

ROLAND-STORY MIDDLE SCHOOL
Monday, September 26, 2022

LUNCH

Monday: Cheesy Pull-Aparts, Marinara, Fresh Carrots, Peaches, Milk
Tuesday: Walking Tacos, Fiesta Black Beans, Applesauce Cup, Milk
Wednesday: Chicken Nuggets, Steamed Cauliflower, Mixed Fruit, Milk
Thursday: Beef Burger, Fries, Pears, Milk
Friday: Hot Ham & Cheese Sandwich, Creamed Corn, Sliced Strawberries, Milk

BREAKFAST

Monday: Mini Cinnis, Apple, Banana, Orange, Milk
Tuesday: Ham breakfast bar, Graham crackers, Apple, Banana, Orange, Milk
Wednesday: Breakfast pizza, Apple, Banana, Orange, Milk
Thursday: Strawberry pancake bowl, Apple, Banana, Orange, Milk
Friday: Cereal, Double chocolate muffin, Apple, Banana, Orange, Milk

All Students: You may enter the building as early as 7:45. It is expected that you either sit in the gym or at breakfast until you are dismissed by an adult. The only food being eaten happens in the Norse Cafe.

If you ride a bike to school, be sure to park your bike in the racks provided. Do not park bikes in the lot north of the building.

Reminder to all students attending middle school and high school events: Please come to watch the event. Remember to demonstrate the Norse Code (Caring - Respect - Responsibility) positively cheering for both teams.

InterACT for families and children: We are excited to share about an upcoming FREE virtual educational offering for families with children in **grades 3 to 6** – [Helping Families InterACT](#). Adults and youth will learn evidence-based skills to help [Accept, Choose/Commit, and Take Action](#) for self-care and healthy relationships. To register, visit <https://go.iastate.edu/XLEZ8X>
Participants, both adults and youth, will receive a **\$50 gift card** upon course completion.

Virtual live sessions meet via Zoom

Sunday evenings

October 9, 16, 23, 30

Youth sessions 6:00-7:00 PM

Adult sessions 7:15-8:15 PM

Norseman Basketball Association Skills Nights This is a great opportunity to get a basketball back in your hands and get working on the basic skills of basketball that you will need when the season starts. September 19th – October 31st. (Monday Nights ONLY), 6:00 pm – 8:00 pm @ the Roland Middle School. Grades 3rd-8th (girls only this year). Cost: \$25 (includes all 7 sessions)

- Form shooting
- Dribbling/Passing
- Rebounding
- Defensive Positioning

- Boxing out

Please register your daughter using the following [online link](#). Bring cash or check on the first night. Please make a check out to the Norsemen Basketball Association. Questions reach out to Kevin Krausman at kevinkrausman@gmail.com

Attention parents of Roland-Story students. The 2021-2022 Iowa Statewide Assessment of Student Progress (ISASP) results are available for you to view through your [PowerSchool parent portal](#). Once logged in, click on the Document Vault along the left side, then click the Continue to the Document Vault button, and finally click download next to the ISASP Student Report. Click [here](#) to view this 3 step picture document. ISASP is intended to provide information to schools and families on how students are performing on the Iowa Core Academic Standards. To help understand how to interpret the Individual Student Report, click [here](#) for further information.

Park & Recreation Basketball Registration is Open!

Register Here: <https://anc.apm.activecommunities.com/cityofstorycity/home>

Kinder Basketball

October 18th-November 29th

Tuesdays and Thursday 5:15- 6:15pm

5th & 6th Basketball

October 19th-December 17th

Thursday Evenings & Saturdays

Games: November 5th-December 17th

1st/2nd & 3rd/4th Basketball

November 7th-January 28th

Games: December 3rd-January 28th (no games over holidays)

Practices will be one weeknight and one Saturday time. TBA

The Roland Story Fine Arts Booster Club (MAST) provides financial support to our RS fine arts programs in all three buildings. We are hosting a fundraiser to help raise funds for new high school choir robes and band uniforms in the upcoming years. Visit our online store https://stores.inksoft.com/rs_mast/shop/home and help support the fine arts at Roland Story. The fundraiser is running now till September 26th.

