

Monday, April 5, 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:
- Congratulations to the girl tennis team on their win against South last Thursday
- Congratulations Boys Baseball on your win against Bryan this past weekend.

Monday, April 5, 2021

TIME	EVENT	DETAILS
		<i>This is a weather postponement day if needed for Van Metre.</i>
3:00pm- 5:00pm	Open Mat	NEW WRESTLING ROOM
4:00pm	Tennis: Girls JV Dual	vs. Burke High School @ Koch Tennis Center
4:00pm	Tennis: Girls Varsity Dual	vs. Burke @ Fontenelle Tennis Courts
4:30pm	Soccer: Boys Varsity Game (Date changed from 04-06-20)	vs. Omaha Central @ Omaha North High School
5:00pm	Baseball: Boys Reserve Game	vs. Nebraska City @ Omaha Northwest High School
5:00pm- 8:00pm	Northside Vikings Baseball	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, Dillards, Max I. Walker, Von Maur, Goodwill and the Omaha Schools Foundation
- Students will be invited April 17th 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.

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! Juniors take the ACT tomorrow. Remember to get a good night's rest, eat a good breakfast which is available at school, use those taught test-taking strategies, and stay relaxed. You've got this! Transportation provided as normal, but only juniors will ride.

Sunday will be a vaccination clinic at Omaha North. Your teachers may have you make signs or help clean up campus. This is a way for our school to give back to our community who gives so much to us. Thank you for having a cheerful giving spirit as we provide this opportunity for the community.

Next Tuesday, Wednesday, and Thursday will be the Blue and Gold Academic Awards. Student's who've earned a 3.5 GPA for 3 consecutive semesters will be recognized and provided their academic letter. Look for a letter today in your email inbox if you are to be recognized. Students will be called down to the auditorium at 7:55 on their given day, and recognized in a ceremony starting at 8:00 AM. Listen and look for more directions that day. Seniors will be on Tuesday, April 13, Juniors on Wednesday, April 14th, and Sophomores will be Thursday, April 15th.

118 New cameras. – safety, security, and accountability are our goal. Make sure you are where you are supposed to be!

Seniors, on Monday April 5, you will be able to pick up your cap and gown. Stop by the tables in the main hallway on your way to lunch to receive your package. Remote senior learners on Tuesday April 6th from 1-3pm, you may come to school to pick up your cap and gown. Please come to the front door tell us your name and we will bring it out to you.

This is only for seniors that have already ordered and paid for their cap and gown. No orders will be taken at this time.

The Senior Class Officers are sponsoring a North High School Inner Peace Week. We hope to bring an awareness to how students and staff can help manage stressors of everyday being, and find their inner peace as we move forward together. Please consider each theme, changing daily, as read during the announcements.

Mindful Monday

Take the time to give yourself a way to renew, recharge, and rejuvenate

- o Cook
- o Bake
- o Write
- o Sew
- o Knit

- o Create a new playlist

send out cooking/baking videos and writing prompts

Inner peace week - Senior Class Officers are wanting to have an "inner peace" week, It is largely an online activity, with some announcements for promotion

Timeout Tuesday

This is also spending time with yourself

- o Start a new tv series

- o Take a nap

- o Read a book

- o Do a puzzle

- o Take a walk

- o Make a time capsule

Send out a list of tv shows/movies with reviews from us

Wind down Wednesday

Take a break for mid-week relaxation

- o Meditate

- o Yoga

- o Listen to soothing music

- o Paint it out (paint out your feelings)

- o Take a warm bath

- o Listen to the sounds of nature

- o Watch the sunrise/sunset

Host a yoga/meditation class

Thirsty Thursday

It's important to stay hydrated! Challenge yourself to drink 1 gallon of water

- o Make a smoothie

- o Water Plants

Funday Friday

Do something you enjoy!

