

**Monday, April 12, 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, High of 61
- Activities/Athletics:

Monday, April 12, 2021

TIME	EVENT	DETAILS
TBD	<a href="#">Soccer: Boys Varsity Metro</a>	vs. TBA @ TBA
3:00pm- 5:00pm	<a href="#">Open Mat</a>	NEW WRESTLING ROOM
4:00pm- 6:00pm	<a href="#">Dance Tryouts</a>	Old Gym
	<i>Practice</i>	
6:00pm	<a href="#">Soccer: Girls Varsity Game</a>	vs. Concordia Jr/Sr @ Concordia Jr / Sr High School
	(Time Changed)	

**Congratulations** to the Boys track and field team as they finished 3rd at the benson invite on Friday. Meet champions were LeVaughn Luellen in the shot put and Cameron Gunn in the 110 meter high hurdles. Isaiah Tucker finished in 2nd place in the 100 meter dash. Third place finishers were Maliq Duff in the 100 meter dash, Cameron Gunn in the 300 meter hurdles, and the 4x100 meter relay of Cameron Gunn, Mahliq Duff, Malik Henderson, and Isaiah Tucker.

Kashae Harbour placed 1st in the 200 and 2nd in the 100

Raquel Holt placed 1st in the shot put

Ny'asia Thomas placed 2nd in the 300 hurdles

Jessica Wynne placed 4th in the 100 and 200

Nayera Abdessalam placed 4th in the 800

Taylor McKesson placed 4th in the shotput

DaNya Damper placed 5th in the 100

The 4 x 400-meter relay placed 2nd. Team members include: Kashae Harbour, Nayera Abdessalam, Ny'asia Thomas and Ya'Tonya Lewis-Morgan

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 26<sup>th</sup>. 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.

New Entry procedure.

- 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.

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

Vaccination clinic thank you – Thank you to our custodians, secretaries, security, and administrative staff who helped with setup and teardown for the Vaccination clinic. Posters were a huge hit, and we vaccinated more than 2200 people.

Class of 2021,

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 screenshot or forward an email of any scholarship awarded by a college/university or scholarship foundation to Ms. Iles at [allison.iles@ops.org](mailto: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.

Tomorrow, Wednesday, and Thursday will be the Blue and Gold Academic Awards. Seniors are being recognized tomorrow. I will come on the intercom at 7:50, and release the blue and gold seniors. Go to the auditorium and find your name on your seat. This will be live-streamed and virtual learners can have your parents/guardians log in to see your name read.

## Tuesday, April 13th, 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, High of 55
- Activities/Athletics:

Boys basketball open gym this Thursday in the MPC at 315pm.

Tuesday, April 13, 2021

TIME	EVENT	DETAILS
3:00pm- 5:00pm	<a href="#">Open Mat</a>	NEW WRESTLING ROOM
3:00pm	<a href="#">Track and Field: JV Meet</a>	vs. Multiple Schools.. @ <a href="#">Bellevue West High School</a>
3:10pm- 4:30pm	<a href="#">Girl Basketball</a>	MPC
	<i>spring workouts</i>	
3:20pm- 4:45pm	<a href="#">Volleyball Conditioning</a>	MPC
	<i>spring conditioning</i>	
4:00pm- 6:00pm	<a href="#">Dance Tryouts</a>	Old Gym
	<i>Practice</i>	
4:00pm	<a href="#">Tennis: Girls JV Dual</a>	vs. Mercy @ Fontenelle Tennis Courts
	(Location Changed)	
4:00pm	<a href="#">Tennis: Girls Varsity Dual</a>	vs. Mercy @ <a href="#">Churchich Park</a>
4:30pm	<a href="#">Soccer: Boys Varsity Game</a>	vs. Westside High School @ <a href="#">Omaha North High School</a>
	(Time Changed)	
5:00pm- 7:00pm	<a href="#">Appollo Track Club</a>	outdoor track
	<i>Practice</i>	
5:00pm- 8:00pm	<a href="#">Northside Vikings Baseball</a>	Fontanelle Park
	<i>Softballfield</i>	

TIME	EVENT	DETAILS
7:00pm	<a href="#">Soccer: Girls Varsity Game</a>	vs. Westside High School @ <a href="#">Westside High School</a>
	(Time Changed)	

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 26<sup>th</sup>. All proceeds will go to the Franks and Todd families.

