



Monday, December 7th, 2020 WHS Announcements

Today is a Green Day \* [WoodsvilleHighSchool.com](http://WoodsvilleHighSchool.com)

*Quote of the Week* ~ “I never lose. Either I win or learn.” – Nelson Mandela

<p style="text-align: center;"><b>Fill out your Snowflake Dedication in the Library &amp; Learning Commons</b></p>	<p style="text-align: center;"><i>On Monday 12-7-20 we will be returning to our regular hybrid schedule with Cohort A on Monday and Tuesday, and Cohort B on Thursday and Friday.</i></p>
<p style="text-align: center;"><b>WHS ATHLETICS</b></p> <p>Basketball * Skills &amp; Drills starts on December 7th - <a href="#">See the Schedule HERE</a></p>	<p style="text-align: center;"><i>There is no remote day Wednesday (Dec. 9th) due to a district-wide Data Day.</i></p>
<p>December 7th Lunch... Burger with cheese or plain, French Fries, Squash, fruit and milk</p>	

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 7th-11th</b>	<p><b>Popcorn &amp; a Movie</b> (High School Musical) FLEX 1-4 in the LLC</p> <p><b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p>	<p><b>Cocoa &amp; Coloring</b> FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p><b>Decades Day!</b> Dress up in your favorite Decade's Fashion</p>	DATA DAY	<p><b>Cocoa &amp; Coloring</b> FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p><b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p>	<p><b>Popcorn &amp; a Movie</b> (High School Musical) FLEX 1-4 in the LLC</p> <p><b>Decades Day!</b> Dress up in your favorite Decade's Fashion</p>



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<b>BUBBLE WRAP POP ALL Day...EVERYDAY!</b> Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!		<b>PUPPY Cam ALL Day....EVERYDAY!</b> Need a Quick Stress Release? Watch Puppies play on the PuppyCam in the LLC		
<b>Come and enjoy our new Heated Massage Seat and our Heated Neck &amp; Back Massager!</b> (15 minute time limit on each)				

## WHS" Library & Learning Commons (LLC)

Your Information Station \* [WoodsvilleHighSchool.com/LLC](http://WoodsvilleHighSchool.com/LLC)

### TODAY IN HISTORY

In 1787: Delaware became the first state to ratify the [Constitution of the United States](#).

In 1941: Japanese planes raid Pearl Harbor, Hawaii, in a surprise attack, bringing the US into WWII.

[Learn more about the Pearl Harbor attack HERE](#)

In 1988: Palestinian leader Yasser Arafat recognizes [Israel's](#) right to exist.

### **WORD of the WEEK**

**Pauciloquent**

***uttering few words; brief in speech.***



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<p><b>Gale's In Context Research Database</b> Click <a href="#">HERE</a> and use your SAU 23 Gmail to sign in.</p> <p><a href="#">EBSCOHost</a> User ID: woodsvilleh Password: <a href="#">Email Mr. Nichols for this password</a></p>	<p>Visit us on:</p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center;"><a href="#">Facebook</a></td> <td style="text-align: center;"><a href="#">YouTube</a></td> </tr> </table> <p style="text-align: center;"><a href="#">Instagram</a></p>	<a href="#">Facebook</a>	<a href="#">YouTube</a>
<a href="#">Facebook</a>	<a href="#">YouTube</a>		
<p>Look for a book that we have in the WHS Library ---&gt; <a href="#">HERE</a> Username - WHS Library  Password - engineers</p>			

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December 7th-11th	<p><b>Popcorn &amp; a Movie</b> (High School Musical) FLEX 1-4 in the LLC</p> <p><b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p> <p><b>Start of the Virtual Ugly Christmas Sweater Contest</b></p>	<p><b>Cocoa &amp; Coloring</b> FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p><b>Decades Day!</b> Dress up in your favorite Decade's Fashion</p>	<p><b>DATA DAY</b></p>	<p><b>Cocoa &amp; Coloring</b> FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p><b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p>	<p><b>Popcorn &amp; a Movie</b> (High School Musical) FLEX 1-4 in the LLC</p> <p><b>Decades Day!</b> Dress up in your favorite Decade's Fashion</p>
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Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!

