



Thursday, December 10th, 2020 WHS Announcements

Today is a Green Day * WoodsvilleHighSchool.com

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

Fill out your Snowflake Dedication in the
Library & Learning Commons

Cocoa & Coloring Thursday

FLEX 1-4 in the LLC - Sponsored by WHS JAG

Popcorn & a Movie on Friday

(High School Musical)

FLEX 1-4 in the LLC

WHS ATHLETICS

Basketball Skills & Drills - [See the Schedule HERE](#)

Thursday Breakfast

Hot Ham & Cheese on Bagel, Asst. Cereal
w scooby-doo crackers, milk-fruit & Hot Cocoa

Thursday Lunch

Spaghetti with meat sauce, Seasoned green beans, Garlic
breadstick and Fruit and Milk.

Friday Lunch

BBQ chicken, hand cut french fries, steamed Broccoli, dinner
roll +Fruit + Milk

December's De-Stress Fest - Sign Up Early for these Events....



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<p>BUBBLE WRAP POP ALL Day...EVERYDay!</p> <p>Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!</p> <p>PUPPY Cam ALL Day...EVERYDay!</p> <p>Need a Quick Stress Release?</p> <p>Watch Puppies play on the PuppyCam in the LLC</p>	<p>Thursday</p>	<p>Friday</p>
	<p>Cocoa & Coloring</p> <p>FLEX 1-4 in the LLC Sponsored by WHS JAG</p> <p>YOGA in the GYM</p> <p>FLEX 1, 3 & 4</p>	<p>Popcorn & a Movie (High School Musical) FLEX 1-4 in the LLC</p> <p>Decades Day!</p> <p>Dress up in your favorite Decade's Fashion</p>
<p>Come and enjoy our new Heated Massage Seat and our Heated Neck & Back Massager! (15 minute time limit on each)</p>		

How Taking College Classes Next Semester Can Break the Boredom AND Save you Time & \$\$

Open to 10th -12th graders and it's about Dual Enrollment classes offered by Lakes Region Community College. [Zoom Link HERE](#)



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WHS^o Library & Learning Commons (LLC)

Your Information Station * WoodsvilleHighSchool.com/LLC

TODAY IN HISTORY

In 1763: The Treaty of Paris ends the [French-Indian War](#).

In 1942: WWII halts civilian car production at Ford.

WORD of the WEEK

Pauciloquent

uttering few words; brief in speech.

Please return your library books. Please don't make Mr. Nichols cry...it is NOT pretty!

Gale's In Context Research Database
Click [HERE](#) and use your SAU 23 Gmail to sign in.

EBSCOHost
User ID: woodsvilleh
Password: [Email Mr. Nichols for this password](#)

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

Username - WHS Library  Password - engineers



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	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>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>Check out the Velvet Coloring Posters available in the LLC all day</p>			<p>LISTEN TO WHS' RELAXING SPOTIFY PLAYLIST</p>		



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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 (Ferris Bueller's Day Off) 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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