

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday, April 4, 2022 #139 "E"

This Week's Menu

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

Monday Lunch: Popcorn Chicken, Broccoli Normandy, Mixed Fruit, Milk

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

Tuesday Lunch: Walking Tacos, Black Beans, Applesauce, Milk

Wednesday Breakfast: Soft Cinnamon Toast Crunch Bar, Apple/Banana/Orange, Milk

Wednesday Lunch: Beef Burger, Fries, Mandarin Oranges, Milk

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

Thursday Lunch: Chili, Cinnamon Roll, Corn, Peaches, Milk

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

Friday Lunch: Cheese Pizza, Romaine Salad, Pears, Milk

FROM THE OFFICE

Birthdays this Week 🎉

Tuesday 4/5- Amanda Hansen

Wednesday 4/6- Ali Charlson, Boaz Clark, Bradey Haberl, Rylee Wolff

Friday 4/8- Drew Stalzer, Tucker Whitaker

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.

Congratulations to all of the band students on their performances at the Iowa High School Music Association Solo/Ensemble Festival held at Ogden on Saturday, April 2.

Ratings for the band students were as follows: Samantha Warnick - flute solo 1, Emma McGuigan, Mara Spence, and Ellie Thompson - flute trio 1, Dravyn Spencer-Froehlich - tenor sax solo - 2, Wrigley Propp - bari sax solo 1, Aubrey Britten - french horn solo 1, Rhianna Koppes - trumpet solo 1, Jillian Concannon - trombone solo - 1, Nathan Limas - trombone solo 1 (perfect score), Aaliyah Selby - trombone solo - 1, Bradey Haberl, Cole Olson, and Aaliyah Selby - trombone trio 1, Jillian Concannon, Macy Friest, Jacob Hennager, Rhianna Koppes, Nathan Limas, and Cedric Ray - mixed brass sextet - 1, Lizzy Danielson - piano solo 1, Lucas Wuebker - piano solo 1, and Lizzy Danielson and Lucas Wuebker - piano duet 1 (perfect score).

Nathan Limas was chosen as the outstanding performer in Center 5. Nathan will perform "Prelude And Fanfaronade" at the IHSMA Outstanding Performers Showcase to be held at Iowa State University in the Music Hall in May.

Juniors/Seniors: \$40 off tux rental coupons are available in the office from Milroy's.

Juniors/Seniors: Please complete the Google Form you received from Mrs. Schmitz about prom/after prom by 4/13.

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!



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



[COUNSELOR CAREER SEMINARS](#)

Students, come and hear about these career opportunities. To attend, please sign up in the counselor's office *at least one day* prior to the presentation day.

Wednesday, April 6: John Deere/VanWall Tech program (See the flyer) [Click here to watch a video](#)

Thursday, April 7-Iowa Law Enforcement Academy <https://ilea.iowa.gov/>

Tuesday, April 26: Fire Science Programs [Click here to watch a video](#)

#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 Scholarship

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

NEW [JSTT \(Judge Story Theatrical Troupe\) Annual Scholarship](#)- \$500 due 4/30

ATHLETIC ACTIVITIES FOR THE WEEK

Tuesday 4/5

JV/Varsity Boys & Girls Track @ Gilbert High School 4:30pm

Thursday 4/7

JV/Varsity Boys Golf @ Goldfield-Oakridge Golf Course 4:00pm

JV/Varsity Girls & Boys Track @ Nevada High School 4:30pm

Friday 4/8

JV/Varsity Girls Golf @ Roland Story High School 4:00pm

JV/Varsity Boys Track @ Baxter 4:30pm

Dates to Remember

4/13- 1:15 Dismissal

4/15- 1:15 Dismissal

4/18-4/22- ISASP Testing