

Wake Forest High School PTSA Newsletter

Welcome to our November Newsletter!

Upcoming PTSA events you don't want to miss

Our next **board meeting** will be on **Monday, November 9th at 6pm** in the media center. All are welcome, so please come join us and find out what we are up to. If you can't join us in person, email us at ptsa.wfhs@gmail.com for a google meet link.

Join us for our upcoming **PTSA Meet & Greet** on **Wednesday, November 18th** starting at 6pm at **Strike & Barrel**! We would love to connect with Cougar families in a casual setting. And we promise, there is no work required—this is purely for fun! Look for our group near the simulator section (you will probably hear our laughter before you spot us)!



Spirit Night

Thank you to everyone who came out to Chipotle to support our last Spirit Night! Our next Spirit Night will be on **Nov 10th at Zaxbys from 4-8pm**. Zaxby's will donate **10% of the proceeds** to WFHS PTSA! So come out and enjoy a great meal for a great cause!



We have a new community partner!

Dine at **Mamacita's in Gateway Commons any Monday or Thursday this year**, and they will donate part of the proceeds back to us! **Just make sure you tell them you are there to support WFHS!** Let's show this awesome business some love! Here is their website: Mamacita Heritage



Light Up the Holidays & Support WFHS PTSA!

The owners of Panic Point are bringing a new holiday experience to Wake Forest - **Twinkle Town Christmas Music & Light Show!** Enjoy festive lights, music, a hayride, and a walk-through experience for all ages. Use promo code **wakeforestptsa** for **10% off online tickets**, and in return **15% of net proceeds** from purchases using our code will benefit WFHS PTSA!

Tickets are $20 per person before the discount. Visit **www.twinkletownnc.com** to purchase tickets and support our Cougars!



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Ready to Volunteer?

You should have received an email about **renewing** **your WCPSS volunteer status** this year. Please make sure you do this asap so you can help out when you want to!

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Hospitality

Appreciation Post

PUMPKIN LIGHTS, CHILLY NIGHTS, TRICKS AND TREATS, AND SWEET DELIGHTS

In October, we delivered bus driver treat bags and mailbox treats to our staff! The bus driver's treats were adorable, with lots of themed goodies and snacks, and the staff got a goodie bag filled with lots of fall themed treats!
In addition, staff got a chance at winning a gift card by guessing the correct number of cheese balls in the pumpkin.







New Ways to Donate for Hospitality Events

We understand it is not always convenient to drop off donations at the high school during designated times. To make donating easier, we are introducing new options on SignUpGenius:

- **Amazon Wishlist:** Order items directly from Amazon and have them delivered to the school (420 W. Stadium Ave) by following the instructions in the sign-up.

- **Digital Gift Cards:** Email gift cards directly to the PTSA.

Thank you again to everyone who supports us throughout the year to show appreciation for our staff and students.

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!

Graduating Class of 2027

Senior Treat Day

Special thanks to everyone who helped stuff senior goodie bags!
Bags will be handed out in **2nd period** on **Friday, November 6th**.



Senior Dues

Log into your school cash online account and pay your senior dues ($62.50). Dues go to pay for diplomas, diploma covers, flowers and more for graduation and other senior events. Students must log into their Wake ID and School Cash Online. The senior dues will be attached to be able to pay. **Please make sure you have your dues paid by May 1st!** Students who fail to pay senior dues will not be given graduation tickets.

Graduate Breakfast

Plans for the Graduate Breakfast are starting to be discussed and a signup will be sent out closer to the event. **We will have another meeting in early January.**

Graduate Breakfast Decorating: February 17th, 5:30-7:30 PM

Graduate Breakfast: February 18th, 6:30-8 AM

Graduate Scholarship

Our Scholarship application is now live! Click below to access the paper application,
or use the QR code to fill it out online.

2026-2027 WFHS PTSA Scholarship Application

WAKE FOREST HIGH SCHOOL PTSA
2026-2027 GRADUATE SCHOLARSHIP

Who Can Apply: 2026-2027 WFHS Graduates
What Is Awarded: (3) $1,000.00 scholarships awarded at Graduate Awards Day in May
What's Needed: Application, Essay & Letter of Recommendation
Where Do I Get An Application: The application will be on the PTSA website on November 1st. There will also be a limited number of paper copies available in Student Services.



Applications Open: November 1, 2026 / Deadline: February 1, 2027 (midnight)

Important Dates for Class of 2027:

Feb 1st: Graduate Scholarship Applications Due by Midnight!!

Feb 17th: Decorations for Graduate Breakfast at 5:30 p.m.

Feb 18th: Graduate Breakfast at 6:30 a.m.

May 1st: Senior Dues must be paid!!

Jun 10th: Graduation is at 12 p.m. at the Raleigh Convention Center

Advocacy

As the 2026 midterm election approaches, we encourage anyone 18 or older to get out to the polls and vote on election day, Nov 3rd. Your vote matters!

