NCC REMOTE STUDENT NEWSLETTER

FOR ALL NCC STUDENTS, FACULTY, AND STAFF
SEE PAGE 2 FOR MORE DETAILS AND RULES

International Cafe Chat Online!

Practice conversation with the NCC community. Bring your tea/coffee and a snack to enjoy during this chat! :)

WHEN: Every week; 1st meeting is on Friday, April 24, 2020 at 7:00pm
WHERE: Zoom Video (Meeting ID: 922 0308 9375)
Link: https://ccsnh.zoom.us/j/92203089375

More questions?
Contact: Professor Berry (ebery@ccsnh.edu) or Cleora Ohar (cohar@ccsnh.edu)

LIP SYNC BATTLE

NCC "FRIENDS THEME"
"I'LL BE THERE FOR YOU"

Meet and Greet

Meet Kelly Wholey of Lumina Pro Photography

"Quarantine Cat" Caption Contest
See page 2 for details

WEDNESDAY, APRIL 29TH
FROM 4:00PM TO 5:00PM
Zoom, ID# 919 1069 5376 OR join by phone
+1(646)558-8656
Lip Synch Battle Rules:
“Friends” Theme Music Video Guidelines:

Let’s stay connected and be there for our campus community with a lip sync music video montage! The music video will be to the song “I’ll Be There For You.” We will be using the 50 second clip from the song that is used in the show Friends. Here is the link to the clip on YouTube: https://www.youtube.com/watch?v=sLi8EEwYZvw

When you record yourself, feel free to play the music out loud or in headphones. Sing & dance along with friends, pets, or family. Just have fun with it! You can sing, dance, do cartwheels, whatever is fun for you! (Your audio will not be used except for the clapping part at the beginning of the song, so make sure to clap!)

● Please shoot HORIZONTAL video
  (Turn your phone sideways (landscape) to take the video)
● Make sure you have at least your head and upper mid-section in view, with no more than a couple of inches of space above your head
● Shoot straight on - position the camera so that it is not too far above or below you. You should be able to look straight forward into it
● Make sure there isn’t a window or light behind you shooting towards the camera. Go in front of a window so that the natural light is on the other side of the camera, lighting up your face (Or just go outside! :)
● Stand in front of a dark background if possible
● Bring your pets, kids, and quarantine buddies in on the action!
● Start the video at least 5 seconds before the song starts, and stay still & smile for at least 5 seconds after the song ends
● Send video clips to Tina Forbes at cforbes@ccsnh.edu by Wednesday, April 22.

Most importantly… HAVE FUN!

Photo Caption Contest!

Comment on this photo on either NCC’s Facebook or Instagram page, with your funniest or wittiest “remote learning or working” related caption. (Cannot be vulgar, must be Safe For Work/SFW)

The comment with the most likes by Wednesday 4/22 at 12pm will be the winner!

Winners will be announced for both FB and IG on Thursday 4/23 and each winner will receive a $10 Amazon e-Gift Card!

NEW Student Life/Wellness Center Canvas Course with At Home Health and Wellness Resources

Please email awunderlich@ccsnh.edu for an invitation to our new Student Life Canvas course! This page contains valuable health and wellness information and resources including at home exercise, nutrition, mental health and meditation, & COVID-19 resources. This is a challenging time for all and I hope that this can help make staying at home just a little easier. I will be adding more as time goes on, and please feel free to reach out with questions or suggestions. Take care and stay well!
Human Trafficking and Adverse Childhood Experiences

About the Speakers

Donna Plourde, Executive Director of Real Life Giving
Real Life Giving seeks to raise awareness and encourage action and support in regard to sex trafficking and commercial sexual exploitation through education, training, prevention initiatives, and outreach.

Dellie Champagne, M.Ed, Community Engagement Coordinator
Dellie is with the Children’s Behavior Health Collaborative. She strives to build a constituency of mental health advocates to strengthen the System of Care for children in NH.

April 24th, 2020 9:00 am - 1:00 pm

Join us for a day of education on Human Trafficking and Adverse Childhood Experiences (ACES). A virtual conference will be held via Zoom where our speakers will discuss these topics as well as provide opportunities for questions by the viewers. This information will be helpful to healthcare workers, educators, and other members of the community. Participants will receive 4 contact hours.

Scan for Registration or Visit Eventbrite.com

Organized by Nashua Community College Nursing Students, Class of 2020