

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, FEBRUARY 9, 2024



WEEKS OF WELCOME RECAP



WEEKS OF WELCOME WAS A BLAST! Thank you all that came to celebrate weeks of welcome with us and to see the unveiling of WGTC'S new Mascot KNIGHTRO! We enjoyed the laughter, excitement and the overall appreciation you all showed.

February is American Heart Month



Did you know? February 1st began American Heart Month! President Lyndon B. Johnson first proclaimed February as American Heart Month in 1964.

This month a spotlight is placed on combating heart disease which is an illness that significantly impacts hundreds of thousands of Americans each year. Click on the heart balloons to watch a brief video about the Nation of Lifesavers. Then, visit heart.org/nation for additional information.



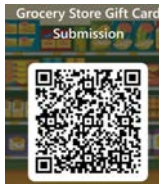
HEALTH AND WELLNESS

VALENTINE'S DAY DINNER RECIPES



Restaurants all booked up and you're trying to save money, look at these 35 recipes to make for your special loved ones for valentines day at home!

If you try a recipe, let us know by entering a drawing for a grocery store gift card. Scan the QR Code to enter.



WEEKLY WELLNESS TIP: SELF LOVE IS THE BEST LOVE.

February is the month of love! Love for family and friends but most importantly the love of self! take time this month each day to show love and show up for yourself everyday.

Self Love Activity Ideas

- ♥ Self love journal prompts-you can find so many list on pinterest or even buy cards!
- ♥ Solo date Night: Go to your favorite restaurant or get take out and relax
- ♥ Create a list of the things you love about yourself or a Gratitude list
- ♥ Plan a solo trip adventure
- ♥ Practice Self love affirmations: ex. I love who i am
- ♥ Walk out of Negative talk, that dont serve you.

Self Love Podcast Recommendations

- The Self-Love Club-Bel Crawford
- The Road to Self Love Paul Fishman
- The Confidence Podcast-Trish Balckwell

Love yourself songs

- Flowers-Miley Cyrus
- Alien Superstar-Beyoncé (or the whole renaissance album no judgement here!)
- Scars to Beautiful-Alessia Cara
- Born this way-Lady Gaga
- Good as H**l-Lizzo
- Roar- Katy Perry

Book Recommendations

- Dare to let go-Alexandra Vasiliu
- Think like a monk- Jay Shetty
- What a Time to be Alone- Chidera Eggerue
- The Self-Love Experiment- Shannon Kaiser
- The Body Is Not an Apology- Sonya Rene Taylor
- Year of Yes- Shonda Rhimes



STUDENT ORG SPOTLIGHT

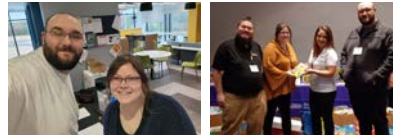
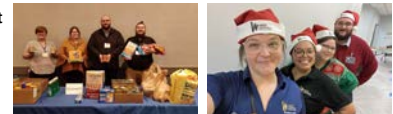
FBLA RECEIVES HOT SHOT CHAPTER AWARD!!!



The FBLA Collegiate Hot Shot Chapter Award awarded to chapters who have started out the year by being active at the beginning of the academic year.

Some activities that WGTC's FBLA Collegiate have hosted this year American Enterprise Day Celebration, members attended the 2023 Georgia Fall Leadership Conference, fundraised for National Prematurity Awareness Month, displayed informational tables for Breast Cancer Awareness, and hosted a Food Drive for Solidarity Sandy Springs Food Pantry. This semester FBLA Collegiate plans to promote getting involved with the community and the school.

The WGTC chapter is excitedly gearing up to compete at the FBLA Georgia State Leadership Conference. The organization's goal is to get as many as possible qualified to attend Nationals! The FBLA Collegiate National Conference will be held in Orlando, Florida this June. If you are interested in being apart of this amazing team, please reach out to Tammy Frost at tammy.frost@westgatech.edu.



WGTC Student Counseling Connection offers confidential counseling and much more for our students.



Find out about Student Counseling Connection Here: <https://www.westgatech.edu/student-life/student-counseling-connection/>



Horoscope CORNER: Check out your Daily Horoscopes! Email Student Life if you found anything intriguing or interesting about your Horoscope. Click the Horoscope wheel!



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