



# RTS MIDDLE SCHOOL

## OCTOBER 2023

### Word of the month: COURAGE

“Courage is resistance to fear, mastery of fear – not absence of fear.” – *Mark Twain*



### OCTOBER'S GENIUS HOUR

We kickoff our October Genius Hour with our One Book One School event on October 13th. We will be reading a book together as one school- with guest readers!

*Find out what book we will be reading on Oct. 13th!*



### RTS FALL FUN NIGHT!



Our Fall Fun Night will be held on October 27th from 5:30-7:00 pm. this night is for our students Grades 6-8 and is hosted by our Student Council.

### Columbus Day.

There will be NO SCHOOL on October 9, 2023 in observance of Columbus Day. Please note that all buildings will be closed.

OCT  
09



Bus Drills on 10/5 with  
Early Dismissal at 2:07  
for our students

### IMPORTANT DATES:

- 10/5- Early Dismissal for Bus Drills- 2:07 pm
- 10/6- First 5 week interim ends
- 10/9- Columbus Day- No School
- 10/10-10/13- SV Spirit Week
- 10/13- Genius Hour- 'One Book One School' event; Interim reports mailed
- 10/14- Homecoming (parade @ 11 am and game @ 1:30 pm)
- 10/15-21- National School Bus Safety Week
- 10/18- Board of Education meeting 6 pm
- 10/27- RTS Fall Fun Night 5:30-7:00 pm



### LOOKING AHEAD...

page 2: Homecoming  
page 3-4: Message from our Health Office  
page 5-6- School Breakfast and Lunch Menu

OUR FIRST FIVE-WEEK  
INTERIM ENDS ON  
OCTOBER 6. THE INTERIM  
REPORTS WILL BE SENT  
OUT ON OCTOBER 13.



## **ATTENTION SABER FANS!**

**Show your Saber Spirit  
and participate in the 2023  
Homecoming Parade!**

**Saturday, October 14, 2023  
Starting at Schnurbusch Park &  
ending at SV High School**

- Line-up begins at  
10:30 am
- Parade starts at 11  
am

**If your organization would like to  
participate, please contact:**

**Rachel Heslin, High School Student  
Council Advisor,  
[rheslin@svsabers.org](mailto:rheslin@svsabers.org), 607-775-0304**



# Sign up for important updates from C. Lynch.

Get information for **Richard T Stank Middle School** right on your phone- not on handouts.

Pick a way to receive messages for **RTS Health Office 23-24**:

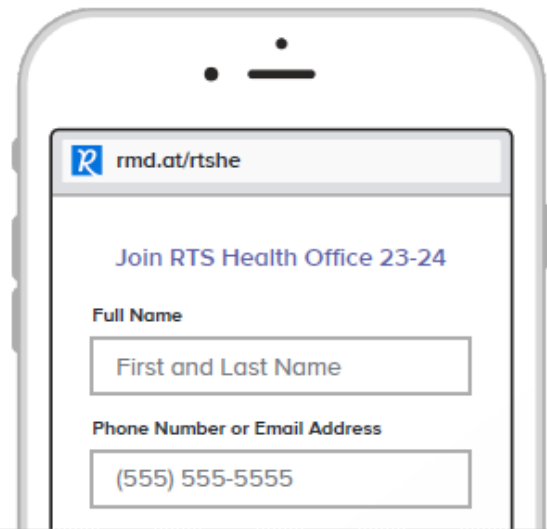
A

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/rtshe](https://rmd.at/rtshe)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



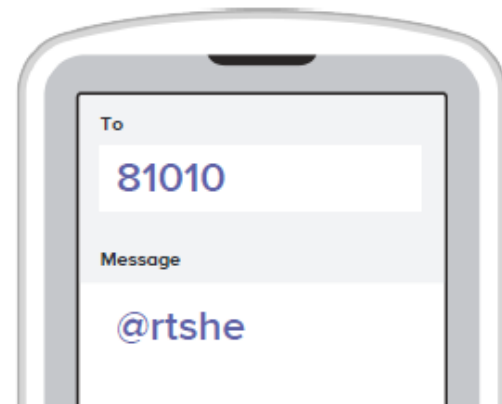
B

If you don't have a smartphone, get text notifications.

