

# ROLAND-STORY NORSEMEN MORNING BULLETIN

**Monday, April 18, 2022 #149 "C"**

## **This Week's Menu**

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

**Monday Lunch:** Pepperoni French Bread Pizza, Mixed Vegetables, Mandarin Oranges, Milk

**Tuesday Breakfast:** Bacon, Egg & Cheese Biscuit, Apple/Banana/Orange, Milk

**Tuesday Lunch:** Pork Nachos, Black Beans, Mixed Fruit, Milk

**Wednesday Breakfast:** Banana Chocolate Chip Bar, Apple/Banana/Orange, Milk

**Wednesday Lunch:** Grilled Cheese, Tomato Soup, Baby Carrots, Apple Slices, Milk

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

**Thursday Lunch:** Chicken & Gravy, Biscuit, Mashed Potatoes, Corn, Milk

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

**Friday Lunch:** Cruncher Cheese Pizza, Green Beans, Pineapple, Milk

## **FROM THE OFFICE**

### **Birthdays this Week** 🎉

**Tuesday 4/19-** Brady Lettow

**Wednesday 4/20-** Delaney Holdredge

**Thursday 4/21-** Mr. Dedic, Capri Cory, Pearl Wagner

**Sunday 4/24-** Mrs. Fisher, River Reitano

**Seminar MONDAY:** 9-11 are to go to their testing rooms; Seniors will meet in the Auditorium.

**Football:** There will be an important information/sign-up meeting for the 2022 high school football season in the commons during seminar on Friday April 22. Anyone unable to attend should visit with Coach Finn prior to the meeting.

**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:** 9-11th GRADE STUDENTS WILL NEED **CHARGED CHROMEBOOKS** FOR THIS TEST! If you are a student who uses a different computer for school (Graphic design students

or personal computers), you must bring in your school issued Chromebook for this week of testing. [Click here to view the schedule!](#)

**Volunteer Hours Opportunity:** Roland Youth Softball is looking for volunteers to work their concession stands during games. This is a great opportunity to get silver cord hours. [Click here](#) to view the schedule and sign up!

**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](#)



**[Future Seminar Career Presentations](#)**

Tuesday, April 26 \***Fire Science** [Click here for information](#)

## Thursday, April 28 \*Story City Manufacturing and Tours

(All juniors. This is a day event)

**Tuesday, May 3 Presenter: \*Architecture/Construction** Eric Vermeer. He has over 15 years of experience working in architecture and engineering. Eric is the go-to person at 10 Fold for master planning, construction cost estimating, structural engineering, structural and architectural forensics, project management, and architectural design.

Wednesday, May 4 \***Video Production** [Click here for more information](#)

## Tuesday, May 10 \***Medical Fields** -Mary Greeley Presenters

\*Students, via My Academic Plan Career Clusters you will be requested to come to these presentations. If ANYONE wants to attend these sessions please sign up in the Counselor's office at least one day prior to the presentation!

*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

[Jim & Marilyn Hanson \(RS Foundation\) Scholarship](#)- \$1,000/4yr due 4/22 @12:00pm- pursuing a major in forestry, math related field, and/or education.

[RS Silver Cord Scholarship](#) 🖐️ Make a copy, fill, print and turn into Counselor's office \$500 due 5/4 @12:00pm

[RSEA \(Roland-Story Education Association\) Scholarship](#) 🖐️ Make a copy, fill, print and turn into Counselor's office \$300 due 4/28 @12:00pm

### ATHLETIC ACTIVITIES FOR THE WEEK

#### Monday 4/18

Varsity Girls Golf Tournament @ Terrace Hills Altoona 1:00pm

Varsity Boys Track Meet @ Hampton-Dumont High School 4:30pm—**CANCELED**

Varsity Girls Track Invitational @ Bondurant-Farrar High School 4:30pm

**Tuesday 4/19**

Varsity Girls Golf Tournament @ Wet Marshall High School 2:00pm

Varsity Boys Golf Triangular vs West Marshall/South Hamilton @ Riverbend Golf Course 4:00pm

Varsity Boys Track Meet @ Ballard High School 4:30pm

**Thursday 4/21**

Varsity Girls Golf Quad vs West Marshall/South Hamilton/North Polk @ Riverbend 4:00pm

Varsity Boys Track Invitational @ Nevada High School 4:30pm

Varsity Girls Track Invitational @ Roland Story High School 4:30pm

**Friday 4/22**

Varsity Boys Golf Meet vs North Polk @ Riverbend 4:00pm

**Saturday 4/23**

Varsity Boys Golf Tournament @ Grundy Center Town & Country Golf Course 8:00am

**Dates to Remember**

4/18-4/22- ISASP Testing