- o Play board games

- o Have a picnic

- o Make a music video
- o Go fishing
- o Go geocaching
- o Wash your car
- o Take pictures
- o Make a tik tok
- o Try a food you've never tried
- o Go hiking
- o Make a bucket li

Wednesday, April 7, 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:
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Monday, April 5, 2021

Wednesday, April 7, 2021

TIME	EVENT	DETAILS
9:00am	Golf: Boys Varsity Chieftain Invitational	vs. Multiple Schools.. @ Tara Hills Golf Course
1:00pm	Soccer: Girls Varsity Metro	vs. Bryan High School @ Omaha South High School
	<i>Win play 4-8 at Papio South at 7:00pm Lose play 4-9 at Papio South at 5:00pm</i>	
3:10pm- 4:30pm	Girl Basketball	MPC
	<i>spring workouts</i>	
3:15pm- 4:15pm	BSLC Meeting	070
3:20pm- 4:45pm	Volleyball Conditioning	MPC
	<i>spring conditioning</i>	
5:00pm	Baseball: Varsity Game (Location Changed)	vs. Papillion-La Vista South High School @ Boyd Field
5:00pm	Soccer: Boys Varsity Metro	vs. Benson High School @ Omaha South High School
	<i>Win play 4-8 at 7:30pm at O. South Lose play 4-9 at 5:30pm at O. South</i>	
6:30pm	Baseball: JV Game (Location Changed)	vs. Papillion-La Vista South High School @ Boyd Field

Dad Joke Wednesday:

Why don't skunks make very good soldiers? They're bad at taking odors.
What's easy to get into but hard to get out of? Trouble.
What's worse than finding a worm in your apple? Finding half a worm.
Why is the barn so noisy? Because the cows have horns.

Student Council is doing their annual Lav-Out fundraiser! This year, the beneficiaries are near and dear to the North High family. Mrs. Franks and Mrs Todd's husbands are currently fighting Cancer.

T-shirts will be available for \$15 through the online store. All proceeds will go to the Franks and Todd families.

Say YES to the PROM DRESS.

- Donate your gently used dress to the TAC building before April 9 weekdays 8 to 5
- Literally Hundreds New dresses have also been donated by Von Maur and Dillard's, with Max I. Walker donating hundreds of pre-loved, and dry cleaned dresses
- Come to the TAC building and pick out a free prom dress. Check your email to register for this event.

"Today is the last day to turn in cheer applications. Tryouts are this Saturday.

Tomorrow is the last day to turn in dance applications."

QR CODE LATE TO CLASS DEAL...

April 20 – pre-ACT will be for Sophomores only. No other students will attend on 4/20.

Sunday will be a vaccination clinic at Omaha North. Your teachers may have you make signs or help clean up campus. This is a way for our school to give back to our community who gives so much to us. Thank you for having a cheerful giving spirit as we provide this opportunity for the community.

Next Tuesday, Wednesday, and Thursday will be the Blue and Gold Academic Awards. Student's who've earned a 3.5 GPA for 3 consecutive semesters will be recognized and provided their academic letter. Look for a letter today in your email inbox if you are to be recognized. Students will be called down to the auditorium at 7:55 on their given day, and recognized in a ceremony starting at 8:00 AM. Listen and look for more directions that day. Seniors will be on Tuesday, April 13, Juniors on Wednesday, April 14th, and Sophomores will be Thursday, April 15th.

118 New cameras on the inside and outside of North High. We now have more cameras than any other building in the district. – safety, security, and accountability are our goal. Make sure you are where you are supposed to be!

In person can pick up cap and gown in the GRC before or after school. Remote learners, come to the main entrance, and security will assist with getting your pre-ordered and pre-paid items.

Any senior who still wants their cap and gown has to go to School Traditions, located at 120th and Center. Their phone number is 402-733-0300.

The Senior Class Officers are sponsoring a North High School Inner Peace Week. We hope to bring an awareness to how students and staff can help manage stressors of everyday being, and find their inner peace as we move forward together. Please consider each theme, changing daily, as read during the announcements.

Wind down Wednesday

Take a break for mid-week relaxation

- o Meditate

- o Yoga

- o Listen to soothing music

- o Paint it out (paint out your feelings)

- o Take a warm bath

- o Listen to the sounds of nature

- o Watch the sunrise/sunset

- *Host a yoga/meditation class*

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Thirsty Thursday

It's important to stay hydrated! Challenge yourself to drink 1 gallon of water

- o Make a smoothie

- o Water Plants

Funday Friday

Do something you enjoy!

- o Play board games

- o Have a picnic

- o Make a music video

- o Go fishing

- o Go geocaching

- o Wash your car

- o Take pictures

- o Make a tik tok

- o Try a food you've never tried

- o Go hiking

- o Make a bucket li

Thursday, April 8, 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 – Rain, High of 50
- Activities/Athletics: Listen for announcement....