Text the message @rtshe to the number 81010.

If you're having trouble with 81010, try texting @rtshe to (774) 353-0907.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/rtshe](https://rmd.at/rtshe) on a desktop computer to sign up for email notifications.

# Isolate and take precautions if you have or suspect you have COVID-19

## ISOLATION



**Stay home and away from others**

Wear a high-quality mask if you must be around others

### Start counting days

Day 0 is the day your symptoms started

If you never had symptoms, day 0 is the day you took a COVID-19 test



**Watch for emergency warning signs, like trouble breathing**

Seek help if they develop

## AFTER ISOLATION

Until at least day 11, avoid being around people who are more likely to get very sick

Wear a high-quality mask when around others indoors



### Removing your mask

After ending isolation, wear your mask through day 10

**OR**

Take 2 antigen tests, 48 hours apart

If both tests are negative, you may remove your mask sooner than day 10



## ENDING ISOLATION

**Isolate to day 6 or later, if you**

- never had symptoms or symptoms are improving, and
- are fever-free for 24 hours without the use of fever-reducing medication

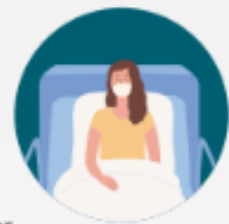


**Continue to isolate** if your fever persists or other symptoms have not improved

**Isolate through day 10**, if you experienced moderate illness, like shortness of breath or difficulty breathing


**Isolate through day 10 and talk with a healthcare provider before you end isolation, if you**

- were hospitalized, or
- have a weakened immune system



# October 2023    Rock on Café    RTS Middle School Breakfast and Lunch Menu

\*Menu subject to change without notice

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Grab &amp; Go Alternate Hot Options</b> M: Cheeseburger T: Pizza W: Chicken Patty Th: Cook's Choice F: Pizza				<b>Daily Lunch Options</b> NY Yogurt Meal w/Homemade Granola PB&J Sandwich w/ mozzarella string cheese Assorted Deli Sandwiches / Subs / Wraps (Turkey, Ham, Tuna) Packaged Salads (Tossed or Chef)				<b>Daily Breakfast Options</b> Cereal w/ Muffin Top 2 Muffin Tops Saber Breakfast Sandwich	
<b>Breakfast</b> Mini Pancakes Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	2	<b>Breakfast</b> Cinnamon Bun Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	3	<b>Breakfast</b> Bacon Scramble Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	4	<b>Breakfast</b> French Toast Sticks Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	5	<b>Breakfast</b> Saber Breakfast Croissant Sandwich Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	6
<b>Lunch</b> Chicken Party on a Kaiser Sweet Potato Crinkle Cut Fries Mixed Veggies Fresh NY Apple NY Milk		<b>Lunch</b> NY Walking Taco w/ Assorted Toppings Steamed Corn Assorted Chilled Mixed Fruit 100% Juice NY Milk		<b>Lunch</b> Corn Dog Mac & Cheese Veggie Cruncher w/ Hummus and Dip Baby Carrots Fresh Orange and Assorted Fresh Fruit 100% Juice NY Milk		<b>Lunch</b> Pizza Crunchers w/ a side of Pasta w/ sauce Fresh Cucumbers w/ Dip Assorted Chilled Mixed Fruit NY Concord Grape Apple Juice NY Milk		<b>Lunch</b> Wild Milk's Cheese Pizza Garden Salad w/ Chickpeas Assorted Fresh and Mixed Fruit NY Milk	
<b>No School</b>	9	<b>Breakfast</b> Breakfast Breads Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	10	<b>Breakfast</b> Bagel Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	11	<b>Breakfast</b> Snack N Waffle Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	12	<b>Breakfast</b> Saber Breakfast Sandwich Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast) 100% Juice NY Milk	13
		<b>Lunch</b> Popcorn Chicken Wheat Dinner Roll Mashed Potatoes Glazed Carrots Fresh NY Apple 100% Juice NY Milk		<b>Lunch</b> "Brunch at Lunch" French Toast Sticks Sausage Patty Potato Tots Fresh Orange and Assorted Fresh Fruit 100% Juice NY Milk		<b>Lunch</b> Pasta w/ NY Beef Meat Sauce Garlic Breadstick NY Green Beans NY Pear NY Concord Grape Apple Juice NY Milk		<b>Lunch</b> Stuffed Crust Pizza Garden Salad w/ Chickpeas Assorted Fresh and Mixed Fruit NY Milk	

