

Wake Forest High School PTSA Newsletter

Welcome to our February newsletter!

As we enter a new semester, we hope you all are enjoying your new classes! Meet the teacher and Curriculum night are on Thurs Feb 6th. Come on out and meet your children's new teachers and get info on classes they might be interested in for next year at Curriculum night! See the flyer below for more details. Class selection for next year is right around the corner – go to the <u>student services page</u> for more details!

WF WAKEFOREST HIGH SCHOOL A20 Stadium Dr. Wake Forest, NC 27587 (919) 554-8611 wcpss.net/wakeforesths MEET THE TEACHER CURRICULUM FAIR & BISING OPEN HOUSE

Date: Thursday, February 6th, 2025

Curriculum Fair & Open House Time: 5:00pm - 6:15pm

Spring Meet the Teacher Time: 6:30pm - 7:30pm

Break-Out Session: Time: 5:15pm Career & College Promise at WTCC (Media Center)

- Segistration Timelines
- Graduation Requirements
- * Counselors
- Course Selections
- College Expectations
- Ninth Grade Transition Information
- Career Academy, Performing Arts, JROTC and Clubs Information

Break-Out Session: Time: 5:15pm Academy for Construction & Design Careers (Auditorium)

Break-Out Session: Time: 5:45pm Meeting for Rising 9th Graders & Parents - Class of 2029 (Auditorium)

Focus on transition to High School & Registration Process

Join us for our Meet the Teacher, Curriculum Fair and Rising 9th Grade Open House! This program includes a general information session for each group of students (rising 9th graders and current WFHS students) and a full curriculum display, highlighting the courses that we offer at Wake Forest High School for the 2025-26 school year. The curriculum booths offer parents and students the opportunity to ask teachers and students from each curricular area about course offerings and content as well as the academic demands of the courses.

Thank you for being a part of this event!

Please come join us at our monthly board meeting on Monday, February 10th at 6pm in the media center. We will start with a General Assembly meeting, which will take about 15 minutes to go over our budget and plans for the rest of the year. We need you there to make Quorum so we can vote so please come out and join us! Then we would love for you to stay and learn more at our board meeting if you have the time!

All parents, teachers and students are welcome to join our meetings, and it is an awesome way to keep updated with what is going on at your school. If you can't join in person and need to join via zoom, email us at <u>ptsa.wfhs@gmail.com</u> to get the link.

Hospitality

.

In January we helped with a new tradition for WFHS staff, a chili cook-off and cookie contest! We had lots of chilis and cookies entered in the contest, and our winners were Michelle Davis for chili, and Suzy McCabe for cookies! Congrats!! Along with Chili there were sandwiches and salads, drinks and of course cookies! It was delicious fun. Thanks Mrs. Thomas for starting this great new tradition!

In February we are feeding our staff before the Curriculum Fair/Meet the teacher so they have one less thing to think about on such a busy evening. If you would like to donate food or your time click the <u>link</u> to sign up! We look forward to seeing you there as well!

Want to find out how to help with fun events like this? Join the PTSA and email us at <u>ptsa.wfhs@gmail.com</u> to get in on the fun!



Advocacy

In honor of black history month, in February we are focusing on a topic a lot of people don't know a lot about - microaggressions. Here is some info to keep us all better informed.

Microaggressions 101: Defining, Recognizing and Acknowledging the impact.

Microaggressions are defined as the everyday subtle, intentional – and oftentimes unintentional nonverbal and environmental slights, snubs or insults that communicate hostile, derogatory, or negative messages to target persons based upon their marginalized group - <u>https://powertofly.com</u>. Many people experience forms of micro aggressive behaviors in everyday life including in the workplace, community and school. Microaggression was first termed in 1970 by Harvard Psychiatrist, Dr. Chester Pierce who used the term to describe the regular insults and dismissals he witnessed of non-African Americans towards African Americans. Dr. Pierce believed that the ongoing experiences could have a major impact on a person's psychological and physical health over time. As years progressed, micro aggressive behaviors were further studied by social scientists who examined how microaggressions affected other marginalized groups. Attached are articles which further explore microaggressions, examining more in-depth the definition, examples and ways to prevent them.

https://rightasrain.uwmedicine.org/life/relationships/microaggressions

https://hbr.org/2022/05/recognizing-and-responding-to-microaggressions-at-work

https://academy.florence-nightingale-foundation.org.uk/wp-content/uploads/2022/12/Co mmon-defences-microaggressions-1024x848.png

https://www.medicalnewstoday.com/articles/microagressions#classifications

.

