

# ROLAND-STORY NORSEMEN MORNING BULLETIN

**Monday, November 29, 2021 #66 “F”**

## **This Week’s Menu**

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

**Monday Lunch:** Crispy Chicken Sandwich, Steamed Broccoli, Mixed Fruit, Milk

**Tuesday Breakfast:** Apple Frudel, Apple/Banana/Orange, Milk

**Tuesday Lunch:** Taquito, 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:** Cheeseburger, Fries, Peaches, Milk

**Friday Breakfast:** Cereal, Pop Tart, Apple/Banana/Orange, Milk

**Friday Lunch:** Sliced Ham, Au Gratin Potatoes, Peas & Carrots, Pears, Milk

## **FROM THE OFFICE**

### **Birthdays this Week** 🎂

**Monday 11/29-** Karly Parker

**Tuesday 11/30-** Dylan Nordin

**Wednesday 12/1-** Payton Carroll, Emory Stanley

**Thursday 12/2-** Jonovan Wilkinson

**Friday 12/3-** Carson Barber, Cody Hill

**Saturday 12/4-** Landon Faga, Casey Spainhower

**Sunday 12/5-** Hayden Walters

**The Bertha Bartlett Library** is hosting their annual gingerbread house decorating program December 8th at 1:30pm as an early out program for teens and tweens. [Click Here](#) for more information.

## **JTerm Scholarship Opportunities**

**[H.A.R.T. Harvesting for the Arts](#)**

**[ILC Grant Program](#)** Sponsored by Immanuel Evangelical Church

### **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.)



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

### **Scholarship**

[DMWC \(Des Moines Women's Club\) Scholarships](#)- \$2,000 each scholarship, Due 1/18/22

[Beta Sigma Psi Scholarships to ISU](#)- \$Varies, due 2/5/22

[Pearl Hull Falk Scholarship for University of Iowa](#)- \$5,000, Due 5/2/22

["No Sweat" Scholarship by Cirkled](#): Due 12/31, Grades 9-12, \$2500 CASH scholarship you can use for any educational purpose, from books to summer camp.

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

#### **Monday 11/29**

JV Girls Basketball @ South Hamilton 6:00pm

**Tuesday 11/30**

JV Girls Basketball @ Gilbert High School 4:30pm  
JV Boys Basketball @ Gilbert High School 4:30pm  
JV2 Boys Basketball @ Gilbert Intermediate 5:45pm  
Varsity Girls Basketball @ Gilbert High School 6:00pm  
JV2 Girls Basketball @ Gilbert Intermediate 7:00pm  
Varsity Boys Basketball @ Gilbert High School 7:30pm

**Thursday 12/2**

JV/Varsity Wrestling Triangular vs Gilbert & Bondurant-Farrar @ Gilbert High School 5:30pm

**Friday 12/3**

JV Wrestling Tournament @ Bondurant-Farrar 4:45pm  
JV Girls Basketball vs Greene Country @ RSHS North Gym 4:30pm  
JV Boys Basketball vs Greene County @ RSHS South Gym 4:30pm  
JV2 Boys Basketball vs Greene County @ RSHS South Gym 5:45pm  
Varsity Girls Basketball vs Greene County @ RSHS North Gym 6:00pm  
Varsity Boys Basketball vs Greene County @ RSHS North Gym 7:30pm

**Saturday 12/4**

Varsity Wrestling Tournament @ Woodward-Granger High School 10:00am

**Dates to Remember**

**12/8-** 1:15 Dismissal  
**12/9-** NHS Meeting 7:55am  
**12/13-** Band/Vocal Concert  
**12/14-** Key Club Meeting 7:55am  
**12/20-12/21-** Semester Tests  
**12/22-** 1:15 Dismissal  
**12/23-1/3-** Winter Break No School