

V-up! Good morning North High School!

Date: Monday, October 25, 2021

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

Lunch – Buffalo Chicken Munchkins or Pizzeria Style Pizza

Weather – Partly sunny high of 57 today

Good News!

Activities/Athletics:

6:00am- 7:00am	Swimming conditioning	WEIGHT ROOM
7:30am- 11:00am	College Visits - Bryson	142
3:05pm- 5:00pm	Partnership for Our Kids	165
3:15pm- 4:45pm	Soccer	040
	Boys conditioning	
5:00pm	Volleyball: Girls Varsity District	vs. Benson High School @ MPC
	Winner plays Millard West at Millard West Tuesday 10/26 6:00	

District Volleyball will be hosted here tonight – North vs. Benson , and your Viking Football Team plays in 1st round State Playoffs Friday at Buell Stadium vs. Millard South at Millard South. No Activity passes are taken. You must pay your \$5 to enter if you are a student, and adults are \$6. Again, no activity passes are accepted at NSAA district, or State-Sanctioned games.

In the Know!

Time for the annual fall blood drive. Blood drive will be from 8am-2pm on Friday October 29th. Students can sign up by using the QR codes on the posters around the building or by visiting Ms. Fricke in room #231. Students age 16 must see Ms. Fricke for a parent permission form. Students 17 and over do not need parent permission. All persons donating will have to meet the Red Cross' eligibility requirements, questions about eligibility can be answered by visiting the Red Cross website or talking to Ms. Fricke. Only students who have scheduled appointments will be allowed to donate blood. Students will be sent a pass to come down when it is their time to donate. Staff are encouraged to sign up as well during their plan periods!

Viking Bucks – like the McRib at McDonalds – they're back starting TODAY! Please know your teachers could and will be passing these out to students and you can redeem them for prizes in Ms. Oxley's office. Being on Time, Using hall passes correctly, proper cell phone use, and other random acts of kindness can get you these rewards. Viking Bucks can be used for rewards like candy, snacks, chips, and breakfast items. Store is in Oxley's office in the Viking Center, and is open from 7 to 7:30 and 3:05 to 3:15 daily. You can also stop by during lunch if Oxley is available. No passes are given to go to the store during class.

Anyone interested in playing baseball this spring, there will be a meeting after school Thursday in the Lecture Hall. If you can not make the meeting, please email Coach Janecek for information.

the Outdoor Club's next meeting will be afterschool, Tuesday, November 2nd, in room 314. All are welcome to join."

Today will be the last day to sign up for Powerlifting. The first official team meeting will be held after-school on Thursday, Oct. 28th, 3:15-3:45 in the lecture hall, and varsity football players participating please try and see Coach Lathan before film study same day for packet information.

Seniors – don't forget that senior photos are due to Thanksgiving. Send them to northyearbook@ops.org. Remember to follow guidelines for the photos.

Student ID's – see Ms. Janacek if you need one in the athletic office.

Every Monday, the lesson focuses on a Social Media lesson, often from Common Sense Media website. Today's lesson is Social Media Test Drive: Is it Private Info, page 79 of the High School Advisement Training Guide. The lessons feature a short video (5 minutes) followed by discussion/reflection.

During lunch block, administrators will be issuing late school passes for students in the hallway who do not have passes. During lunch time, there are three places to be. In the classroom, in the Viking Center, or in the Cafeteria unless you have a pass from another staff member. Be where you are supposed to be, and all is good!

"Students look out for an email from Ms. Schmidt to nominate staff of the month as well as posters throughout the halls with a scannable QR code". Also, Check the QR around the building to vote for administrator or counselor of the month – QR's are around the building.

V-up

V-up! Good morning North High School!

Date: Monday, October 26, 2021

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

Lunch – Macho Nachos or Country Beef Cutlet

Weather – Windy, high of 55 today

Good News!

Congratulations to the Volleyball as they advanced to the first round of state quarterfinals vs. Benson

- 25-19
- 25-13
- 25-15

The Vikings play Millard West tonight at 6:00. Admission is \$5 for students \$6 for adults.

Activities/Athletics:

Viking Football Team plays in 1st round State Playoffs Friday at Buell Stadium vs. Millard South at Millard South. No Activity passes are taken. You must pay your \$5 to enter if you are a student, and adults are \$6. Again, no activity passes are accepted at NSAA district, or State-Sanctioned games.

