

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, March 1st, 2021 #117**

TODAY'S LUNCH

Monday-Pepperoni pizza, green beans, blueberries
Tuesday-Cheese quesadilla, sliced apples, baby carrots
Wednesday-Chicken strips, broccoli normandy, peaches
Thursday-Chicken alfredo, bowtie pasta, breadstick, broccoli, pears
Friday-Fish sticks, sliced carrots, strawberries

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Mini cinnamon rolls, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake bites, 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.

Baseball Uniform Sizing Night Information - Players, please have one parent attend with you to try on uniforms. You may attend either night: Monday, March 1 in the high school Commons from 4:30-6:30; or Thursday, March 4 in Mrs. Vinson's classroom at RSMS from 4:30-6:30.

Track Apparel -- Any junior high track athlete wanting to order track apparel can pick up an order form in the middle school office. Order Deadline is Tuesday, March 2 @ 11:59 p.m. Orders should arrive the week after spring break. Orders are placed online. <https://rstrack21.itemorder.com/sale>

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

There are 40 items on this year's **FanCloth Apparel Order**. There are options for men, ladies, and youth, as well as non-clothing options. All items are non-sport specific. <https://FANCLOTH.SHOP/MHBLQ>
All orders are placed online and shipped directly to your home! Support your favorite player by typing in their first and last name, or selecting them from the drop-down menu if they are already listed. Otherwise, you may select Coach Doyle. Thanks in advance for your support and happy shopping!!! Store closes March 8th.

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.

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. Signup by Wednesday, March 3. Track practice begins Monday, March 22, after Spring break. All participants must have a current physical and other forms on file.

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.

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.

Quote of the Week:

"The secret of change is to focus all of your energy not on fighting the old, but on building the new."
Socrates