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- Come to the TAC building and pick out a free prom dress. Check your email to register for this event.

New Entry procedure.

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

The Omaha North High GSA (Gender Sexuality Alliance) is participating in the Day of Silence on April 23, 2021. The GLSEN Day of Silence is a national student-led demonstration where LGBTQ students and allies all around the country—and the world—take a vow of silence to protest the harmful effects of harassment and discrimination of LGBTQ people in schools. To participate there will be a form sent in an email that you will have to fill out. Your own North High GSA will be selling tie-dyed masks starting on April 19 before school by the main entrance from 7:00 am to 7:30 am for students. Cost is 1 for \$3 or 2 for \$5. We have a limited number of masks. We will also be selling our rainbow ribbons for \$1. If you can't afford the mask, you could also donate to the GSA so that the proceeds will go to local LGBTQ organizations that help out the community.

Class of 2021,

To date, 37 students have turned in awarded scholarships for a total of \$3,147,262. 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](mailto: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.

Tomorrow and Thursday will be the Blue and Gold Academic Awards. Students, a miss communication went out to all students and I apologize for this message. Lists for participants are in your teachers inbox, and will be posted at 10:00 AM in the Viking Center, at the security desk, in the cafeteria, at the main entrance, and at the MPC entrance. We want to ensure that students are aware if they are to be recognized.

Thank you for your attention.

**Wednesday, April 14th, 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, High of 54
- Activities/Athletics:

Congratulations to the following boys track/field athletes on their finishes at the Bellevue West JV invite.

Shermar Gould 2nd place in the 400  
KeVaughn Shannon 3rd place in the 100  
Jaxon Krohn 4th place in the 1600  
Tre Brown 4th place in the long jump

Congratulations to the following girls track/field athletes on their finishes at the Bellevue West JV invite.

Kinae Walton 1<sup>st</sup> place 100 meters  
Jazmine Bogard 4<sup>th</sup> place 100 meters  
Kinae Walton 2<sup>nd</sup> place 200 meters  
Aliya Farmer 4<sup>th</sup> place 200 meters  
4x1 1<sup>st</sup> Place  
Shot put – Jordan Walker took 2<sup>nd</sup> place

Boys basketball open gym this Thursday in the MPC at 315pm.

Wednesday, April 14, 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
3:20pm- 4:45pm	<a href="#">Volleyball Conditioning</a>	MPC
	<i>spring conditioning</i>	
4:00pm- 6:00pm	<a href="#">Dance Tryouts</a>	Old Gym
	<i>Practice</i>	
5:00pm- 8:00pm	<a href="#">Northside Vikings Baseball</a>	Fontanelle Park
	<i>Softball Field</i>	

Wellness Wednesday Tip:

#### 5 Tips to Boost Your Mental Health

1. Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
3. Set up a getaway. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
4. Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task.
5. Keep it cool when you sleep. The optimal temperature for sleep is between 60 and 67 degrees.

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 26<sup>th</sup>. 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 Dillards, 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.

New Entry procedure.

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

The Omaha North High GSA (Gender Sexuality Alliance) is participating in the Day of Silence on April 23, 2021. To participate there will be a form sent in an email that you will have to fill out. North High GSA will be selling tie-dyed masks starting on April 19 before school by the main entrance with a Cost of 1 for \$3 or 2 for \$5.

Class of 2021,

Let's break the bank – the record for North is for 12 million from 2 years ago. To date, 40 students have turned in awarded scholarships for a total of \$3.3 million. This is an excellent start, but we can do better. Contact Ms. Iles at [allison.iles@ops.org](mailto: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.

Thursday will be the Blue and Gold Academic Awards.

Dad Joke Wednesday:

What do Karate fighters wear under their clothes? Boxer shorts.

Where did Captain Hook buy his hook? A secondhand store.

Why are kitchen good at Math? They have a lot of counters.

Two pickles fell out of a jar onto the floor. What did one say to the other? Dill with it.