<p><b>Breakfast</b></p> <p>Mini Stuffed Bagel</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Cinnamon Bun</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Bacon Scramble Breakfast Pizza</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>French Toast Sticks</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Saber Breakfast Croissant Sandwich</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>
<p><b>Lunch</b></p> <p>Cheeseburger on a Kaiser</p> <p>Sweet Potato Crinkle Cut Fries</p> <p>Green Beans</p> <p>Assorted Fresh Fruit</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>NY Taco's on Soft Shell w/ assorted toppings</p> <p>Seasoned Rice</p> <p>Corn</p> <p>Chilled Mixed Fruit</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>Chicken Spiedie Sub</p> <p>Oven Roasted Potatoes</p> <p>Veggie Cruncher w/ Dip</p> <p>(Pre K: Sliced Cucumbers w/ Hummus)</p> <p>Baby Carrots</p> <p>Banana and Assorted Fresh Fruit</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>NY Chicken &amp; Veggie Lo Mein</p> <p>Garlic Breadstick</p> <p>Steamed Broccoli</p> <p>NY Apple</p> <p>NY Concord Grape Apple Juice</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>Home Made Cheese or Pepperoni Pizza</p> <p>Garden Salad w/ Chickpeas</p> <p>Assorted Fresh and Chilled Mixed Fruit</p> <p>NY Milk</p>
<p><b>Breakfast</b></p> <p>Fruitel</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Breakfast Breads</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Bagel Breakfast Pizza</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Snack N Waffle</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Saber Breakfast Sandwich</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>
<p><b>Lunch</b></p> <p>Chicken Nuggets</p> <p>Wheat Dinner Roll</p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Fresh NY Apple</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>Mandarin Orange Chicken</p> <p>Seasoned Rice</p> <p>Steamed Broccoli</p> <p>Assorted Chilled Mixed Fruit</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>Grilled Cheese Sandwich</p> <p>Tomato Soup</p> <p>Veggie Cruncher w/ Hummus and Dip</p> <p>Baby Carrots</p> <p>Banana and Assorted Fresh Fruit</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>Loaded NY Nachos w/ Assorted Toppings</p> <p>NY Corn Confit Salad</p> <p>Fresh NY Apple</p> <p>NY Concord Grape Apple Juice</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>Nardone's Cheese or Garlic French Bread Pizza</p> <p>Garden Salad w/ Chickpeas</p> <p>Assorted Fresh and Chilled Mixed Fruit</p> <p>NY Milk</p>
<p><b>Breakfast</b></p> <p>Mini Pancakes</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>	<p><b>Breakfast</b></p> <p>Cinnamon Bun</p> <p>Assorted Fresh Fruit or Chilled Mixed Fruit (no apples at breakfast)</p> <p>100% Juice</p> <p>NY Milk</p>			
<p><b>Lunch</b></p> <p>Chicken Patty on a Kaiser</p> <p>Sweet Potato Crinkle Cut Fries</p> <p>Mixed Veggies</p> <p>Fresh NY Apple</p> <p>NY Milk</p>	<p><b>Lunch</b></p> <p>NY Walking Taco w/ Assorted Toppings</p> <p>Steamed Corn</p> <p>Assorted Chilled Mixed Fruit</p> <p>100% Juice</p> <p>NY Milk</p> <p>Chocolate Ice Cream Cup</p>			