

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, April 19th, 2021 #147**

TODAY'S LUNCH

Monday-Hot ham and cheese sandwich, green beans, mandarin oranges
Tuesday-Crispito, chips with cheese, corn, pears
Wednesday-Turkey bacon flatbread, carrots, peaches
Thursday-Beef burgers, fries, mixed fruit
Friday-Sausage pizza, romaine salad, pineapple

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Mini bagel, 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 clothes 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>

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 19 - APRIL 23
EARLY TRACK SHUTTLE @ 5:25 -- BOYS
LATE TRACK SHUTTLE @ 5:45 -- GIRLS**

MONDAY, APRIL 19

GIRLS TRACK -- 3:30 - 5:30
BOYS TRACK -- 3:30 - 5:10

TUESDAY, APRIL 20 -- GIRLS SHUTTLE @ 5:30 in SC

BOYS TRACK -- @ Nevada 4:30
Dismiss @ 3:15 / Bus @ 3:25
GIRLS TRACK -- 3:30 - 5:20 @ HS Track

WEDNESDAY, APRIL 21 -- NO PRACTICE

THURSDAY, APRIL 22 -- BOYS SHUTTLE @ 5:25

GIRLS TRACK ---- @ Nevada 4:30
Dismiss @ 3:15 / Bus @ 3:25
BOYS TRACK -- 3:30 - 5:10

FRIDAY, APRIL 23 -- NO SHUTTLE

BOYS TRACK -- @ R-S 4:30
GIRLS TRACK -- @ R-S 4:30

Quote of the Week:

"If you don't like something, change it. If you can't change it, change your attitude."
Maya Angelou