

# ROLAND-STORY NORSEMEN MORNING BULLETIN

**Monday, March 28, 2022 #134 “F”**

## **This Week’s Menu**

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

**Monday Lunch:** Corn Dog, Mixed Vegetables, Applesauce, Milk

**Tuesday Breakfast:** Pancakes w. Blueberry Glaze, Apple/Banana/Orange, Milk

**Tuesday Lunch:** Beef & Cheese Taco Stick, Green Beans, Pineapple, Milk

**Wednesday Breakfast:** Sausage, Egg and Cheese Biscuit, Apple/Banana/Orange, Milk

**Wednesday Lunch:** Pepperoni Pizza, Romaine Salad, Peaches, Milk

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

**Thursday Lunch:** Cheeseburger, Baked Beans, Pears, Milk

**Friday Breakfast:** Cereal, Granola Bar, Apple/Banana/Orange, Milk

**Friday Lunch:** Fish Sandwich, Green Beans, Pears, Milk

## **FROM THE OFFICE**

### **Birthdays this Week** 🎉

**Monday 3/28-** Ava Nolte

**Wednesday 3/30-** Michael Carter, Dillon Lettow

**Thursday 3/31-** Madison Geise

**Saturday 4/2-** Kathryn Limas

**Sunday 4/3-** Bridget Stowe

**Seniors:** Now is the time to start turning in your graduation fee. Please drop off your payment to the office before your last day of classes.

**ISASP testing is right around the corner.** High school and elementary will be testing the week of April 18th. Middle school will be testing the week of April 25th. Information about test security and procedures can be found in the [District Assessment Policy and Procedures Handbook](#) located on the district website.

In addition, due to ISASP testing, we are going to give students a little more time to sleep in and be more rested for the week. We will not hold ANY activities in the mornings from 4.18-4.22. Early morning activities may resume on Monday, April 25th.

We will still have EBPE since it is a class. Please try to eat breakfast and get a good night's sleep on test days and give your best effort!

**The City of Roland is researching the need for childcare in Roland.** As a part of this effort a survey was created to gauge the need and interest. For accuracy, please only complete one survey per household and only complete the survey if you are looking for a childcare facility that could potentially be utilized by you. The survey will remain open until noon on Wednesday, March 30, 2022. The link to the survey can be found below.

<https://www.surveymonkey.com/r/Areachildcaresurvey>



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

### **College Visit - Seminar - Counselor's Office**

(let Mrs. Cory know if you are attending)



Iowa State University- Tuesday, 3/29

Central College- Thursday, 3/31

**#GETAJOB Youth Summer Job Fair in Ames.** See [flyer](#) for more information.

***RS students, take time for your mental health*** by registering for this "Teens Training Teens-Psychological First Aid (PFA)" This 3-hour online course will teach students how to manage their distress and cope with post-disaster stress and adversity. ([See attached flyer.](#))

### **Local Scholarships Due This Friday, April 1st!**

\*[GNB Bank Leadership Scholarship](#) 🖐️ Fill and submit \$500 Due 4/1

\*[The "Resilient Student" RSHS Faculty/Staff Award](#) 🖐️ Make a copy, fill, print and turn into Mrs. Heisterkamp \$ 715 Due 4/1 @4:00pm

- \*[The Roland Post 307/Jim and Marylin Hanson Scholarship](#) 🖱️ Make a copy, fill, email [LegionPost307@gmail.com](mailto:LegionPost307@gmail.com) \$1,500 Due 4/1 @4:00pm
- \*[Story City Lions Club Scholarship](#) 🖱️ Make a copy, fill, print and turn into Counselor's office \$500 Due 4/1 @12:00pm
- \*[Story City/Lafayette Twp. Firefighters Scholarship](#) 🖱️ Make a copy, fill, print, sign and turn into Counselor's office \$500 Due 4/1 @ 4:00pm
- \*[William Applegate Volunteerism Scholarship](#) 🖱️ Make a copy, fill, print, sign and turn into Counselor's office \$1,000 Due 4/1@12:00pm
- \*[Reuben Sansgaard Scholarship Program by Sansgaard Group](#) 🖱️ Make a copy, fill, print, sign and turn into Counselor's office \$1,000 Due 4/1 @12:00pm
- \*[Thrills Scholarship](#) 🖱️ Make a copy, fill, print and turn into Counselor's office \$1,000 Due 4/1 @12:00pm
- \*[Dale W. Henricks by Story City EDC](#) 🖱️ Make a copy, fill, print and turn into Counselor's office \$1,000 Due 4/1 @12:00pm
- \*[Roland-Story School Foundation Scholarship](#) 🖱️ Make a copy, fill, share the final copy with Mrs. Cory, print and turn into Counselor's office \$Varies Due 4/1 @12:00pm



### Local Scholarship

[Friends 'N Service Scholarship](#)- \$400 due 4/22 @12:00pm

### ATHLETIC ACTIVITIES FOR THE WEEK

#### Dates to Remember

4/13- 1:15 Dismissal

4/15- 1:15 Dismissal

4/18-4/22- ISASP Testing