Thursday, April 8, 2021

TIME	EVENT	DETAILS
1:00pm	Baseball: Varsity Triangular	vs. Multiple Schools.. @ Brown Park
	<i>1:00 South vs. North/Benson 3:30 NW vs. North/Benson 5:00 South vs. Northwest</i>	
3:00pm- 5:00pm	Open Mat	NEW WRESTLING ROOM
3:10pm- 4:30pm	Girl Basketball	MPC
	<i>spring workouts</i>	
3:20pm- 4:45pm	Volleyball Conditioning	MPC
	<i>spring conditioning</i>	

Student Council is doing their annual Lav-Out fundraiser! (Lavender being the ribbon color for all cancer...) This year, the beneficiaries are near and dear to the North High family. Mrs. Franks and Mrs Todd's husbands are currently fighting Cancer. T-shirts will be available for \$15 through the online store and there are child sizes available! Students have received an email link to order these shirts. Orders are taken through April 26th. All proceeds will go to the Franks and Todd families.

Say YES to the PROM DRESS.

- Donate your gently used dress to the TAC building before April 9 weekdays 8 to 5
- Literally Hundreds New dresses have also been donated by Von Maur and Dillard's, with Max I. Walker donating hundreds of pre-loved, and dry cleaned dresses
- Come to the TAC building and pick out a free prom dress. Check your email to register for this event.

"**Today** is the last day to turn in dance applications."

New Entry procedure. Starting Monday –

- Enter the MPC if you want breakfast and to stay in the cafeteria

- Enter through main doors to hang in the Viking Center – breakfast available most mornings.
- Remain outside until 7:30
- Students cannot be going from place to place, getting hung up on a floor, or otherwise moving to classes without teacher permission before 7:30 AM. Teachers, if you need to work with a student before 7:30 AM, please call down to the office and let us know.

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- o Make a smoothie
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Funday Friday

Do something you enjoy!

- o Play board games
- o Have a picnic
- o Make a music video
- o Go fishing
- o Go geocaching
- o Wash your car
- o Take pictures
- o Make a tik tok
- o Try a food you've never tried
- o Go hiking
- o Make a bucket li

Friday, April 9, 2021:

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- Weather: Sunnyish – Rain, High of 60
- Activities/Athletics:

Friday, April 9, 2021 Announcements

Yesterday the baseball team defeated Northwest 12-2.

Looks like Jackson Long made 2nd team All-Metro Academic for the World Herald. There is only one other OPS kid on the list...

Congratulations to Peter Mannin Sukstorf and Stephanie Lewis on being selected as the World Language Distinguished Scholars for all of OPS!

8:00am	Tennis: Girls Varsity Invitational	vs. Westside High School @ Koch Tennis Center
1:00pm-3:00pm	Track	Polevault pit
	<i>Benson Invite - Polevault</i>	
1:00pm	Track and Field: Varsity Omaha Benson Invitational	vs. Benson High School @ Benson High School
5:00pm	Soccer: Girls Varsity Metro	vs. Bellevue West Senior High School @ Papillion-LaVista South High School
5:30pm	Soccer: Boys Varsity Metro	vs. Papillion-La Vista High School @ Omaha South High School

Saturday, April 10, 2021

TIME	EVENT	DETAILS
TBD	Soccer: Girls Varsity Metro	vs. TBA @ TBA
TBD	Soccer: Boys Varsity Metro	vs. TBA @ TBA
8:00am-12:00pm	Cheer Tryouts	Old Gym

TIME	EVENT	DETAILS
11:00am	Baseball: Varsity Game	vs. Nebraska City @ Omaha Northwest High School
1:00pm	Baseball: JV Game	vs. Nebraska City @ Omaha Northwest High School
2:30pm	Baseball: Boys Reserve Game	vs. Omaha South High School @ Brown Park

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Class of 2021,

(Optional opening or closing of announcement: In the words of Cuba Gooding Jr, "Show Me the Money"):

To date, 33 students have turned in awarded scholarships for a total of \$2,781,712. This is an excellent start, but we can do better. Please email a screen shot or forward an email of any scholarship awarded by a college/university or scholarship foundation to Ms. Iles at allison.iles@ops.org. Deadline is April 23 by 3:15 pm. All documented award winners will receive a scholarship cord to be worn at graduation and be invited to Scholarship night which is May 6. Scholarship Night will be live streamed for remote students and families.

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Funny Pun Friday:

- As a Doctor, I never make a joke about an unvaccinated baby, but let me give it a shot.
- I'm itching to tell you about my allergies
- At what age do you think its appropriate to tell a highway it's adopted?
- I wonder if songbirds think hummingbirds just forgot the words.