



Monday, November 30th, 2020 WHS Announcements

Today is a Green Day * WoodsvilleHighSchool.com

Quote of the Week ~ "Keep your face always toward the sunshine – and shadows will fall behind you." – Walt Whitman

December De-Stress Fest

Starting on December 7th....See Below for details!

WHS ATHLETICS

Basketball * Skills & Drills
starts on December 7th

★ Remote Learning ★

November 30th - Dec.4th

Read the Expectations & Schedule [HERE](#)

Submit a Photo or short Video of you and your
Ugly Christmas Sweater by December 4th!

[Contest Details HERE](#)

Congratulations to the New Sophomore Class Officers!

President: Emma Snow

Vice President: Malerie Ruff

Secretary: Gabrielle Keysar



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WHS Library & Learning Commons (LLC)

Your Information Station * WoodsvilleHighSchool.com/LLC



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December De-Stress Fest!

WoodsvilleHighSchool.com/destress * Remote Learning from Nov. 30th - Dec. 4th

	Monday	Tuesday	Wednesday	Thursday	Friday
December 7th-11th	<p>Popcorn & a Movie (High School Musical) FLEX 1-4 in the LLC</p> <p>YOGA in the GYM FLEX 1, 3 & 4</p> <p>Start of the Virtual Ugly Christmas Sweater Contest</p>	<p>Cocoa & Coloring FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p>Decades Day! Dress up in your favorite Decade's Fashion</p>	<p>DATA DAY</p>	<p>Cocoa & Coloring FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p>YOGA in the GYM FLEX 1, 3 & 4</p>	<p>Popcorn & a Movie (High School Musical) FLEX 1-4 in the LLC</p> <p>Decades Day! Dress up in your favorite Decade's Fashion</p>
<p>BUBBLE WRAP POP ALL DAY...EVERYDAY! Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!</p>			<p>PUPPY Cam ALL DAY....EVERYDAY! Need a Quick Stress Release? Watch Puppies play on the PuppyCam in the LLC</p>		
<p>Come and enjoy our new Heated Massage Seat and our Heated Neck & Back Massager! (15 minute time limit on each)</p>					
<p>HELPFUL DE-STRESS RESOURCES</p>					



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*** 9 Easy Yoga Poses to Help You Survive Work, Stress and Travel**

* <https://www.waterford.org/resources/mindfulness-activities-for-kids/>

* <https://www.waterford.org/resources/mindfulness-activities-for-kids/>

* <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html> * <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

* <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

You can still donate to the WHS JAG Pantry Pack Program!

	Monday	Tuesday	Wednesday	Thursday	Friday
December 14th-18th	<p>Popcorn & a Movie (ELF!) FLEX 1-4 in the LLC</p> <p>YOGA in the GYM FLEX 1, 3 & 4</p>	<p>Pool Noodle Squishy Stress Squeezers (Sponsored by WHS Student Council)</p> <p>PAJAMA DAY (Relax & Unwind in your PJs today!)</p>	<p>Remote Learning Day</p>	<p>Pool Noodle Squishy Stress Squeezers (Sponsored by WHS Student Council)</p> <p>Popcorn & a Movie (ELF!) FLEX 1-4 in the LLC</p> <p>YOGA in the GYM FLEX 1, 3 & 4</p>	<p>PAJAMA DAY (Relax & Unwind in your PJs today!)</p> <p>Finale of the Virtual Ugly Christmas Sweater Contest!</p>
<p>BUBBLE WRAP POP ALL DAY...EVERYDAY! Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!</p>			<p>PUPPY CAM ALL DAY ... EVERYDAY! Need a Quick Stress Release? Watch Puppies play on the PuppyCam in the LLC</p>		

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(15 minute time limit on each)

Check out the Velvet Coloring Posters available in the LLC all day

LISTEN TO WHS' [RELAXING SPOTIFY PLAYLIST](#)

HELPFUL DE-STRESS RESOURCES

* [9 Easy Yoga Poses to Help You Survive Work, Stress and Travel](#)

* <https://www.waterford.org/resources/mindfulness-activities-for-kids/>

* <https://www.waterford.org/resources/mindfulness-activities-for-kids/>

* <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html> * <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

* <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

You can still donate to the WHS JAG Pantry Pack Program!

