

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday, January 24, 2022 #97 "D"

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: Apple Frudel, Apple/Banana/Orange, Milk

Tuesday Lunch: Taquito, Green Beans, Mandarin Oranges, Milk

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

Wednesday Lunch: Beef Burger, Fries, Pears, Milk

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

Thursday Lunch: Beef Stew, Cinnamon Roll, Apple Slices, Milk

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

Friday Lunch: Grilled Chicken Sandwich, Green Beans, Pineapple, Milk

FROM THE OFFICE

Birthdays this Week 🎉

Monday 1/24- Max Boman, Levi Webb

Tuesday 1/25- Steven Castillo,

Wednesday 1/26- Quin Ante, Elizabeth Ihle

Thursday 1/27- Jamie Lozano, Derek Taylor

Friday 1/28- Jana Isebrands, Tyler Isebrands

Saturday 1/29- Cooper Clark, Chaz Thomas

SENIOR boys interested in participating in the PowderTUFF volleyball competition, and senior girls interested in coaching, need to sign up in Mr. Boman's room by Monday, Jan. 24th. **The games will be the Friday of Sweet Week (2/4/22).**

Dance Request will be available in the office starting on Monday 1/24. They are due back to the office by Thursday 2/3.

Help your classmates get to Disney! Take the ACT practice test for \$25. [Click here](#) for more information!



Time to sign up for **S2 Big Buddies Program**. [Click here to sign up!](#)

RS students, do you need extra support?

Virtual College Coach Program: Virtual assistance appointments are now available! Students can learn more about our virtual assistance programs here. They can schedule an appointment here to receive assistance with any of the following; FAFSA completion, college applications, financial aid offers, scholarships, etc. Students can also opt-in to our texting program to receive nudges and ask specific questions throughout the college-going process. Student Leaders and Access Coaches can promote and assist students in signing up for these services.



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

Careers: Worksite Industry Tours in Ames

Tuesday, March 1, 2022 – Todd & Sargent – 9 AM – 12 PM

Description: Would you like a closer look at a career in drafting, engineering or designing? Join us at Todd & Sargent for an up-close glimpse at these careers and more. During this visit, you'll follow a project from each phase in-house, to creation with a visit to the job site.

Thursday, April 21, 2022 – Danfoss – 9 AM – 11 AM

Description: This isn't your grandfather's manufacturing! Come to Danfoss, one of the largest employers in the Ames area and learn more about how we are Engineering Tomorrow! Hear from a panel of experienced professionals in various departments and a tour our production shop floor, as well as, R&D areas. Join us to see opportunities in Engineering, IT, Supply Chain, Human Resources, Finance, Sales & Marketing, Production Leadership, Maintenance, Technician roles, the many internships we offer each year and much more!

Here's a link to the event registration:

<https://www.dmacc.edu/careerdiscovery/Pages/careerdiscovery.aspx> . See Mrs. Heisterkamp if you need transportation.

Scholarship

[IES Central Iowa Chapter Scholarship](#)- \$500 or \$1,000 due 2/21. Going to ISU or U of I for engineering.

[Abbott and Fenner Scholarship](#)- \$1,000 due 1/15

[Champion Seed Annual Scholarship](#)- \$1,000 due 4/12/22

Local Scholarship

[Nursing Education Scholarship \(La Societe 40&8\)](#) 🖱️ Make a copy, fill, print, sign and mail.
Min \$500 due 4/15.

ATHLETIC ACTIVITIES FOR THE WEEK

Monday 1/24/22

JV Boys Basketball @ Dike- New Hartford 4:00pm
JV Girls Basketball @ Dike-New Hartford 4:00pm
JV2 Boys Basketball @ Dike-New Hartford 5:00pm
JV2 Girls Basketball @ Dike-New Hartford 5:00pm
Varsity Girls Basketball @ Dike- New Hartford 6:00pm
Varsity Boys Basketball @ Dike-New Hartford 7:30pm

Tuesday 1/25/22

JV Boys Basketball vs Perry @ Roland Story High School North Gym 4:30pm

Varsity Girls Basketball vs Perry @ Roland Story High School North Gym 6:00pm
Varsity Boys Basketball vs Perry @ Roland Story High School North Gym 7:30pm

Thursday 1/27/22

JV/Varsity Wrestling Quad @ Iowa Falls-Alden High School 6:00pm
JV Girls Basketball @ Greene County High School 4:30pm
Varsity Girls Basketball @ Greene County High School 6:00pm
Varsity Boys Basketball @ Greene County High School 7:30pm

Friday 1/28/22

JV Girls Basketball @ Saydel High School 4:30
JV Boys Basketball @ Saydel High School 4:30pm
JV2 Boys Basketball @ Saydel High School 5:45pm
Varsity Girls Basketball @ Saydel High School 6:00pm
Varsity Boys Basketball @ Saydel High School 7:30pm
JV Wrestling Tournament @ Roland Story High School 5:00pm

Saturday 1/29/22

Varsity Wrestling Tournament @ Roland Story High School 10:00am

Dates to Remember

1/26- 1:15 Dismissal

2/5/22- Sweetheart Ball