

ROLAND-STORY NORSEMEN MORNING BULLETIN

Tuesday, January 5, 2021 #83 J Term

This Week's Menu

Tuesday Breakfast: Mini Pancakes, Apple/Banana/Orange, Milk

Tuesday Lunch: Taco Quesadilla, Corn, Blueberries, Milk

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

Wednesday Lunch: Hot Dog, Fries, Peaches, Milk

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

Thursday Lunch: Grilled Cheese, Tomato Soup, Baby Carrots, Apple Slices, Milk

Friday Breakfast: Cereal, Graham Crackers, Apple/Banana/Orange, Milk

Friday Lunch: Popcorn Chicken, Mixed Veggies, Mixed Fruit, Milk

FROM THE OFFICE

J Term Daily Schedule

Work Time: 8:20-10

Break: 10-10:15

Work Time: 10:15-11:30

Lunch for project managers A-H: 11:30-11:55

Lunch for project managers I-Z: 11:55-12:20

Work: 12:20-1:50

Break: 1:50-2:05

Work: 2:05-3:30

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](#)

[Scholarships](#)---NEW SCHOLARSHIPS LISTED

ATHLETIC ACTIVITIES FOR THE WEEK

Monday 1/4

JV Boys Basketball @ Ames High School 6:00pm

JV2 Girls Basketball @ South Hamilton High School 6:00pm

JV2 Boys Basketball @ Ames High School 7:30pm

JV Girls Basketball @ South Hamilton High School 7:30pm

Tuesday 1/5

JV Girls Basketball @ Iowa Falls-Alden High School 4:30pm

JV Boys Basketball @ Iowa Falls-Alden High School 4:30pm

JV2 Boys Basketball @ Iowa Falls-Alden High School 5:45pm

Varsity Girls Basketball @ Iowa Falls-Alden High School 6:15pm

JV2 Girls Basketball @ Iowa Falls-Alden High School 7:00pm

Varsity Boys Basketball @ Iowa Falls-Alden High School 7:45pm

Varsity Wrestling Triangular @ Interstate 35 High School 5:30pm

Thursday 1/7

JV2 Boys Basketball @ West Marshall High School 6:00pm

JV Boys Basketball @ West Marshall High School 7:30pm

JV Wrestling Meet @ St Edmond High School 6:00pm

Varsity Wrestling Duals @ St. Edmond High School 6:00pm

Friday 1/8

JV Girls Basketball @ West Marshall High School 4:30pm

Varsity Girls Basketball @ West Marshall High School 6:00pm

Varsity Boys Basketball @ West Marshall High School 7:30pm

Saturday 1/9

JV Wrestling Tournament @ Ogden High School 9:00am

Varsity Wrestling Tournament @ St. Edmonds High School 9:00am

Dates to Remember

1/5- 1/8 J Term