

**ROLAND-STORY MIDDLE SCHOOL
FRIDAY, April 9th, 2021 #141**

TODAY'S LUNCH

Monday-Pork rib sandwich, mixed fruit, green beans
Tuesday-Walking tacos, corn, mandarin oranges
Wednesday-Hot dog, peas, peaches
Thursday-Shredded BBQ chicken sandwich, baked beans, mixed fruit
Friday-Spaghetti, breadstick, green beans, applesauce

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Sausage egg cheese biscuit, 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.

All Students-as the weather gets warmer we ask that you follow our school handbook when it comes to the close 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>

Premier Athlete Training - new session begins Thursday, 3/25. Tuesday and Thursday mornings from 6:20-7:05, beginning Thursday, 3/25 and ending Thursday, May 20. Please pick up an info/sign-up sheet in the office or on our website.

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 5 - APRIL 9
EARLY TRACK SHUTTLE @ 5:25 -- BOYS
LATE TRACK SHUTTLE @ 5:45 -- GIRLS**

FRIDAY, APRIL 9

BOYS TRACK -- 3:30 - 5:10

GIRLS TRACK -- 3:30 - 5:30

Quote of the Week:

"Keep your face to the sunshine and you cannot see a shadow." Helen Keller