

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, APRIL 10, 2020

A SPECIAL TWO PAGE ISSUE



WIN PRIZES NEXT WEEK!

WEDNESDAY KNIGHT TRIVIA AND VIRTUAL SCAVENGER HUNT

Winners will receive Amazon Gift cards to their home. Why not play?

PARTICIPATE IN FOUR EVENTS

Register yourself with the codes for at least 4 events and get a free t-shirt mailed to your house!

CHECK OUT THE DETAILS BY GOING HERE:

<https://www.westgatech.edu/student-life/spring-fling/>

See more Spring Fling Events on page 2!

HEALTH AND WELLNESS:

HOW TO PROTECT YOUR WHOLE HEALTH DURING COVID-19

How to Prevent, Protect, and Preserve Your Health during COVID-19

Physical Health	Mental Health
Wash Your Hands Often Use soap and water for 20 seconds or more, especially after you have been in a public place, blowing your nose, coughing, or sneezing.	Acknowledge Your Feelings Uncertain times bring anxiety and stress, allow yourself to notice those feelings. Write in a journal or talk to those you trust.
Avoid Touching Your Face Avoid touching your eyes, nose, and mouth.	Breathe. Keep Breathing Stress and anxiety causes shallow breathing, so take moments to exhale completely and inhale deeply. Don't rush or you'll get light headed.
Avoid Close Contact with People Do not join gatherings of 10 or more people. Keep a distance of 6 feet between people when outside.	Pay Attention to Your Thoughts Your body responds to what you think about. Practice Mindfulness, tune into what's happening around you now - sights, smells, sounds and what you can control.
Stay Home if You Are Sick Stay home to prevent spread, but call your doctor and go seek medical care.	Maintain Healthy Activities Eat healthy, get some physical exercise, get enough sleep and maintain a regular sleep schedule, and do things that bring you joy and energy!
Clean and Disinfect Surfaces Disinfect all frequently touched surfaces very often including devices, counters, doorknobs, switches etc.	Set Limits on Social Media and News Keep informed, but it is good and necessary to take breaks from it. Set boundaries that work for you that preserve your time and energy.
	Stay Connected with Others Physical distance doesn't cut you off from loved ones! Connect!

Logo provided by the CDC

WEEKLY WELLNESS TIP:

Sitting at your desk for hours at a time can lead to body aches and pain. The most common problem comes from slumping back in your chair or slouching forward to reach your computer, which means your spine is out of alignment. This puts strain on the ligaments and muscles in your back.

**Reminder:
Take a break!**

Click on the video below for a quick and easy break to help ease the aches and pains.

<https://www.webmd.com/fitness-exercise/video/office-exercises-in-5-minutes>

STUDENT ORG SPOTLIGHT:

Earlier this semester, several members of the Radiological Association for the Development of Students (RADS) Clubs of Douglas and LaGrange attended the 29th Annual Student and Radiographer Seminar & Educators Conference that was held on Feb 28-Mar 3. The students heard speakers in the field of radiology, including authors of some of their textbooks! They met students from other schools across the southeast. They also took a mock registry exam to help them prepare for the real thing! Robin Sowders - RADS Douglas Advisor says, "It's a great experience that we are blessed to offer our students each year!"

RADS Club Members at the Conference



Interested in upcoming Health and Wellness Events and Fitness Classes?

Click on the link below to sign up for reminders

<https://forms.gle/PggDZ7FBePu5DsMK6>

UPCOMING STUDENT ORGANIZATION MEETINGS :

GSGA April 14, 12:30 pm -1:30 pm, [Zoom: 368-095-868](https://www.zoom.us/j/368095868)

SkillsUSA April 14, 11 am -Noon, [Zoom: 840-698-216](https://www.zoom.us/j/840698216)



WGTC CULTURAL CORNER: Did YOU know that you can virtually travel around the world? Check out the Virtual Tour of the Louvre!

