

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, September 30, 2019 #026**

LUNCH

Monday-Hot ham/cheese, baked beans, carrot
Tuesday-Crispito, pineapple, peas and carrots
Wednesday-Grilled cheese, chicken noodle soup, pears, carrots
Thursday-Spaghetti, salad, peaches
Friday-Mac and cheese, dinner roll, orange slices, green beans

BREAKFAST

Tuesday-French toast sticks, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, poptart, fruit

Be GRATEFUL for TODAY!

Fall Sports Pictures

Volleyball - Monday, Oct. 14th

Football - Monday, Oct. 21st

Picture Day at RSMS is Thursday, October 3.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Brouwer's room at 3:30. You **MUST** check in with the teacher.

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.

Story City Parks & Recreation Basketball: registration is now open! We offer basketball for Pre-K - 6th grade. Pre K & Kindergarten will play in Story City only and 1st-6th 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/1FAIpQLSdqakNO5FP2aAXIQztGZCHmZz2AWfvHUVkjcMB5g3934hulw/viewform?fbclid=IwAR0vPaAYJlwgRF-9CN3_m2IomdqDM9cuFpWkn8gWwqDs_5bGfgaLW89BjSI

Roland-Story MAST will host a Scrumptious Cinnamon Roll Fundraiser Saturday, October 12 from 8:00-10:00 am at the Yellow Cup Café. For just \$7/plate, you get 2 cinnamon rolls, 2 sausages and your choice of apple juice or orange juice. To-go boxes are available. Cash or check only, please. All proceeds

benefit the elementary school, middle school and high school fine arts programs of the Roland-Story Community School District.

2019 Angel Gift Program: For more information on the Angel Gift Program or to find forms to apply as a recipient, please visit our website or stop by the middle school office. With questions, please contact Alyssa Loots at (515) 733-4386.

Quote of the Week:

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

R-S MS Practice/Bus Schedule

Monday 9/30

7 th /8 th Football Practice	3:30
7 th Volleyball vs. Nevada	4:30
8 th Volleyball @ Nevada	4:30
7 th /8 th 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 10/1

7 th /8 th Football Practice	3:30	
7 th /8 th Volleyball Practice		3:30
7 th /8 th Cross Country @ Nevada	4:30	

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.

Wednesday 10/2

7 th /8 th Football Practice	3:30	
7 th /8 th Volleyball Practice		3:30
7 th /8 th Cross Country Practice	3:30	

Shuttle bus will pick up Volleyball and 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.

Thursday 10/3

7 th Football vs. Saydel	6:00
8 th Football vs. Saydel	4:30
7 th Volleyball @ South Hamilton	4:30
8 th Volleyball vs. South Hamilton	4:30
7 th /8 th Cross Country Practice	3:30

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

No Shuttle Needed

Friday 10/4

7 th /8 th Football Practice	3:30	
7 th /8 th Volleyball Practice		3:30
7 th /8 th Cross Country Practice	3:30	

Shuttle bus will pick up Volleyball and 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.