

Monday, May 17th, 2021

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Robotics – Congrats to our robotics Team as they prepare today for their large showcase and competition at North!

9:00am

[Golf: Boys Varsity District](#)

vs. Multiple Schools..

@ Meadowlark Hills Golf Course

3300 30th Ave, Kearney NE

Rain Date is Tue May 18

3:00pm- 5:00pm

[Open Mat](#)

NEW WRESTLING ROOM

Counting today we have 4 A Days, and 4 B Days remaining – 8 days total. Finish strong Vikings!

V-up!

Tuesday, May 18th, 2021

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.

Congratulations! The team of Anna Hadden, Azzy Carr, Anas Ahamad, Micah Gilbert and Karson Swartzbuagh finished 13th and the team of Jonathan Flores-Mondragon, Cristofer Torres Gaitan, and Jace Williams finished 9th.

Jonathan, Cristofer and Jace will be representing North High in the first every Live Remote VEX World Championships starting Thursday afternoon

3:00pm- 5:00pm	Open Mat	NEW WRESTLING ROOM
3:10pm- 4:30pm	Girl Basketball <i>spring workouts</i>	MPC
3:20pm- 4:45pm	Volleyball Conditioning <i>spring conditioning</i>	MPC
3:30pm- 5:00pm	Cheer	MPC CONCOURSE

Counting today we have 3 A Days, and 4 B Days remaining – 7 days total. Finish strong Vikings!

- Check your IC to see if you have missing work that can be turned in
- Communicate with your teachers
- Attend class – the entire class. No need to being in the hallways. Extra support, etc.
- Take pride in finishing strong! You never know what effort will bring you!
- This entire year has been about overcoming challenge. This is certainly true here in the last week. Life will go by whether you spectate or participate, but the real triumph of the human existence is the experience. Get in there, and get it done!

V-up!

Wednesday, May 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.

Good luck to our State Track athletes at Burke today competing for state!
Good luck to State Tennis tomorrow, at Koch tennis center!

TBD	Track and Field: Varsity State Meet	vs. NSAA @ Burke High School
	<i>Class D - 9:00 am - 1:20 pm</i>	
	<i>Class A - 3:00 pm - 7:20 pm</i>	
3:10pm- 4:30pm	Girl Basketball	MPC
	<i>spring workouts</i>	
3:20pm- 4:45pm	Volleyball Conditioning	MPC
	<i>spring conditioning</i>	

Dad Joke Wednesday:

Why was the king only a foot tall? He was a ruler.
What does a dog say before eating? Bone Appetit.
What has four wheels and flies? A garbage truck.
Why did the man stop his origami business? Because it folded.

Summer School! Summer School participants! Check your email for communication from Mr. Renfro concerning Summer school details. Included in this communication would be parking instructions at McMillan, schedule, expectations for behavior and attendance and other information necessary for your success. There is a waiting list for Summer School, so please make sure you are on the ball for what will happen and why. We are going to be great guests at McMillan during summer school, so check your email to learn how! See you there!

Counting today we have 3 A Days, and 3 B Days remaining – 6 days total. Finish strong Vikings!

V-up!

Thursday, May 20th, 2021

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.

Track results –

Congratulations to Tristan Grey on his 3rd place performance in the Discus yesterday at the state track meet. Cameron Gunn qualified for finals in the 110 meter and 300 meter hurdles. Several More Vikings will compete today at the state track meet.

Good luck to State Tennis tomorrow, at Koch tennis center!

TBD	Tennis: Girls Varsity State	vs. NSAA @ Koch Tennis Center
TBD	Track and Field: Varsity State Meet	vs. NSAA @ Burke High School
	<i>Class D - 9:00 am - 12:45 pm</i>	
	<i>Class A - 3:00 pm - 6:45 pm</i>	
3:00pm- 5:00pm	Open Mat	NEW WRESTLING ROOM
3:10pm- 4:30pm	Girl Basketball	MPC
	<i>spring workouts</i>	
3:15pm- 4:45pm	Open Gym	MPC
	<i>Boys basketball</i>	
3:20pm- 4:45pm	Volleyball Conditioning	MPC
	<i>spring conditioning</i>	
3:30pm- 5:00pm	Cheer	MPC CONCOURSE

Last Day for the Homework Helproom! – Special Thank you to Tim Anglen, Valerie Finch, Colin Riggins, Margarita Fernandez De Blas, Meghan Witty, Colleen Durante, William Johnson, Michaela Marx, Jessica Koch, Victoria Erdkamp, and Joshua Smith for all their work and time spent in the homework helproom this year!

Wellness Thursday!

Research suggests that spending time outside can function as a natural medicine. It can help improve your physical, mental, and emotional wellbeing. Spending time outside can lower your blood pressure, reduce stress, improve mood and focus, helps us recover from illness faster, and can even help you age gracefully!

Mental health, is mental wealth!

No backpacks the last 3 days of school – May 24, 25, and 26. Please plan ahead and return your supplies as soon as possible.

Summer School! Summer School participants! Check your email for communication from Mr. Renfro concerning Summer school details. Included in this communication would be parking instructions at McMillan, schedule, expectations for behavior and attendance and other information necessary for your success. There is a waiting list for Summer School, so please make sure you are on the ball for what will happen and why. We are going to be great guests at McMillan during summer school, so check your email to learn how! See you there!

Prom Drawing! The PTSO has generously donated items for Prom, and we will be drawing participants on Friday during the announcements!

Counting today we have 2 A Days, and 3 B Days remaining – 5 days total. Finish strong Vikings!

V-up!

Friday, May 21st, 2021

- At this time, please join me as we recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.

Track results –

Congratulations State Track!

Tristan Gray was State Bronze medalist for discus, and your Gold medal winner for Shotput. Cameron Gunn was the Gold medal winner in the 300M Hi hurdles and 8th in the 110 Meter Hi hurdles

Congratulations State Tennis!

No backpacks the last 3 days of school – May 24, 25, and 26. Please plan ahead and return your supplies as soon as possible.

Summer School! Summer School participants! Check your email for communication from Mr. Renfro concerning Summer school details. Included in this communication would be parking instructions at McMillan, schedule, expectations for behavior and attendance and other information necessary for your success. There is a waiting list for Summer School, so please make sure you are on the ball for what will happen and why. We are going to be great guests at McMillan during summer school, so check your email to learn how! See you there!

Funny Pun Friday:

- The fattest knight at King Arthur’s round table was sir cumference. He acquired his size from too much pi.
- Justice is a dish best served cold, if it were served warm it would be justwater.
- My wife told me to stop impersonating a flamingo, so I had to put my foot down.
- I’d tell you a chemistry joke, but I know it wouldn’t get a reaction.
- I decided to sell my vacuum cleaner. It was just gathering dust.

Prom Drawing! The PTSO has generously donated items for Prom, and we drew participants at random yesterday. Please look for communication from Dr. Walters, and feel free to follow instructions on a thank-you card or email!

Big Prom Winners are:

William	Miller	
Alexander	Christensen	11
Brisha	Cummings	11
Shaylee	Fogelstrom	11
Zyree	Owens	11
Damiah	Curry	12
Catera	Ayala-Peak	11
Lizeth	Correa	12
Hannah	Kriegler	12

Kaleb	Harrold	11
Hayley	Janecek	12
Quintin	Lacy	12
Kole	Hutson	12
Lauren	Jones	11
Darryl	Bennett	12
Carlos	Amaya	

Counting today we have 2 A Days, and 1 B Days remaining – 3 days total after today. Finish strong Vikings!

V-up!