



Wake Forest High School PTSA Newsletter

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Welcome to our March newsletter!

Please scroll to the bottom of this email, and be sure to click “view entire message”. Gmail is cutting off the bottom part of the newsletter! Also, make sure you add ptsa.wfhs@gmail.com to your contacts so our messages won't go to spam or get lost in your promotions.

Please consider helping out and joining our PTSA board! Our organization is solely volunteer run, and without more volunteers and leaders, we cannot support our school in the way we should. A lot of people think there is less parent involvement when we get to high school, and that is partially true. Your kids are much more independent. But high schools need parent volunteers more than ever, and it can be a lot of fun too! Our PTSA is extremely active... supporting scholarships, grants, graduate events and treats for our staff. Come out and show our school how much we appreciate and support them, while also keeping yourself informed about what's happening at school and having fun with an awesome group of volunteers!

Some roles we need filled for next year are **Secretary, Membership, Fundraising and Spirit Nights**, to name a few. Please reach out if you are interested. If there is something else you would like to do, we can find a role best suited to your talents. Come to our next board meeting or reach out to learn more.

Speaking of board meetings, please join us for our **March board meeting on Monday, March 9th**. Email us if you can't attend in person and would like the google meet link.

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Advocacy

One of our main focus points with Advocacy is Health and Wellness. We have been trying to spread awareness with our student health and wellness committee, as well as provide useful information that may help parents have meaningful conversations with their kids. Here is our focus for March:

Helping Teens Build Healthy Habits for Life

Simple nutrition tips to support energy, focus, and wellness during the teen years.

March is National Nutrition Month — a perfect time to focus on how nutrition helps our teens grow, learn, and feel their best. The teenage years are a time of rapid growth and brain development, and what teens eat plays an important role in their energy levels, mood, concentration, and overall health.

Healthy eating doesn't look the same for every family or every teen. Many students follow different eating patterns — including vegetarian, vegan, or pescatarian diets — for cultural, health, environmental, or personal reasons. With thoughtful planning, all of these approaches can support healthy growth and development.

A balanced diet, regardless of preference, should include a variety of nutrient-rich foods to support strong bones and muscles, steady energy throughout the school day, and a healthy immune system.

Here are a few simple areas to focus on:

- **Protein sources:** chicken, fish, eggs, beans, lentils, tofu, yogurt, nuts, and seeds
- **Fruits and vegetables** for essential vitamins, minerals, and fiber
- **Whole grains** such as oats, brown rice, quinoa, and whole-grain breads for lasting energy
- **Healthy fats** like nuts, seeds, avocados, and olive oil

For teens following plant-based diets, it's especially important to include foods rich in iron, calcium, vitamin B12, and protein. Options like fortified plant milks, beans, leafy greens, nuts, seeds, and whole grains can help meet these needs.

Hydration matters, too. Drinking enough water helps teens stay focused, supports athletic performance, and keeps their bodies functioning well. Encourage teens to carry a reusable water bottle and choose water over sugary drinks whenever possible.

Small changes at home can make a big difference — keeping healthy snacks available, offering a variety of foods, and modeling balanced eating habits all help teens build routines that can last a lifetime.

National Nutrition Month is a great reminder that healthy habits don't have to be perfect, just consistent. Together, we can support our students in fueling their bodies for success.

