

**Monday, March 29, 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: Sunnyish – High of 75!
- Activities/Athletics:

Monday, March 29, 2021

TIME	EVENT	DETAILS
3:00pm- 5:00pm	<a href="#">Open Mat</a>	NEW WRESTLING ROOM
4:30pm	<a href="#">Baseball: JV Game</a>  (Time Changed)	vs. Omaha Central  @ Boyd Field
4:30pm	<a href="#">Baseball: Varsity Game</a>  (Time Changed)	vs. Omaha Central  @ Boyd Field
<b>4:30pm</b>	<a href="#">Soccer: Boys Varsity Game</a>  (Time Changed)	vs. Bellevue West Senior High School  @ <a href="#">Omaha North High School</a>
5:00pm- 8:00pm	<a href="#">Northside Vikings Baseball</a>  <i>Softballfield</i>	Fontanelle Park

Say YES to the PROM DRESS.

- Donate your gently used dress to the TAC building before April 9 weekdays 8 to 5
- Company partners with OPS are Hilton Hotels, Dillard's, Max I. Walker, Von Maur, Goodwill and the Omaha Schools Foundation
- Students will be invited April 17<sup>th</sup> to come to the TAC building and pic out a free prom dress. You have to register for this, so watch social media or stay tuned to announcements.

Out of school date forms are in the office or in your inbox for In person learners who are attending prom. They are due this Friday ya'll!

Dance Team and Cheer audition packets are in the office! Join your friends and try out for cheer/dance!

**Tuesday, March 30, 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: Sunnyish – High of 48!
- Activities/Athletics:
  - to the girls track team on their 3rd place finish in the North High 9-10 track meet yesterday. The following lady Vikings placed in the meet.
  - Nayera Abdessalam 1st in the 400 meters and 3rd in the 2 miles
  - Kashae Harbour 1st in the 100 and 200 meters
  - Ny'asia Thomas 1st in the 300 low hurdles and 2nd in the 100 meter hurdles
  - Jasmine Bogard 4th in the 100 and 200 meters
  - Kinae Walton 6th in the 100 and 200 meters
  
  - The 4x400 meter relay placed 1st team members include: Kashae Harbour, Jasmine Bogard, Ny'asia Thomas and Nayera Abdessalam
  - The following member of the boys track team placed in the meet
  - Zyon Knox placed 3rd in the 100 meters and 6th in the 400 meters
- Congratulations to Kionna Moton, selected as honorable mention for the Big List of Super Staters and all staters for girls basketball in Nebraska from the Lincoln Journal star. V-up!

## Wednesday, March 31, 2021

TIME	EVENT	DETAILS
3:10pm- 4:30pm	<a href="#">Girl Basketball</a>	MPC
	<i>spring workouts</i>	
3:15pm- 4:15pm	<a href="#">BSLC Meeting</a>	070

Dad Joke Wednesday:

What was the pumkin's favorite sport? Squash

What's the opposite of irony? Wrinkly

What do you call dangerous precipitation? A rain of terror

What does bread do on vacation? Loaf around.

Wednesday Wellness! There are many ways to stay healthy throughout the year. One which can have multiple effects on people is growing plants. Keeping house plants can improve air quality, but since it's now SPRING, let's talk about gardening. You don't need a yard to have a garden, you can make planters for fruits and vegetables from household trash, such as: kitty litter containers for tomatoes, peppers, and eggplant, or large yogurt containers for herbs like basil.

Would you like to have access to a variety of seeds? Look no further than Omaha Public Libraries who host a seed library. They also offer classes on how to grow your own produce. Get growing and check out some seeds today!

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Out of school date forms are in the office or in your inbox for In person learners who are attending prom. They are due this Friday ya'll! To see the venue for Prom, check out capitoldistrictomaha.com or head to 10<sup>th</sup> street and Capitol Avenue in Downtown Omaha.

