

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, JANUARY 22, 2021



National Spouses Day on January 26 each year celebrates the bond between two people and sets aside time for couples to show each other gratitude. Since the day is a non-gift giving day, spend time together and reconnect. Don't forget to say, "I love you."

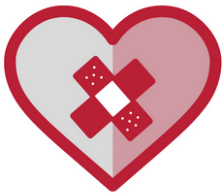


National Groundhog Day on February 2 each year asks one question. "Will he see his shadow?" OK, well maybe it asks another question. "Will there be six more weeks of winter?"

National Girls and Women in Sports Day on February 4 is recognized by schools, organizations, and teams. Women who participated in sports in school are more likely to graduate from college.

HEALTH AND WELLNESS:

WEST GA TECH BLOOD DRIVE



Blood Donation and Safety Protocols

Wear a Mask
In accordance with CDC guidelines, all donors are required to wear a face covering or mask. Valve face masks are not permitted. Face shields are permitted but must be worn with a face mask.

Social Distancing
All blood drives follow social distancing guidelines, including spacing out donor beds, waiting and refreshment areas.

Temperature Check
All donors and staff have their temperatures checked prior to entering a blood drive or donation center.



Give a bit of yourself to help
There's a Critical Need for Blood More Than Ever!

FEBRUARY 1ST, 2021, 12PM TO 5PM
Murphy Campus Conference Center
Tallapoosa Room

Walk-ins are welcomed, but insure your spot with an appointment:

<https://www.redcrossblood.org/give.html/find-drive>

WEEKLY WELLNESS TIP:

THE 10 BEST HEALTHY LUNCH FOODS TO EAT



Click link below:

<https://www.eatnrgwell.com/article/7881517/best-healthy-lunch-foods-to-eat/>

STUDENT ORG SPOTLIGHT: THERE IS STILL TIME TO JOIN SKILLSUSA!

Join SkillsUSA by Friday, January 29, 2021 and enjoy the benefits of this great organization. If you want to have access to scholarships, reinforce your employability skills, grow your professional network and compete in nationally recognized contest programs, this is the organization for you! WGTC's SkillsUSA chapter has earned several honors over the years including Gold Chapter of Distinction in 2020.



**BECOME A LEADER
BECOME EMPOWERED
BECOME A CHAMPION**

Join SkillsUSA



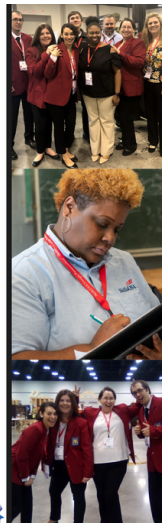
Attend Our Virtual Meeting.

Time: Jan 27, 2021 02:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/968004847187>
pwd=UIZZSIBKVNxSXM4NFXR2Y1WjU4Zz09

Meeting ID: 968 0048 4718
PASSCODE: CHAMPION

FOR MORE INFORMATION VISIT
<https://www.westga.tech.edu/student-life/student-organizations/skills-usa/>



This March, we will participate in the annual SkillsUSA Georgia Championships. With over 80 different contests, members can choose from contests like Job Interview, Culinary Arts, Esthetics or Customer Service to compete against students from other students throughout the Technical College System of Georgia to showcase the skills they have obtained at West Georgia Tech. To join, complete the electronic membership form found here: <https://forms.gle/YvjE6ka22nMLVfBV6> and pay your \$15 membership dues to a cashier on any campus by noon on Friday, January 29, 2021. **For more information, attend our virtual monthly SkillsUSA on Wednesday, January 27, 2021 at 2 p.m.**

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

<https://forms.gle/PggDZ7FBePu5DsMK6>

**Upcoming student organization meetings:
SkillsUSA Meeting: January 27, 2021 at 2 p.m.**

<https://zoom.us/j/968004847187>
pwd=UIZZSIBKVNxSXM4NFXR2Y1WjU4Zz09

WGTC VIRTUAL CORNER: Missed the Inauguration? You can check out the full coverage here:

<https://www.facebook.com/NPR/videos/520967685513065/>



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, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.