

L-Z Friday, October 23, 2020 Announcements: (FUN FACT FRIDAY)

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.Lunch
- Menu
- MTSS-B Mini-bite:
 - Be Respectful: If you have questions of an adult, please say thank you once you gain an answer.
 - Be Responsible: For you attire at North, please observe school dress code, pull your pants up, etc.
 - Be Accountable: Get to your class on time as much as you can and keep our hallway clear and safe.
- Anyone interested in Wrestling this winter please contact Mr. Carlson in Room 50D or e-mail him your contact information.
- **Attention students interested in winter athletics, practice for girls and boys basketball, girls and boys swimming and wrestling begin November 16th. You will need to turn all the necessary paperwork into Ms. Williams in the athletic office. The window will be open before school, during passing periods and after school until 3:30 p.m. If you are missing any paperwork or signatures you will be notified. Students will not be allowed to stand in line to turn in paperwork. You will drop it off and continue to move to class.**
- Fun Fact Friday:
 - **There are two golf balls sitting on the moon!**
Alan Shepard hit 2 golf balls whilst on the moon at the end of the Apollo 14 mission.
 - **Ketchup was sold in the 1830s as medicine.**
In 1834, ketchup was sold as a cure for indigestion by an Ohio physician named John Cook.
 - **A broken clock is right two times a day.**
- MARK YOUR CALENDARS: School photos for L-Z here at school today will be November 12/13.
- Student Council will be sponsoring Mental Health Awareness next week. This will include themes for each day put forth by teachers during Viking Time – stay tuned for more details.
- **The weather is so nice out and the leaves are starting to change, which means it's a great time to take your senior pictures! Remember that if you want to have your senior pictures in the yearbook, you MUST send them in to Mrs. Schmidt by November 24th! You can either email the ORIGINAL picture from the photographer or if you have a physical copy, you can mail it to the school for us to scan.**
- French Club will be starting their new format, "French Club Cooking Show," in November. Students who have joined the French Club team will use groceries provided by French Club to film themselves making francophone foods in their home kitchens. If you are interested, please contact Ms Finch or Ms Fernandez de Blas.
- Congratulations to our Teachers of Year Michaela Dailey and John Hjelle as awarded by the North High School staff for the 2019-2020 school year. If you see these teachers, give them an elbow bump or a congratulatory email.

V-UP!

Monday, October 26 – MOVITVATION MONDAY!

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.Lunch
- Menu
- MTSS-B Mini-bite:
 - Be Respectful: If you have an adult redirect, please remain calm and engage calmly to resolve.
 - Be Responsible: Get your assignments and makeup work completed on time
 - Be Accountable: Take ownership for mistakes you may make throughout your day, an apology goes a long way.
- It's Red Ribbon Week: Drugs Aside, show Viking Pride" is today's theme for the day. Feel free to wear your sweats tomorrow as "You don't need drugs to relax."
- **Attention students interested in winter athletics, practice for girls and boys basketball, girls and boys swimming and wrestling begin November 16th. You will need to turn all the necessary paperwork into Ms. Williams in the athletic office. The window will be open before school, during passing periods and after school until 3:30 p.m. If you are missing any paperwork or signatures you will be notified.**
- Motivation Monday:
 - *"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently."* - Warren Buffett
 - *"When you hit a wrong note, its the next note that makes it good or bad."* - Miles Davis
 - *"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."* - Thomas Edison
- MARK YOUR CALENDARS: School photos will be November 9-10 and 12-13 during English classes. Book your lineups now.
- Student Council is sponsoring Mental Health Awareness week this week. Mental Health is Mental Wealth, Education and discussion about mental health, how trauma and pandemic have affected our mental health as a whole.
- **The weather is so nice out and the leaves are starting to change, which means it's a great time to take your senior pictures! Remember that if you want to have your senior pictures in the yearbook, you MUST send them in to Mrs. Schmidt by November 24th! You can either email the ORIGINAL picture from the photographer or if you have a physical copy, you can mail it to the school for us to scan.**
- French Club will be starting their new format, "French Club Cooking Show," in November. Students who have joined the French Club team will use groceries provided by French Club to film themselves making francophone foods in their home kitchens. If you are interested, please contact Ms Finch or Ms Fernandez de Blas.
- Congratulations to our Teachers of Year Michaela Dailey and John Hjelle as awarded by the North High School staff for the 2019-2020 school year. If you see these teachers, give them an elbow bump or a congratulatory email.

V-UP!

