

Wednesday, February 17, 2021:

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Weather: Partly with a high of 14.
- Black History Month – Johnnah
- Activities/Athletics:

Congratulations to the 1064 Robotics – as 1064E won the Viking Cup Division. 1064A also won the Excellence Award

Congratulations Boys Swim: **Caiden Williams** set a school record in the Butterfly, **Ben Mills** shattered the school mark in the 200 Freestyle. Mills placed 6th overall and earned him his first automatic state qualifying time of his career. In the 100 Freestyle, Mills placed 3rd, the highest placing by a Viking individual 2002.

The team of Williams, Mills, **Nate Schlader** and **Davion Scott-Bell** improved their recent school record in the 200 Medley Relay, placing 4th in the conference. Williams improved his Butterfly time, placing 7th. Scott-Bell, a junior, and **Seamus Cavanaugh**, a senior, earned the first state auto cuts, placing 6th and 7th in the 100 Breaststroke. Scott-Bell missed the boys' school record in the 200 Individual Medley by 0.58 seconds, placing 13th at the meet. Teammate **Richard Throckmorton** placed 16th with the 5th fastest IM in school history.

Career best times were also posted by:

Schlader (100 Freestyle and 100 Backstroke), Cavanaugh (50 Freestyle, when leading off the 200 Freestyle Relay), **Darden Tetley** (100 Freestyle), **Lawrence Williams** (200 Freestyle), **Noah Richardson** (200 Freestyle & 500 Freestyle), **Trevor Gibbons** (200 Individual Medley), **Reggie York** (50 Freestyle).

As a team, the Vikings placed 6th in the conference. to Caiden Williams on being named to the Metro Conference All Academic Swim Team. Caiden met the criteria of having a 3.7 or higher GPA on a 4.0 scale and having an automatic qualifying time in an individual event for the State Swim Meet. Congratulations to Head Swim Coach, Sean Froemming on being selected as the Metro Swim Coach of the year by all Metro Swim Coaches.

CONGRATULATIONS GIRLS SWIM TEAM: Junior **Lauren Sitzman** earned points in both of her individual events, leading the Vikings to a 13th place finish at the Metro Conference Championships the past Friday. Sitzman posted a career-best time in the 200 Freestyle, 16th. Her time is tied for 5th fastest in the school's documented records. In the 100 Backstroke, Sitzman placed 10th. It was the fastest girls' backstroke time since 2003 and 4th fastest in school history.

Seniors **Vienne Kemper** and **Teresa Gibbons** posted season-best times while finishing just outside the Top 16. Kemper's 100 Freestyle was her fastest split since leading off the 400 Freestyle Relay at state in 2019. Her backstroke time improved her previous-best time as a Viking in 2018. In the 100 Butterfly, Gibbons dropped over 4 seconds from her previous best

time this season. Ninth grader **Molly Burk** finished with season-best times in the 50 Freestyle and 100 Breaststroke.

The team of Sitzman, Kemper, Gibbons and Burk achieved a secondary state qualifying time in the 200 Freestyle Relay, placing 11th. They finished 10th in the Medley Relay. The Vikings, along with ninth grader **Sofia Acosta**, will swim both relays at the state meet in two weeks. Sitzman and Kemper, with secondary qualifying times in multiple events, must wait to learn what events individuals from other teams with multiple automatic qualifying times will choose to swim at the state meet.

Congratulations Wrestling who qualified for state Tyler Stewart was district champion, Sirah Lane placed 4th, and Isiah Guzman was runner up, will not be in classes Today or tomorrow do to competing in the State Wrestling meet.

Winners of the French Club's 2020 Boosh de Noel Bake Off are:

First place: Anne Rogers

Second place: Legacy Durham

There is a tie for 3rd place: Skylar Gabel and Isabella Booth.

Honorable Mention: Danielle Abraham

Please watch for an email from Ms Finch on prize collection.

French Club Chefs:

Please pick up your ingredients for this month on Friday, February 19th in room 116 after school. This month's foods are Baguette and Crepes.

- Any girls interested in Tennis – please email coach Bryson.wiser@ops.org Get involved – V-up!
- Anyone interested in playing baseball this spring needs to email Coach Janecek at eric.janecek@ops.org.
- boys soccer conditioning will start tomorrow (Thursday) after school and end at 4:30. Player need to meet in the mpc hallway. If they have any question contact Mr. Koch or Mr. Alsaadi.

Homework helproom: Need help with **math, science, English, social studies, or world languages? Hit the bricks with homework helproom and Mr. Anglen on Tuesday, Wednesday, and Thursdays! 3:30 to 5.**

HEY SENIORS: We are doing a Kahoot game that has fun questions and also questions about North. It is this Friday (February 19) at 7pm. We will send out a teams link to all the seniors via email. There will also be prizes for the three winners. Thank you in advance!