Did you know that the Roland-Story Athletic Booster Club helps support our RS athletes to be the best they can be on the field, court, track, mat, and at the course? The Booster Club provides financial support to our RS athletic programs to help pay for uniforms, equipment, facility needs, and coaches requests to help our athletes succeed. Another BIG support for our RS athletes, paid for by the Booster Club, is our strength and conditioning program. RS athletes receive instruction and guidance from Premier Athlete Training coaches based out of Ames. Their training and experience have helped pro, college, high school, and middle school athletes excel in the sports they love. With support from the Booster Club, our athletes receive instruction AT RS schools...making it a HUGE COST SAVINGS for families. Help us continue to provide these much needed items and services for our Roland-Story athletes. Click on the link below to join the Booster Club today! GO NORSE!!
<https://rolandstory.revtrak.net/Roland-Story-Athletic-Booster-Club/>

RSMS Extra-Curricular Attendance Policy: RSMS students are expected to be in attendance for the entire school day in order to participate in athletic or fine arts practices, games, or concerts. A student

cannot stay home in the morning because they don't feel well, come to school during the day, and then participate after school. They would be allowed to attend practice or game, but would not be able to participate. Students with an Excused Absence will be allowed to participate. Examples of an excused absence would be: doctor or dentist appointment, funeral, etc. These types of absence should be **pre-arranged** with the middle school office. A doctor's note is required upon the student's return to school in order to participate.

Bertha Bartlett Public Library: Just a reminder that the highschool and middle school will be combined for programming at the library and we will meet the first and third Wednesday of the month.

R-S PTO Presents: School Staff Monthly Recognition Program - Let's recognize teachers, staff and administrators who demonstrate dedication, professionalism, excellence and FUN in the classroom! Anyone can nominate anyone – a student can nominate a teacher, a teacher can nominate a bus driver, a parent can nominate a member of the lunch staff, etc. There are NO SMALL gestures that shouldn't go noticed. Each month, a winner will be drawn from each school to receive a gift card to a local place of their choosing provided by the RS PTO. Nominations are due by the end of each month for that month's drawing. Please see the linked form for more information and to submit your nomination! **NOMINATION FORM**

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. Please email Mrs. Kowalke at akowalke@roland-story.k12.ia.us with any questions.

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>.

MS Premier Athlete Opportunity -- Information & Sign Up

<https://docs.google.com/forms/d/e/1FAIpQLSekUOALqI6kVrZo-nTpKnFv8vFCJ36deWg9OgYrJU3dhXq2Vw/viewform>

**R-S MS PRACTICE / SHUTTLE SCHEDULE
CROSS COUNTRY, FOOTBALL, VOLLEYBALL
SEPTEMBER 26-30
CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.
FOOTBALL -- SHUTTLE @ 5:35 P.M.**

MONDAY, SEPTEMBER 26 – 7th Football Shuttle only

Cross Country Nevada CC Meet @ Indian Creek Country Club 4:30
Dismiss @ 3:05 / Bus @ 3:15
Football 7th – 3:45 – 5:20
8th @ North Polk 4:15
Dismiss @ 2:55 / Bus @ 3:05
Volleyball 7th vs. Nevada 4:30 (H) / 8th @ Nevada 4:30
Dismiss @ 3:10 / Bus @ 3:20

TUESDAY, SEPTEMBER 27 – Normal Shuttles

Cross Country 4:00 – 5:00
Football 3:45 – 5:20
Volleyball 3:45 – 5:05

WEDNESDAY, SEPTEMBER 28 – No Shuttle

Cross Country No Practice
Football No Practice
Volleyball No Practice

THURSDAY, SEPTEMBER 29 – No Shuttle

Cross Country @ Perry Invitational 4:15
Dismiss @ 2:10 / Bus @ 2:20
Football 8th @ Greene Co. 4:30 / 7th @ Greene Co. 6:00
8th Dismiss @ 2:35 / Bus @ 2:45
7th Dismiss @ 3:25 / Bus @ 3:35
Volleyball 8th vs. Ballard 4:30 (H) / 7th @ S. Hamilton 4:30
7th Dismiss @ 3:15 / Bus @ 3:25

FRIDAY, SEPTEMBER 30– Normal Shuttles

Cross Country 3:45 – 5:00
Football 3:45 – 5:20
Volleyball 3:45 – 5:05