

Wednesday, November 18th, 2020

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Who comes to school tomorrow? Wednesday, November 18 is a GOLD, L-Z, B day
- School pix! Jan. 25, 26, 28 & 29 with retakes Mar. 16 & 18 – ALL
- **Students needing Tech Support – please email North Tech Support ([north-ts@ops.org](mailto:north-ts@ops.org)).**
- **Dad Joke Wednesday!**
  - How do you tell the difference between an alligator and a crocodile? You will see one later and one in a while.
  - What's brown and sticky? A stick.
  - What do you call a fish with no eye? A fsh.
- **HOMEWORK HELPROOM!** While we are fully remote homework help room will still operate as normal. Here is the link again so you can log in T,W, and Th between 3:30 and 5:00 pm! <https://nam10.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2F%2Fmeetup-join%2F19%253aabd92d3261364646a3d09fa14ce7fdd4%2540thread.tacv%2F1602854177383%3Fcontext%3D%257b%2522Tid%2522%253a%252258e66db6-211b-4a37-b7e8-0ef6967420c1%2522%252c%2522Oid%2522%253a%25220dde84ed-163f-43cb-ad1b-5f8b689d929f%2522%257d&data=04%7C01%7Candrew.walters%40ops.org%7C798328bb4a3f4916d64308d885c61a93%7C58e66db6211b4a37b7e80ef6967420c1%7C1%7C0%7C637406433254806831%7CUnknown%7CTWFpbGZsb3d8eyJlIjo1MC4wLjAwMDAilCjQlIjo1V2luMzIiLCBtil6Ik1haWw1LCJXVC16Mn0%3D%7C1000&sdata=xsNNNXSy9rJfQbU581XRpyKezO7JKH1%2BwBirJXSgeM%3D&reserved=0>
  - **With Thanksgiving right around the corner, here are some healthy tips to help you enjoy Thanksgiving!!**
    1. Eat a protein and fiber rich breakfast!
    2. Exercise by taking a walk early or after dinner!
    3. Stay hydrated by drinking lots of water!
    4. Substitute your choices with healthy alternatives!
    5. Use 1 plate only and choose wisely!
    6. Chew slowly and savor every bite!
    7. Ditch the leftovers until the next day!
    8. Limit yourself to one dessert option!
    9. Leave the guilt behind, it's a day to enjoy!
    10. Finally, Keep your distance and wash your hands!
  - 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. Full remote students, please plan to email Mrs. Schmidt with your photo for the yearbook at [shelby.schmidt@ops.org](mailto:shelby.schmidt@ops.org).
  - 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 20th. You can drop off clothing in room 061 at any time. If you have any questions, please email Noah Jacobs.
  - Remember to wear your mask covering your mouth and nose, wash your hands, stay distanced socially, and do your part to prevent the spread of COVID as we work together to make North the #place2be.
  - Students that are cleared for athletics or approved to attend clubs may signup for The late bus at the security desk before 1:00 pm daily. You must receive OPS transportation to ride the late bus. You are only eligible to ride the bus on your in person learning day.

V-UP! (Appropriate Viking call thing that Walters does with awkward silence between 2 of them)

