

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday September 14, 2020 #15 “C”

This Week’s Menu

Monday Breakfast: Ham Breakfast Bar, Graham Crackers, Apple/Banana/Orange, Milk

Monday Lunch: Pork Rib on a Bun, Mixed Fruit, Green Beans, Milk

Tuesday Breakfast: Turkey Bacon, Egg and Cheese Biscuit, Apple/Banana/Orange, Milk

Tuesday Lunch: Chicken Tacos, Corn, Diced Mango, Milk

Wednesday Breakfast: Breakfast Pizza, Apple/Banana/Orange, Milk

Wednesday Lunch: PB&J Uncrustable, Sun Chips, Applesauce Cup, Celery Sticks, Milk

Thursday Breakfast: Sausage Pancake Stick, Apple/Banana/Orange, Milk

Thursday Lunch: Chicken & Gravy, Biscuit, Mashed Potatoes, Peas, Grapes, Milk

Friday Breakfast: Cold Cereal, Muffin, Apple/Banana/Orange, Milk

Friday Lunch: Turkey & Bacon Pita, Goldfish Crackers, Baby Carrots, Pears, Milk

FROM THE OFFICE

Reminder that masks are strongly encouraged and some teachers will be requiring them in their classrooms. Please be using sanitizer and practice social distancing.

¡**Club de Español!** Join us for our next Spanish Club meeting at 6 PM on Tuesday, September 22nd, in Sra. Paulson's room! Hope to see you there!

FFA member reminder: T-shirt designs for the contest are due to Mr. Taylor by 4 pm Wednesday.

Nurse Updates

During this time we are taking extra safety measures to keep our students, families and staff safe. Due to this we ask that if your child has two or more low risk symptoms or one high symptom they stay home for 10 days. If you would like to have your child evaluated by their health care provider during that time please communicate with the school the outcome of the evaluation by your child's doctor and we will work

together to determine the date your child can safely return to school. Thank you for cooperation during this time.

[Evaluating Sick Students and Staff](#)

From the Counselor's Office:

COUNSELOR'S FOLDER

Story County Virtual Mental Health Expo-2020

"An evening of hope and healing."

[Click here for more information](#)

PSAT/NMSQT

Who: 10th and 11th-grade students

Sign up deadline: September 14, 3:45-Counselor's office

Testing Date: Wednesday, October 14th, 8:00-11:30 a.m.

Testing Location: Local churches (Quiet)

Required assessment: No, this is not required; Tied to scholarship eligibility

About the PSAT/NMSQT: [Click here](#)

Make checks payable to Roland-Story CSD in the amount of \$17.00

*In 2020-21, the fee for PSAT/NMSQT is \$17 each.

SENIOR PARENT/STUDENT: FINANCIAL AID Webinar

ICAN will not be presenting in-person this year, please see the information below.

You are invited to a Zoom webinar.

When: Sep 14, 2020 07:00 PM Central Time (US and Canada)

Topic: How to Pay for College - Understanding the Financial Aid Process (Seniors)

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_vS0gWMiRSOK6cjK8xVKabw

ATHLETIC ACTIVITIES FOR THE WEEK

Monday 9/14

JV/Varsity Cross Country @ Ballard Golf & Country Club 4:20pm

JV/JV2 Triangular @ Gilbert High School 5:00pm

JV Football vs Greene County @ Roland Story High School 6:00pm

Tuesday 9/15

Varsity Triangular @ Gilbert High School 5:00pm

Thursday 9/17

JV/Varsity Cross Country @ Iowa State University Cross Country Course 4:30pm

JV2 Match vs Nevada @ Roland Story High School South Gym 5:00pm

JV Match vs Nevada @ Roland Story High School North Gym 5:00pm

Varsity Match vs Nevada @ Roland Story High School North Gym 6:30pm

Friday 9/18

9th Grade Football vs West Marshall @ Roland Story High School 4:45pm

Varsity Football vs West Marshall @ Roland Story High School 7:30pm

Saturday 9/19

Varsity Volleyball Tournament @ Forest City High School 9:00am

Dates to Remember

9/29- Picture Day