12:21pm- 12:51pm	BSLC Meeting	WEIGHT ROOM
3:15pm- 4:45pm	Boy's Basketball	MPC
	Conditioning	070
3:15pm- 4:15pm	CRU	142
	Hackett	070
3:15pm- 5:00pm	DEBATE PRACTICE	
3:15pm- 4:30pm	Girl Basketball	070
	Conditioning	MPC CONCOURSE more..
3:15pm- 5:00pm	Poetry	
4:00pm	Unified Bowling: Varsity Match	202
4:30pm- 8:30pm	Band Fun Night	
	End of Season Marching Band event	
	Main entrance doors open	
	Mic setup	070
	Projector down	
6:00pm	Volleyball: Girls Varsity District	MPC more..

In the Know!

Time for the annual fall blood drive. Blood drive will be from 8am-2pm on Friday October 29th. Students can sign up by using the QR codes on the posters around the building or by visiting Ms. Fricke in room #231. Students age 16 must see Ms. Fricke for a parent permission form. Students 17 and over do not need parent permission. All persons donating will have to meet the Red Cross' eligibility requirements, questions about eligibility can be answered by visiting the Red Cross website or talking to Ms. Fricke. Only students who have scheduled appointments will be allowed to donate blood. Students will be sent a pass to come down when it is their time to donate. Staff are encouraged to sign up as well during their plan periods!

Viking Bucks! Please know your teachers could and will be passing these out to students and you can redeem them for prizes in Ms. Oxley's office. Being on Time, Using hall passes correctly, proper cell phone use, and other random acts of kindness can get you these rewards. Viking Bucks can be used for rewards like candy, snacks, chips, and breakfast items. Store is in Oxley's office in the Viking Center, and is open from 7 to 7:30 and 3:05 to 3:15 daily. You can also stop by during lunch if Oxley is available. No passes are given to go to the store during class.

Anyone interested in playing baseball this spring, there will be a meeting after school Thursday in the Lecture Hall. If you can not make the meeting, please email Coach Janecek for information.

the Outdoor Club's next meeting will be afterschool, Tuesday, November 2nd, in room 314. All are welcome to join."

The first official Powerlifting team meeting will be held after-school on Thursday, Oct. 28th, 3:15-3:45 in the lecture hall, and varsity football players participating please try and see Coach Lathan before film study same day for packet information.

Seniors – don't forget that senior photos are due to Thanksgiving. Send them to northyearbook@ops.org. Remember to follow guidelines for the photos.

Student ID's – see Ms. Janacek if you need one in the athletic office.

Every Monday, the lesson focuses on a Social Media lesson, often from Common Sense Media website. Today's lesson is Social Media Test Drive: Is it Private Info, page 79 of the High School Advisement Training Guide. The lessons feature a short video (5 minutes) followed by discussion/reflection.

During lunch block, administrators will be issuing late school passes for students in the hallway who do not have passes. During lunch time, there are three places to be. In the classroom, in the Viking Center, or in the Cafeteria unless you have a pass from another staff member. Be where you are supposed to be, and all is good!

Before School this week, GSA is selling custom-made masks. Prices are 1 for \$2, and 2 for \$3. Ribbons and bracelets are also for sale. GSA meets in 343 tomorrow after school as well – and supplies can be purchased then as well.

"Students look out for an email from Ms. Schmidt to nominate staff of the month as well as posters throughout the halls with a scannable QR code". Also, Check the QR around the building to vote for administrator or counselor of the month – QR's are around the building.

Boo Bags will be distributed Thursday during Viking Times. Look for those coming to you and enjoy treating your Boo!

V-up

V-up! Good morning North High School!

Date: **Wednesday, October 27, 2021**

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

Lunch – Grilled Chicken and American Chef Salad, Hamburger Quesidilla and Tangerine Chicken

Weather – Rainy, high of 55 today

Good News!

Madeline Myers	LiLiana Torres	9th	LiLiana comes to school on time, prepared and ready to work each morning. She is kind to her peers and responsible. She exemplifies what it means to be a viking!
Nominated by Michaela Marx	Racheal Anastasia	Sped/Resource/Freshman Seminar fill in	Ms. Anastasia is new to the building and has worked diligently to build relationships with her students and colleagues. She is willing to go above and beyond to assist our Viking Family taking over a class and still maintaining her caseload. Her students know they can come to her for help and a safe space. I am so glad to count her as a friend!