**Thursday, April 15th, 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, High of 54
- Lunch money! Seniors – call down to nutrition services to get your lunch money out today! All meals are free the rest of the year, as they have been all year.
- Activities/Athletics:  
Boys basketball open gym this TODAY in the MPC at 315pm.  
Boys baseball won last night against Bryan, and will play top seed Millard South at 1:00 PM.  
Congratulations to Nathan Slader, being recognized by Nebraska Prep Sports for his hitting average, which as of yesterday was .618. Outstanding work as a Viking!

9:00am	<a href="#">Golf: Boys Varsity Bellevue West Invitational</a>	vs. Bellevue West Senior High School @ <a href="#">Willow Lakes Golf Course</a>
1:00pm	<a href="#">Baseball: Varsity Metro</a>	vs. Millard South @ <a href="#">Millard South High School</a>
3:00pm- 5:00pm	<a href="#">Open Mat</a>	NEW WRESTLING ROOM
3:00pm	<a href="#">Track and Field: Varsity Omaha Central Invitational</a>	vs. Omaha Central @ <a href="#">Burke High School</a>
3:10pm- 4:30pm	<a href="#">Girl Basketball</a> <i>spring workouts</i>	MPC
3:15pm- 4:45pm	<a href="#">Open Gym</a> <i>Boys basketball</i>	MPC
3:20pm- 4:45pm	<a href="#">Volleyball Conditioning</a> <i>spring conditioning</i>	MPC
4:00pm- 6:00pm	<a href="#">Dance Tryouts</a> <i>Practice</i>	Old Gym
4:00pm	<a href="#">Tennis: Girls JV Dual</a>	vs. Bryan High School @ <a href="#">Seymour Smith Park</a>
4:00pm	<a href="#">Tennis: Girls Varsity Dual</a>	vs. Bryan High School @ Fontenelle Tennis Courts

4:30pm

[Soccer: Girls Varsity Game](#)

vs. Bryan High School

@ [Omaha North High School](#)

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*Parents night for Seniors.*

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5:00pm

[Baseball: Boys Reserve Game](#)

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The Finals schedule for 2<sup>nd</sup> semester is now available. Consult with your teachers to determine the dates, times and materials. Seniors – it's crunch time. Let's see you flex those brain muscles and get your grades as high as they can fly!

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Scholarship night which is May 6. Scholarship Night will be live streamed for remote students and families.

Blue and Gold Award winners – if you were not able to be present to get your awards, please stop by the security desk, or come to the front doors of the school between 7 AM and 4 PM to collect your awards.

## Friday, April 16, 2021

TIME	EVENT	DETAILS
TBD	<a href="#">Baseball: Varsity Metro</a>	TBD vs. TBD @ TBA
4:30pm	<a href="#">Baseball: Boys Reserve Game</a>	vs. Bellevue East Senior @ <a href="#">Bellevue East Senior High School</a>

## Saturday, April 17, 2021

TIME	EVENT	DETAILS
7:00am- 2:00pm	<a href="#">ACT</a>	061 more..
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- 12:00pm	<a href="#">Dance Tryouts</a>	Old Gym
	<i>Audition</i>	
10:00am	<a href="#">Soccer: Boys Varsity Omaha Benson Invitational</a>	vs. South Sioux City @ <a href="#">Omaha North School</a>

The Finals schedule for 2<sup>nd</sup> semester is now available. Consult with your teachers to determine the dates, times and materials. Seniors – it's crunch time. Let's see you flex those brain muscles and get your grades as high as they can fly!

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Class of 2021,

Let's break the bank – the record for North is for 12 million from 2 years ago. Total money: 5,410,000, 86 students, Almost \$63,000 per student average.

Contact Ms. Iles at [allison.iles@ops.org](mailto: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.

Blue and Gold Award winners – if you were not able to be present to get your awards, please stop by the MAIN OFFICE, by coming to the front doors of the school between 7 AM and 4 PM to collect your awards.

Funny pun Friday:

1. My lab slipped her collar, but I didn't have to retriever.
2. I used to hate facial hair, but then it grew on me.
3. If two vegans get in a fight, is it still considered a beef?
4. I wanted to go on a diet, but I feel like I have way too much on my plate right now.