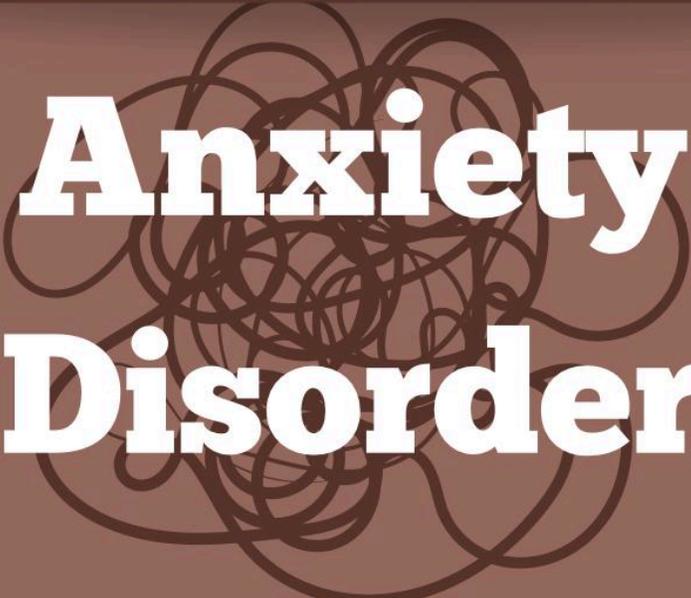
Don't forget to vote in the **NC primary election on Tuesday, March 3rd!** Click [here](#) for more info or to find your polling location. Your vote is important!

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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 March we are focusing on Anxiety** and identifying symptoms of anxiety and coping mechanisms. Most of us feel anxiety sometimes, but for some it can be overwhelming. If you feel like you don't have your anxiety under control, ask an adult, doctor or counselor for help.



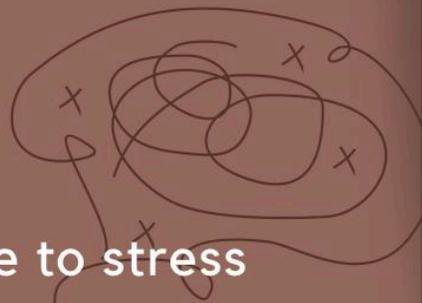
Anxiety Disorder

Defined as persistent worry or stress that is hard to control/suppress

Symptoms of Anxiety

- ↳ Constant feeling of worry/distress
- ↳ Sense of impending doom
- ↳ Increased heart rate
- ↳ Feeling tired/weak
- ↳ Unable to concentrate due to stress

If you feel like this please talk to an adult and ask for help



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Spirit Nights

Thank you to everyone who came out to **Milazzo's Ristorante in February**. What a fun and unique spirit night!

We have 2 amazing spirit nights in March! Our first is at **Culver's in Wake Forest on Tuesday, March 10th**. 10% of all proceeds from **5-8 PM** will benefit WFHS PTSA!

DONATE WHILE *You Dine!*

Join us on Tuesday, March 10th to support Wake Forest High School's PTSA! Come into Culver's from 5:00pm-8:00pm and 10% of your total purchase will go back to the school to support this fundraiser!

Give LOCAL
FOOD. FAMILY. FUTURE.
Culver's



Come on in to your local Culver's restaurant:

Culver's of Wake Forest
2819 Rogers Road, Wake Forest, NC 27587
(919)435-1053

Culver's

CULVERS.COM

© 2018 Culver Franchising System, LLC
Limited time offer. At participating Culver's restaurants. 6/18

Then come out on **Wednesday, March 18th from 4-8pm to Chipotle**, which is hosted by the **WFHS Junioresettes Women's Club!** They have been so kind each year to support our effort to fund staff and club grants at the high school with this fundraiser at Chipotle. Show the flyer below or order with the code online. Thank you Junioresettes!

WE CAN DO THIS!!! FOOD WITH INTEGRITY
COMMUNITY STARTS HERE
FOIL-WRAP
GOODNESS
GENEROUS
HELPING
BURRITOS
TASTES MADE
BETTER FRESH
EVERY
OTHER DAY
THING
FOOD
ULTIMATE
BETTER
WORLD
MADE OF

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
**WFHS JUNIORETTE
WOMAN'S CLUB**

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, MARCH 18TH | 4-8PM
11700 RETAIL DR, WAKE FOREST, NC, 27587

ORDER ONLINE FOR PICKUP USING CODE **FJK3DAY**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count toward the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

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Staff and Club Grants

Did you know there are staff and club grants available through the PTSA? We have gotten a few so far, so spread the word to students and staff that we would love to “grant” some more! Check out staff and students have been up to...

