

# **ROLAND-STORY NORSEMEN MORNING BULLETIN**

**Thursday September 5, 2019 #9 "C" Day**

## **This Week's Menu**

**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**

**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! They are due back Friday September 6th.

### **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](mailto: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)

The first rehearsal of Romeo & Winifred will be this Thursday September 5, 7-9pm in the high school auditorium. All cast members should attend. Applications for crew will be coming soon. McKim (9/4)

NHS will be having a meeting this Thursday September 5th at 7:55am in Mrs. Greenfield's room.

### **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](http://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](http://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)

[2020 Prudential Spirit of Community Award](#)- \$1,000 due 11/5 (9/6)

## ATHLETIC ACTIVITIES FOR THE WEEK

### **Friday 9/6**

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

Varsity Football @ Gilbert High School @ 7:30 pm

## DATES TO REMEMBER

9/12 9-12 Big Buddies Mtg. 12:40; HS auditorium

9/29 Golden Circle College Fair

10/1 & 10/3: DMACC College Application Days for Seniors (seminar)