

NEST Talk

Know What to Do and NEST RIGHT!



You already know about NEST...

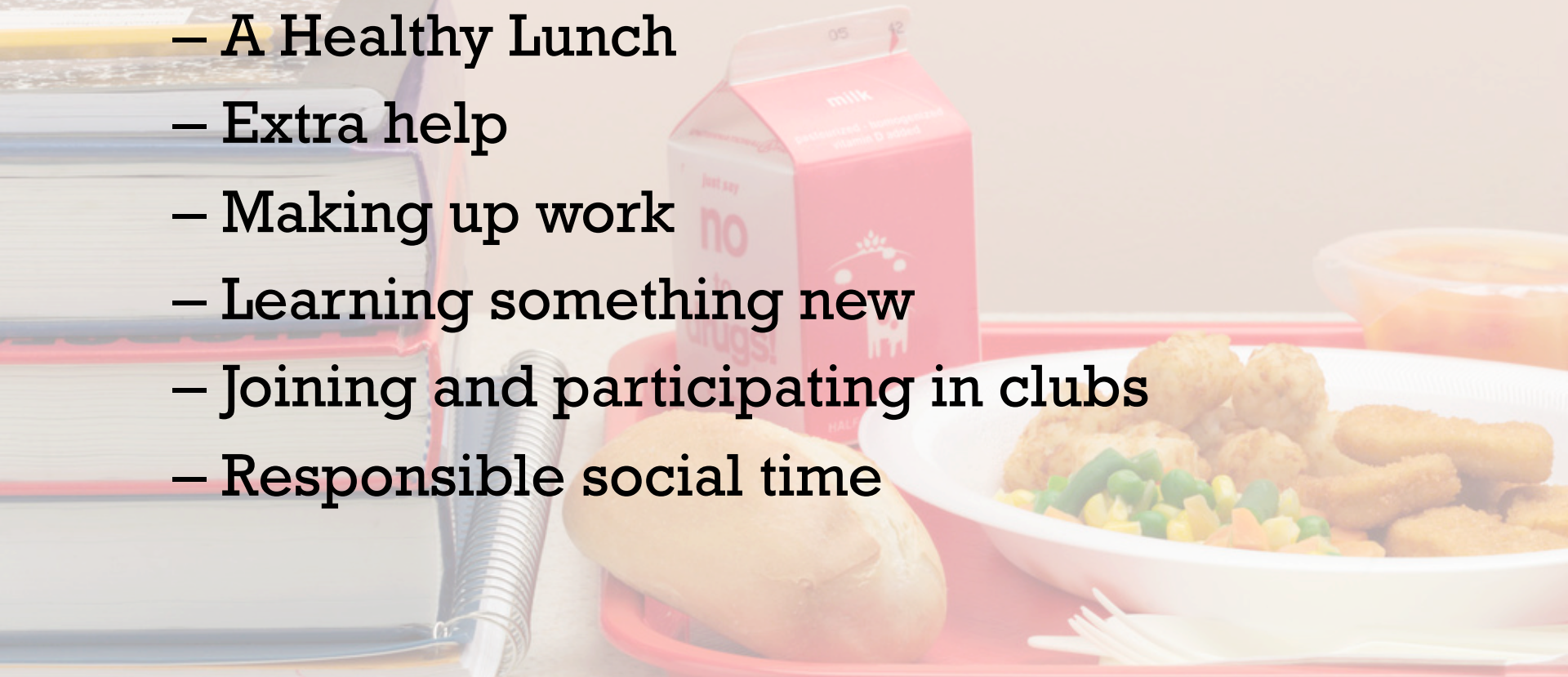
**This is some
STRAIGHT TALK...**

**So you can enjoy YOUR NEST
ALL YEAR!**



It's Not About What You've Done, It's About What You're Doing...

- NEST is a time for:
 - A Healthy Lunch
 - Extra help
 - Making up work
 - Learning something new
 - Joining and participating in clubs
 - Responsible social time



Make it Happen!

- If your grades need help – get the help! Real friends will wait...
- The halls are not the mall – find a place to be and something to do!
- What clubs do you want to see offered? Don't be shy – ask! NEST is for YOU!



What to Do...

The beauty of NEST is that you can eat wherever you like in the building with the exception of *the Media Center and Computer Labs...*



Make it Happen...

- Clean up after yourself and remind your friends to do the same!
- Recycle your bottles and cans.
- Leaving the building looking like this is a good way to lose NEST for good!