**Come and enjoy our new Heated Massage Seat and our Heated Neck & Back Massager!**  
(15 minute time limit on each)

## 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/>

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\* <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><b>Popcorn &amp; a Movie (ELF!)</b> FLEX 1-4 in the LLC</p> <p><b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p>	<p><b>Pool Noodle Squishy Stress Squeezers</b> (Sponsored by WHS Student Council)</p> <p><b>PAJAMA DAY</b> (Relax &amp; Unwind in your PJs today!)</p>	<p><b>Remote Learning Day</b></p>	<p><b>Pool Noodle Squishy Stress Squeezers</b> (Sponsored by WHS Student Council)</p> <p><b>Popcorn &amp; a Movie (ELF!)</b> FLEX 1-4 in the LLC</p>	<p><b>PAJAMA DAY</b> (Relax &amp; Unwind in your PJs today!)</p> <p><b>Finale of the Virtual Ugly Christmas Sweater Contest!</b></p>



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				<b>YOGA in the GYM</b> FLEX 1, 3 & 4	
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<b>Come and enjoy our new Heated Massage Seat and our Heated Neck &amp; Back Massager!</b> (15 minute time limit on each)					
<b>Check out the Velvet Coloring Posters available in the LLC all day</b>			<b>LISTEN TO WHS' RELAXING SPOTIFY PLAYLIST</b>		
<b>HELPFUL DE-STRESS RESOURCES</b> <ul style="list-style-type: none"> <li>* <a href="https://www.waterford.org/resources/mindfulness-activities-for-kids/">9 Easy Yoga Poses to Help You Survive Work, Stress and Travel</a></li> <li>* <a href="https://www.waterford.org/resources/mindfulness-activities-for-kids/">https://www.waterford.org/resources/mindfulness-activities-for-kids/</a></li> <li>* <a href="https://www.waterford.org/resources/mindfulness-activities-for-kids/">https://www.waterford.org/resources/mindfulness-activities-for-kids/</a></li> <li>* <a href="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/parental-resource-kit/index.html</a></li> <li>* <a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</a></li> <li>* <a href="https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf">https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf</a></li> </ul>					

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	Popcorn & a Movie (Home Alone)	Popcorn & a Movie (Home Alone)	Remote		



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<p><b>December 21st-23rd</b></p>	<p>FLEX 1-4 in the LLC <b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p>	<p>FLEX 1-4 in the LLC <b>YOGA in the GYM</b> FLEX 1, 3 &amp; 4</p>	<p><b>Learning Day</b></p>	<p><b>Holiday</b></p>	<p><b>Holiday</b></p>
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*WHS Library & Learning Commons (LLC)*

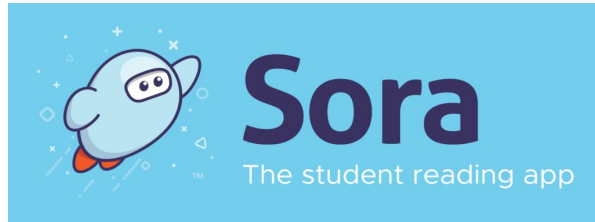
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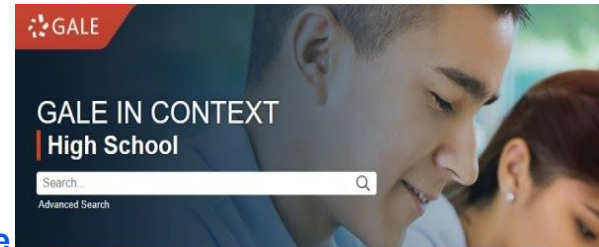
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[Read or Listen to 1,000s of Books for Free with your SAU 23 Gmail!](#)



[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*

**NOVEMBER IS...**

- Alzheimer's Disease Awareness Month
- American Diabetes Month
- National Epilepsy Month
- National Native American Heritage Month
- Veterans Day \* Thanksgiving

Visit us on:

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Look for a book that we have in the  
WHS Library ---> [HERE](#)

Username - WHS Library Password - engineers

[EBSCOHost](#)

User ID: woodsvilleh

Password: [Email Mr. Nichols for this password](#)



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**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!**

## ITEMS THAT WE NEED

**Breakfast**

Packages of Instant Oatmeal  
Individual Boxes of Cereal  
Packages of Pop Tarts

**Lunches:**

Jars of Peanut Butter & Jelly  
Boxes of Macaroni & Cheese  
Canned Meats, Soups or Stews  
Packages of Ramen Noodles





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Fruit & Grain Bars  
Fruit Cups

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](mailto:jnichols@sau23.org) or call (603) 747-2781