Student Health and Wellness

Our student health and wellness committee is student led and its purpose is to provide our students with resources to better their own health and wellness. For **the month of February we are focusing on diversity and respect.** How we treat others says a lot about ourselves. Always try to be respectful, kind and courteous of others.

RESPECT

respect

[rI-spekt] noun

Due regard for the feelings, wishes,

rights, or traditions of others.

Respect means you must be polite to everyone, regardless of background, appearance, personality, interests, etc. Respect does not just mean to respect other people, it also means you should respect yourself by making good decisions, being kind to yourself, etc.

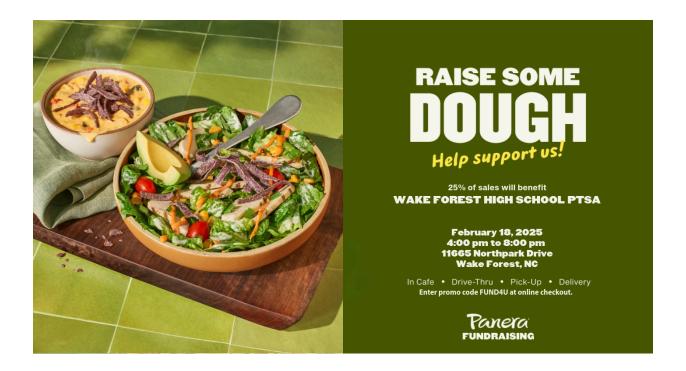
*Reach out to your school counselor for help



Spirit nights

.

We will be having our next spirit night at Panera Bread on February 18th from4-8pm! Make sure you bring a printed or electronic version of the flyer or use the promo code for online orders. Here is our flyer. Hope to see you there!



PROM

.

This year's prom is on March 15th. The prom is for Juniors and Seniors and is from 7-11pm at the Raleigh Union Train Station. Tickets are \$75 through Feb 14th and then are \$85 until March 5th. Make sure you buy your tickets on time so you don't miss this fun event! A form must be filled out to bring a guest from another school so make sure you do that ASAP! Click <u>here</u> for more info!

Also if you have an old prom dress you no longer want, you can donate it at "meet the teacher"! We really appreciate all the donations every year so students can "shop" for a dress!



WE ARE EXCITED TO ANNOUNCE THIS YEAR'S SWEET ESCAPE PROM! STEP INTO A MAGICAL CANDY WONDERLAND FOR A NIGHT OF DAZZLING DÉCOR, SWEET SURPRISES, AND MEMORIES THAT WILL LAST A LIFETIME.

EVENT DETAILS:

TT DATE: MARCH 15TH

🕑 TIME: 7:00 PM - 11:00 PM

T LOCATION: RALEIGH UNION TRAIN STATION

TICKET INFORMATION:

💰 \$75 THROUGH FEBRUARY 14TH

💰 \$85 STARTING FEBRUARY 15TH - MARCH 5TH

13410011

⋟ TICKETS WILL BE SOLD ON GOFAN STARTING JANUARY 22ND! 🗇

CLICK HERE TO ACCESS PROM GOOGLE FOLDER FOR ALL OF YOUR PROM NEEDS IN THE WEEKS AHEAD! FOLDER WILL BE UPDATED WITH ANY ADDITIONAL INFORMATION AS WE GET CLOSER TO THE DATE!

SWEETLY YOURS, WAKE FOREST HIGH SCHOOL PROM COMMITTEE

111111

41 14

1111

1.1



FORMAL GOWNS

Curriculum Fair February 6th 5:00-7:30pm

- bring gently used gowns
- all sizes appreciated
- gowns will be given to students

email ehinman@wcpss.net with questions



Graduating Class of 2025

.

PTSA 2024-2025 Scholarship Application

This Scholarship is for Wake Forest High School Seniors Only

The Wake Forest HS PTSA will award two (2) **\$750.00 scholarships** in **May 2025**! Application, Essay & Letter of Recommendation are required to apply for this scholarship. Applications can be found here:



A limited number of paper copies available in the Student Services office. Deadline: February 1, 2025 midnight

Planning

.

If you would like to help with planning this year, email us at <u>PTSA.wfhs@gmail.com</u> to find out how to get involved! Our next **Class of 2025 planning meeting** will be on **February 27th at 6pm in the media center.** We will be sending more updates soon! Come out and help us make this year awesome!

The Class of 2025 breakfast is set for February 12th. Please sign up <u>here</u> if you would like to contribute donations and/or volunteer!



