



## Wake Forest High School PTSA Newsletter

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# Welcome to our May 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](mailto:ptsa.wfhs@gmail.com) to your contacts so our messages won't go to spam or get lost in your promotions.

Ok, we are in the home stretch! Lots of things are coming up, so read closely!

Our final **General Membership meeting** for this year will be on Monday, May 11th at 6pm in the media center, followed immediately by our monthly board meeting. We need as many of our members to attend as possible so that we can vote on our secretary for the 2025/26 school year. It will take about 20 minutes to vote and give you an update on what we have done this year and to go over our budget. Anyone who would like to stay after for our board meeting is welcome to do so as well. We love having you all there to see what we are up to and learn about opportunities to help!

Our slate of officers for the 2026/27 school year are: Secretary -  
Stacey Robinson

**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 for our students and staff! Some roles we need filled for next year are **Membership, Fundraising/Spirit Nights, Newsletter, and Hospitality co-lead.** 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 board meeting or reach out to learn more.

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# Important School Info



# Wake Forest High School

## June 2026 Exam Schedule

Friday June 5	Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11
<p><b>7:20 am</b> <b>Biology EOC</b></p> <p><b>7:20 am</b> <b>English II EOC</b></p>	<p><b>7:20 am</b> <b>Math 1 EOC</b></p> <p><b>7:20 am</b> <b>Math 3 EOC</b></p> <p><b>7:20 am</b> <b>Biology EOC</b> <small>(ONLY for Biology students enrolled in English II)</small></p>	<p><b>7:20 am – 10:00 am</b> 1<sup>st</sup> Period CTE exam or Teacher Made exam</p> <hr/> <p><b>10:15 am – 12:55 pm</b> 3<sup>rd</sup> Period CTE exam or Teacher Made exam</p>	<p><b>7:20 am – 10:00 am</b> 2<sup>nd</sup> Period CTE exam or Teacher Made exam</p> <hr/> <p><b>10:15 am – 12:55 pm</b> 4<sup>th</sup> Period CTE exam or Teacher Made exam</p>	<p><b>7:20 am</b> EOC Retests Make-Up EOC Make-Up CTE Make-Up Teacher Made</p> <p><b>*Student check in will be by the Media Center at 7:20 am</b></p> <p><b>*Students who have multiple exams to make up will complete EOC and CTE makeups before teacher-made</b></p>
Students who are absent these two EOC testing days will not be able to participate in the EOC retest opportunity.		Students cannot exempt EOC or CTE exams as these are state required tests.		
Estimated Dismissal & Bagged Lunch 11:45 – 12:00	Estimated Dismissal & Bagged Lunch 11:45 – 12:00	Estimated Dismissal & Bagged Lunch 1:00 – 1:15	Estimated Dismissal & Bagged Lunch 1:00 – 1:15	

Save the date! **Cougar camp** for incoming freshmen will be **August 6th**. More info to come.

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## Staff and Club Grants



We want to take a moment to highlight this amazing mural created by our Art 3 and Art 4 students this spring. They were given a style and tasked to work together to create something that represented our school and community, and boy they did not disappoint! The mural is over 30 feet long, and our students put ~200 human hours into this.

The WFHS PTSA is proud to have sponsored this mural, along with the Renaissance center, by providing paint supplies and ladders through grants and our campus beautification budget. And we are so proud of the amazing students and Ms. Roberts for bringing this idea to life!

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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:

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## Spirit Nights

A special shout out to Culver's for an amazing Spirit Night where we earned \$340!  
They are a wonderful business who supports us every year!

Our next Spirit Night is at **Zaxby's on May 12th from 5-8 pm**. Come out and get  
some good chicken for a good cause!

**ZAXBYS**



**GOOD CHICKEN**  
FOR A **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

In April we delivered bus driver treat bags to our drivers and mailbox treats to all of our staff.