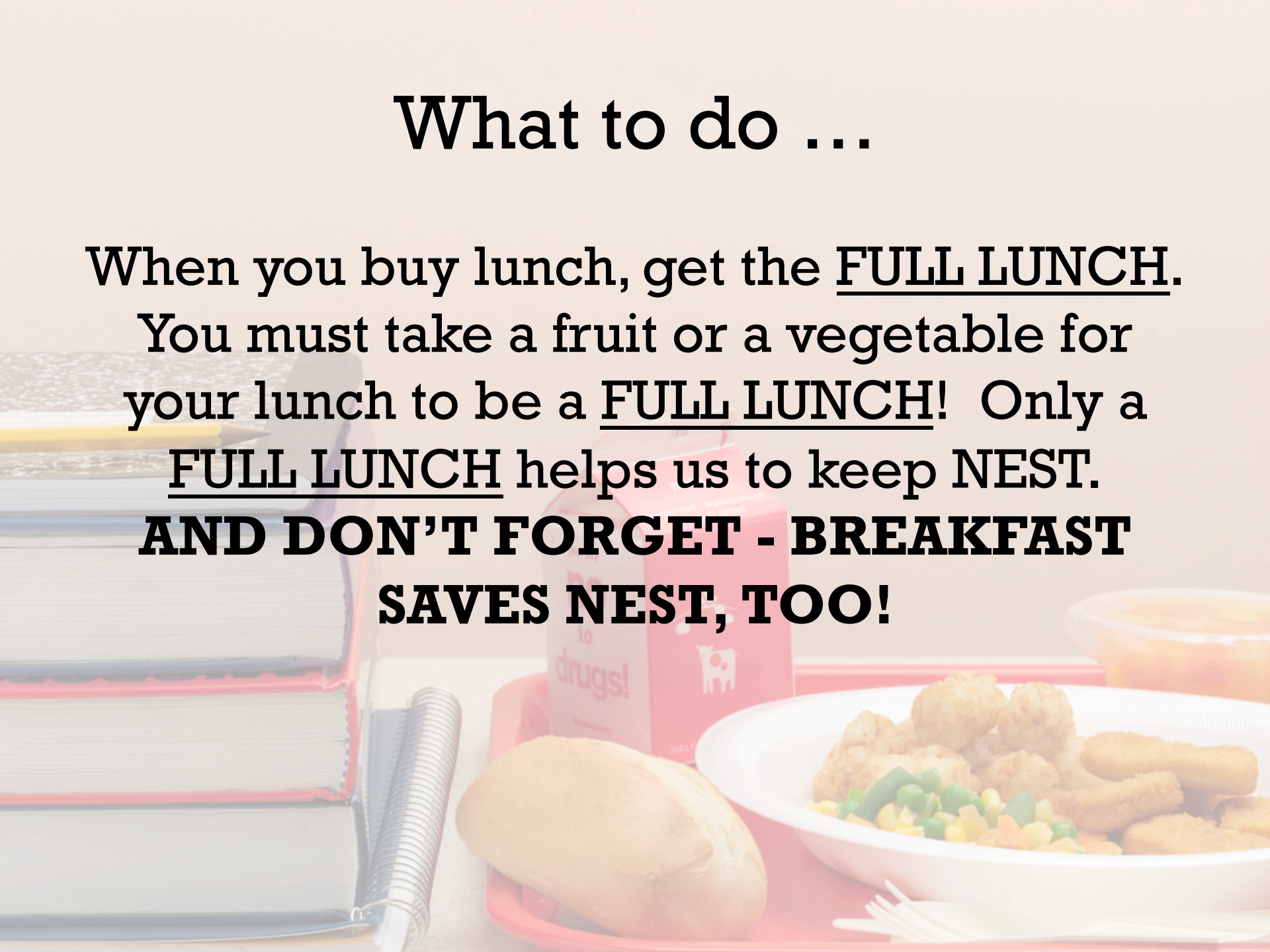


What to do ...

When you buy lunch, get the FULL LUNCH.

You must take a fruit or a vegetable for your lunch to be a FULL LUNCH! Only a FULL LUNCH helps us to keep NEST.

AND DON'T FORGET - BREAKFAST SAVES NEST, TOO!



