

ROLAND-STORY NORSEMEN MORNING BULLETIN

Tuesday September 1, 2020 #7 "A"

This Week's Menu

Tuesday Breakfast: Bagel w. Cream Cheese, Apple/Banana/Orange, Milk

Tuesday Lunch: Crispto, Chips w.Cheese, Corn, Pears, Milk

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

Wednesday Lunch: Spaghetti w. Meatsauce, Breadstick, Green Beans, Applesauce, Milk

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

Thursday Lunch: Turkey Sub Sandwiches, Baby Carrots, Pineapple, Milk

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

Friday Lunch: Chili Cheese Dogs, Mixed Veggies, Peaches, 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.

All high school students need to complete a "[Healthy Kids Physical Activity](#)" form and turn it into the office.

FFA Meeting on Friday morning beginning at 7:55AM for all members. Meeting to be held in the AG Classroom

Wrestlers: There will be a short meeting at 7:45 Thursday morning in Coach Schwartz's room. Let Coach Schwartz know if you can't make it.

Roland Story Athletic Apparel Order [Click Here!](#) Orders due September 3rd

¡Club de Español! We will have our first informational meeting on Tuesday, Sept. 8th at 6:30 PM in the high school IMC. If you have questions, please Mrs. Lettow or Mrs. Paulson!

Key Club membership forms are available in Lettow's room (103). We are a volunteer service club looking to better our school and community. If you would like to make a difference, stop in and sign up! Meetings are before school on the second Tuesday of each month. Our first is Sept. 8th at 7:50am. Officer positions will be voted on then. #humblyservingothers

From the Counselor's Office:

COUNSELOR'S FOLDER

UNI: 11th and 12th-grade students, are you considering attending the University of Northern Iowa? Please attend a seminar session Thursday, September 3rd. I will begin a short presentation right at 1:10.

Location: HS Conference Room

Military Opt Out Form for Juniors and Seniors: This allows us to legally refuse to give the military contact information about your student if you sign this form. Please return the signed form by September 11th to the guidance office.

Mental Health Therapist at RSHS

RS students and families, our school district has an agreement with a *professional mental health therapist*. For our HS students, she is available Monday mornings. Please see Mrs. Heisterkamp if you would like to schedule a visit with her.

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

Scholarships

[2021 Prudential Spirit of Community Award](#)- \$1,000 due 11/10 Volunteer service award for grades 5-12

[QuestBridge National College Match](#)- Full Tuition due 9/29 Connects academically outstanding high school seniors from low-income backgrounds with full 4-year scholarships to the nation's leading colleges

ATHLETIC ACTIVITIES FOR THE WEEK

Tuesday 9/1

JV/Varsity Cross Country Invitational @ Briggs Woods Golf Course 5:00pm

Thursday 9/3

JV Volleyball vs PCM @ Roland Story High School North Gym 5:00pm

JV2 Volleyball vs PCM @ Roland Story High School South Gym 5:00pm

Varsity Volleyball vs PCM @ Roland Story High School North Gym 6:30pm

Friday 9/4

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

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