French club is partnering with Cougar Industries so that our students can earn on campus work hours! Cougar Industries is a school based enterprise run by the students in the occupational course of study program (OCS). Students in the OCS Program must earn 600 work hours as part of their graduation requirement. Staff and students are always looking for opportunities to work collaboratively within our school to support these efforts, and this is a shining example of students helping students. Together this group plans to grow herbs and flowers!



A PTSA grant funded the purchase of two cut off tools to be used in the Collision Repair classes. These students have the opportunity to use these for real world skills. (Check out the cool design for the truck rebuild!)



Hospitality

In February we provided a **pizza dinner** to the staff before the meet the teacher event. Thank you to all our volunteers and for your donations!



Our **second annual chili cookoff and cookie bakeoff** is on Tuesday, March 3rd! If you would still like to donate or volunteer your time, please see the sign up [here](#). Donations are needed by tomorrow!

It is almost time for our Spring **Cougar Dash**! Help us celebrate our staff as we go door to door delivering treats. Click [HERE](#) to donate or volunteer. This is a super fun event to help with! We have an amazon wishlist that can be mailed directly to the school, or you can drop donations off yourself. Thanks!

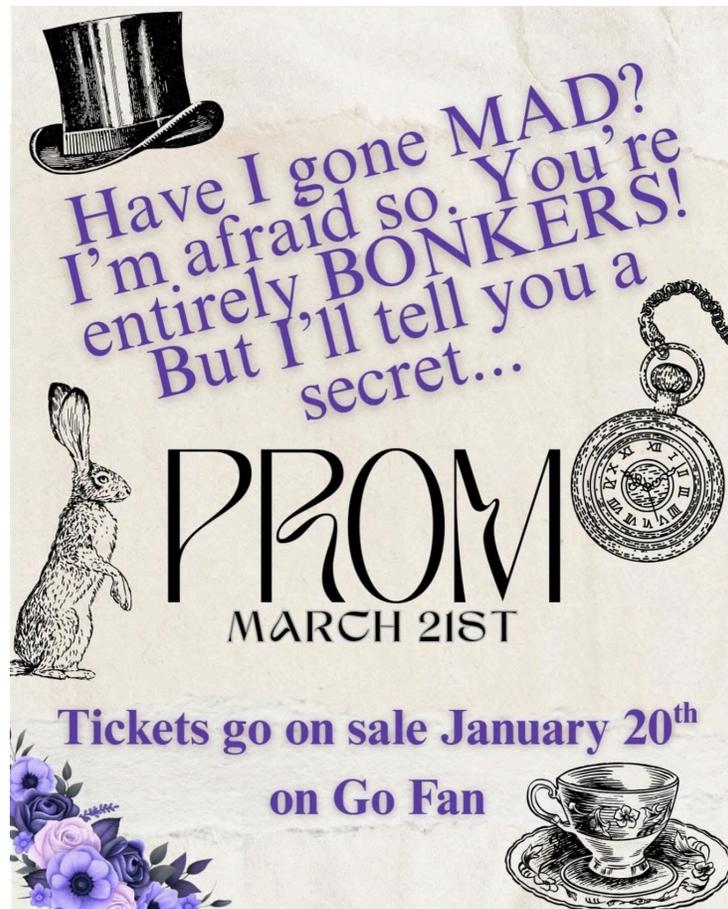
Want to find out how to help with fun events like this? Join the PTSA and email us at ptsa.wfhs@gmail.com to get in on the fun!

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Prom

Prom this year is on **March 21, 2026 from 7-11pm** at the Raleigh Union Train Station.

Tickets went on sale January 20th on GoFan. This has been included in school announcements. WFHS juniors and seniors will be able to purchase one ticket with their student ID number. Guest tickets will need an access code distributed via the process outlined on the [2026 WFHS Prom Condition and Guest Page Linked here](#).



WFHS GOWN BOUTIQUE



View link below to see inventory
and sign up to try on FREE gowns!

