

**ROLAND-STORY MIDDLE SCHOOL
FRIDAY, September 21, 2018 #019**

TODAY'S LUNCH

Cheeseburger, chips, corn, peaches

9-24-18 BREAKFAST

Bfst wrap, grapes, juice, milk

9-24-18 LUNCH

Pork rib sandwich, cheesy potatoes, carrots, fruit cocktail

Roland-Story Middle School will celebrate homecoming week by showing off our fun and creative school spirit! As we celebrate the excitement leading up to Homecoming Day and the big game, we get to have some cool dress up days here at the middle school! Here's the quick rundown of what to look forward to each day:

Friday: Norsemen Spirit Day! (Red & Black)

Students waiting for the bus at the HS-just a reminder to please keep your hands and feet to self and follow the Norse Code while waiting for the bus. Show your RSMS PRIDE by being kids of character and show them how we do things the right way, the NORSEMEN WAY! Mr. Schlatter will inform Mr. Town of any students not meeting our expectations.

Roland Rural Bus Room-Bus room is in Mrs. Petersen's classroom today. **Bus room will move to Mrs. Brouwer's room on Monday, September 24th.**

Students: The HS students will be to RSMS **TODAY** for face painting during your lunchtime. We will be having a tailgate lunch on this day to help celebrate the upcoming Homecoming win over West Marshall! Go Norse!

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 sign up 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:

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

- Michael Jordan

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

Friday 9/21
NO PRACTICES