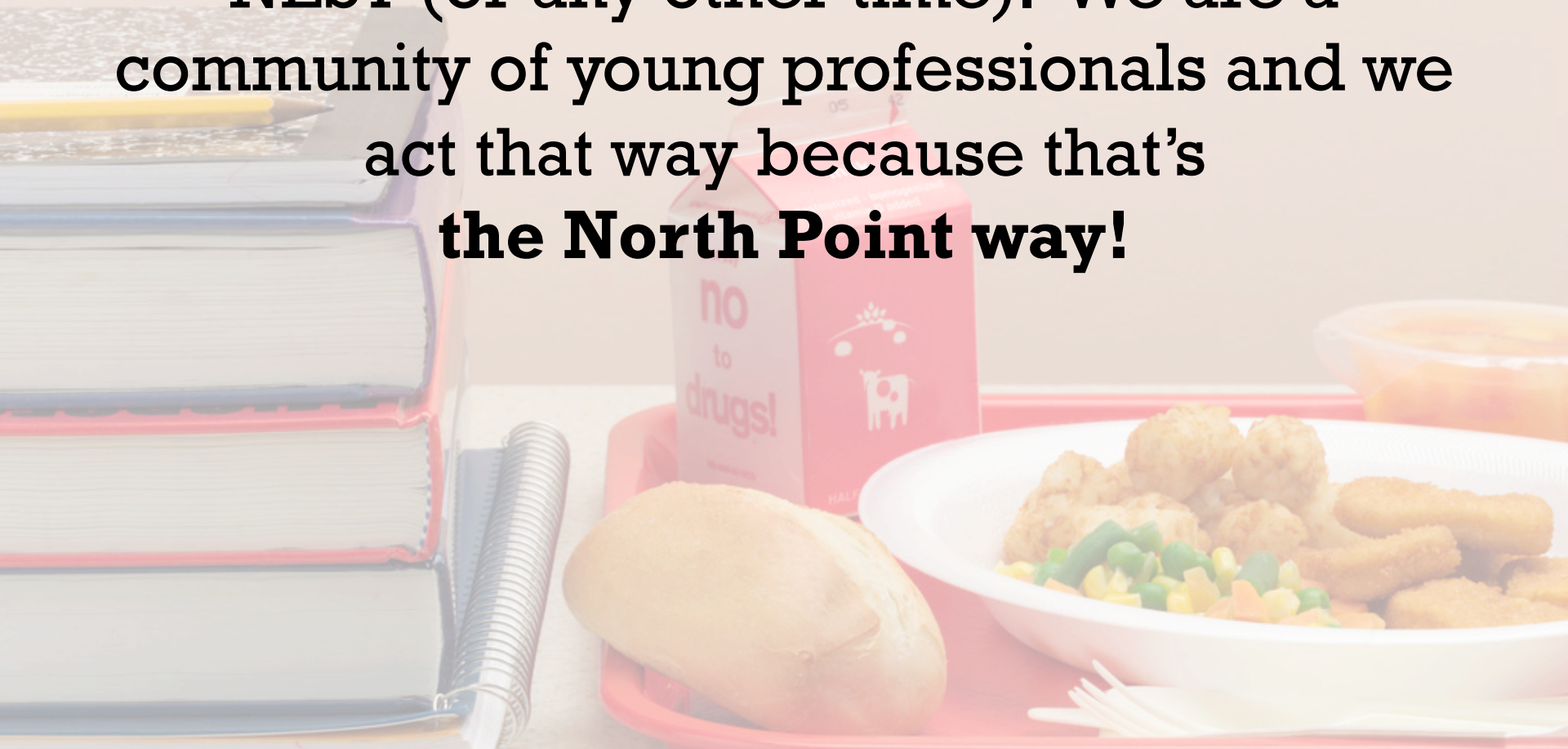
Make it Happen...

- If the cafeteria staff suggests you get a milk, juice, fruit, or vegetable – DO IT! They're just trying to help YOU out! You already paid for it – PICK IT UP!
- Give some love – Put food you don't want on the share table for someone else!



What to do ...

No one likes disrespectful behavior at NEST (or any other time). We are a community of young professionals and we act that way because that's **the North Point way!**



Make it Happen...

- Don't cut in lunch lines – we're all trying to eat here! Wait your turn like everyone else!
- Don't participate in hype – if something's going down, let a teacher know – it might just save **your** NEST.
- Others doing this *last year* helped SAVE NEST for THIS YEAR!



What to do...

This week, on Monday, Tuesday, Wednesday, and Thursday, we will have **REGULAR SHIFT LUNCHES.**

Everyone will report to third block after second today; your third block teacher will dismiss you to the CAFETERIA ONLY for lunch on these days.

Make it Happen...

- THIS IS TEMPORARY!
- We REPEAT – this is TEMPORARY!
- ONE MORE TIME – this is TEMPORARY!
- NEST will be BACK on FRIDAY!
- Remember - **NEST RIGHT all year long** and this will be the only four days that you experience “regular” lunch shifts...

Know What to Do and Make it Happen!



Use your time
productively!

Join a club ... or even
start a new club!

Grades first,
friends later!

Clean up your trash!

Take your FULL lunch!

Give respect...get
respect!



Let's Have a Great Year!

