



Wednesday, December 9th, 2020 WHS Announcements

Today is a DATA DAY * WoodsvilleHighSchool.com

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

<p>Fill out your Snowflake Dedication in the Library & Learning Commons</p>	<p>Cocoa & Coloring Thursday FLEX 1-4 in the LLC - Sponsored by WHS JAG</p> <p>Popcorn & a Movie on Friday (High School Musical) FLEX 1-4 in the LLC</p>
<p>WHS ATHLETICS Basketball Skills & Drills - See the Schedule HERE</p>	<p><i>There is no remote day Wednesday (Dec. 9th) due to a district-wide Data Day.</i></p>

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

	Wednesday	Thursday	Friday
<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>DATA DAY</p>	<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>

Come and enjoy our new Heated Massage Seat and our Heated Neck & Back Massager!



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(15 minute time limit on each)

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](#)

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!

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' <u>RELAXING SPOTIFY PLAYLIST</u></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		
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		



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