

**ROLAND-STORY MIDDLE SCHOOL
THURSDAY, October 14, 2021 #038**

TODAY'S LUNCH

Monday-Sausage and pepperoni calzone, romaine salad, pears
Tuesday-Walking tacos, corn, applesauce
Wednesday-Chicken alfredo pasta, breadstick, green beans, grapes
Thursday-Chili, cinnamon roll, apple slices
Friday-Cheesy Italian garlic bread, mandarin oranges

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Turkey bacon egg and cheese biscuit, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, graham crackers, fruit

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: PLEASE WAIT UNTIL 8:15 AM TO COME INTO THE OFFICE FOR HELP WITH ANYTHING UNLESS YOU ARE SICK, HAVE AN INJURY, OR NEED MEDICINE! Thank you!

Congrats to the following students who were accepted into the SCIBA Honor Bands this year!

Congrats to the following students who will be attending the Jazz Combo Workshop in Waukee this fall!

CONGRATULATIONS to the students who were accepted into OPUS Honor Choir!

Over 2,100 students were submitted by their directors for 720 positions in the four Opus Honor Choirs. Selections were made by means of a recorded audition. The 2021 Opus Honor Choirs will perform on November 18 at 4:00PM in C.Y. Stephens Auditorium at the Iowa State Events Center in Ames.

MS Cross Country Runners -- you can pick up the results from the conference meet in the MS office.

Girls basketball starts Monday, October 18. Students need shorts, T-shirt, and basketball shoes for practice. Current physical and other forms must be on file in the Middle School office in order to participate. If you do not have your paperwork, you should still attend practice to watch.

Cross Country and Football pictures will be next Tuesday, October 19 after school. Cross country will be first followed by Football. Cross country will turn in uniforms and have a team party after pictures. Football will turn in uniforms and equipment after pictures. All uniforms and equipment should be laundered and clean.

RS Athletic Booster Club - Join Today! The Roland-Story Athletic Booster Club provides support for RS athletic programs and helps provide resources (such as uniforms, strength coaches, equipment, and facilities upgrades) for student-athletes to meet their full potential on and off the playing field. Membership is made up of businesses, parents, grandparents, friends and other supporters of Roland-Story athletics and our student-athletes. Becoming a member is easy! You can register and pay by card using RevTrak (the system used by the school to pay for registration) at [Roland-Story Athletic Booster Club](#). You can also fill out a membership card at this week's home varsity football game and next week's home volleyball games (a membership table will be set up by the concession stand each night) or email us at rolandstoryboosters@gmail.com for more information. Now through October 5th, each new membership will be entered into a drawing for a Friday Family Fun Pack (including free admission and concession vouchers for the night of your choice). Join today to help elevate our RS athletic programs to the next level!

Norsemen Basketball Association (NBA) Registration is Now Open - Deadline to Register is October 16th! The Norsemen Basketball Association (NBA) is our youth basketball program for students enrolled at Roland-Story in 3rd - 8th grades. 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 2021 -2022 season, please go to <https://go.teamsnap.com/forms/289235> . **Registration deadline is October 16th.** If you need more

