

V-up! Good morning North High School!

Date: Monday, September 20, 2021

Please stand as we recognize the rights and sacrifices of all humans as we say the pledge of allegiance.

**Lunch** - \*\*Pizzeria Style Pepperoni Pizza  
\*\*Cheese Breadsticks with PastaSauce  
\*\*Oven Baked Fiery Chicken  
\*Savory Roasted Butternut Squash

**Weather** – Rain and such – High of 77

**Good News!**

Congratulations to the following varsity tennis team members for their showing at the Viking Invitational

Josh Bartsch 3<sup>rd</sup> place in #1 singles

Derek Incontro/ MaxBolouvi 3<sup>rd</sup> place in #2 doubles

**Activities/Athletics:**

6:00am-  
7:00am

[Swimming conditioning](#)

WEIGHT ROOM

7:30am-  
11:00am

[College Visits - Bryson](#)

142

9:00am

[Golf: Girls Varsity Invitational](#)

vs. Multiple Schools..

@ [Willow Lakes GC School](#)

[Softball: Varsity Game](#)

vs. Plattsmouth

6:00pm

@ [Plattsmouth High School](#)

**(Rescheduled from 09-02-21)**

Plattsmouth High School Softball Field- 1916 Old Hwy. 34-Field is located at the south end of the football field

6:30pm-  
8:30pm

[Nebraska Hoops Elite](#)

MPC

Rims down curtains up

**In the Know!**

Science club will meet tomorrow on Tuesday, 9/21 after school in room 241. We will be creating DNA necklaces by isolating our own DNA! Please join us if you are interested in science! We will also be discussing upcoming science competitions!

Boys' Basketball Conditioning is happening Wednesday's in the weight room after school. See you there!

Boys Soccer Conditioning will start on Monday the 20th for any athlete that is interested in playing Boys Soccer in the Spring. – see Mr. Alsaadi with questions on 2<sup>nd</sup> floor.

Hey class of 2022 remember that senior photos are due by Thanksgiving. Remember to have a simple background & head & shoulders. NO full body & NO hands. Make sure to keep the photo professional & school appropriate. Email [northyearbook@ops.org](mailto:northyearbook@ops.org).

Picture retakes ARE TODAY! We have about 400 students who've not been photographed. Athletic photos are still on September 24<sup>th</sup> during normal practices. Block 1 will be Last Names A-D, Block 2 – last names E-K, Block 3 – last names L-R, Block 4 are last names S-Z. Teachers and Staff – don't forget to go get your picture taken as well! Check out the signs above the water fountains and scan the QR to sign up for retakes if you took your picture, but want another one done.

Seniors, it is time for college rep visits

Nebraska Wesleyan will be at north on 9/21. Come to the grc for a pass if interested in this college

Vikings do you want attention as a human? Get involved and do your work in class.  
Want credit for your work? Be accountable with Infinite Campus and the Portal for your grades.  
Want to connect? Get going with one of our 50+ athletic teams, clubs, and activities!  
Connect with our school. What impacts one of us, impacts all of us.

V-up!

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Date: Tuesday, September 21, 2021

Please stand as we recognize the rights and sacrifices of all humans as we say the pledge of allegiance.

Lunch -

Weather – Rain and such – High of 77

Good News!

Today is IT professionals day, and we thank Min Thapa and Tracy Sage for all you do for our school and school district. Every device that we have at North is touched by these humans, and without them, I don't know how we would function! Thank you so much Ms. Sage and Mr. Thapa and Happy IT Professionals Day.

Special Message from Nero

**Activities/Athletics:**

6:00am-7:00am	<a href="#">Swimming conditioning</a>	WEIGHT ROOM
7:30am-11:00am	<a href="#">College Visits - Bryson</a>	142
9:00am	<a href="#">Golf: Girls Varsity Invitational</a>	vs. Multiple Schools.. @ <a href="#">Willow Lakes GC School</a>
6:00pm	<a href="#">Softball: Varsity Game</a>	vs. Plattsmouth @ <a href="#">Plattsmouth High School</a>
	<b>(Rescheduled from 09-02-21)</b>	
	Plattsmouth High School Softball Field- 1916 Old Hwy. 34-Field is located at the south end of the football field	
6:30pm-8:30pm	<a href="#">Nebraska Hoops Elite</a>	MPC

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Date: Wednesday, September 22, 2021

Please stand as we recognize the rights and sacrifices of all humans as we say the pledge of allegiance.

