

# ROLAND-STORY NORSEMEN MORNING BULLETIN

**Monday, November 15, 2021 #58 “D”**

## **This Week’s Menu**

**Monday Breakfast:** Ham Breakfast Bar, Pop Tart, Apple/Banana/Orange, Milk

**Monday Lunch:** Fish Sandwich, Capri Veggies, Peaches, Milk

**Tuesday Breakfast:** French Toast Sticks, Sausage Links, Apple/Banana/Orange, Milk

**Tuesday Lunch:** Walking Tacos, Corn, Applesauce, Milk

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

**Wednesday Lunch:** Cheesy Pull Apart Bread, Marinara Sauce, Romaine Salad, Mandarin Oranges, Milk

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

**Thursday Lunch:** Turkey, Mashed Potatoes w. Gravy, Green Bean Casserole, Applesauce, Roll

**Friday Breakfast:** Cereal, Graham Cracker, Apple/Banana/Orange, Milk

**Friday Lunch:** French Bread Pepperoni Pizza, Romaine Salad, Pears, Milk

## **FROM THE OFFICE**

**Birthdays this Week** 🎉

**Monday 11/15-** Josie Ramus

**Thursday 11/18-** Braden Vinson

**Holiday Food Drive Competition!** Starting this week and going through Nov. 22nd, bring non-perishable food items or toiletries to your Seminar for our annual food drive! Prizes will be awarded to the top 3 Seminars that donate the most non-perishable food items and/or toiletries.

Items will be donated to the local food bank and some of the toiletries will also go to the IA Student Council state project, which will also stay in the county. (11/22)

## **Advocate, Seek Help, Speak Up!**

\*Be Kind to each other-Do not use social media to tear someone down!

\*See or hear something? Say Something to an adult.

\*Advocate for yourself if you need help; Seek a trusted adult.

\*Parents, keep the communication going between you and your son/daughter.

\*Know crisis information. Some ideas are to Call 911; Utilize the P3 app; Call the Crisis line 1-855-581-8111. Maybe put that number in your contacts. The service is available to all ages.

Anyone experiencing a crisis can access the crisis line.)

**Hey Norse Nation!** Key Club is hosting a **PINK OUT** during the home basketball game against South Hamilton on Friday, December 17th. In anticipation, there will be shirts sold on-line for both communities. Here is the link that closes November 24th: [Basketball Pink Out Shirts](#)  
All proceeds will be donated to the Bliss Cancer Center in Ames. Thanks for supporting cancer research and treatment! (11/23)

**J-term:** Students should be working on their rough draft of their project and talking to your Seminar teacher for help or guidance to have a quality project. Refer to the yellow document for answers to basic questions. If you are planning an off-site project, you will have to get that cleared by your Seminar teacher 1st, then schedule a time to talk to Mr. Boliver. **DO NOT WAIT UNTIL THE LAST MINUTE ON THIS PROCESS.** The online proposal form will open on November 15th for all students during Seminar.

#### **J-TERM Items**

[Student J-Term Packet](#) handed out Oct. 26

[Video](#)



[COUNSELOR FOLDER \(9-12\)-Click here](#)

[College Visit](#)

Friday, 11/19 during seminar time  
(either Counselor's room or Auditorium depending on numbers)  
Sign up [here](#)



Iowa State University

\*College Rep: Application help & College Info

\*ROTC (Air Force) Rep: Info

### **ATHLETIC ACTIVITIES FOR THE WEEK**

#### **Monday 11/15**

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

#### **Dates to Remember**

11/24- 1:15 Dismissal

11/25-11/26- No School