

**ROLAND-STORY MIDDLE SCHOOL  
MONDAY, September 23, 2019 #021**

**LUNCH**

Monday-Chicken nuggets, mashed potatoes, green beans, peaches  
Tuesday-Beef and bean burrito, corn, strawberries  
Wednesday-Turkey dog, mac n cheese bites, peas, mixed fruit  
Thursday-Cheeseburger, corn, peaches  
Friday-Pancakes, sausage, hash browns, grapes

**BREAKFAST**

Monday-Ham breakfast bar  
Tuesday-Mini bagel, grapes  
Wednesday-Breakfast pizza, orange slices  
Thursday-Sausage pancake stick, peaches  
Friday-Cereal, muffin, pineapple

**Be GRATEFUL for TODAY!**

**Fall Sports Pictures**

**Volleyball** - Monday, Oct. 14th

**Football** - Monday, Oct. 21st

**7<sup>th</sup> and 8<sup>th</sup> Grade Roland Rural Bus Room** please report to Mrs. Doyle's room at 3:30. You **MUST** check in with the teacher. Next Wednesday please report to Mrs. Barker's room (band).

**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 by positively cheering for both teams.

**Activity Passes:** If you would like to purchase an activity pass, please bring \$50.00 to the office. (Checks can be made out to Roland-Story School). The secretaries will punch your student ID card and that will serve as your pass to enter Norsemen activities.

**Premier Athlete Training** will be offering a Strength/Speed/Agility Training opportunity for our 7th/8th grade Roland-Story students. Cost will be \$30 for 14 sessions on Tuesday and Friday mornings from 6:30-7:15 at the high school. First session will be September 17th. Forms and checks need to be returned to the middle school office by Thursday, September 12th. Forms can be printed on our website or picked up in the middle school office.

**NBA Registration is Now Open** - Deadline to register is October 2nd! NBA is our youth basketball program for students enrolled at Roland-Story in 3rd - 8th grade. The mission of the program is to teach athletes the skills and mentality necessary in order to succeed on and off the basketball court. In other

words, the focus is to teach our athletes the "NORSEMEN WAY"! To register for the 2019 -2020 season, please go to <https://go.teamsnap.com/forms/211145>. Registration deadline is October 2nd. If you need more information about registration or about NBA please pick up a flyer in the office or send an email to [rolandstorynba@gmail.com](mailto:rolandstorynba@gmail.com).

**Story City Parks & Recreation Basketball:** registration is now open! We offer basketball for Pre-K - 6<sup>th</sup> grade. Pre K & Kindergarten will play in Story City only and 1<sup>st</sup>-6<sup>th</sup> Grade will play within the Central Iowa Recreation League and travel to other area communities for games. For more information check out our website <https://www.cityofstorycity.org/parks-and-recreation/>

**From the PTO:** Parents, please take a few minutes to fill out this very short google form and help your student's teacher possibly earn \$100 for their classroom. This is very similar to the PTO volunteer postcards from years past but we are going electronic! 1 teacher from the ES and MS with the most responses from parents from their respective students will receive \$100 gift card to use towards their classroom needs! Go Norse! The PTO thanks you!  
[https://docs.google.com/forms/d/e/1FAIpQLSdqakNO5FP2aAXIQztGZCHmZz2AWfvHUVkjjcMB5g3934hulw/viewform?fbclid=IwAR0vPaAYJlwgRF-9CN3\\_m2lomdqDM9cuFpWkn8gWwqDs\\_5bGfgaLW89BjSI](https://docs.google.com/forms/d/e/1FAIpQLSdqakNO5FP2aAXIQztGZCHmZz2AWfvHUVkjjcMB5g3934hulw/viewform?fbclid=IwAR0vPaAYJlwgRF-9CN3_m2lomdqDM9cuFpWkn8gWwqDs_5bGfgaLW89BjSI)

**Free Punt, Pass and Kick Contest,** Saturday 9/28 at 9am at the high school football field. Contest is for ages 5-12. Sign up forms in the office.

**Quote of the Week:**

**"Education is the most powerful weapon which you can use to change the world."**

**Nelson Mandela**

**R-S MS Practice/Bus Schedule**

**Monday 9/23**

7 <sup>th</sup> /8 <sup>th</sup> Football Practice	3:30
7 <sup>th</sup> Volleyball @ North Polk	4:30
8 <sup>th</sup> Volleyball vs. North Polk	4:30
7 <sup>th</sup> /8 <sup>th</sup> Cross Country Practice	3:30

Shuttle bus will pick up Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

**Tuesday 9/24**

7 <sup>th</sup> /8 <sup>th</sup> Football Practice	3:30
7 <sup>th</sup> /8 <sup>th</sup> Volleyball Practice	3:30
<b>7<sup>th</sup>/8<sup>th</sup> Cross Country Practice in Story City</b>	<b>3:45</b>

**Shuttle bus will pick up Cross Country in Story City at 5:00 and drop off in Roland.** Shuttle will pick up Volleyball in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

**Wednesday 9/25**

7 <sup>th</sup> Football Practice	1:30
8 <sup>th</sup> Football (No Practice)	

7 <sup>th</sup> Volleyball Practice	1:30
8 <sup>th</sup> Volleyball (No Practice)	
7 <sup>th</sup> /8 <sup>th</sup> Cross Country (No Practice)	

Shuttle bus will pick up 7<sup>th</sup> Volleyball and 7<sup>th</sup> Football in Roland at 3:30 and drop off in Story City.

**Thursday 9/26**

7 <sup>th</sup> Football vs. PCM	4:30
8 <sup>th</sup> Football @ PCM	4:30
7 <sup>th</sup> Volleyball @ Greene County	4:30
8 <sup>th</sup> Volleyball vs. Greene County	4:30
7 <sup>th</sup> /8 <sup>th</sup> Cross Country @ Story City	4:30

**No Shuttle Needed**

**Friday 9/27**

7 <sup>th</sup> /8 <sup>th</sup> Football Practice	3:30
7 <sup>th</sup> /8 <sup>th</sup> Volleyball Practice	3:30
7 <sup>th</sup> /8 <sup>th</sup> Cross Country (No Practice)	

Shuttle bus will pick up Volleyball in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.