

**ROLAND-STORY MIDDLE SCHOOL
TUESDAY, April 20th, 2021 #148**

TODAY'S LUNCH

Monday-Hot ham and cheese sandwich, green beans, mandarin oranges

Tuesday-Crispito, chips with cheese, corn, pears

Wednesday-Turkey bacon flatbread, carrots, peaches

Thursday-Beef burgers, fries, mixed fruit

Friday-Sausage pizza, romaine salad, pineapple

BREAKFAST

Monday-Ham breakfast bar, fruit

Tuesday-Mini bagel, fruit

Wednesday-Breakfast pizza, fruit

Thursday-Sausage pancake stick, fruit

Friday-Cereal, muffin, 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.

Let's Jump Into Testing Week With Some Swag:) Show off your best, most creative outfits before a big testing week! Be so swagger that no one else can outdo your swag.

Tuesday the 19th: Decades Day- dress up as any decade; 70's, 80's, 90's ect. Let's take things way back for some fun!

Wednesday the 20th: Western Day- show off your inner cowboy/cowgirl and ride your horse into testing week.

Thursday the 21st: Jersey Day- Represent your favorite team in any sport with a swag jersey.

Friday 22nd: Roland Story Swag Day- As Carl Azuz would say, "Fridays are awesome!" Lets prove his point right and rep some awesome Roland Story colors!

Monday the 26th: Hat Day- Say hello to your favorite tests of the whole year, and goodbye to the no hat policy for a day! Wear a crazy cool hat of your choice!

Please be respectful of school policies and dress codes. Let's have a great week with some great themes!

All Students-as the weather gets warmer we ask that you follow our school handbook when it comes to the clothes you wear. The handbook states: Any clothing that is cut/torn or worn so that it exposes excessive skin, or inappropriate areas of the anatomy and does not properly cover the body is not suitable for the school setting and is not acceptable. Midriff-baring tops, tube tops, halter tops, spaghetti strap tops, or strapless tops are not to be worn. Short skirts or short shorts are also not permitted. Students that wear any of these items to school will be required to change clothing and a parent may need to be called.

Parents, The Booster Club is asking each parent of a MS track athlete to help with concessions at 1-2 meets this spring. There are two shifts per meet. Athletes will receive a paper copy at track practice that can be returned to their coach. You may also sign up using this link:

<https://www.signupgenius.com/go/20f0f45a8ab28abfe3-roland5>

Here is the link to Coach Lettow's remind page for 7th/8th girls' track: [LettowRemind](#)

Boys Track Participants & Parents/Guardians - Please Sign up for Remind messages. Coach Calvert will be sending you important track information through Remind. <https://www.remind.com/join/cbda4f>

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 Mr. Johnson's room.

**R-S MS PRACTICE / SHUTTLE SCHEDULE
BOYS & GIRLS TRACK
APRIL 19 - APRIL 23
EARLY TRACK SHUTTLE @ 5:25 -- BOYS
LATE TRACK SHUTTLE @ 5:45 -- GIRLS**

TUESDAY, APRIL 20 -- GIRLS SHUTTLE @ 5:30 in SC
BOYS TRACK -- ****MEET POSTPONED**** (Practice)
GIRLS TRACK -- 3:30 - 5:20 @ HS Track

WEDNESDAY, APRIL 21 -- NO PRACTICE

THURSDAY, APRIL 22 -- BOYS SHUTTLE @ 5:25
GIRLS TRACK ---- @ Nevada 4:30
Dismiss @ 3:15 / Bus @ 3:25
BOYS TRACK -- 3:30 - 5:10

FRIDAY, APRIL 23 -- NO SHUTTLE
BOYS TRACK -- @ R-S 4:30
GIRLS TRACK -- @ R-S 4:30

Quote of the Week:

"If you don't like something, change it. If you can't change it, change your attitude."
Maya Angelou