Activities/Athletics:

3:15pm- 4:15pm [BSLC Meeting](#) 070

3:15pm- 4:45pm [Soccer](#) 040

Boys conditioning

Viking Football Team plays in 1st round State Playoffs Friday at Buell Stadium vs. Millard South at Millard South. No Activity passes are taken. You must pay your \$5 to enter if you are a student, and adults are \$6. Again, no activity passes are accepted at NSAA district, or State-Sanctioned games.

In the Know!

Time for the annual fall blood drive. Blood drive will be from 8am-2pm on Friday October 29th. Students can sign up by using the QR codes on the posters around the building or by visiting Ms. Fricke in room #231. Students age 16 must see Ms. Fricke for a parent permission form. Students 17 and over do not need parent permission. All persons donating will have to meet the Red Cross' eligibility requirements, questions about eligibility can be answered by visiting the Red Cross website or talking to Ms. Fricke. Only students who have scheduled appointments will be allowed to donate blood. Students will be sent a pass to come down when it is their time to donate. Staff are encouraged to sign up as well during their plan periods! **Students who participate will be eligible for a \$250 scholarship. The total number of scholarships available will be based on the number of units collected. The more units donated the more scholarship dollars we can give our students!**

Viking Bucks! Please know your teachers could and will be passing these out to students and you can redeem them for prizes in Ms. Oxley's office. Being on Time, Using hall passes correctly, proper cell phone use, and other random acts of kindness can get you these rewards. Viking Bucks can be used for rewards like candy, snacks, chips, and breakfast items. Store is in Oxley's office in the Viking Center, and is open from 7 to 7:30 and 3:05 to 3:15 daily. You can also stop by during lunch if Oxley is available. No passes are given to go to the store during class.

Anyone interested in playing baseball this spring, there will be a meeting after school Thursday in the Lecture Hall. If you can not make the meeting, please email Coach Janacek for information.

The Outdoor Club's next meeting will be afterschool, Tuesday, November 2nd, in room 314. All are welcome to join."

The first official Powerlifting team meeting will be held after-school on Thursday, Oct. 28th, 3:15-3:45 in the lecture hall, and varsity football players participating please try and see Coach Lathan before film study same day for packet information.

Seniors – don't forget that senior photos are due to Thanksgiving. Send them to northyearbook@ops.org. Remember to follow guidelines for the photos.

Student ID's – see Ms. Janacek if you need one in the athletic office.

Before School this week, GSA is selling custom-made masks. Prices are 1 for \$2, and 2 for \$3. Ribbons and bracelets are also for sale. GSA meets in 343 tomorrow after school as well – and supplies can be purchased then as well.

"Students look out for an email from Ms. Schmidt to nominate staff of the month as well as posters throughout the halls with a scannable QR code". Also, Check the QR around the building to vote for administrator or counselor of the month – QR's are around the building.

Boo Bags will be distributed Thursday during Viking Times. Look for those coming to you and enjoy treating your Boo!

Boys and Girls athletes get your physicals turned in and get their paperwork turned into the athletic office. A reminder from Mr. Leichti.

Dad Jokes

V-up

V-up! Good morning North High School!

Date: Thursday, October 28, 2021

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

Lunch – Beef Lasagna or Chicken Tenders

Weather – Rainy, high of 55 today

Good News!

Activities/Athletics:

9:35am- 11:10am	Avenue Scholars	070
3:05pm- 5:00pm	Partnership for Our Kids	165
3:15pm- 4:00pm	Baseball Meeting	AUDITORIUM
	Lights on	
3:15pm- 4:45pm	Boy's Basketball	MPC CONCOURSE more..
	Conditioning	
3:15pm- 4:30pm	Girl Basketball	MPC more..
	Conditioning	
3:15pm- 3:45pm	Meeting	070
	Powerlifting - Student meeting	
3:15pm- 6:15pm	Robotics	141
4:00pm- 6:00pm	Football	070

Viking Football Team plays in 1st round State Playoffs Friday at Buell Stadium vs. Millard South at Millard South. No Activity passes are taken. You must pay your \$5 to enter if you are a student, and adults are \$6. Again, no activity passes are accepted at NSAA district, or State-Sanctioned games.

Thursday Thurst for Wellness Healthy Habits for social media:

- Be Intentional- Be mindful of what you are seeing
- Focus on Real life Friends- Interact with your peers and have meaningful conversations outside of social media
- Limit your scroll time
- Follow Pages that bring you joy

Our mental health can really be affected by what we see online. "They have their life together", "They are more fit than I am", "They make more artwork than I do", "I'm not as productive as they are" etc.

