts and many more. The online store will be available until 3/8 at midnight. Proceeds will go towards replacing our team helmets junior high through high school. Contact Coach Hill at chill@roland-story.k12.ia.us if you have any questions regarding the order.

Roland-Story high school girls state basketball apparel can be ordered here:

https://rsstategbb21.itemorder.com/sale?read_message=true

Softball Camp fliers for 5th and 6th grade softball players will be available in the MS office or from their homeroom teacher. Camp will be Saturday, March 27th at the MS Gyms in Roland. Deadline for sign up is Friday, March 12th. Form also available on Facebook on the Roland-Story Softball page and at the HS Softball website: <http://tinyurl.com/norsesoftball>

Boys and girls track: Students interested in participating this spring, please sign up in the office.

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>

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. Holmes'** room at 3:30.

**R-S MS PRACTICE / SHUTTLE SCHEDULE
BOYS BASKETBALL
FEBRUARY 22-FEBRUARY 26
BOYS BASKETBALL SHUTTLE @ 5:45
1:15 DISMISSAL DAYS -- B BASKETBALL SHUTTLE @ 3:30**

**TUESDAY, FEBRUARY 23 -- Shuttle @ 5:45
B Basketball -- 3:30 - 5:30**

**WEDNESDAY, FEBRUARY 24 -- Early Dismissal -- Shuttle @ 3:30
B Basketball -- 1:20 - 3:15**

**THURSDAY, FEBRUARY 25 -- Shuttle @ 5:45
B Basketball -- 3:30 - 5:30**

**FRIDAY, FEBRUARY 26 -- Shuttle for 8th Team @ 3:35 to SC only
B Basketball -- 8th vs. PCM (H) 4:30 @ RS High School
7th @ PCM 4:30
Dismiss @ 2:35 / Bus @ 2:45**

Quote of the Week:

"The only person you are destined to become is the person you decide to be."
Ralph Waldo Emerson