



Wake Forest High School PTSA Newsletter

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Welcome to our April 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! Be sure you add ptsa.wfhs@gmail.com to your contacts so our messages won't go to spam or get lost in your promotions.

We hope you had a great Spring Break! We are into the 4th quarter now so the year is really going to fly! Read on for lots of important upcoming info!

Please consider helping out and joining our PTSA board! Our organization is solely volunteer run, and without more of you, we cannot continue to support things like scholarships, grants, graduate events and treats for our staff. We do a lot at our school, and have lots of fun doing it! Come out and show support for our students and staff, 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 [Membership](#), [Fundraising/Spirit Nights](#), [Newsletter](#), and [Hospitality](#). 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, April 13th at 6pm in the media center**. Email us if you can't attend in person and would like the google meet link.

Then we will host a **principal chat with Ms. Thomas on Tuesday, April 14th at 9:30am** in the media center. Come out to find out what's going on at school and ask any questions you may have!

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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 April:

The Final Stretch: How Parents Can Support Students with ADHD

As we enter the final stretch of the school year, staying focused can be challenging for both students and parents. For seniors, the pressure of exams, graduation, and big life transitions can feel overwhelming. For students with ADHD, these challenges can be even greater, making understanding and support especially important right now.

What is ADHD?

ADHD is a common condition that affects attention, impulse control, and activity levels. It's not a lack of effort, students with ADHD often work hard but may struggle with focus, organization, and follow-through.

Common Signs

ADHD can look different for everyone, but typically includes:

- **Inattention:** Easily distracted, forgetful, trouble completing tasks
- **Hyperactivity:** Restlessness, difficulty sitting still
- **Impulsivity:** Interrupting, acting without thinking

These symptoms can become more noticeable during high-pressure times like the end of the school year.

Why It Matters Now

Finishing the year strong requires focus, organization, and consistency, areas that can

be especially challenging for students with ADHD, particularly seniors managing multiple responsibilities.

Helpful Strategies

- Use planners or apps to track assignments
- Break tasks into smaller steps
- Work in short, focused time blocks with breaks
- Limit distractions during study time
- Stay active to help improve focus
- Maintain communication with teachers and counselors

Support Matters

ADHD is highly manageable with the right support, which may include school accommodations, counseling, and/or medical care. Every student's needs are different, and early support makes a difference.

A Note for Parents: ADHD in Adults

As you support your student, it's important to remember that ADHD doesn't only affect children, many adults experience it as well, often without a formal diagnosis. If you find yourself struggling with focus, organization, or feeling overwhelmed during busy seasons like the end of the school year, you're not alone.

The same strategies that help students—creating structure, breaking tasks into smaller steps, and setting routines—can also help parents manage stress and stay on track. If these challenges feel ongoing, connecting with a healthcare provider can be a helpful step toward support and clarity.

Success looks different for everyone. Students with ADHD bring creativity, energy, and resilience and with the right tools and support, they can finish strong and confidently move forward.

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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 were in first place again this year and earned \$4550 to help support our 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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Spirit Nights

Thank you to everyone who came out to **Culvers and Chipotle in March!**

Together, **Chipotle and the Women's Club** gave us **\$192.18** in donations! The **WFHS Juniores Women's Club** has been so kind each year to support our effort to fund staff and club grants at the high school with this fundraiser at Chipotle. Thank you Juniores!

Our next Spirit Night will be at **Zaxby's in Wake Forest on May 12th from 5-8pm.** 10% of proceeds will be donated to our PTSA! We hope to see you there!

ZAXBYS



**FOR A *GOOD CHICKEN*
*GOOD CAUSE***

**10% OF PROCEEDS WILL BE DONATED TO
WAKE FOREST HS PTSA**

MAY 12TH · 5:00 PM - 8:00 PM

AT THE FOLLOWING LOCATION:

995 Durham Road · Wake Forest, NC



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Hospitality

Our **second annual chili cookoff and cookie bakeoff** was on March 3rd. It was a blast! Congrats to our Chili winners: 1st place - Ms. Jackson, 2nd place - Ms. Kastendike, 3rd place - Ms. Nawaz! Congrats to our cookie bakeoff winners: 1st place - Ms. Duncan, 2nd place - Ms. Medlin, 3rd place - Ms. Irish!

