



Tuesday, December 8th, 2020 WHS Announcements

Today is a White 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 Tuesday & Thursday

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

Decades Day Tuesday & Thursday!

Dress up in your favorite Decade's Fashion

WHS ATHLETICS

Basketball * Skills & Drills starts on December 7th -

[See the Schedule HERE](#)

There is no remote day Wednesday (Dec. 9th) due to a district-wide Data Day.

December 8th Lunch...Burger with cheese or plain, French Fries, Squash, fruit and milk

			Wednesday	Thursday	Friday
			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 1920: President Woodrow Wilson declined to send a representative to the [League of Nations](#) in Geneva.

In 1944: The United States conducted the longest, most effective air raid on the Pacific island of [Iwo Jima](#).

In 1980: [John Lennon](#) is shot to death outside his Manhattan apartment building

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!



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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

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