

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, MARCH 8, 2024



Spring Fling

Spring Fling festivities begin on Tuesday, March 19! Student Life is bringing a beach themed party your way with Spring Break Survival Kits, free food, beach bingo, and indoor games, for WGTC students. Come have fun, unwind, and kick off spring with us in the Student Center Courtyard on each campus! Click the flyer for dates and more information! We can't wait to have fun with you.



Cultural Enrichment Experience

Student Life invites you on a Cultural Enrichment Experience!

Join us on a spring break trip to Chattanooga, Tennessee for fun!

Just for \$10 :
Transportation
Cultural Enrichment t-shirt
1 day meal stipend
Admissions Ticket to a fun activity! (I know what a deal!)

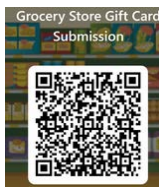
HEALTH AND WELLNESS

ST. PATRICK'S DAY
DESSERT RECIPES



Please enjoy these 40 St. Patrick's day sweet tooth dessert recipes to conclude any dinner party.

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



Interested in a fitness card?

Click on the link below to sign up!

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

WEEKLY KNOWLEDGE TIP:

HAPPY WOMEN'S HISTORY MONTH!

March is Women's History Month in which we celebrate women by honoring their achievements and contributions made throughout history.

Notable Women's History

Elizabeth Cady Stanton and Susan B. Anthony: Formed The National Woman Suffrage Association

Beulah Louise Henry: Queen of Inventions (Can opener, bobbinless sewing machine, Hair curler, kiddie clock, type writing machine) the list goes on!!

Sojourner Truth
American abolitionist and activist for African-American civil rights, women's rights, and alcohol temperance.

- Conversations with Women**
- The Mel Robbins Podcast- Mel Robbins
 - Anything Goes- Emma Chamberlin
 - The Confidence Podcast- Trish Balkwell
 - 2 Dope Queens- Phoebe Robinson and Jessica Williams
- Directed by women**
- Lady Bird: Greta Gerwig
 - Clueless: Amy Heckerling
 - Boys Don't Cry: Kimberly Peirce
 - Paris is Burning: Jennie Livingston
 - The Matrix: Lily and Lana Wachowski

- Written By Women**
- The Color Purple: Alice Walker
 - To Kill a Mocking Bird: Harper Lee
 - Pride and Prejudice: Jane Austen
 - My Sister's Keeper- Jodi Picoult
 - The Body Is Not an Apology- Shonda Rhimes
 - Year of Yes- Shonda Rhimes



STUDENT ORG SPOTLIGHT

WGTC SKILLSUSA ATTENDS STATE CONFERENCE

Eleven WGTC students competed in this year's SkillsUSA State Conference held in Atlanta, GA on February 22-24. Contests were hosted in the Georgia World Congress Center and The Westin Peachtree Plaza Hotel. WGTC earned a Quality Chapter of Excellence Award. The Health Knowledge Bowl Team placed second earning a silver medal.

We are so proud of the hard work and dedication these students and advisors put into preparing for this conference. If you are interested in being a part of SkillsUSA, please visit: <https://www.westgatech.edu/student-life/student-organizations/skills-usa/>

- SkillsUSA Members and Contests:**
- Computer Programming- Glenn Freeman
 - Culinary Arts- Margaret Dollar
 - Health Knowledge Bowl - Jennifer Littell-Allen, Shadariah Mason, Kayla Zachery, Abby Hembree
 - Medical Terminology- Kaitlynn McGouirk, Jacklyn Sandin
 - Welding Fabrication- Ray Morehead, Seth Hill, Hannah Hill



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

STUDENT COUNSELING CONNECTION



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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