Tuesday, October 27 –

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Lunch Menu
- MTSS-B Mini-bite:
 - Be Respectful: Make sure you leave our restrooms in the same or cleaner condition than you found them.
 - Be Responsible: Thank your teacher, a bus driver, custodian, secretary, or security officer for what they do!
 - Be Accountable: Take pride in getting to your classes on time, or setting other small goals for yourself.
- We hope to see you relaxing in your sweats today! Did you know that 9 out of 10 addictions starts in the teen years? Drugs change your brain, and this can lead to abuse, addiction, and other very serious physical, mental, and emotional problems. Check your email for the daily themes this week and to sign the Red Ribbon Campaign Pledge. If you participated today, don't forget to email a socially distanced photo to Ms. Longacre in the GRC. Tomorrow's theme is: "Real Heroes Don't Drink & Drive". Wear superhero inspired clothing!
- Student Council's Mental Wellness Week Continues. Today's focus is "mindfulness". Did you know that practicing mindfulness is a simple way to improve your focus during the day? A Harvard study showed that people who practiced mindfulness for at least 30 minutes a day showed improved connections within their brain. Don't forget to share with StuCo on your social media how you chose to practice mindfulness today!
- **Attention students interested in winter athletics, practice for girls and boys basketball, girls and boys swimming and wrestling begin November 16th. You will need to turn all the necessary paperwork into Ms. Williams in the athletic office. The window will be open before school, during passing periods and after school until 3:30 p.m. If you are missing any paperwork or signatures you will be notified.**
- The Lottery is coming to Omaha North! - All staff and students who have perfect attendance, both in-person and remote, from October 19th through the 30th will be entered into Omaha North's first Attendance Lottery! Lottery winners will be announced during Viking Time for the Blue Group on November 2nd and the Gold Group and Staff Winners on November 6th. Make sure you are in your classes every day because Omaha North is the Place to Be a Lotto Winner!
- MARK YOUR CALENDARS: School photos will be November 9-10 and 12-13 during English classes. Book your lineups now.
- **Remember that if you want to have your senior pictures in the yearbook, you MUST send them in to Mrs. Schmidt by November 24th! You can either email the ORIGINAL picture from the photographer or if you have a physical copy, you can mail it to the school for us to scan.**
- French Club will be starting their new format, "French Club Cooking Show," in November. Students who have joined the French Club team will use groceries provided by French Club to film themselves making francophone foods in their home kitchens. If you are interested, please contact Ms Finch or Ms Fernandez de Blas.
- The Omaha North JROTC program will be holding a donation drive to help support the Paralyzed Veterans of America Foundation. They will be taking clothes, shoes, household items and cash donations until November 10th. You can drop off clothing in room 061 at any time. If you have any questions, please email Noah Jacobs.
- Congratulations to Ms. Amanda Gutierrez, English teacher here at North, for receiving the Launch Leadership's Ron Joekel Award. She was honored for championing youth leadership development on October 25 at Launch Live, a virtual telethon-style variety show. Way to go!

Wednesday, October 28 – “Dad Joke Wednesday”

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.

- Lunch Menu

- It's Red Ribbon Week! - North High is celebrating Red Ribbon Week 2020! Today's theme is: "Real Heroes Don't Drink & Drive". We hope to see you wearing superhero inspired clothing today! Did you know that nearly 10 million young people, ages 12 to 20, reported that they've consumed alcohol in the past 30 days. Teens who start drinking before age 15 years are 5 times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after the legal age of 21. Check your email for the daily themes this week and to sign the Red Ribbon Campaign Pledge. If you participated today, don't forget to email a socially distanced photo to Ms. Longacre in the GRC. Tomorrow's theme is: "Chase Dreams, Not Drugs". Dress as your dream career!

- o Dad Jokes: What did the Dad Buffalo say to his son buffalo when he dropped him off for school? Bye-son!

- o What concert costs just 45 cents? 50 Cent featuring Nickelback!

- o What do sprinters eat before a race? Nothing, they fast!

- Attention students interested in winter athletics, practice for girls and boys basketball, girls and boys swimming and wrestling begin November 16th. You will need to turn all the necessary paperwork into Ms. Williams in the athletic office. The window will be open before school, during passing periods and after school until 3:30 p.m. If you are missing any paperwork or signatures you will be notified.

- The Lottery is coming to Omaha North! - All staff and students who have perfect attendance, both in-person and remote, from October 19th through the 30th will be entered into Omaha North's first Attendance Lottery! Lottery winners will be announced during Viking Time for the Blue Group on November 2nd and the Gold Group and Staff Winners on November 6th. Make sure you are in your classes every day because Omaha North is the Place to Be a Lotto Winner!

- **MARK YOUR CALENDARS:** School photos will be November 9-10 and 12-13 during English classes. Book your lineups now.

- Remember that if you want to have your senior pictures in the yearbook, you **MUST** send them in to Mrs. Schmidt by November 24th! You can either email the **ORIGINAL** picture from the photographer or if you have a physical copy, you can mail it to the school for us to scan.

- Student Council's Mental Wellness Week continues! Today's focus is body positivity. Did you know that both men and women are affected by poor self-image? A study showed that looking at just 3 ads that feature both men and women who are considered beautiful, impacted the self-esteem of all subjects. Take a moment today and try out one of the suggestions either on our social media accounts or from the lesson today. Share with StuCo to be entered for a prize!

- French Club will be meeting remotely on Monday, November 2 at 3:45 to discuss and sign up to make French Foods. Please come with some ideas of foods you would like to try to make! In the past we have made: Crepes, Beef Tagine, and Croque Monsieurs. Please email Ms Finch or Ms Fernandez de Blas if you would like to join.

· Want to be a home chef? You can with FRENCH CLUB. Film yourself making French foods like: crepes, quiche, and pain perdu (French Toast). French Club meets remotely tonight at 3:45. If you want a chance at French Club Fame, contact Ms Finch or Ms Fernandez de Blas to join.

· The Omaha North JROTC program will be holding a donation drive to help support the Paralyzed Veterans of America Foundation. They will be taking clothes, shoes, household items and cash donations until November 10th. You can drop off clothing in room 061 at any time. If you have any questions, please email Noah Jacobs.

V-UP!