

**ROLAND-STORY NORSEMEN MORNING
BULLETIN
Wednesday September 4, 2019 #8 “B” Day**

This Week’s Menu

Wednesday Breakfast:Breakfast Pizza, Pears, Milk

Wednesday Lunch:Chicken Sandwich, Broccoli Normandy w/Cheese
Sauce, Applesauce, Milk

Thursday Breakfast:Sausage Pancake Stick, Pineapple, Milk

Thursday Lunch:Pizza, Green Leafy Salad, Blueberries, Milk

Friday Breakfast:Cold Cereal, Muffin, Applesauce, Milk

Friday Lunch:Orange Chicken, Pork Egg Roll, Vegetable Fried Rice,
Mandarin Oranges

FROM THE OFFICE

ALL STUDENTS are expected to check their school email account throughout the day for messages from the office. All communication from the office will be via email. Students are also responsible to read the daily announcements which will be emailed and posted on both our website and on the wall outside the principal’s office.

SENIORS!!! Order forms for Powder-Puff t-shirts will be on sale starting Wednesday! They are \$18 with the name on the back, or \$15 without. Names must be approved! Sign up and order forms will be available in the office after lunch!

Girl Scouts

Girls Kindergarten to Seniors! Are you ready for adventure, fun, and friendship? Girls Scouts of Roland-Story is hosting their Registration event Thursday Sept. 19th from 5:30-6:30 p.m. at the Roland Library. We will have a short meeting to start to answer any questions you may have with current leaders and Girls Scouts available. Sign up at the event or online. Contact Lindsay Crowe at 515-720-7704 or armywifecrowe@gmail.com for more information. We are also looking for adult leaders if you are interested in making a difference. Hope to see you there for an amazing year!

(9/19)

FFA

Students interested in belonging to the FFA organization should fill out an application form that is in Mr. Taylor's room. (9/4)

FFA meeting or all member will be Friday morning, September 6th beginning at 7:45 am. (9/4)

Geeks, Musicians, and Theatre Types: Applications for ISU's OnStage program are available in D-F's room. This is an amazing opportunity to see performances at the ISU Center FOR FREE! Come find D-F in Room 212 for details.

KEY CLUB

Any student interested in joining Key Club this year, please stop in Mrs. Lettow's room (103) for a membership form. Our first meeting will be Tuesday, September 10, at 7:55am.

FCCLA

FCCLA will host two options for their kickoff meetings! Members only need to attend one meeting--pick what works for your schedule! Monday, Sept 9th 7:45-8:05am OR Tuesday, Sept 10th 6:15-6:45pm. Food will be served at both times! Come learn about our service projects and leadership opportunities!

COUNSELOR'S OFFICE

Sign-Up Now! Deadline to sign-up is September 11th

PSAT/NMSQT

[Why take the PSAT?](#)

Student Informational/Study Guide click [here](#)

Sign up for this test in Ms. Heisterkamp's office.

The testing fee for the 2019-20 school year is \$17.00.

Make checks payable to Roland-Story Schools

Who: 11th and 10th graders

When: Wednesday, October 16

Scholarships: Used by scholarship programs, including the National Merit Scholarship Program

5k Run/Walk WalkforWellness

To Register [Click Here](#) (9/6)

Grand View University Nursing Action Day, September 27, 12:30-3:30
Register by September 25 www.grandview.edu (9/6)

Early Graduation: If you plan to graduate early, make sure you schedule an appointment with Ms. Heisterkamp as soon as possible. October 1st is the deadline for the application to be completed. theisterkamp.youcanbook.me (9/6)

Mental Health Therapist Services at RSHS:

Parents/Students: The RS School District has a licensed mental health therapist that comes to our building once a week. If you feel you would benefit from this service or would like more information about this service, please contact Ms. Heisterkamp.
(9/10)

Military Opt Out Form for Juniors and Seniors: This allows us to legally refuse to give the military contact information about your student. Please return this form signed by **September 13th** to the guidance office. (9/13)

Scholarship Opportunities

Horatio Alger National Scholarship- for critical financial need, due 10/25. More information and application found [here](#). (9/6)

[Iowa State University \(College of Engineering\)](#)- for students accepted by 5/1/20

1. Automatic Merit Scholarship \$2,600
 2. Application-based Scholarships \$1,600
- (9/6)

ATHLETIC ACTIVITIES FOR THE WEEK

Friday 9/6

9th Grade Football @ Gilbert High School 4:45 pm
Varsity Football @ Gilbert High School @ 7:00 pm

DATES TO REMEMBER

9/12 9-12 Big Buddies Mtg. 12:40; HS auditorium
9/29 Golden Circle College Fair