	Monday	Tuesday	Wednesday	Thursday	Friday
December 21st-23rd	Popcorn & a Movie (Home Alone) FLEX 1-4 in the LLC YOGA in the GYM FLEX 1, 3 & 4	Popcorn & a Movie (Home Alone) FLEX 1-4 in the LLC YOGA in the GYM FLEX 1, 3 & 4	Remote Learning Day	Holiday	Holiday
BUBBLE WRAP POP ALL DAY...EVERYDAY! Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!			PUPPY CAM ALL DAY ... EVERYDAY! Need a Quick Stress Release? Watch Puppies play on the PuppyCam in the LLC		

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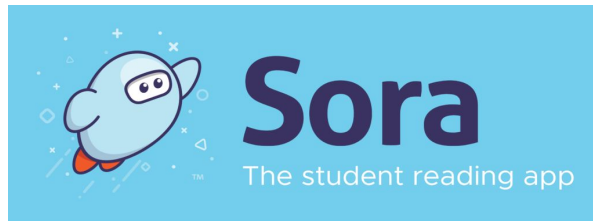
Check out the Velvet Coloring Posters
available in the LLC all day

LISTEN TO WHS'
RELAXING SPOTIFY PLAYLIST

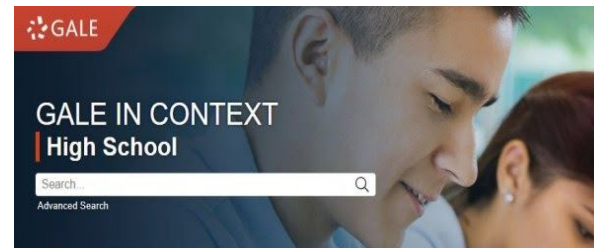
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[Read or Listen to 1,000s of Books for Free with your SAU 23 Gmail!](#)



[Use this Awesome Research Resource](#)



TODAY IN HISTORY

In 1859: Charles Darwin published *The Origin of Species by Means of Natural Selection*.

In 1963: Jack Ruby fatally shoots the accused assassin of President Kennedy, Lee Harvey Oswald, in the garage of the Dallas Police Department.

WORD of the WEEK
Snollygoster

a shrewd, unprincipled person



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<p style="text-align: center;">November IS...</p> <p style="text-align: center;">Alzheimer's Disease Awareness Month American Diabetes Month National Epilepsy Month National Native American Heritage Month Veterans Day * Thanksgiving</p>	<p style="text-align: center;">Visit us on:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="1066 329 1480 402">Facebook</td> <td data-bbox="1480 329 1892 402">YouTube</td> </tr> </table> <p style="text-align: center; font-size: 1.5em;"><u>Instagram</u></p>	Facebook	YouTube
Facebook	YouTube		
<p style="text-align: center;">Look for a book that we have in the WHS Library ---> HERE</p> <p style="text-align: center;">Username - WHS Library Password - engineers</p>	<p style="text-align: center;"><u>EBSCOHost</u></p> <p style="text-align: center;">User ID: woodsvilleh Password: Email Mr. Nichols for this password</p>		
<p style="text-align: center;">Gale's In Context Research Database</p> <p style="text-align: center;">Click HERE and use your SAU 23 Gmail to sign in.</p>			

Woodsville High School's JAG Pantry Pack Program is in need of food items or cash donations.

The *WHS JAG Pantry Pack Program* delivers food backpacks to food insecure students during the weekends when school breakfast and lunches are not available for them.

With the pandemic, donations have been extremely slim and we've had to rely on donations from last year to fill our pantry. Our numbers have significantly increased this year from last in the number of backpacks we give out each week, and we are running very low on food and funds.

This is such a wonderful initiative and the JAG students really take pride in running this program. Our students understand their role as WHS JAG members and the impact they make reaches far beyond the classroom. Please consider donating food items or make a cash/check donation so that we can keep this program running for the remainder of the school year. We will not make it without the support of our community.

A food donation bin will be located in the WHS Front Lobby and the WHS LLC. Checks can be made payable to *WHS Pantry Pack Program*.

Thank you for your support in helping us to battle food insecurity for our students!



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ITEMS THAT WE NEED

Breakfast

Packages of Instant Oatmeal
Individual Boxes of Cereal
Packages of Pop Tarts
Fruit & Grain Bars
Fruit Cups

Lunches:

Jars of Peanut Butter & Jelly
Boxes of Macaroni & Cheese
Canned Meats, Soups or Stews
Packages of Ramen Noodles
Cans of Tuna or Chicken
Can of Chef Boyardee type meals

Snacks:

Granola Bars
Snack size bags of Pretzels, Popcorn, Goldfish, Cheez-its.
Fruit or Applesauce cups, etc.
Juice Boxes such as Capri Sun

Want to help?

Contact Mrs. Jill Nichols(JAG Youth Specialist) at jnichols@sau23.org or call (603) 747-2781