

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, JUNE 26, 2020

HAVE A SAFE & HAPPY FOURTH OF JULY!

WGTC will be closed July 3, 2020 in observance of Independence Day



JUNETEENTH

What is Juneteenth? Juneteenth is short for "June nineteenth" - this day is significant because June 19, 1865 was the last official emancipation of the remaining enslaved African American people in the United States. On June 19, 1865 union general Gordon Granger led thousands of federal troops to Galveston, Texas to announce that the Civil War had ended, and slaves had been freed. Texas made this an official state holiday in June 1980 and since then many states have adopted this date and host "jubilee" celebrations on this day.



HEALTH AND WELLNESS:

WebMD

DON'T "TRY" TO SLEEP
Tell yourself you're just relaxing until you feel sleepy

PUT AWAY YOUR CLOCK
Watching the time can stress you out

GET OUT OF BED
Do something to relax in another room

Tips to Fight
Insomnia

TURN LIGHTS LOW
It signals your brain that it's time for bed

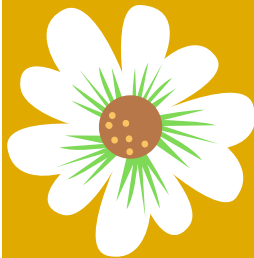
SEEK HELP
See your doctor if you just can't get enough rest

KEEP A JOURNAL
Get your worries on paper and out of your head

REVIEWED BY: Neha Pathak, MD, 3/23/20
SOURCES: National Sleep Foundation, Mayo Clinic, National Sleep Foundation, National Health Institute, The University of Texas, Austin Counseling and Mental Health Center

WEEKLY WELLNESS TIP:

31 Simple Wellness Tips for Healthy & Happy Living



click below to see what they are!

<https://fourwellness.co/blog/31-simple-wellness-tips-for-healthy-and-happy-living>

STUDENT ORG SPOTLIGHT:

Are you looking to get involved in extracurricular activities while you are a West Georgia Tech student? The Student Life Department surely hopes so! We know that involvement in organizations/clubs can have a significant and positive impact on your student experience. Participation in student organizations aid students in a number of ways including scholarship & networking opportunities, leadership & soft skills development and building your resume. Though Student organizations will not begin to meet and organize again until Fall Semester, this is an opportune time to check out Student Life's page that highlights the 12 organizations available for WGTC students to join. Visit the student organization webpage at www.westgatech.edu/student-life/student-organizations/. You can also find more information on our four major organizations by visiting their pages.

GSGA:

<https://www.westgatech.edu/student-life/student-government-association/>

NTHS:

<https://www.westgatech.edu/student-life/student-organizations/nths/>

PBL:

<https://www.westgatech.edu/student-life/student-organizations/pbl/>

SkillsUSA:

<https://www.westgatech.edu/student-life/student-organizations/skills-usa/>



Interested in upcoming Health and Wellness Events and Fitness Classes? Click the link below to sign up for reminders

<https://forms.gle/PggDZ7FBepu5DsMK6>

UPCOMING STUDENT ORGANIZATION MEETINGS :

No meetings this summer but if you're interested in joining any student organization you can find out more about them here: www.westgatech.edu/student-life/student-organizations/



WGTC VIRTUAL CORNER: The threat of COVID-19 still got you down? You can celebrate the 4th of July VIRTUALLY! Check out Disney's Virtual "Happily Ever After" Fireworks show!

<https://www.housebeautiful.com/lifestyle/a32287973/disney-virtual-firework-show/>

As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) Coordinator, Dean of Students, 770-755-7839, 200 Campus Drive, Newnan, GA 30263. ADA (Section 504) coordinator is V.P. of Administrative Services, 401 Adamson Square, Carrollton, GA 30117. 678.664.0400