**Taco 'bout our Amazing Staff! May 4th - 8th is staff appreciation week.** Help us celebrate our staff by helping to decorate, prep and serve food, or by donating supplies! We will be decorating on Sunday, May 3rd, then meal prep on Monday, May 4th. We will be serving a lunch on Tuesday, May 5th (Think Cinco de Mayo) and a breakfast on Wednesday, May 6th. The sign up genius is linked [here](#) and has more info. Please help us give our staff a wonderful treat!



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

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# Graduating Class of 2026

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# Class of 2026 Senior Picnic

Let's talk about the **Senior Picnic**! We will need lots of help with decorating, food prep and set up on **May 27th** in the afternoon and **May 28th** all day for the picnic from 6am to ~2pm. Please mark your calendars now so you can be there! And don't forget you must be a registered volunteer with WCPSS to help. It's not too late to register, just [click the link now](#) and complete the form, it should only take a week or two to hear if you are approved.

Our next **Class of 2026** planning meeting will be on . If you would like to help plan decorations, food, or games, or would rather just donate gift cards or food, please reach out! Families of all grade levels are needed, not just seniors!

Click [here](#) to sign up to donate or lend a banner for the picnic. Click [here](#) to sign up for a time to volunteer or to donate a tent/game.

## Other Important Info:

**3rd Quarter report card treat bags** were delivered on April 29th to all seniors in second or third period!



**WFHS is providing Senior Yard signs** to all those graduating this year! They will be delivered sometime around the date of the Awards Ceremony, so keep your eyes out for more info soon!

**Senior Wishes with Hershey Kisses!!** Donate any amount to the Class of 2026 Graduate fund and you can add a special note to your grad that will be given out at the awards ceremony practice on May 27th, along with some Hershey kisses. Use the [Link](#) to donate! Deadline is May 22nd.

We are making a **baby banner!** Upload a baby pic of your 2026 Grad by May 10th if you want to include your child. It will be displayed at the picnic on May 28th! link

below:

<https://forms.gle/cGy1aNH4VPCowdQV7>

**Senior Dues** – Senior Dues may be paid using this [link](#) and **must** be paid in full in order to receive your 9 graduation tickets! Please do so ASAP.

### **Important Upcoming Dates:**

**May 26th-29th:** Senior week!

**May 26th:** Cougar Pride - wear your WFHS gear!

**May 27th:** Dress for your next step! Wear something that shows where you will be next year, like a college, military, or career.

**May 27th: 8-9am Mandatory** Awards Ceremony practice

**May 28th: Mandatory** 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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Our very own Ms. Dawson was a top 10 finalist for Teacher Assistant of the Year this year! Make sure you congratulate her on this awesome accomplishment!



WE LOVE OUR  
WFHS  
Teacher Assistant  
of the Year  
MS. DAWSON



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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.

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# Advocacy

Finishing Strong: Supporting Teen Mental Health This Spring

May is Mental Health Awareness Month—a good reminder that emotional well-being matters just as much as academic success. As the school year wraps up, many high school students feel the pressure of exams, deadlines, social expectations, and what comes next.

### **What Teens May Be Experiencing**

Students may be dealing with:

- Burnout and fatigue
- Anxiety about grades or future plans
- Social stress
- Sleep challenges
- Pressure to meet expectations

### **How Teens Can Take Care of Their Mental Health**

Simple habits can make a big difference:

- Keep a consistent sleep routine
- Take breaks while studying
- Stay active and get outside
- Avoid overcommitting
- Stay connected with friends and trusted adults
- Remember that doing your best is enough

### **How Parents Can Help**

Support at home matters. Parents can:

- Keep communication open and listen without rushing to fix
- Notice changes in mood or behavior
- Make mental health a normal, everyday conversation
- Encourage balance between school and downtime
- Model healthy ways to handle stress
- Reach out to school counselors or professionals if needed

### **Ending the Year Strong**

As students finish the year, feeling supported and balanced can make all the difference. With encouragement from families and schools, teens can navigate this busy time with confidence and head into what's next feeling ready.

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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?!



@thegivingtreewakeforest  
@thegivingtreeyoungsville

Scan for more info!



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

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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\*\*](#)

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WFHS PTSA