

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday, November 23, 2020 #63 “C”

This Week’s Menu

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

Monday Lunch: Chicken Parmesan on a Bun, Capri Veggies, Strawberries, Milk

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

Tuesday Lunch: Shredded Pork Nachos, Corn, Mandarin Oranges, Milk

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

Wednesday Lunch: Turkey & Bacon Pita, Baby Carrots, Apple Slices, Doritos, Milk

Thursday: No School

Friday: No School

FROM THE OFFICE

J-TERM REMINDERS: Online submissions are to be completed by EVERY student. These need to be completed by Monday, Nov. 23. We want lots of details in the sections of the daily plans.

Spanish Club Scavenger Hunt! Stop by Mrs. Paulson's room to pick up a form!

Due by Wed morning at 8:20!

Our PE Department has two web stores open. One is for PE Apparel and the other is our RS Mask Logo. Check them out! These will be delivered before Christmas.

<https://rspe202.itemorder.com/sale>

<https://rsmask20.itemorder.com/sale>

Beginning Friday November 13, 2020 the Kitchen will be **CLOSED between Breakfast and Lunch** until further notice. Please remember to have your mask over your nose before entering the Kitchen.

-Thank you from the Nutrition Staff

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

“COVID Recovery Iowa offers FREE mental health services for ALL Iowans. Check them out on Facebook or at www.covidrecoveryiowa.org.”

-Vivo en Iowa. Resources and support for Spanish speakers. On [Facebook](#).

ATHLETIC ACTIVITIES FOR THE WEEK

Monday 11/23

Boys Varsity Basketball Jamboree @ Roland Story High School 6:00pm

Tuesday 11/24

Girls JV2 Basketball vs. Ballard @ Roland Story High School North Gym 4:30pm

Girls JV Basketball vs. Ballard @ Roland Story High School North Gym 6:00pm

Girls Varsity Basketball

Dates to Remember

11/26-11/27- No School Thanksgiving Break