

ROLAND-STORY NORSEMEN MORNING BULLETIN

Tuesday, April 19, 2022 #150 "D"

This Week's Menu

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

Today's Schedule

Testing: 8:20-9:20

1st: 9:30-10:08

2nd: 10:11-10:49

3rd: 10:52-11:30

A Lunch: 11:30-11:56

5th: 11:33-12:22

5th SH1: 11:33-11:56

B Lunch: 11:56-12:22

5th SH2: 12:25-12:48

C Lunch: 12:22-12:48

5th: 11:59-12:48

4th: 12:51-1:29

6th: 1:32-2:10

7th: 2:13-2:50

8th: 2:53-3:30

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.

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.



[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

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