

WJH Daily Announcements – December 22nd – Day Cycle 2

STUDENTS NEED TO REMEMBER TO BRING THEIR CHROMEBOOKS TO SCHOOL!!

STUDENTS NEED TO REMEMBER TO BRING A MASK TO SCHOOL.

Schools will be closed December 24, 2021 through January 2, 2022. We wish everyone a happy holiday!

Student's Progress Reports will be available in the Parent Portal on Thursday December 23rd.

WJH WINTER SPORTS SCHEDULE FOR THIS WEEK:

HOME GAMES @ WJH GYMNASIUM

BOYS BASKETBALL - WEDNESDAY, 12/22 - GAME TIME: 4:15 PM (VS. LA GRANGE)

AWAY GAMES

GIRLS BASKETBALL - WEDNESDAY, 12/22 - GAME TIME: 4:15 PM (TEAM TRAVELS TO LA GRANGE MIDDLE SCHOOL)

The spectator policy for the WCSD Junior High Winter Sports is as follows:

WCSD is restricting fans to immediate family members of the competing teams both home and away.

Student spectators will NOT BE PERMITTED.

Masks MUST BE WORN at all times while in the school buildings.

NO LATE BUSES ON THURSDAY, December 23rd – No After School clubs on Thursday – Students go home on their regular buses.

FROM THE HEALTH OFFICE:

Dutchess County Protocol for Symptomatic or Positive COVID 19 students or staff:

Dutchess County Contact Tracing Workflow Chart:

LIBRARY: "Students, please check your WCSD email accounts for overdue notices from the library. If you have questions, stop by and see Mrs. Green in the library."
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LOST & FOUND –

Parents if your child lost a Hypland outer coat, please contact the Main Office.

WJH PTA MESSAGES

Don't forget to renew your membership for the 2021-2022 school year by using the link below:

<https://wjhspta.memberhub.com/store>

YEARBOOK -

Below is the Link for yearbook sales. The site is now active and yearbooks can be purchased for \$35.

<https://link.entourageyearbooks.com/my/WJHS2022>

Our PTA is asking for baby pictures of our 8th graders and for any school sports or activities. We need these photos to be placed in this year's yearbook.

Please help us fill the yearbook with great memories!! They can be sent to

Wearewappingers@gmail.com

FROM THE MAIN OFFICE

Parents can email absent or early dismissal notes to the Main Office at

carol.naughton@wcsdny.org.

All school notes should be handed into 1st period class teacher at the beginning of class EACH MORNING. Teachers will place notes in folders on the classroom doors for pick up by school monitor.

Wappingers Crew Club Red Robin Fundraiser

Tuesday 12/28

5-9pm

Mention Wappingers Crew Club when ordering at the table or over the phone

CELEBRATE DECEMBER'S NATIONAL DAYS:

Today : National Date Nut Bread Day on December 22nd delivers a baker's delight to celebrate. Incidentally, some sources also suggest the day is celebrated on September 8th, too.

Dates : Believed to have originated around Iraq, dates have been a staple food of the Middle East and the Indus Valley for thousands of years. They have been cultivated since ancient times from Mesopotamia to prehistoric Egypt, possibly as early as 4000 BCE.

In 1765, the Spaniards introduced dates into Mexico and Dates provide essential nutrients and are an excellent source of dietary potassium. In ripe dates, the sugar content is about 80% of the fruit. The remainder of the date consists of protein, fiber, and trace elements of boron, cobalt, copper, fluorine, magnesium, manganese, selenium and zinc.

Nuts: Many nuts are good sources of vitamins E and B2. Nuts are also rich in protein, folate fiber, and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium.

Several studies have shown that those who consume nuts on a regular basis are less likely to suffer from coronary heart disease. (CHD) It was in 1993 that nuts were first linked to protections against CHD. Since that time, many clinical trials have found that the consumption of various nuts such as almonds and walnuts can lower serum LDL cholesterol concentrations.

When mixing up the batter for quick bread loaves, add dates and nuts and your National Date Nut Day celebration will be ready to go!

Thank you.

Remember...WE ARE WAPPINGERS !!