Thursday, November 19th, 2020

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Did you know this week is transgender awareness week? Today is the transgender day of remembrance, on this day we remember transgender people from the past and present for their accomplishments. Remember to ask someone what pronouns they prefer upon meeting them, refer to someone as their preferred gender, and always use their chosen name. If you need a safe space to talk or ask questions come to North's GSA! You can email Mrs Iles or Dr Jamal to get in touch.
- School pix! Jan. 25, 26, 28 & 29 with retakes Mar. 16 & 18 – ALL
- **Students needing Tech Support – please email North Tech Support ([north-ts@ops.org](mailto:north-ts@ops.org)).**
- **HOMEWORK HELPROOM!** While we are fully remote homework help room will still operate as normal. Here is the link again so you can log in T,W, and Th between 3:30 and 5:00 pm! <https://nam10.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2F%2Fmeetup-join%2F19%253aabd92d3261364646a3d09fa14ce7fdd4%2540thread.tacv2%2F1602854177383%3Fcontext%3D%257b%2522Tid%2522%253a%252258e66db6-211b-4a37-b7e8-0ef6967420c1%2522%252c%2522Oid%2522%253a%25220dde84ed-163f-43cb-ad1b-5f8b689d929f%2522%257d&data=04%7C01%7Candrew.walters%40ops.org%7C798328bb4a3f4916d64308d885c61a93%7C58e66db6211b4a37b7e80ef6967420c1%7C1%7C0%7C637406433254806831%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C1000&sdata=exsNNNXSy9rJfQbU581XRpyKezO7JKH1%2BwBirJXSgeM%3D&reserved=0>
- Attendance Lottery is happening tomorrow, Monday, and Tuesday during Viking Time. Mrs. Oxley from MTSS-B will be recognizing students and staff with perfect attendance by drawing their name from a hat. Thank you to all who have perfect attendance, and to all of us for doing our best to show up to make North High, the Place2be.
- 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. Full remote students, please plan to email Mrs. Schmidt with your photo for the yearbook at [shelby.schmidt@ops.org](mailto:shelby.schmidt@ops.org).
- **OPS FOOD PANTRY - Thursday, November 19<sup>th</sup>, 5:00 - 6:30 p.m.** at South High School. For more information, contact Mrs. Visocky, North social worker
- **Shelter, Lock-out and Lock-down drills information will come out next week to students who have not been given this information during VIKING TIME – teachers, please look for this information over email.**
- 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 20th. You can drop off clothing in room 061 at any time. If you have any questions, please email Noah Jacobs.
- **LATE BUS SIGN UPS!** Students that are cleared for athletics or approved to attend clubs may signup for The late bus at the security desk before 1:00 pm daily. You must receive OPS transportation to ride the late bus. You are only eligible to ride the bus on your in person learning day.
- **WHO COMES TO SCHOOL WHEN NEXT WEEK?** Monday, Light blue A-K. Tuesday, Gold L-Z. Don't show up on the wrong day, and thanks for making note!

V-UP!

Friday, November 20, 2020

- At this time, to recognize the rights and sacrifices of all citizens, we will say the Pledge of Allegiance.
- Did you know this week is transgender awareness week? Remember to ask someone what pronouns they prefer upon meeting them, refer to someone as their preferred gender, and always use their chosen name. If you need a safe space to talk or ask questions come to North's GSA! You can email Mrs Iles or Dr Jamal to get in touch.
- School pix! Jan. 25, 26, 28 & 29 with retakes Mar. 16 & 18 – ALL
- Fun Fact Friday!
- Humans are the only animals that blush – we are also believed to be the only animal that feels embarrassment – a complicated emotion requiring understanding of others opinions and other factors.
- Only two mammals like spicy foods: humans and the tree shrew – Chinese researchers found that this lovable little creature would gobble up corn pellets laced with capsaicin, the compounds that give peppers their spice, while other mammals avoid them.
- The M&M in M&M's stands for Forrest Mars and Bruce Murrie, the two businessmen who created the candy. The two actually had a contentious relationship, as Mars leveraged Murrie out of his 20% share of the company in 1949 – years before M&M's became the best-selling candy in the US worth billions. M&M's are also Dr. Nero's favorite candy.
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- Shelter, Lock-out and Lock-down drills information will come out next week to students who have not been given this information during VIKING TIME – teachers, please look for this information over email.
- TODAY IS THE LAST DAY as 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 20th. You can drop off clothing in room 061 at any time. If you have any questions, please email Noah Jacobs.
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- MTSS-B Attendance Lottery! Here is our list of Lottery Winners for the Yellow Group, October 19th through the 30th:
- Freshman: Gunnar P