



Thursday, December 3rd, 2020 WHS Announcements

Today is a White Day * WoodsvilleHighSchool.com

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

Fill out your Snowflake Dedication in the Library & Learning Commons

☀ Remote Learning ☀
November 30th - Dec.4th
Read the Expectations & Schedule [HERE](#)

WHS ATHLETICS

Basketball * Skills & Drills
starts on December 7th

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

[Contest Details HERE](#)

December 7th Lunch...

Burger with cheese or plain, French Fries, Squash, fruit and milk

	Monday	Tuesday	Wednesday	Thursday	Friday
December 7th-11th	Popcorn & a Movie (High School Musical) FLEX 1-4 in the LLC YOGA in the GYM FLEX 1, 3 & 4 Start of the Virtual Ugly Christmas Sweater Contest	Cocoa & Coloring FLEX 1-4 in the LLC Sponsored by WHS JAG Decades Day! Dress up in your favorite Decade's Fashion	DATA DAY	Cocoa & Coloring FLEX 1-4 in the LLC Sponsored by WHS JAG YOGA in the GYM FLEX 1, 3 & 4	Popcorn & a Movie (High School Musical) FLEX 1-4 in the LLC Decades Day! Dress up in your favorite Decade's Fashion



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**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

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

WHS" Library & Learning Commons (LLC)

Your Information Station * WoodsvilleHighSchool.com/LLC

TODAY IN HISTORY

In 1847: Frederick Douglass and Martin R. Delaney establish the *North Star*, an anti-slavery paper.

In 1989: Presidents George Bush and Mikhail Gorbachev announced the official end to the Cold War at a meeting in Malta.

In 1992: A test engineer for Sema Group sent the world's first text message, using a personal computer and the Vodafone network.

WORD of the WEEK


Nudiustertian

of or relating to the day before yesterday



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<p>Gale's In Context Research Database Click HERE and use your SAU 23 Gmail to sign in.</p> <p>EBSCOHost User ID: woodsvilleh Password: Email Mr. Nichols for this password</p>	<p>Visit us on:</p> <table> <tr> <td>Facebook</td><td>YouTube</td></tr> </table> <p>Instagram</p>	Facebook	YouTube
Facebook	YouTube		
<p>Look for a book that we have in the WHS Library ---> HERE Username - WHS Library  Password - engineers</p>			

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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>	DATA DAY	<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>



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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.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	Popcorn & a Movie (ELF!) FLEX 1-4 in the LLC YOGA in the GYM FLEX 1, 3 & 4	Pool Noodle Squishy Stress Squeezers (Sponsored by WHS Student Council)	Remote Learning Day	Pool Noodle Squishy Stress Squeezers (Sponsored by WHS Student Council) Popcorn & a Movie (ELF!)	PAJAMA DAY (Relax & Unwind in your PJs today!) Finale of the Virtual Ugly Christmas



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		PAJAMA DAY (Relax & Unwind in your PJs today!)		FLEX 1-4 in the LLC YOGA in the GYM FLEX 1, 3 & 4	Sweater Contest!
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		
Come and enjoy our new Heated Massage Seat and our Heated Neck & Back Massager! (15 minute time limit on each)					
Check out the Velvet Coloring Posters available in the LLC all day			LISTEN TO WHS' RELAXING SPOTIFY PLAYLIST		
<h2 style="text-align: center;">HELPFUL DE-STRESS RESOURCES</h2> <p style="text-align: center;"> * 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 </p>					
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<div>ENGINEER</div> <div>December 21st-23rd</div>	<div>Popcorn & a Movie (Home Alone) FLEX 1-4 in the LLC</div> <div>YOGA in the GYM FLEX 1, 3 & 4</div>	<div>Popcorn & a Movie (Home Alone) FLEX 1-4 in the LLC</div> <div>YOGA in the GYM FLEX 1, 3 & 4</div>	<div>Remote Learning Day</div>	<div>Holiday</div>	<div>Holiday</div>
<div>BUBBLE WRAP POP ALL DAY...EVERYDAY!</div> <div>Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!</div>			<div>PUPPY Cam ALL DAY ... EVERYDAY!</div> <div>Need a Quick Stress Release? Watch Puppies play on the PuppyCam in the LLC</div>		
<div>Come and enjoy our new Heated Massage Seat and our Heated Neck & Back Massager!</div> <div>(15 minute time limit on each)</div>					
<div>Check out the Velvet Coloring Posters available in the LLC all day</div>			<div>LISTEN TO WHS' <u>RELAXING SPOTIFY PLAYLIST</u></div>		

WHS' Library & Learning Commons (LLC)

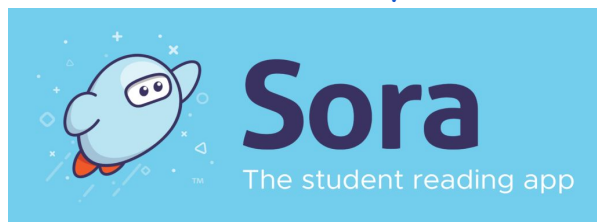
Your Information Station * WoodsvilleHighSchool.com/LLC



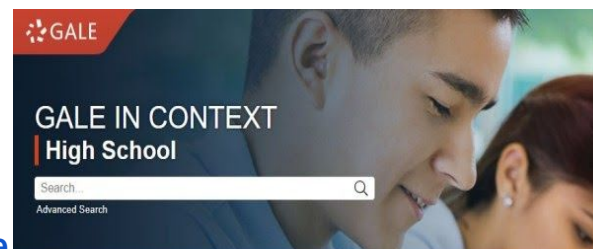
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[Read or Listen to 1,000s of Books for Free with your SAU 23 Gmail!](#)



[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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[YouTube](#)

Instagram

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

Want to help?

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