

**ROLAND-STORY MIDDLE SCHOOL
THURSDAY, October 4, 2018 #028**

TODAY'S LUNCH

Chicken nuggets, potatoes/gravy, corn, pears

10-5-18 BREAKFAST

Cereal, poptart, blueberries, juice, milk

10-5-18 LUNCH

Sub sandwich, chips, fruit, veggies

Students waiting for the bus at the HS-just a reminder to please keep your hands and feet to self and follow the Norse Code while waiting for the bus. Show your RSMS PRIDE by being kids of character and show them how we do things the right way, the NORSEMEN WAY! Mr. Schlatter will inform Mr. Town of any students not meeting our expectations.

RSMS School Picture Day is on Friday, October 5th.

Congrats to the 8th grade students for their honor band auditions in Waukee this week!! These students worked very hard preparing their music and scales, and auditioned in front of two judges. They all represented Roland-Story very well!

Student Ambassadors will have their first meeting with Mr. Oleson in his classroom on Wednesday, Oct. 10 during Norse Strong time after attendance and announcements have been completed. Please bring a pen or pencil with you to the meeting!

Athletic Pictures

Cross Country - Friday, Oct. 5th (right after school)

7th/8th VB - Friday, Oct. 5th (right after CC)

7th/8th Football - Monday, Oct. 15th(right after school)

Start Dates for Winter Sports: (Sign up sheets are located in the office. Physicals and acknowledgement forms must be up to date in order to participate.)

Girls Basketball- October 22

Wrestling- October 22

Boys Basketball- After Christmas Break

Roland Rural Bus Room-Bus room is located in Mrs. Brouwer's Room until October 19th.

NBA Registration is Now Open - Deadline to register is October 5th!

NBA is our youth basketball program for athletes enrolled at Roland-Story in 3rd - 8th grade. 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 2018-2019 season, please go to <https://go.teamsnap.com/forms/146976>.

Middle School: **Registration deadline is October 5th.** If you need more information about registration or about NBA please stop by the office and pick up a flyer.

Quote of the week:

Fear and faith have one thing in common—they both believe in a future that hasn't happened yet. Fear believes in a negative future. Faith believes in a positive future. If neither has happened yet, why wouldn't we choose to believe in a positive future? Why wouldn't we choose to believe our best days are ahead of us instead of behind us?

-Jon Gordon, [Power of Positive Leadership](#)

R-S MS Practice/Bus Schedule

Thursday 10/4

7th Football Practice 3:30

8th Football @ Nevada 4:30

(Bus leaves at 3:40)

7th/8th Volleyball Practice 3:30

7th/8th Cross Country @ Jewell 4:15
(Bus leaves at 3:00. Athletes dismissed at 2:50)

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up 7th Football in Roland at 5:30 and drop off in Story City.

Friday 10/5

7th /8th Football Practice 3:30
7th/8th Volleyball Practice 3:30
7th/8th Cross Country Practice 3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.