

ROLAND-STORY NORSEMEN MORNING BULLETIN

Thursday September 24, 2020 #122 “E”

This Week’s Menu

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

Thursday Lunch: Beef Teriyaki Dippers, Rice, Green Beans, Applesauce, Milk

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

Friday Lunch: Turkey Fritter Sandwich, Capri Vegetables, Mixed Fruit, Milk

Federal Meal Requirements for FREE Breakfast

Breakfast consists of three components

1. Milk
2. Fruit or Orange Juice
3. Main Dish

⇒ You **MUST** take all **three** items in order to charge as a **Free Breakfast**

⇒ You may **substitute a bagel in place of the Main Dish** for Breakfast

⇒ **If all three items are not taken you will be charged separately for each item via Ala Carte**

Federal Meal Requirements for FREE Lunch

Lunch consists of the following components

1. Milk
2. **$\frac{3}{4}$ Cup Fruit or Vegetable**
3. Meat or Meat Alternative
4. Grain (buns, rolls, pizza crust, biscuit, spaghetti noodles, hard/soft taco shells)

⇒ You **MUST** take all **four** choices with **one of the choices being $\frac{3}{4}$ cup of fruit or vegetable** in order to charge as a **FREE Lunch**

⇒ **If all four items are not taken you will be charged separately for each item via Ala Carte**

FROM THE OFFICE

Students interested in decorating at the school for Homecoming may sign up in the office (limited space of 25). We will meet on Thursday 9/24 at 4 PM in Mrs. Paulson’s room to discuss plans. Decorating will take place on Friday 9/25 at 5:30 PM at the HS. Students must be signed up to attend!

There will be an FFA meeting this Friday morning at 7:55 am for all members.

Thank you to all of you who applied for fall play crew. You should have received an email from Mrs. Broich informing you if you are on crew or not. Please email Mrs. Broich with any questions.

HOMECOMING WEEK 2020

Seminar Door Decorating Contest! Decorating can take place Wednesday (9/23)- Monday (9/28). Judging will take place Tuesday morning, with prizes for 1st, 2nd and 3rd place Seminars!

Monday (9/28): CLASS COLOR DAY!

- Show your class pride by dressing in your class color for the PEP assembly! Seniors- black, Juniors- white, Sophomores – gray, Freshman – red, HS Staff- blue! (No face or body paint allowed.)
- **During Seminar:** Pep Rally with King/Queen Announcement!
*Only current RSHS students may attend, wear your masks! (Seating will be with grade levels.). *Students may also opt to go to the IMC during the pep rally.*

Tuesday (9/29): TYE DYE DAY!!

(Picture day rescheduled to Oct. 6 th)

Wednesday (9/30): TWIN DAY!

- Powder Puff Game at 2:15 PM *Only current RSHS students and senior parents may attend. Senior parents will sit on visitor's side bleachers.

Thursday (10/1): DECADE DAY!

- Tailgate Lunch!

Friday (10/2): NORSEMEN SPIRIT DAY!

- Parade at 2:45 PM.
- HS students dismissed at 2:30 PM to attend the parade!

[Homecoming Week Agenda](#)

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

HS Students, come to the south gym during Seminar, Thursday, September 24th, to hear about the club-JAB! (Just Be A Buddy). The purpose of this club is to create a culture of caring, recognizing, and celebrating each other here at RSHS.

DMACC -Ames Hunziker and COVID Policy:

[Click here to view](#)

Scholarship

[Masonic Scholarship by Grand Lodge of Iowa, A.F. & A.M.- \\$2,000 due 2/1](#)

ATHLETIC ACTIVITIES FOR THE WEEK

Thursday 9/24

JV/Varsity Cross Country Invitational @ River Bend Golf Course 4:30pm

JJV Football Game @ ADM High School 6:00pm

Friday 9/25

9th Grade Football Game @ Iowa Falls---**CANCELED**

Varsity Football Game @ Iowa Falls--**CANCELED**

Dates to Remember

9/29- Picture Day---**RESCHEDULED**

10/6- Picture Day