

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, September 10, 2018 #010**

TODAY'S LUNCH

Chicken nuggets, potato, green beans

9-11-18 BREAKFAST

B'fst bar, apple slices, granola bar, juice, milk

9-11-18 LUNCH

Turkey tenderloin, French fries, baked beans

Football & Cross Country Managers Needed: If you are interested in being a manager for football or cross country, please sign up in the office today.

Concession Stand Workers Needed: 6th, 7th, and 8th graders interested in working at the concession stand during volleyball games, please stop by the office. Workers will receive one free drink and one free food each evening they work. Workers are asked to work from 4:10 until the end of the game.

****5th and 6th graders** - If you are interested in recording for Opus Honor Choir, rehearsals will begin on Friday, Sept. 7th @ 7:30 in the music room. Please enter through the playground/art room door. All rehearsal recordings and music is on Canvas for students to access and start practicing with. They will also be receiving music at the first rehearsal. If you have questions or concerns please contact Mrs. Friest - jfriest@roland-story.k12.ia.us

7th and 8th Grade Roland Rural Bus Room please report to Mr. STAKER's classroom at 3:30.

Mock Trial: 7th and 8th grade students who are interested in going out for mock trial please sign up in the office by September 7th.

Punt, Pass, Kick Competition: We are holding our 15th annual Punt, Pass and Kick competition on Sept. 22nd at the HS football field. Attached is the signup sheet, it is free for kids 5-12 years old. Forms can be found in the office.

NBA Registration is Now Open - Deadline to register is October 5th!

NBA is our youth basketball program for athletes enrolled at Roland-Story in 3rd - 8th grade. The mission of the program is to teach athletes the skills and mentality necessary in order to succeed on and off the basketball court. In other words, the focus is to teach our athletes the "NORSEMEN WAY"! To register for the 2018-2019 season, please go to <https://go.teamsnap.com/forms/146976>.

Middle School: **Registration deadline is October 5th.** If you need more information about registration or about NBA please stop by the office and pick up a flyer.

Activity Passes: If you would like to purchase an activity pass, please bring \$50.00 to the office. (Checks can be made out to Roland-Story School). The secretaries will punch your student ID card and that will serve as your pass to enter Norsemen activities.

It's never too early to start saving! [Click here to find out how to save for your child's college expenses.](#) (Heisterkamp-HS Counselor)

Iowa Student Loan Programs:

1-Parents and Guardians of students 6-12: Sept. 4-Oct. 21

Awards: 50 \$1,000 deposits into College Savings Accounts

Requirements: Visit the Parent Handbook guide for important college financing information and enter contact information to register for a random drawing.

Start at: www.IowaStudentLoan.org/SaveNow

Quote of the week:

"Greatness is never born from easy circumstances. We can become stronger when the world becomes harder."
-Erwin McManus

FRIDAY NIGHT FOOTBALL EXPECTATIONS

Caring (for those around me), Responsible (for my actions), and Respectful (myself and others)

School spirit is important at the Roland-Story High School Athletic events. During home varsity football games in which the crowds are larger, issues may arise due to the large number of adults, elementary, middle school, and high school students. Our goal is to positively cheer our team on to a victory and to enjoy our time with family and friends.

In order for this to occur and to help avoid any potential conflicts during the home Friday night football games, the following are guidelines that are expected to be followed:

1. No footballs or skateboards, etc. should be brought to the game.
2. Students are not allowed to stand, play games, or run around directly behind the home bleachers before, during, or after the game.
3. Students must remain in their seats until quarter breaks or halftime.
4. Students should either sit in the bleachers with their parents or at the very south end.
5. Students are expected to practice and follow our NORSE CODE.
6. Failure to follow these rules may result in a student being asked to sit with their parents or perhaps leave the game.
7. National Anthem-A reminder during this special presentation to BE QUIET, PLACE YOUR RIGHT HAND OVER YOUR HEART, STAND STILL AND FACE THE FLAG, AND SING IF YOU WOULD LIKE TO. This is a time for us to recognize all of those who have served our country and to be proud of the amazing country we are so fortunate to call home. It is OK to remind your classmates of these expectations during the National Anthem.

R-S MS Practice/Bus Schedule

Monday 9/10

7 th /8 th Football Practice	3:30
7 th Volleyball vs. South Hamilton	4:30
8 th Volleyball @ South Hamilton	4:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Tuesday 9/11

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Wednesday 9/12

Early Out – No Practices

Thursday 9/13

7 th /8 th Cross Country Practice	3:30
7 th Football vs. South Hamilton @ Story City	5:45 Bus leaves at 3:35 Athletes dismissed at 3:25
8 th Football vs. South Hamilton @ Story City	4:30 Bus leaves at 3:35 Athletes dismissed at 3:25
7 th Volleyball vs. South Hardin @ Roland	4:30
8 th Volleyball vs. South Hardin @ Roland	4:30

Shuttle bus will pick up Cross Country in Roland at 5:15 and drop off in Story City.

Friday 9/14

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.