

NTHS Announcements

Monday – February 10, 2020

Regular Schedule

➤ This Week's Schedule:

- **Monday & Tuesday** Regular Schedule
- **Wednesday** ACT Early Release
- **Thursday & Friday** Regular Schedule

➤ NTHS News:

• **Did you know?**

The average heart is the size of a fist in an adult.

Your heart will beat about 115,000 times each day.

Your heart pumps about 2,000 gallons of blood every day.

The first [open-heart surgery](#) occurred in 1893. It was performed by Daniel Hale Williams, who was one of the few black cardiologists in the United States at the time.

Support the American Heart Association and Healthy Hearts – buy your heart healthy t-shirt – all proceeds go to American Heart Association.

- **Get your 10\$ ready red out shirts go on sale Tuesday** during both lunches – in the commons!!!! – get your red ready for Friday High Five Heart Health Friday!!!
- **Attention artists.** Would you like the opportunity to win scholarships or cash prizes for your artwork? See Mrs. Foppiano in room 174 if you would like to enter your original artwork in an upcoming regional art show. Deadline for submissions is Friday, February 14th.
- **Are you bilingual?** Do you want to earn high school credit for a language you already know? Or do you want to earn the Washington Seal of Biliteracy? If you can speak, read and write Arabic, Chinese, French, Hebrew, Italian, Japanese, Spanish, Somali, or Vietnamese you may want to take the STAMP test on March 14th. For more information, see Ms. Funston, Mr. Crisp or your counselor.

➤ Career Center News:

- **Students interested in the trades** can sign-up in the career center for the Carpenters Union Presentation on February 11th.

➤ Club News:

- **Bilingual RAMS:** Get your new club passes from Mrs. Caviedes in room 284 before our meeting on Wednesday Feb 12th. No pass, no meeting!

➤ Visual and Performing Arts News:

- **Choir Auditions for next school year are happening now!** If you would like to audition for the Large Ensemble Concert Chorale or Small Ensemble Jazz Choir, please stop by the choir room today! There are audition packets available on the piano and you can sign up for an audition time with Mrs. Van Zee. If you don't want to audition, but want to be part of the choir program you can sign up for Chorus or Symphonic Choir at your pre-registration. If you are planning on being part of the choir program next year we are going on an optional California/Disney Performance Tour. Stop by the choir room or email Mrs. Van Zee today for more information!

➤ **Sports News:**

- There will be an informational meeting for anyone interested in turning out for girl's golf Wednesday, February 12th during activity period. Please see Mr. Brown for a pass.
- **The North Thurston wrestling teams** competed at districts this past weekend. The boys team finished in 5th place overall. They were led by District Champion Armani Tonuao. Joey Oliver also advanced to the finals finishing in 2nd place. The following wrestlers have advanced to the Regional Tournament this Saturday in Spokane. Tannar Lee 3rd place, Ray Parker 4th place, Diego Serna 4th place, Brigg Hood 5th, and Russell Scholl 5th place. The girl's team made school history by placing 3rd overall out of 21 teams including 4A schools. The girl's team had 4 individuals make it to the district championship match. Dolly Manalapaz made school history by becoming the 1st district Champion. Charlize Pasco took 2nd place, Annika Lee took 2nd place, Payton Irish 2nd place, Bitna White 4th place, and Selena Colo 6th place. The lady Rams will be traveling to Federal Way's Decatur high school to compete in the Regional Wrestling Championships. Way to go Wrestlers!
- **Proud of these girls!** They stayed mentally tough and were determineddespite injury after injury and injury this week! They stayed strong as a team and were encouraging each other the entire time! Girls who competed mostly JV all season stepped up and took varsity spots! Timberline ended up taking 2nd place and qualified as a team to Districts next weekend....something we weren't expecting at all! Well done ladies!! Also proud of our two Thurston girls who represented their Rams well! Nikki will also be going to Districts on each event!
Individual placers:
Vault-Nikki 6th, Jasmine 5th, Adyson 1st
Bars-Madi 3rd, Adyson 1st
Beam-Madi 4th, Adyson 3rd
Floor-Madi 3rd, Adyson 2nd, Jasmine 1st
All-around- Jasmine 4th, Madi 2nd, Adyson 1st
- The ASB/Athletic/Finance Office is now accepting completed **spring athletic forms** before school, during lunches and after school until 2:15 PM. Forms are available on our website to print under "Register for athletics." You can pay the sport fee online and all existing fines will have to be cleared before forms will be accepted. **The first day of spring sports is Monday, March 2nd.**

GO RAMS!