

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, MARCH 3, 2023



MARCH IS WOMEN'S HISTORY MONTH.

On February 28, 2023, The White House issued a proclamation on Women's History Month. In this proclamation, it states, "Ours is the only Nation in the world established upon a profound but simple idea — that all people are created equal. An objective of Women's History Month is to celebrate women who have bravely fought for equality, justice, and opportunity in our Nation. Read the full proclamation here: [A Proclamation on Women's History Month, 2023](#). In connection with Women's History Month, March 8, 2023 is International Women's Day. Find out more about the IWD 2023 Theme: #EmbraceEquity and ways to observe here: [International Women's Day](#)

HEALTH AND WELLNESS

31 HEALTHY DINNERS TO MAKE IN MARCH



Embrace the taste of spring by whipping up one of these healthy dinners this March. Email student life and send pictures if you create one of the delicious meals.

Please click here for more info:

<https://www.eatingwell.com/gallery/8032381/healthy-dinners-to-make-in-march/>



Interested in a fitness card?

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

WEEKLY WELLNESS TIP: DAYLIGHT SAVINGS TIME

Spring forward as the clocks go up and hour for daylight savings time. Look at these tips that help you easily prepare for the time change so you can stay on top of your game.

- Set your morning alarm for 30 minutes earlier Sunday.
- Go to sleep a few minutes earlier.
- Get up at your usual time, no matter what the sunrise is doing.
- Don't think in terms of what time it is really. As your alarm goes off at 6 a.m. Monday morning, try not to think it's really only 5 a.m. Good luck!

View full article and more tips by clicking the clock!



DEPARTMENT SPOTLIGHT

SPECIAL POPULATIONS:

Donna Boyd-Gomez is the new Special Populations Coordinator. Though her office is located on the Carroll Campus, she is making sure to visit all campuses. Students may contact Donna anytime between 8:00 a.m. and 5:00 p.m. to speak with me and/or make an appointment. Email: donna.boyd@westgatech.edu or office phone: 770-838-2526

If you identify as any of the following: Single Parent, Homeless Person, Out-of-Workforce Person, Low-Income Individual, Armed Forces Dependent, English Learner Student, Foster Care Individual, or an Under-represented Gender Student, Donna aims to support these identified students as an advocate, resource liaison, and counselor.

Pay attention to the Special Populations page on the website for information. Especially lookout for "POPS from POPS" during "Spring Fling" Student Life activities in March!

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 Horoscopes Profile for 2023! Email student life if you found anything intriguing or interesting about your profile. Click the Horoscope wheel!



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