

**ROLAND-STORY MIDDLE SCHOOL  
WEDNESDAY, March 23rd, 2022 #132**

**TODAY'S LUNCH**

Monday-Crispy chicken sandwich, carrots, pears  
Tuesday-Nacho bites, corn, peaches  
Wednesday-Teriyaki chicken, rice, pacific blend veggies, mandarin oranges  
Thursday-Turkey bacon pita, baby carrots, mixed fruit  
Friday-Cheddar and garlic bread, marinara, romaine salad, warm apple slices

**BREAKFAST**

Monday-Ham breakfast bar, fruit  
Tuesday-Ham breakfast bar, fruit  
Wednesday-Banana chocolate chip bread, fruit  
Thursday-Sausage pancake sticks, fruit  
Friday-Cereal, granola bar

**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.**

**At RSMS WE:**

- Love All Students
- Love Each Other
- Get Better Every Day

Students: You are NOT allowed in the hallways, locker areas, or classrooms before 8:20 unless you have a pre-arranged meeting with your teacher.

**Lil' Norsemen Youth Football** - Attention 5th grade parents, it is time to get fitted and registered for our Lil' Norsemen Youth Football program through YSF. This week your student should bring a yellow registration form home. We will have equipment fitting this Sunday, March 27th from 4:30-6 pm in the middle school gym. If your child is interested in starting tackle football please attend on Sunday. If you have any questions you may contact Desiree Fisher at 515-450-1046.

**BOYS AND GIRLS TRACK** -- Track begins on Monday, March 21 immediately after school. Practice is at the middle school. Athletes need to have a current physical and acknowledgement forms on file at the MS in order to participate. For practice, athletes should have Running Shoes, Shorts, Shirt, and Sweats (for colder days).

Attention parents! As we are planning the upcoming gala fundraiser, the PTO is looking for donations we can use to auction. If you have items you'd like to donate, please contact Kristy Reinhart at [reinharts.luv.cyclones@gmail.com](mailto:reinharts.luv.cyclones@gmail.com) or Willow Hill at [mclaughlinhill@gmail.com](mailto:mclaughlinhill@gmail.com) for more information. Some items we're looking for are themed baskets, event/experience tickets, or gift cards. Thanks!

Hey students! If you are at least 14 years old (or will be by the end of this May), Riverside bible camp has an awesome opportunity this summer for you to work on their hospitality team. If you are interested in knowing more about this program, please contact their director, **Cheri Hennager**, by email at [cheri@riversidelbc.org](mailto:cheri@riversidelbc.org) or on their website at [www.riversidelbc.org](http://www.riversidelbc.org).

**7<sup>th</sup> and 8<sup>th</sup> Grade Roland Rural Bus Room** please report to Mrs. Allman'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.

### **RSMS to offer “Skip the Trip” Iowa DOT instruction permit knowledge tests**

Do you have a student who is ready to take the operator knowledge test to get an Iowa instruction permit to drive? RSMS is now offering the test right here at school as part of the Iowa Department of Transportation’s “Skip the Trip” program. In partnering with the Iowa DOT, RSMS can save families time, cost, and the hassle of making a trip to a driver’s license service center for testing. Students will be able to take the web-based test in a more familiar environment that works to reduce test anxiety and increase success rates. Tests are overseen by trained school staff to assure the integrity of test results.

To be eligible to take the remote knowledge test, your student must be age 14 or older and not currently hold an Iowa instruction permit. Students that have turned 14 prior to the testing date must sign up in the office and have permission given from their parent by either email or phone. Students will have the opportunity to test on the second Tuesday of each month. “Skip the Trip” allows students to take their initial test at school as the first step in getting your student to be a confident driver. Once a student has successfully passed the test, the student will receive an email verifying a successful test. The student brings a copy of the email to the driver’s license service center along with the other required documentation that will prove their identity to be issued their instruction permit. Service center staff will verify passing test result emails with Iowa DOT records. Visit [www.iowadot.gov/mvd/realid/success.asp](http://www.iowadot.gov/mvd/realid/success.asp) to determine what documentation to bring with you to receive your student’s permit. To prepare for a successful knowledge test, students should study the Iowa Driver’s Manual and online practice test, both available at: <https://iowadot.gov/mvd/driverslicense/manuals-and-practice-tests>.

### **R-S MS PRACTICE / SHUTTLE SCHEDULE BOYS & GIRLS TRACK**

**MARCH 21 - MARCH 25**

**EARLY TRACK SHUTTLE @ 5:10 -- BOYS  
LATE TRACK SHUTTLE @ 5:30 -- GIRLS**

#### **WEDNESDAY, MARCH 23**

BOYS TRACK -- 3:30 - 5:00

GIRLS TRACK -- 3:30 - 5:15

#### **THURSDAY, MARCH 24**

BOYS TRACK -- 3:30 - 5:00

GIRLS TRACK -- 3:30 - 5:15

#### **FRIDAY, MARCH 25**

BOYS TRACK -- 3:30 - 5:00

GIRLS TRACK -- 3:30 - 5:15

#### **Quote of the Week:**

“Football is a great deal like life in that it teaches that work, sacrifice, perseverance, competitive drive, selflessness and respect for authority is the price that each and every one of us must pay to achieve any goal that is worthwhile.” Vince Lombardi