

# ROLAND-STORY NORSEMEN MORNING BULLETIN

**Monday, September 13, 2021 #15 "C"**

## **This Week's Menu**

**Monday Breakfast:** Ham Breakfast Bar, Graham Crackers, Apple/Banana/Orange, Milk

**Monday Lunch:** Chicken Strips, Broccoli Normandy, Peaches, Milk

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

**Tuesday Lunch:** Chicken Tacos, Black Beans, Diced Mangos, 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, Blueberries, Milk

**Friday Breakfast:** Cereal, Muffin, Apple/Banana/Orange, Milk

**Friday Lunch:** Pork Fritter Sandwich, Capri Vegetables, Sliced Strawberries, Milk

## **FROM THE OFFICE**

**Guest requests for Homecoming are in the office.** These are due no later than Wednesday September 22 at 3:30pm. The form must be faxed or emailed back to us from your guest school. Simply turning it in yourself will not work.

**HOMECOMING!!** The week of Sept. 20<sup>th</sup>-24<sup>th</sup> the Norsemen will be celebrating **HOMECOMING WEEK!** Please check the calendar for all of the games and meets that take place!

**Week Prior-** Door decorating! If your Seminar would like to participate, have your door completed by Tuesday afternoon (of HC Week)! Judging will take place after school and prizes will be awarded for 1st and 2nd places!

**Monday:** We kick off the week with a Fall Kick-Off pep assembly during Seminar. Homecoming Court will be introduced!

**Tuesday:** Door judging for Seminar homerooms after school! Awards will be given to 1st and 2nd place doors!

**Wednesday:** High school students will eat lunch on the field! (Early dismissal 1:15 p.m.)

**Thursday:** The high school will dismiss to watch the Powder Puff game, starting at 2:15 p.m.

**Friday:** Homecoming Parade! The parade will start at 2:15 p.m. There will be a Pep Rally with the announcement of the Homecoming King and Queen Coronation immediately following the parade at 2:45 p.m.

### **Homecoming Week Themes 9/20-9/24**

**Monday: Class Color Day** 🟡💙💚💜💖

9th-Yellow, 10th- Blue, 11th- Green, 12th- Pink, Staff- Purple

**Tuesday: Decade Day** ✌️🕺

**Wednesday: Denim Day** 👕👖

**Thursday: Hawaiian Day** 🌺🍍🥥

**Friday: Norsemen Spirit Day** ⚫🔴

**Calling all Norse:** Key Club membership forms are available in Mrs. Lettow's room (103). We are a national volunteer organization dedicated to serving our school and community. Forms and dues should be turned in by September 14th at our first meeting. Talk to one of our officers for more details: Emma Schnurstein, Carly Halstead, Emilia Broich and Samantha Sanderson.

### **From the Counselor's Office:** **COUNSELOR'S FOLDER**

**Military Opt Out Form for Juniors and Seniors:** This allows us to legally refuse to give the military contact information about your student if you sign this form. Please return the signed form by September 13th to the guidance office.

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

#### **Monday 9/13**

JV/Varsity Cross Country Meet @ Ballard Golf & Country Club 4:30pm

JV2 Football Game @ Nevada High School 5:00pm

JV Football Game @ Nevada High School 6:30pm

#### **Tuesday 9/14**

Varsity Volleyball @ North Polk High School vs. North Polk & Gilbert 5:30pm

JV/JV2 Volleyball @ North Polk Middle School vs. North Polk & Gilbert 5:30pm

**Thursday 9/16**

JV/JV2 Volleyball Match @ Nevada High School 5:00pm

Varsity Volleyball Match @ Nevada High School 6:30pm

**Friday 9/17**

JV2 Football Game @ Albia High School 4:45pm

Varsity Football Game @ Albia High School 7:30pm

**Saturday 9/18**

Varsity Volleyball Tournament @ Forest City High School 9:00am

**Dates to Remember**

9/22- 1:15 Dismissal

9/28- High School Picture Day 9th-11th