Supporting Our Teens, Supporting Ourselves:

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 November:

Stress and Anxiety During the Holidays: Tips for Teens and Parents

The holidays are often described as "the most wonderful time of the year," but for many high schoolers, they can also bring stress and anxiety. Between final exams, social plans, family obligations, and college preparation, it's easy for teens to feel overwhelmed.

According to the National Institute of Mental Health, about 1 in 3 teens experiences an anxiety disorder, and the American Psychological Association reports that over 70% cite stress as a major issue — especially during the busy school and holiday season.

Why Teens Feel Pressure:

- Finals, projects, and college applications peak before winter break.
- Social and family expectations can heighten stress or feelings of comparison.
- Disrupted routines, late nights, and travel make coping harder.

How Parents Can Help Teens:

1. Encourage balance and downtime.
2. Keep expectations realistic — holidays don't need to be perfect.
3. Maintain routines for sleep, meals, and short walks.
4. Listen without judgment.
5. Model calm behavior — teens mirror adult stress responses.

Coping Tips for Parents:

- Prioritize your own self-care: short breaks, exercise, or quiet time.
- Set realistic expectations — focus on meaningful connection, not perfection.
- Practice mindfulness: deep breathing, journaling, or brief pauses reduce tension.
- Stay organized to reduce last-minute stress.
- Model healthy coping — calm problem-solving teaches teens how to manage stress.

If anxiety begins to affect sleep, school, or mood, consider reaching out to a counselor or mental health professional. Nearly 60% of teens with anxiety or depression don't receive treatment, but early support can make a lasting difference.

The best gift we can offer our teens this season is understanding and presence. By slowing down, listening, and modeling calm while caring for ourselves, we help the whole family find confidence and peace amid the holiday rush.

Resources:

- NIMH – "I'm So Stressed Out" Fact Sheet
- NAMI: Kids, Teens, and Young Adults
- Child Mind Institute – Coping with Stress and Anxiety in Teens

Student Health and Wellness Committee

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. **In October, we focused on bully prevention**. There are so many different kinds of bullying - physical, verbal, cyber bullying and even micro aggressions. Don't just stand by… stand up and speak out.



Staff and Club Grants

PTSA Grants Making a Difference! ❤️ ❤️

Our WFHS PTSA has been hard at work reviewing and awarding grants to support our staff, students, and clubs! **This year, the PTSA has budgeted $5,000 for grants! PTSA staff members can apply for up to $250 in grants, and student clubs are eligible for up to $150.**

We're excited to launch a new series highlighting grants we've awarded throughout the year! Follow along to see how your generous donations and fundraising efforts are making a difference across WFHS. **Your support makes these opportunities possible - thank you!**



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! **Last year, we earned $4550 from them and had the most points again of any school in the area!!** 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 and/or toys, and drop it off any time at The Giving Tree (839 South Main Street).

They accept donations Monday-Saturday from 10:30 a.m. until 4:30 p.m. There is a list of allowed goods and donation instructions on the DONATE page of their

website. **Be sure to tell them your donation is for Wake Forest High School**. So clean out those closets and take it over to The Giving Tree anytime during the week, as many times as you like! 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!



Attendance

Keeping Your Student on Track at WFHS!

Promoting Student Wellness and Strong Attendance at Wake Forest High School

The WFHS PTSA recognizes that student wellness is closely connected to academic success. When students feel healthy and supported, they are more likely to attend school consistently, stay engaged in class, and perform at their best. Here are a few simple ways families can help reinforce healthy habits at home:

- **Practice good hygiene:** Encourage regular handwashing, especially before meals and after using the restroom.
- **Prevent the spread of germs:** Remind students to cover coughs and sneezes with a tissue or by using their elbow.
- **Stay current on immunizations:** Recommended vaccines—such as the annual flu shot and COVID-19 immunizations—can help reduce illness-related absences.
- **Encourage involvement:** Participation in after-school clubs, athletics, and extracurricular activities supports physical health, social connection, and overall school engagement.

Thank you, WFHS families, for partnering with us to help every student stay healthy, present, and prepared for success! 💙🐾

Traffic Patterns for Student Drivers and Carpool

Please click this link to watch a video of the traffic patterns for WFHS. Traffic can be heavy and these designated patterns will help reduce safety concerns. Please note that students should never be dropped off in the road for school. Students should only be dropped off in the designated carpool area.

Note: the video was produced three years ago but it's still accurate today.

Please help us keep our school safe for students and staff by following this traffic pattern!

Student Newspaper



Scan the QR Code above or click this link to read the latest issue of WFHS Student News.

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 X (*formerly known as Twitter*)!

Grade-Specific Facebook Pages

Freshman Class of 2030 Facebook Page

Sophomore Class of 2029 Facebook Page

Junior Class of 2028 Facebook Page

Senior Class of 2027 Facebook Page

READ MORE ON OUR WEBSITE

WFHS PTSA