

ROLAND-STORY NORSEMEN MORNING BULLETIN

Wednesday, December 1, 2021 #68 “B”

This Week’s Menu

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

Candy Grams- NHS students will be selling candy grams next week at all lunches. They will be \$1 and delivery will be the following Monday 12/13 during seminar.

The Norsemen Food Pantry will provide free Christmas Family Meal Boxes for anyone in our community that would appreciate one. The boxes will contain frozen lasagna, garlic bread, dessert, and other festive treats. Please reserve a box for you or someone you know by calling Roland-Story Middle School at 388-4348 or email sjensen@roland-story.k12.ia.us by December 13. Boxes will be ready for pickup the week of December 20 between 8:00 am and 4:00 pm at Roland-Story Middle School. Merry Christmas from the Norsemen Food Pantry!

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.

Reminder: All J-Term off-site and job shadow forms are due back Friday, December 3rd with parent's signatures!

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

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 County @ 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