

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday October 12, 2020 #35 "E"

This Week's Menu

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

Monday Lunch: Chicken Sandwich, Sliced Carrots, Mandarin Oranges, Milk

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

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

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

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

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

Thursday Lunch: Shredded BBQ Chicken Sandwich, Baked Beans, Mixed Fruit, Milk

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

Friday Lunch: Pepperoni Pizza, Mixed Vegetables, Grapes, Milk

FROM THE OFFICE

Due to updated guidance we received last week from the Iowa Department of Public Health on when students are to be quarantined, the Roland-Story Community School District will begin requiring all students to wear masks during the school day. **This policy will take effect Tuesday, October 6th.**

Club de Español Lip Sync/Karaoke Contest! We will be meeting on Tuesday, Oct. 13th at 6 PM in Mrs. Paulson's room. Prepare an appropriate song to share with the club- if you need ideas, see Mrs. Paulson or Mrs. Lettow!

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

RS Families: Low-Income Home Energy Assistance Program (LIHEAP)

[Click here](#)

ATHLETIC ACTIVITIES FOR THE WEEK

Monday 10/12

JV/Varsity Cross Country Meet @ Saydel High School 4:00pm

JV/JV2 Volleyball @ Ames High School 5:00pm

Thursday 10/15

JV/JV2 Volleyball @ West Marshall High School 5:00pm

Varsity Volleyball @ West Marshall High School 6:30pm

Friday 10/16

Saturday 10/17

JV Volleyball @ East Marshall High School 9:00am

Varsity Volleyball @ Woodward-Granger High School 8:30am

Dates to Remember

10/26- Inservice No School

11/2 & 11/5- Parent Teacher Conferences

11/6- No School

11/10- High School Clean Up Day