Picture retakes are going to be on ONE day: Tuesday, March 16th.

Thursday, February 18, 2021:

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Weather: Partly with a high of 14.
- Black History Month – Johnnah
- Activities/Athletics:

Wrestling update:

7:00am- 8:00pm	Black History Program	AUDITORIUM
3:00pm- 8:00pm	Black History Program	Viking Center
3:15pm- 5:00pm	Track conditioning	INDOOR TRACK more..
6:00pm	Basketball: Girls Reserve Game	vs. Millard South @ Millard South High School
	(Time Changed)	
6:00pm	Basketball: Boys Freshman A Game	vs. Millard South @ Omaha North High School MPC
7:30pm	Basketball: Boys Freshman B Game	vs. Millard South @ Omaha North High School MPC
7:30pm	Basketball: Boys JV Game	vs. Millard South @ Millard South High School

- Any girls interested in Tennis – please email coach Bryson.wiser@ops.org Get involved – V-up!
- Anyone interested in playing baseball this spring needs to email Coach Janecek at eric.janecek@ops.org."
- boys soccer conditioning will start tomorrow (Thursday) after school and end at 4:30. Player need to meet in the mpc hallway. If they have any question contact Mr. Koch or Mr. Alsaadi.

Dad Jokes here on Wednesday:

- How does a tree access the internet? It logs on.
- Where should you go in the room if you're feeling cold? The corner, they're usually 90 degrees.
- What do you call malware on a Kindle? A bookworm

- Why did the cowboy get a weiner dog? He wanted to get a long little doggie.


Homework helproom: Need help with **math, science, English, social studies, or world languages? Hit the bricks with homework helproom and Mr. Anglen on Tuesday, Wednesday, and Thursdays! 3:30 to 5.**


HEY SENIORS: We are doing a Kahoot game that has fun questions and also questions about North. It is this Friday (February 19) at 7pm. We will send out a teams link to all the seniors via email. There will also be prizes for the three winners. Thank you in advance!

Picture retakes are going to be on ONE day: Tuesday, March 16th.

Friday, February 19th, 2021:

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Weather: Sunny with a high of 27!
- Black History Month:
- Activities/Athletics: Tyler Stewart was the State Champion for 220 pounds!

5:30pm	Basketball: Girls Varsity Game	vs. Millard South
		@ Omaha North High School MPC

7:00pm	Basketball: Boys Varsity Game	vs. Millard South
		@ Omaha North High School MPC

Saturday, February 20, 2021

TIME	EVENT	DETAILS
9:00am	Basketball: Boys Freshman A Game	vs. Elkhorn South @ Omaha North High School MPC
10:30am	Basketball: Boys Freshman B Game	vs. Elkhorn South @ Omaha North High School MPC

- Any girls interested in Tennis – please email coach Bryson.wiser@ops.org Get involved – V-up!
- Anyone interested in playing baseball this spring needs to email Coach Janecek at eric.janecek@ops.org.
- Girls Soccer – It's that time to sign up for girls soccer. Go to the OmahaNorthVikings.com – click on spring sports, click on Girls Soccer, then fill out the registration form. Coaches for Girls Soccer will be in touch with you!

Crunktastic 90's slang: Today's word – I'm Totally Buggin'. In 90s speak, one was not freaking out. Instead, they were totally buggin. For instance, you might say, "I'm totally buggin"! We've got a State Wrestling Champion walking our halls."

Omaha North's Science Bowl teams competed in Eastern Nebraska's regional event last weekend. Eighteen teams from eastern Nebraska participated in the online competition. Both teams from North advanced into the elimination rounds. Team 2--Anne Rogers, Legacy Durham, and Ashley Henkel finished in the top eight teams. Team 1--Peter Sukstorf, Sneha Sengupta, Zack Alhejaj, Jackson Hatcher--advanced to the round of 4, and finished 3rd place behind Lincoln East and Brownell-Talbot.

North's team is growing and welcomes students interested in building on this year's success. Ask your science teacher about joining North's science bowl team--we're reloading and getting ready for next year!

Expectation Review:

- Lunch periods – be in the cafeteria and the Viking Center
- Restrooms are near the areas where you eat
- You get one lunch. Thank you for adhering to our societal norms.

HEY SENIORS: We are doing a Kahoot game that has fun questions and also questions about North. It is this Friday (February 19) at 7pm. We will send out a teams link to all the seniors via email. There will also be prizes for the three winners. Thank you in advance!

PROM for Juniors and Seniors: Outdoor Prom is currently scheduled to be Saturday, May 8 – 6 to 10 PM. This will be a free event for juniors and seniors and their dates who are in-person learners by March 15th. Student-dates from other OPS schools will be allowed using our typical approval form. Masks will be required, and food is being provided. More details to come for this excited event!

Picture retakes are going to be on ONE day: Tuesday, March 16th.