

Today is a White Day \* <u>WoodsvilleHighSchool.com</u>

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# 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!

### PUPPY Cam ALL Day....EVeryday!

Need a Quick Stress Release? Grab a Square of Bubble Wrap and Pop Away!

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 (uc)

Your Information Station \* WoodsvilleHighSchool.com/LLC

### TODAY IN HISTORY

**In 1920:** President Woodrow Wilson declined to send a representative to the <u>League of Nations</u> in Geneva.

In 1944: The United States conducted the longest, most effective air raid on the Pacific island of <a href="https://linear.nc.gov/linear.nc.go

In 1980: <u>John Lennon</u> 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 DayEVETYDAY!  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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(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/mindfulnes-activities-for-kids/
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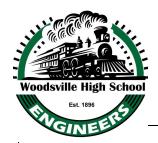
### You can still donate to the WHS JAG Pantry Pack Program!

	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 DayEVETYDAY!  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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<sup>\*</sup> 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

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



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