

**ROLAND-STORY MIDDLE SCHOOL  
MONDAY, September 24, 2018 #020**

**TODAY'S LUNCH**

Pork rib sandwich, cheesy potatoes, carrots, fruit cocktail

**9-25-18 BREAKFAST**

Bfst bar, grapes, juice, milk

**9-25-18 LUNCH**

Hot dogs, chili/cheese, French fries, peaches

**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. Brouwer's room starting TODAY.**

**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.

**News from the Roland Library:** Are you crafty? The Roland Library has Craft Club on the 2nd and 4th Tuesday of each month beginning at 4pm. This week at Craft Club we'll be using fuse beads, also called perler beads. You arrange the beads and we will "fuse" them together to make all kinds of cool things! And you get to take them home!

The Roland Public Library will have a very crafty early out program this week! Join us on Wednesday at 1:30pm for our Beads and Bands early out workshop. An assortment of beads, string, and looms and loom bands will be available for kids to use in their own creative way! Children in kindergarten and up are invited to attend.

**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](http://www.IowaStudentLoan.org/SaveNow)

**Quote of the week:**

"There are two ways of exerting one's strength: one is pushing down, the other is pulling up."

-Booker T Washington

**R-S MS Practice/Bus Schedule**

**Monday 9/24**

7<sup>th</sup> /8<sup>th</sup> Football Practice

3:30

7<sup>th</sup> Volleyball vs. Nevada 4:30  
8<sup>th</sup> Volleyball @ Nevada 4:30 Bus leaves at 3:45  
7<sup>th</sup>/8<sup>th</sup> 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 9/25**

7<sup>th</sup> /8<sup>th</sup> Football Practice 3:30  
7<sup>th</sup>/8<sup>th</sup> Volleyball Practice 3:30  
7<sup>th</sup>/8<sup>th</sup> Cross Country @ Hickory Grove 4:30 Bus leaves at 3:05. Athletes dismissed at 2:55.

Shuttle bus will pick up Volleyball 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 9/26**

Early Out – No Practices

**Thursday 9/27**

7<sup>th</sup>/8<sup>th</sup> Cross Country Meet at Ames (ISU) 4:30 Bus leaves at 3:15. Athletes dismissed at 3:05.  
7<sup>th</sup> Football @ North Polk (Alleman) 4:15 Bus leaves at 3:00. Athletes dismissed at 2:50.  
8<sup>th</sup> Football vs. North Polk 4:30  
7<sup>th</sup> Volleyball @ South Hamilton (Jewell) 4:30 Bus leaves at 3:40.  
8<sup>th</sup> Volleyball vs. South Hamilton 4:30

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

**Friday 9/28**

7<sup>th</sup> /8<sup>th</sup> Football Practice 3:30  
7<sup>th</sup>/8<sup>th</sup> Volleyball Practice 3:30  
7<sup>th</sup>/8<sup>th</sup> 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.