

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, October 4, 2021 #030**

TODAY'S LUNCH

Monday-Pork rib on a bun, peas, mixed fruit
Tuesday-Chicken fajitas, corn, pears
Wednesday-Pepperoni pizza, romaine salad, applesauce
Thursday-French toast sticks, sausage links, hash browns, orange slices
Friday-Hot ham and cheese, green beans, peaches

BREAKFAST

Monday-Mini cinnamon rolls, fruit
Tuesday-Ham breakfast bar, 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!

7th and 8th Grade Band and Choir students will have their first concert on Tuesday, October 12th at 7:00. The concert will take place in the South gym at RSMS.

I scream, you scream, we all scream for ice cream! Mark your calendars for the **MAST ice cream social** on Tuesday, October 12th! MAST will be serving ice cream sundaes after the 7th/8th Grade Band and Vocal concert at Roland-Story Middle School. Sundaes will be \$3, and additional donations are accepted and appreciated. Funds raised will directly support the fine arts programs at Roland-Story, including the high school band trip to Disney World this spring.

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 information about registration or about NBA please pick up a flyer in the office or send an email to rolandstorynba@gmail.com.

Mock trial will be Mondays and Wednesdays at 7:00 a.m. in room 123 across from the office.

Concessions workers needed! In order to have Concessions for Home Middle School Volleyball games, we need two 7th or 8th grade students to sign up to work. Time frame is 4:15 to approximately 6:15-6:30. Please sign up on the sheet in the office. Your help is greatly appreciated.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Hetland's room at 3:30.

Reminder to all students attending middle school and high school events: Please come to watch the event and NOT be running around. Remember to demonstrate the Norse Code positively cheering for both teams.

Quote of the Week:

"Winning is not a sometime thing, it is an all the time thing. You don't do things right once in a while...you do them right all the time." Vince Lombardi

**R-S MS PRACTICE / SHUTTLE SCHEDULE
CROSS COUNTRY, FOOTBALL, VOLLEYBALL**

OCTOBER 4 - OCTOBER 8

CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.

FOOTBALL -- SHUTTLE @ 5:35 P.M.

MONDAY, OCTOBER 4

Cross Country 3:45 – 5:00
Football 3:45 – 5:20
Volleyball 7th vs. Saydel (H) / 8th @ Saydel 4:30
8th -- Dismiss @ 3:05 / Bus @ 3:15

TUESDAY, OCTOBER 5

Cross Country @ Perry 4:15
Dismiss @ 2:10 / Bus @ 2:20
Football 3:45 - 5:20
Volleyball 3:45 - 5:05

WEDNESDAY, OCTOBER 6

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

THURSDAY, OCTOBER 7 -- NO Shuttle

Cross Country @ Jewell Golf & Country Club 4:15
Dismiss @ 3:00 / Bus @ 3:10
Football 8th vs. Saydel. 4:30 / 7th @ 6:00
8th Bus to SC @ 3:40 / 7th Bus to SC @ 4:00
Volleyball 7th @ PCM / 8th vs. PCM (H) 4:30
7th -- Dismiss @ 2:50 / Bus @ 3:00

FRIDAY, OCTOBER 8

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