

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday, May 2, 2022 #160 "A"

This Week's Menu

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

Monday Lunch: Cheesy Pull Apart Cheddar Garlic Bread, Marinara, Apple Slices, Milk

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

Tuesday Lunch: Chicken Strips, Mashed Potatoes w. Gravy, Corn, Peaches, Milk

Wednesday Breakfast: Mini Blueberry Waffles, Apple/Banana/Orange, Milk

Wednesday Lunch: BBQ Chicken Sandwich, Green Beans, Mixed Fruit, Milk

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

Thursday Lunch: Walking Tacos, Corn, Applesauce, Milk

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

Friday Lunch: Hot Dog, Baked Beans, Pears, Milk

FROM THE OFFICE

Birthdays this Week 🎂

Monday 5/2- Lily Eggman

Tuesday 5/3- Madelyn Richardson, Alexis Vaughn

Wednesday 5/4- Martiza Cruz, Melvangel Gonzalez, Ella Murphy

Thursday 5/5- Madison Cook, Alexandra Pickering

Saturday 5/7- Charles Watts

GRAPHIC DESIGN CONTEST - The Iowa High School Esports Association is holding a logo contest to update the IAHSEA logo. Submissions are being accepted until May 16. Read about the rules and how to submit here: bit.ly/IAHSEALogo. This contest is open to all students, staff, and faculty at Roland-Story. If

you have questions, see Mr. Klett.

Volunteer Hours Opportunities: The Roland Park Board is having a spring clean-up day at Erickson Park at 10 am, Saturday, May 7, to help for silver chord or Key Club hours. There will be a brat/hamburger feed going on at the same time so you can get a nice meal as well!

There is also a spring clean-up day at the Mackey area on Sunday, May 1st, starting at 1pm. Bring any gloves, rakes, shop vacs, containers for trash, and other tools to help us tidy up and finish a few projects in the area.

Seniors: Friday May 20th- Mandatory to walk in graduation ceremony

- Bowling at 9am/ Hot Dogs and Chips at 10:30/ Leave by 11:25
 - Graduation Practice 11:30-12:45
- Walk through the elementary school at 1:30



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

Online DMACC classes for Fall 2022

An important message to remember about DMACC online is that you, the student, must register for the class. Once you register online then the counseling department receives a notice to approve it.



[Future Seminar Career Presentations](#)

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

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 5/2

JV/Varsity Girls Golf @ Ballard 4:00pm
Varsity Boys Golf @ BCLUW 4:15pm
Boys & Girls Track Meet @ North Polk 4:30pm

Tuesday 5/3

Boys Golf HOI Conference Meet @ West Marshall 9:00am

Wednesday 5/4

Girls Golf HOI Conference Meet @ West Marshall 9:00am

Thursday 5/5

Boys Golf Tournament @ South Hamilton 2:00pm
Girls & Boys Track HOI Conference Meet @ Roland Story 4:00pm

Friday 5/6

Girls Golf Tournament @ South Hamilton 2:00pm

Dates to Remember

5/3- 9-12th Grade Band & Choir Concert 7:00pm

5/3- 9-12th Grade Art Show

5/11- 1:15 Dismissal

5/18- Senior Awards Night 7:00pm

5/22- Graduation 2:00pm