

Thursday, October 29

- 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! - (Thursday announcement)
- **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.**
- 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!
- 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!

Friday, October 30 (Fun Fact Friday)

- 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! – Today's theme is "Rally in Red for being drug free!" We hope to see you dressed in red today! Did you know using nicotine as a teen may have enduring impacts on attention, learning, and memory and addiction keeps people using harmful tobacco products. E-cigarette aerosols can contain the chemicals formaldehyde, acrolein, and acetaldehyde—also found in cigarette smoke—which can cause irreversible lung damage" Check your email 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.
- 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!
 - Fun Fact Friday: (Animal edition)
 - Butterflies taste with their feet.
 - Galapagos tortoises sleep for 16 hours a day and can go a year without food or water.
 - A cat's nose pad is as unique as a human fingerprint, so no two feline noseprints are ever alike.
 - Bats always turn left when exiting a cave.
- MARK YOUR CALENDARS: School photos will be November 9-10 and 12-13 during English classes.
- Any girls interested in playing basketball please contact Coach Dailey via email michaela.dailey@ops.org to get more information.
- **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 by saying YAY! It's Friday! Today's theme is Gratitude. Research shows that by consciously practicing gratitude, we can train the brain to attend selectively to positive emotions and thoughts, reducing anxiety. Take a moment today to find 3 things you are grateful for. Share them with Student Council on Facebook, Insta and Twitter! Tomorrow's theme is Connect with Nature! The Weather Channel's forecast for tomorrow says 62 degrees and sunny! Sunshine can help with seasonal affective disorder, and just in general can help elevate your mood. Take a walk, find some fall scenery, sit in your yard, maybe play in the leaves! Whatever you choose to do, don't forget to share with StuCo!
- 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.

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