<https://www.louvre.fr/en/visites-en-ligne#tabs>

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It's HERE! April 13-16th is VIRTUAL SPRING FLING week! Click on any of the flyers below to take you to the virtual events! Each event will have a code associated with it. Make sure you click on the participation link and "sign in" with your code to get credit for attending. Participate in at least 4 events throughout the week and we'll mail you a free WGTC Spring Fling T-shirt!

MONDAY EVENTS:

GenerationRx
Safe medication practices for life.

JOIN US FOR A WEBINAR ABOUT SAFE MEDICATION PRACTICES

PRESENTED BY
WGTC STUDENT AND
GENERATION RX AMBASSADOR
CHANTERAKA MADISON

MONDAY, APRIL 13TH @ 11:15 AM
[HTTPS://ZOOM.US/J/334004410](https://zoom.us/j/334004410)

DRUG FREE COWETA

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Let's get cartooned.

JOIN US MONDAY, APRIL 13TH 1PM-5PM TO HAVE YOUR CARICATURE VIRTUALLY DRAWN!

Reserve your spot by going to:
<https://forms.gle/g1FHxifut5j4gskr9>

WEST GEORGIA TECHNICAL COLLEGE
STUDENT LIFE

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TUESDAY EVENTS:

WEST GEORGIA TECHNICAL COLLEGE
STUDENT LIFE

Virtual Yoga Classes

Link Up with LaToya

Find out what WGTC Student Organizations have to offer and get linked up with the org for you!

An interactive informational conversation showcasing WGTC's Registered Student Organizations.

Tuesday, April 14, 2020
10 - 10:30 AM
Zoom: <https://zoom.us/j/853396931>

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WEDNESDAY EVENTS:

WEST GEORGIA TECHNICAL COLLEGE
STUDENT LIFE

STRESS LESS WORKSHOP

Presented by
Golden: A Student Counseling Resource

April 15th @ 11:15 am
<https://zoom.us/j/265908917>

Good Vibes

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WGTC Student Life's VIRTUAL DANCE PARTY

Take a little break from your classwork and party with us from the comforts of your home

APRIL 15, 2020 2:30PM

Be sure to listen for the code word to submit with the other Spring Fling Activities you've attended to get your prize

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WGTC STUDENT LIFE PRESENTS: WEDNESDAY KNIGHT TRIVIA

VIRTUAL LIVE TRIVIA WITH REAL PRIZES!

April 15, 2020
5:15 PM (You'll want to log on about 4:50 PM)

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THURSDAY EVENTS:

WGTC Student Life & Carroll County Agriculture Education Center UGA Extension PRESENTS

HEALTHY EATING TIPS

Thursday, April 16
Click on the link below
<https://www.westgatech.edu/healthy-tips/>

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WEST GEORGIA TECHNICAL COLLEGE
STUDENT LIFE

VIRTUAL SCAVENGER HUNT

WHEN: APRIL 16, 2020 - 3 PM - 7 PM

HOW TO PLAY: TO PLAY GO TO: <https://forms.gle/NCX5ANNZ2K600HUB> YOU WILL BE ASKED TO ANSWER 5 QUESTIONS AND TO UPLOAD 5 CREATIVE PHOTOS POSING WITH LISTED ITEMS THAT CAN BE FOUND IN YOUR HOME OR OUTSIDE.

PRIZES: STUDENT LIFE WILL SELECT A 1ST, 2ND, & 3RD PLACE WINNER BASED ON THE NUMBER OF QUESTIONS ANSWERED CORRECTLY AND THE MOST CREATIVE (APPROPRIATE) PHOTOS.

QUESTIONS? CONTACT LATOYA COTTON-STUDENTLIFE@WESTGATECH.EDU

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SPRING FLING GIVEAWAYS

Don't forget to register yourself for each event with the event code so that you can win your free t-shirt!

<https://forms.gle/JRqgd16jsW1F1Vkd6>

WARNING: Participating in WGTC's Virtual Spring Fling may cause much-needed laughter.