Then we had our **Spring Cougar Dash**, delivering treats door to door to all our staff like happy little Leprechauns! Our cart was packed to the brim with goodies to show our staff how special we think they are.



In April we will be handing out bus driver treat bags and staff mailbox treats. Then the first week in May is staff appreciation week. Keep on the lookout for sign ups to help and donate items for this week. We appreciate your help so much!

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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Graduating Class of 2026

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We had another **Class of 2026** planning meeting on **March 23rd** for the picnic that will be on May 28th. If you would like to help plan decorations, food, or games, or would rather just donate gift cards or food, please reach out! There will be a lot to do in the coming months and need lots of help! Families of all grade levels are needed, not just seniors!

3rd Quarter report card treat bags are going to be distributed to our senior class soon.

If you would like to donate supplies for this fun treat we hand out in second period classes, click the [link here](#)! We also need volunteers to pack the bags... so let's meet at **5 pm on Wed, April 22nd to pack, followed by a picnic planning session right after at 6pm.** Hope to see you there!

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 26th-29th: Senior week!

May 27th: Awards Ceremony practice

May 28th: Awards ceremony at 8:30am and graduate picnic at 10:30am

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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Spring Break Reset: Finishing the Year Strong

Spring Break is a great time for students to rest—and reset. With the final three months of school ahead, consistent attendance is key to finishing strong.

Research shows that students who miss 10% or more of the school year are at greater risk of falling behind and not graduating. Simply put: showing up matters.

Parents you can help by using this time to reconnect and reset expectations:

- Reinforce that attendance is a priority

- Re-establish healthy routines (sleep, mornings, screen time)
- Talk about goals for the rest of the school year

A quick conversation now can make a big difference. When students return with a renewed focus on attendance, they are more likely to stay on track, succeed academically, and build habits that last beyond high school.

FFA Plant Sale

Come support our Horticulture Students and FFA Members at our Annual FFA Alumni Spring Plant Sale. We have lots of beautiful annuals, hanging baskets, ferns, some herbs, and some perennials for sale. See what our students grew and help support these students learning by purchasing plants from our Greenhouse. Located at Wake Forest High School near the Football Stadium entrance. All proceeds go to students scholarships and leadership opportunities.

Thursday 4/10 10am-6pm

Friday 4/11 10am - 6pm and

Saturday from 8am-3pm (or until sold out).

We accept cash, check and cards.



Wake Forest FFA
Alumni Plant Sale
April 9th-11th
THURSDAY 10AM - 6PM
FRIDAY 10AM - 6PM
SATURDAY 8AM - 3PM



Flowering Plants, Hanging Baskets, Combo Pots, Some Herbs, Some Vegetables
Cash, Check and Credit Card Accepted

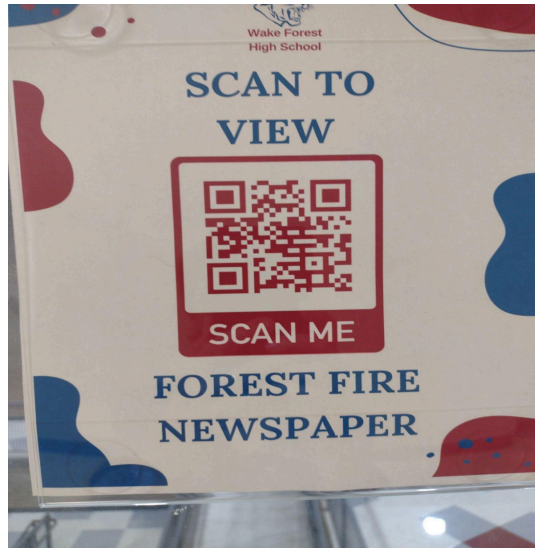
GREENHOUSE BEHIND WAKE FOREST
HIGH SCHOOL - 420 STADIUM DRIVE,
WAKE FOREST, NC 27587

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You can 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.

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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