**Lunch** - \*Fish Sticks with a \*Mini Jalapeno Muffin  
\*\*Pork Tenderloin Sandwich  
\*\*Mini Cheese Bites NEW ITEM  
\*Baked French Fries  
\*Steamed Green Beans

**Weather** – Sunny, High of 73, beautiful fall day

**Good News!**

**Activities/Athletics:**

3:15pm- 4:45pm	<a href="#">Boy's Basketball</a>	MPC CONCOURSE more..
	Conditioning	
3:15pm- 4:15pm	<a href="#">BSLC Meeting</a>	070
3:15pm- 4:45pm	<a href="#">Soccer</a>	040
	Boys conditioning	
<b>4:00pm</b>	<a href="#">Tennis: Boys JV Dual</a>	vs. Papillion-La Vista South High School @ Fontenelle Tennis Courts
4:00pm	<a href="#">Tennis: Boys Varsity Invitational</a>	vs. Papillion-La Vista South High School @ <a href="#">Papillion-LaVista South High School</a>
4:30pm	<a href="#">Football: Freshman Game</a>	vs. Central @ Blackburn Field
	<a href="#">Softball: Varsity Game</a>	vs. Papillion-La Vista South High School @ Fontenelle Park
<b>5:00pm</b>		

(Time Changed)

**In the Know!**

Boys' Basketball Conditioning is happening Wednesday's in the weight room after school. See you there!

If your North ID card should be an Activity Card either through error, Activity Card purchase, or other circumstance, please come to the Athletic Secretaries' Window during lunch, before school, or after school this week until 9/23/21. We will take your information, and ensure you have proper identification on your ID card. PLEASE bring your ID card with you should you require this change.

V-up!

V-up! Good morning North High School!

Date: Thursday, September 23, 2021

Please stand as we recognize the rights and sacrifices of all humans as we say the pledge of allegiance.

**Lunch** - Pizzeria Style Pepperoni Pizza  
\*\*Cheese Breadsticks with Pasta Sauce  
\*\*Oven Baked Fiery Chicken  
\*Savory Roasted Butternut Squash

**Weather** – Sunny and a High of 81

**Good News!**

Congratulations to the Freshman football team on their 40-13 win over Omaha Central last night. The offense was lead by Austin Townsend and Ronald Starks who had over 200 yards rushing. Nate Collins also connected with Noah Philips for a passing touchdown. The defense was led by the defensive line and linebackers who recorded 10 tackles for losses, and a safety. Payton Gardner and Austin Townsend both had interceptions. The Freshman will be back in action next Wednesday at Northwest.

**Activities/Athletics:**

6:00am- 7:00am	<a href="#">Swimming conditioning</a>	WEIGHT ROOM
7:30am- 11:00am	<a href="#">College Visits - Bryson</a>	142
11:15am- 3:05pm	<a href="#">NICE</a>	070
	Welcome Back gathering	
3:05pm- 5:00pm	<a href="#">Partnership for Our Kids</a>	165
3:15pm- 4:45pm	<a href="#">Boy's Basketball</a>	MPC
	Workouts	
4:00pm- 6:00pm	<a href="#">Football</a>	070
<b>4:00pm</b>	<a href="#">Tennis: Boys JV Match</a>	vs. Omaha Northwest High School @ Fontenelle Park
4:00pm	<a href="#">Volleyball: Girls Freshman Match</a>	vs. Burke High School @ Omaha Burke High School
5:00pm	<a href="#">Volleyball: Girls Reserve Match</a>	vs. Burke High School @ Omaha Burke High School
6:00pm	<a href="#">Volleyball: Girls JV Match</a>	vs. Burke High School @ <a href="#">Burke High School</a>

6:30pm	<a href="#">Softball: Varsity Game</a>	vs. Bellevue West Senior High School @ <a href="#">Bellevue West High School</a>
7:00pm	<a href="#">Volleyball: Girls Varsity Match</a>	vs. Burke High School @ Omaha Burke High School

Friday, September 24, 2021

Time	Event	Details
6:00am- 7:00am	<a href="#">Swimming conditioning</a>	WEIGHT ROOM
7:30am- 11:00am	<a href="#">College Visits - Bryson</a>	142
8:00am- 11:00am	<a href="#">ERT Training</a>	HARVEY CONFERENCE CENTER/HADDIX CENTER
3:00pm	<a href="#">Athletic Picture Day</a>	FOOTBALL FIELD more.. Athletic Pictures for: Freshmen Football, Cross Country, Golf, Softball, Tennis and Volleyball
3:00pm- 6:00pm	<a href="#">Football</a>	070
6:00pm	<a href="#">Softball: Varsity Game</a>	vs. Omaha Central @ Columbus Park  (Date, Time Changed from 09-23-21)
7:30pm	<a href="#">Football: Varsity Game</a>	vs. Millard South @ Buell Stadium

**In the Know!**

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GSA will be tie-dying masks this Wednesday and possibly Thursday from 3:15-5. You do not need to be in GSA to participate. Please invite others to come and help. We will meet in Mr. Krebbs room in 343 at 3:10. Hope to see you there!

Girls Basketball conditioning will be cancelled after school today, September 23rd.

"Interested in testing your knowledge, learning new trivia, and competing with students from across Nebraska? QuizBowl is the space to do exactly that! Please join the team today immediately after school in Mr. Magnett's room, 303, to learn more and prepare for an exciting season of training and tournaments."

"Check your emails for a form from Mrs. Schmidt about nominating your favorite teachers to be highlighted by digital journalism. It should be in your inbox in the next 10 minutes,"

Funny Puns

V-up!