The Class of 2025 mid year graduation was last Thursday evening, Jan 30th. It was a lovely, intimate event for our students who are graduating and moving on to new things! Good luck to you all!!





Important Senior Dates:

Feb 12th: Class of 2025 breakfast

- **Feb 27th**: Planning meeting at 6pm in the media center
- Jun 16th: Graduation at 4pm at the Raleigh Convention Center



If you would like to donate to the backpack buddies food drive at our school, here is a link below of items needed. You can drop it off at meet the teacher on Feb 6th or in the media center or front office. Thanks for your help!

.



FOOD DRIVE ITEMS

This is a list of suggested donation items. Please ensure items are packaged as individual single servings. Due to the design of the program, we cannot accept family size items. Thanks for your understanding.

For more information go to www.newbackpackbuddies.org

North East Wake Backpack Buddies would like to thank you for your kind donation and support!

Lrg Cans (15 oz) Ravioli Beef Stew Spaghetti O's

Ramen Noodles Individual bags only (NO STYROFOAM CUPS)

Salty Snack Goldfish or Cheez Its Snack Mix **Ritz Crackers** Mini Pretzels Chips



Oatmeal Single Serving Packet

Sm Cans (7oz) Spaghetti O's Beenie Weenie's Beef Stew





Protein Peanut Butter Crackers Cheese Crackers

Mac n Cheese Individual mac n cheese cups 📷

Cereal Cereal boxes or cups



Scan here for more information



Bar of Any Kind

Fig Newton Cookies

Mini Cookie Variety Packs

Sweet Snack Mini Nilla Wafers

Puddings

Protein Granola Cereal bar Crunchy Sweet & Salty mix



.

Donate to the Giving Tree!

The Giving Tree is one of our biggest fundraisers every year, and it is a super easy way to help our school earn money! We earned \$5400 from them last year and had the most points again of any school. Here's how it works:

<u>The Giving Tree</u> is a local non-profit that accepts donations from the community with the specific goal of using the proceeds to generate funds for local schools! Donating is simple. All you do is grab a paper bag or box, fill it with gently used home goods or toys, and drop it off at the giving tree (839 South Main St) any time.

We get **DOUBLE POINTS** for donations made on **Monday and Tuesday**. **Be sure to tell them your donation is for Wake Forest High School**. They accept donations Monday-Friday from 10:30-4:30. There is a list of allowed goods and donation instructions on the <u>DONATE</u> page of their website. You get points for every donation and points every time you shop, so don't forget to look around while you are there. They are the cutest boutique!



We need your help to support WFHS!

.........

Join the Cougar Challenge. Our sole purpose as a PTSA is supporting the WFHS students and staff, and 100% of Cougar Challenge donations go toward fulfilling that purpose! Envelopes went home with students last month for donations and it couldn't be easier! These forms can be turned in at the front office, to any staff member, or you can use the QR code on the envelope to donate in seconds. Through the QR code you can also join the PTSA!

Our goal this year is \$5000. Thanks to all who have donated, we have raised about \$2485 so far. If you still want to donate you can go to our Memberships and
Donations page, select Cougar Challenge, and enter the amount you want to donate as your quantity. Support our PTSA and all the fun things we do for our staff and students throughout the year! And while you're at it, sign up to be a PTSA member! It's only \$10 and we would love to have you be involved in everything we do this year!

Don't forget that a lot of companies match charitable donations. You can donate to the PTSA, then have your company match it! It helps us a lot to do great things for our school!



You can also Link your Rewards Cards to give back to the school. It takes just a couple minutes to do on your own and costs nothing. Go to the <u>Fundraising page</u> on our website to enter your information for <u>Lowes Foods</u> and <u>Publix</u> or click the links to go directly to the applicable page on each store's website. From August 1-July31, a portion of everything you buy at these stores will go to support the school, and you don't have to do a single thing after linking it except shop as you normally would.



Helpful WFHS Links

Need to find a WFHS-related page, but can't find it ANYWHERE? Yeah, we get it! Here's your one-stop list of (almost) all things WFHS! If we're missing something, let us know so we can add it! Also follow WFHS PTSA on facebook, instagram and twitter!

Grade-Specific Facebook Pages

<u>Freshman Class of 2028 Facebook Page</u> <u>Sophomore Class of 2027 Facebook Page</u> <u>Junior Class of 2026 Facebook Page</u> <u>Senior Class of 2025 Facebook Page</u>

READ MORE ON OUR WEBSITE

.....



WFHS PTSA