These bad self talk habits can bring us down from what we see on social media. BE MINDFUL of what you look at on social media.

In the Know!

Time for the annual fall blood drive. Blood drive will be from 8am-2pm on Friday October 29th. Students can sign up by using the QR codes on the posters around the building or by visiting Ms. Fricke in room #231. Students age 16 must see Ms. Fricke for a parent permission form. Students 17 and over do not need parent permission. All persons donating will have to meet the Red Cross' eligibility requirements, questions about eligibility can be answered by visiting the Red Cross website or talking to Ms. Fricke. Only students who have scheduled appointments will be allowed to donate blood. Students will be sent a pass to come down when it is their time to donate. Staff are encouraged to sign up as well during their plan periods! **Students who participate will be eligible for a \$250 scholarship. The total number of scholarships available will be based on the number of units collected. The more units donated the more scholarship dollars we can give our students!**

Anyone interested in playing baseball this spring, there will be a meeting after school Thursday in the Auditorium – note the change in location. If you can not make the meeting, please email Coach Janecek for information.

The Outdoor Club's next meeting will be afterschool, Tuesday, November 2nd, in room 314. All are welcome to join."

The first official Powerlifting team meeting will be held after-school on Thursday, Oct. 28th, 3:15-3:45 in the lecture hall, and varsity football players participating please try and see Coach Lathan before film study same day for packet information.

Seniors – don't forget that senior photos are due to Thanksgiving. Send them to northyearbook@ops.org. Remember to follow guidelines for the photos.

Before School this week, GSA is selling custom-made masks. Prices are 1 for \$2, and 2 for \$3. Ribbons and bracelets are also for sale. GSA meets in 343 tomorrow after school as well – and supplies can be purchased then as well.

"Students look out for an email from Ms. Schmidt to nominate staff of the month as well as posters throughout the halls with a scannable QR code". Also, Check the QR around the building to vote for administrator or counselor of the month – QR's are around the building.

Boo Bags will be distributed Thursday during Viking Times. Look for those coming to you and enjoy treating your Boo!

Boys and Girls athletes get your physicals turned in and get their paperwork turned into the athletic office. A reminder from Mr. Leichti.

Please no Halloween Costumes tomorrow. It will be our job to ask you to change or send you back home should you not comply. Save it for the weekend, and thanks for your understanding.

Dad Jokes

V-up

V-up! Good morning North High School!

Date: Friday, October 29, 2021

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

Lunch – Crispy Chicken Sandwich or Turkey lovers pizza

Weather – Cloudy, high of 59 today

Good News!

Activities/Athletics:

:00am- 7:00am	Swimming conditioning	WEIGHT ROOM
7:30am- 11:00am	College Visits - Bryson	142
3:00pm- 6:00pm	Football	070
7:00pm	Football: Varsity 1st Round Playoffs	vs. Millard South @ Buell Stadium

Saturday, October 30, 2021

TIME	EVENT	DETAILS
2:00pm- 5:00pm	Boo Bash	MPC
	<i>Setup at 1:00 p.m.</i>	

Viking Football Team plays in 1st round State Playoffs Friday at Buell Stadium vs. Millard South at Millard South. No Activity passes are taken. You must pay your \$5 to enter if you are a student, and adults are \$6. Again, no activity passes are accepted at NSAA district, or State-Sanctioned games.

TIn the Know!

Blood drive will be from 8am-2pm on Friday October 29th. Thank you to all of our Red Cross workers, volunteers, and staff and student organizers for working this blood drive. Students will be sent a pass to come down when it is their time to donate. Staff are encouraged to sign up as well during their plan periods!

Students who participate will be eligible for a \$250 scholarship. The total number of scholarships available will be based on the number of units collected. The more units donated the more scholarship dollars we can give our students!

The Outdoor Club's next meeting will be afterschool, Tuesday, November 2nd, in room 314. All are welcome to join."

Seniors – don't forget that senior photos are due to Thanksgiving. Send them to northyearbook@ops.org. Remember to follow guidelines for the photos.

Boys and Girls athletes get your physicals turned in and get their paperwork turned into the athletic office. A reminder from Mr. Leichti.

No School for students on Monday. Please don't come to school – no one will be here. Be safe over Halloween.

Funny Pun Friday

V-up