Dance Team and Cheer audition packets are in the office! Join your friends and try out for cheer/dance!

No school on Friday. Next Tuesday, the only students in the building will be sophomores for the pre-act. Transportation provided as normal, but only sophomores will ride.

### Thursday April 1, 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: Sunnyish – High of 54

Thursday, April 1, 2021

TIME	EVENT	DETAILS
9:00am	<a href="#">Golf: Boys Varsity Omaha North Invitational</a>	vs. Multiple Schools.. @ Benson Golf Course
3:10pm- 4:30pm	<a href="#">Girl Basketball</a>	MPC
	<i>spring workouts</i>	
4:00pm	<a href="#">Tennis: Girls Varsity Dual</a>	vs. Omaha South High School @ Fontenelle Tennis Courts
4:30pm	<a href="#">Baseball: JV Game</a>	vs. Pender @ Pender High School
4:30pm	<a href="#">Soccer: Girls Varsity Game</a>	vs. Burke @ <a href="#">Omaha North High School</a>
5:00pm- 7:00pm	<a href="#">Appollo Track Club</a>	outdoor track
	<i>Practice</i>	
6:30pm	<a href="#">Baseball: Varsity Game</a>	vs. Pender @ Pender High School

## Friday, April 2, 2021

TIME	EVENT	DETAILS
11:30am	<a href="#">Baseball: Varsity Van Metre Invitational</a>	vs. Bellevue East Senior @ <a href="#">Omaha Northwest High School</a>
	<i>1st Round Lose play @2:00PM Win play @ 3:30pm</i>	
12:00pm	<a href="#">Track and Field: Varsity Omaha Bryan Invitational</a>	vs. Bryan High School @ <a href="#">Bryan High School</a>
5:00pm- 7:00pm	<a href="#">Appollo Track Club</a>	outdoor track
	<i>Practice</i>	
5:00pm	<a href="#">Baseball: Boys Reserve Game</a>	vs. Burke High School @ <a href="#">Burke High School</a>
	(Location Changed)	

## Saturday, April 3, 2021

TIME	EVENT	DETAILS
TBD	<a href="#">Baseball: Varsity Van Metre Invitational</a>	TBD vs. TBD @ TBA
	<i>2nd Round</i>	
8:00am- 2:00pm	<a href="#">Benson Soccer Invite</a>	FOOTBALL FIELD more..
8:00am- 1:00pm	<a href="#">Soccer</a>	FOOTBALL FIELD
	<i>Benson Soccer Invitational</i>	
9:00am	<a href="#">Soccer: Girls Varsity Omaha Benson Invitational</a>	vs. Omaha Northwest High School @ <a href="#">Omaha North High School</a>
	<i>Win-play at Benson at 11:30am Lose-play at North at 11:30am Games will roll ahead if possible.</i>	

### Funny Pun Thursday:

- I love raising Caterpillars as pets. It always gives me butterflies
- The teacher said, "I can't see my pupils"
- I've just written a song about tortillas; actually it's more of a rap
- I'm just itching to tell you about my allergies

#### Additional Wellness TIP:

- Laughing can have a positive effect on brain activity and relieve stress and anxiety. Laughing also may be good for your heart: it has a beneficial effect on blood pressure and heart rate, as well as relaxes your blood vessels, which could reduce the strain on your heart.
- The fun doesn't have to stop at the end of tomorrow: April 1 also marks the start of National Humor Month, a month-long celebration of laughter and happiness. So, you have plenty of time to plan your jokes, or even just catch up on Saturday Night Live or the latest funny You Tube video.
- So, go ahead and smile all month long and laugh until your abs hurt. It's worth it!!!

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Dance Team and Cheer audition packets are in the office! Join your friends and try out for cheer/dance!

QR CODE LATE TO CLASS DEAL...

**CORRECTION!** No school on Friday. Next Tuesday, the only students in the building will be juniors for the pre-act. Transportation provided as normal, but only sophomores will ride.