Need a prom gown? Click the link below if you would like to browse the inventory
and select a gently used gown.

https://docs.google.com/forms/d/e/1FAIpQLScNqg6G3PP8evQWaGp6aiuwG-mL_h0p60TyV3Z9RVDcse_uXw/viewform?usp=sharing&oid=115549557013749521558

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Graduating Class of 2026

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If you weren't able to attend the **Class of 2026** planning meeting on **February 23rd**
but want to help with the picnic in May, we encourage you to fill out [this form](#).
Families of all grade levels are needed, not just seniors!

Thanks to everyone who helped with the **Graduate breakfast** in February. We appreciate all the donations and support. The students had a great time and a great breakfast! Thanks to McDonald's, Bojangles and Chick fil a of Wake Forest for donating breakfast sandwiches, as well as Courtney's NY bagels and Deli for donating bagels!



If you want to give a general donation for graduate events this year, go to [this link](#) and click “Class of 2026 donation” to contribute to these events specifically! We appreciate your donations to make this year special for our Grads!

Senior Dues – Senior Dues may be paid using this [link](#).

Important Upcoming Dates:

May 28th: Awards ceremony and graduate picnic

Jun 11th: Mandatory Graduation practice 1-3pm in main gym

Jun 15th: Graduation at 4pm at the Raleigh Convention Center

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WFHS Cougar No-Fuss Fundraiser and PTSA Membership

We would love for you to join or renew your PTSA membership for the 2025/26 school year!

We really appreciate everyone who has donated to our Cougar No-Fuss Fundraiser. Please consider donating! We have raised over half our goal of **\$5000**. Help us reach our goal so we can keep supporting our school with grants, scholarships, grad events and staff appreciation, to name a few.

See if your employer does a company match and you can easily double your donation! (our Non-profit EIN # is 61-1533916)

Click this [link](#) to go to our website where you can become a member, donate to our no-fuss fundraiser, or both!

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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 \$5750 from them last year and had the most points again of any school!!** So thank you to everyone who donated and shopped at the giving tree last year! Here's how it works:

The Giving Tree 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 Monday-Saturday from 10:30-4:30. There is a list of allowed goods and donation instructions on the DONATE 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!

WANT TO EARN \$\$ FOR WFHS?!

the Giving Tree
— NonProfit Thrift + Gift Shop —

SHOP OR BRING A HOME DECOR
DONATION TO
THE GIVING TREE THRIFT SHOP,
MENTION WFHS AND EARN POINTS FOR US!

@thegivingtreewakeforest
@thegivingtreeyoungsville

Scan for more info!

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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 [Fundraising page](#) on our website to enter your information for [Lowe's Foods](#) 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.

Stay Engaged: Partnering for Your Student's Success at Wake Forest High School

At Wake Forest High School, we know that student success is strongest when families and educators work together. Your involvement makes a powerful difference – not only academically, but also in your child's confidence, motivation, and long-term achievement. If you attended the recent parent-teacher conferences, thank you for investing that time. Those conversations are just the beginning. Following up with teachers about discussed goals, areas of growth, or improvement strategies shows your student that school matters and that you are actively supporting their progress. If you were unable to attend, it's never too late to connect. Teachers welcome communication and appreciate when parents reach out. Reach out periodically to your child's teachers to ask how things are going. A simple check-in email can open the door to valuable insights about participation, effort, and understanding of course material. Consistently reviewing attendance records and grades through the online parent portal helps you catch concerns early. Even a few missed days can impact comprehension, especially in cumulative subjects like math, science, and world languages. Staying informed allows you to intervene before small gaps become larger challenges.

Your Engagement Matters.

Research consistently shows that students with engaged parents are more likely to:

- * Attend School regularly
- * Earn higher grades
- * Develop stronger organizational skills
- * Feel supported and accountable

Thank you for being an essential part of the Wake Forest High School community.
Together, we can help every student stay engaged, stay motivated, and stay on track for success.

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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

[Freshman Class of 2029 Facebook Page](#)

[Sophomore Class of 2028 Facebook Page](#)

[Junior Class of 2027 Facebook Page](#)

[Senior Class of 2026 Facebook Page](#)

[READ MORE ON OUR WEBSITE](#)



WFHS PTSA